



Rota-Note

ROTARY CLUB OF ALTOONA
P.O. BOX 2538
ALTOONA, PENNSYLVANIA 16603-2538

ROTARY CLUB OF ALTOONA

DISTRICT 7360

CLUB INFORMATION

2022-2023 ROTARY INTERNATIONAL OFFICERS

ROTARY INTERNATIONAL PRESIDENT

Jennifer Jones

*DISTRICT GOVERNOR
DISTRICT 7360, ZONE 29*

Victoria R. Zimmerman

district7360@gmail.com

2022-2023 ROTARY BOARD OF DIRECTORS

President

Alison Seltzer

President-Elect

J. Seth Smith

Vice President

Samantha Watters

Secretary

Richard Johnston

Treasurer

Gregory A. Smith

Sergeant-at-Arms

John Carey



IMAGINE ROTARY



CLUB NEWSLETTER

*Meets Each Tuesday, 12:10 P.M.
The Blair County Convention
Center*

Meeting Times of Other Clubs

Altoona Sunrise, The Casino, Lakemont	Wednesday	7:15 AM
Bedford Sunrise, Homewood at Spring House Estates . . .	Tuesday	7:00 AM
Bedford, Hoss's	Monday	6:15 PM
Claysburg, Peggy's Diner	Tuesday	6:00 PM
Clearfield, Moena Restaurant	Wednesday	12:00 PM
Hagerstown, MD , Fountain Head Country Club	Wednesday	12:00 PM
Harrisburg, Hilton Hotel at Tower	Monday	12:00 PM
Hollidaysburg, Marzoni's	Wednesday	6:00 PM
Huntingdon, Huntingdon Country Club	Tuesday	12:00 PM
Indiana, Rustic Lodge, RT. 286 S.W.	Tuesday	5:30 PM
Johnstown, Sunnehanna Country Club, Westmont	Wednesday	12:10 PM
Lewistown, Birch Hill Supervisors Club	Tuesday	12:00 PM
Morrisons Cove, Jun - Aug Morrisons Cove Memorial Park Sept.- May Spring Cove School District Admin. Bldg.	Tuesday	7:00 AM
Pittsburgh, Omni William Penn Hotel	Wednesday	12:00 PM
State College, Downtown, Ramada State College Hotel & Conference Center	Thursday	12:00 PM
State College, Nittany Lion Inn	Tuesday	5:30 PM
State College Sunrise, Hotel State College	Wednesday	7:15 AM
Tyrone, Epworth Residential Living	Monday	5:45 PM
Summer meeting till August - Reservoir Park, Tyrone		



**RECOGNIZING OUR PAST
CELEBRATING OUR FUTURE** OUR 105th Year

No. 649, March 3 2023
Program Chair: Joseph Fagnani
March Registration: Kate Shaffer

The Four-Way Test
1. Is it the Truth?
2. Is it Fair to all concerned?
3. Will it build Good Will and Better Friendships?
4. Will it be Beneficial to all concerned?

ANNOUNCEMENTS FROM 02/07, 02/14, 02/21 & 02/28

Alison Seltzer, President

INVOCATION

- 03/14 Kate Shaffer
- 03/21 Phyllis Baker
- 03/28 George Foster
- 04/04 Lisa Hann



SOUP KITCHEN

- 01/06 Chris Michelone & Seth Smith
- 01/09 Richard Johnston
- 01/13 Don Ruggery & Tom Smith
- 01/16 Closed
- 01/20 Tim Balconi & Colton Kensinger
- 01/23 Neil Rudel

February 14 Meeting
An April date for Highway clean-up will be announced.

Scholarship program pledges are due by April 11th. We are hoping for 100% participation.

Our Annual Blood Drive is scheduled for April 27th.

Grapes for Good is April 29th.

Yvonne Rupp was welcomed as a new Rotarian.

Speaker: Jim Snyder, historian, Blair County Genealogical Society
Jim shared that from where we were sitting today, years ago Brush Run Indians would have come across the golf course on Kittanning trail, and there was a herd of elk near Garvey Manor.

Jim shared information on "The Match Game" showing slides of the heads atop the county courthouse corbels representing human heads on the second floor. There are fifty-eight that have been identified as well as those that are still a mystery. He shared a history of the courthouse. Sharing that DK Reamey built the first one and Andrew Myers tore it down and built the second US Hotel Jim shared photos of the renovations that have taken place to the courthouse over the years.

including stem cell injections and physical therapy. Stem cells are cells without a purpose that can be injected and will turn into what is needed and will self-replicate. This procedure can decrease arthritis in a joint. Healthy c section births provide stem cells. Growth factors instruct cell what to do. No stem cells come from abortions. Your own stem cells can be harvested if you are under 35. Plasma is then injected into the joint. Bone marrow aspirations are painful and invasive. They are still used up to about age 50. Adipose aspiration is used because it contains the largest store of stem cells in the body. This process is painless, great for arthritis and can address pain in multiple locations. The efficacy of this procedure is 82.2%. This treatment is not covered under most insurances. Standard procedures should last 7-10 years, 5 years with adipose in bone-on-bone patients. X-Rays are done in the office, no referrals needed. The cost can range from \$500-\$10k

1912-1921 Reaches S America, Australia, India, Asia, Europe, Africa

1943 The 4-Way Test

1945- Rotary International consulted with the United Nations as a consultant to the delegation charter 1946- Paul Harris dies

1979 fight to eradicate polio began

1987- women joined rotary, club lost its charter, Supreme Court decided women could join and 1988 women joined worldwide. Jennifer Jones 1st woman president 2022/23

February 7 Meeting
4-Way Speech contest is scheduled for March 7th

Pickleball practice for all who signed up is 2/11 and 2/25 1-2:30pm at the YMCA.

An April date for Highway clean-up will be announced
Scholarship program pledges are due by April 11th. We are hoping for 100% participation.

Our Annual Blood Drive is scheduled for April 27th.

Grapes for Good is April 29th.

The club recognized those Rotarians with February birthdays and anniversaries.

Guest: Hayden Hann and Allison Rupp

Speaker: Hayden Hann, patrolman for LTPD, shared the Pros and Cons of bodycams. Hayden shared technical information on the types of bodycams used by Logan township police, when they are you, how and why. He shared video of bodycams being used to show the limitations of their capabilities and discussed how footage can help and hinder in court. Bodycam's can be expensive, with the older models being used by LTPD costing around \$1500 each.

February 21 Meeting
President Alison shared a letter from the veteran's home thanking Rotary for donations.

\$63,250 has been raised this year for Polio Plus

April 7th is the date for Highway clean-up.

Lisa Hann shared that the new Family Services Family Shelter is open and accepting their first family today.

Speaker: Dr. Darryl Warner and Jenna Rieg, medical provider of Blair Regenerative Medicine
Dr. Warner is a Chiropractor, who is located beside Poochey Chef at the Meadows intersection. They have been in business for 3.5 years. Dr. Warner's wife Sue is the office manager.
The office has a medical provider and does medical procedures,

February 28 Meeting
Speaker: Swan S Stull PDG 2019-20
Swan shared The History of Rotary

1905-1911 founding years, Paul Harris convened the first meeting in February in Chicago. The objective was to bring likeminded people in business together and help one another. The club started with men only.

1907- created public toilets

1908 second club in San Francisco

1910 first convention of sixteen clubs in Chicago.

1911 rotary magazine

1912 Rotary becomes International.
Altoona Charter July 16,1916

Comments Welcome. Please send any info to MailPro, Inc
by Email to mail@mailproinc.com
Fax 814.695.9837. Deadline for each Rota-Note is Wed. at 11:00 a.m.

Visit our Website at: www.rotaryofaltoona.org