

Rotary



Club of Rich-Mar (Valencia)

November 15: Aurelius



CREATE HOPE
in the WORLD

Club Meeting

Rich-Mar (Valencia)
Meets at Treesdale
Country Club
One Arnold Palmer
Drive
Gibsonia, PA 15044
Time: Wednesday at
12:15 PM

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Upcoming Events

November 15th
[Rich-Mar \(Valencia\)
Membership
Committee Meeting](#)

November 15th
[Rich-Mar \(Valencia\)
Weekly Club
Meeting](#)
Speaker: Sarah Kolb
Subject:
PTSD/Depression
Treatment

November 15th
[Rich-Mar \(Valencia\)
Service Project at
Inspired Hearts and
Hands](#)

November 22nd
[Rich-Mar \(Valencia\)](#)



All Rotary members are encouraged to attend the November 15 meeting where we will continue programming concerning mental health and wellness. This week's program presents a unique approach to treating depression and PTSD.

Aurelius is a specific program under the nonprofit organization, Adventures in Training with a Purpose (ATP). Aurelius serves active military and veterans suffering from PTSD and depression. The program is 100% confidential, stigma-free and free of charge. ATP is based just outside Pittsburgh, Pennsylvania where over 100,000 veterans, military and first responders call home. Their mission and program is inspired by Marcus Aurelius and his passage "What stands in the way becomes the way." They believe that your greatest setback can lead to your greatest triumph and post-traumatic growth. Their focus is to improve mental health, quality of life, and reduce suicide risk.

The organization is driven by the profound understanding that many clients grapple with severe depression, anxiety, and Post-Traumatic Stress Disorder (PTSD). To address these challenges, they have developed the Mind-Body Regimen, a comprehensive 12-week training program that is meticulously tailored to meet the unique needs of each individual. This transformative program is conducted at our all-encompassing training center located in Wexford, PA.

Our speaker will be Caleb Kolb, Executive Director, ATP and Co-Founder/ Vice President, Aurelius.

Inspired Hearts & Hands Work Session: November 15th



Weekly Club Meeting - TURKEY RAFFLE

Speaker: Turkey Raffle

November 29th

No Meeting

December 6th

Rich-Mar (Valencia)

Board Meeting

December 6th

Rich-Mar (Valencia)

Weekly Club Meeting

Speaker: Lee Dyer

Subject: Keystone Club

Birthdays

Gary Weston
November 26th
Jon P Grubbs
December 2nd
David Hein
December 10th

Club Officers



Thomas Kvederis
President



David Hein
President-Elect



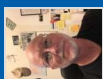
Mac E. Purvis Jr.
Secretary



Gary Weston
Treasurer



Jim Long
Rotary Foundation Chair



Joe Schmitt
Membership Chair



Brandon Barg
Community Service Chair



Roger Barna
Club Programs Chair



Seth David Prentice
Club Service Chair



Robert Louis Sigmund
International Service Chair

The Rich-Mar Rotary Club has partnered with Inspired Hearts & Hands for our recent District Grant. We are very excited about this partnership and know many of you have worked with Mindy Schnitgen, Executive Director of IH2, on other projects.

We will be doing a volunteer session at the **NEW** Inspired Hearts & Hands location in Cranberry Township on Wednesday, November 15th, from 6:00pm-8:00pm.

Inspired Hearts and Hands address:

20 Leonberg Road
Building E
Cranberry Township, PA 16066

We ask that you RSVP if you plan on attending so that we can let Mindy & her team know how many of us to expect. We will be packing boxes for the Thanksgiving meal delivery that IH2 does each year.

Feel free to email any of the following for more information:

Brandon Barg- brandonbarg@hotmail.com
Dave Hein- dlhein94@gmail.com
Tom Kvederis- tkvederis@doubletreecranberry.com
Seth Prentice- sprentice@agoc.com

Thank you very much and hope to see you on Wednesday, November 15th!

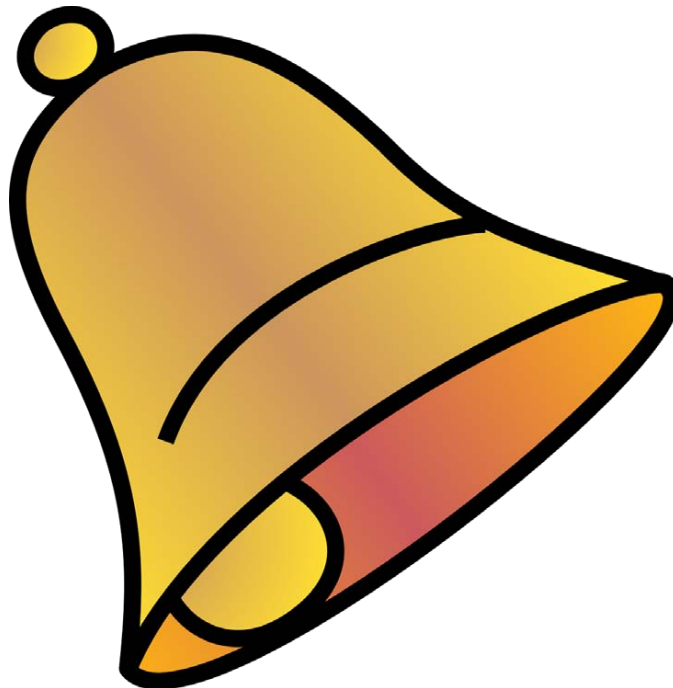
Save The Dates & Participate

Help park cars at the Pine Township Holiday Dazzle - November 18 - contact Dave Hein @dlhein94@gmail.com if you can help.

Help North Hills Community Outreach - Sign up here: [Rich-Mar's Red Kettle Day is December 13th](#)

Holiday Social at Cranberry Doubletree - December 14 - details coming soon!

Rich-Mar's Red Kettle Day is December 13th



Rich-Mar Rotarians will once again be ringing the bell to raise funds for the North Hills Community Outreach Division for the Salvation Army on Wednesday, December 13th. Make the holidays brighter for families in need by giving of your time. For more information contact Brandon Barg at brandonbarg@hotmail.com.

Please sign up for Rich-Mar Rotary Day @ Gibsonia Walmart!

Here's how it works in 3 easy steps:

1. **Click this link** to go to our invitation page on SignUp: <https://signup.com/go/eUjuvyP>
 2. **Enter your email address:** (You will NOT need to register an account on SignUp)
 3. **Sign up!** Choose your spots - SignUp will send you an automated confirmation and reminders. Easy!
- Note: SignUp does not share your email address with anyone. If you prefer not to use your email address, please contact me and I can sign you up manually.



Charles
Matthew
Schellhaas
Youth
Services
Chair



Mary E.
Lord
iPast
President

Harriet Klatte
Volunteer Coordinator
North Hills Community Outreach
416 Lincoln Avenue
Pittsburgh, PA 15209
412-487-6316 Ext. 3204

www.nhco.org

Rich-Mar Satellite Club

The Satellite Club of Rich-Mar Rotary invites everyone to attend one of their meetings on the second Tuesday of the month, at 6:30pm at Willees Tavern in Valencia. and/or to help out at one of their service projects or fundraising events.

Volunteers are always needed to help.

724-452-7339 (h)
724-355-1620 (c)
cfleeson@gmail.com



District 7280 Keystone Rotary International Eclub

Keystone Rotary International E-Club



KeystoneRotaryClub.org

Are You unable to make the Rich-Mar Meeting?
Are you interested in connecting with other Rotarians from around the world?
Do you want to find out more about what Rotary is doing in other locales?

**Join the District 7280 Keystone Rotary International Eclub
on Thursdays at 2 pm.**

Click below to join via Zoom.
<https://us02web.zoom.us/j/89457260709>
Meeting ID: 894 5726 0709
Passcode: 7280

Other Items of Interest

Please keep Mac's son, Mac Purvis, III in your prayers. He was in the ICU with digestive and diabetic issues.

"Happy Dollar" items?
Health concerns or hospitalizations?
Other Announcements?
Please email any items to Gary Weston
glweston65@gmail.com

Four Way Test

- OF THE THINGS we think, say or do:
- 1) Is it the TRUTH?
 - 2) Is it FAIR to all concerned?
 - 3) Will it build GOODWILL and BETTER FRIENDSHIPS?
 - 4) Will it be BENEFICIAL to all concerned?

