

Rotary



Club of Cranberry Township - Sunrise

Speakers

January 20, 2023

[Tricia Pritchard, BC3 Director of Community Employment Development](#)

Tricia will be speaking about Butler County Community College's personal empowerment training program and several new initiatives to promote employment opportunities.

January 27, 2023

[Lee Goldman Kikel, author](#)
Lee Goldman Kikel is the author of "Perseverance: One Holocaust Survivor's Journey from Poland to America", in honor of Holocaust Remembrance Day

February 03, 2023

[Beth Marshall, District 7280 PolioPlus Chair](#)
Beth will update the Club on RI's PolioPlus Program as well as the Youth Exchange Program

Events

January 20th
[Sunrise - Sunset Rotary Clubs Communications Committee](#)

February 18th
[Learn To Play Texas Hold'em - Cranberry Elks](#)

Birthdays

Elizabeth Echevarria
February 3rd
Thomas A. Norton
February 15th

Wedding Anniversaries

No Wedding Anniversaries Found

Club Leaders



[Karen S. Newpol](#)
President

[Michael J. Ozdinec](#)

1.20.23 Club Bulletin

By Timothy D O'Brien on Friday, January 20, 2023

Tim O'Brien read the 4 way test after our pledge of allegiance and prayer.

Guests for today

Kim Reuss brought Joe Horn, from Franklin Press a Commercial Printer in the South Side of Pittsburgh and Neil her nephew and his boss David from Ryan Homes as Ryan Homes is opening a new development in Butler -Hyfield Trails.

Melanie Storrock is hear from Shelter Box to present an award.

Jonathan Murray heard about the club from google – he moved from Tacoma, WA recently where he was a Rotary member and was raised in PA before moving away.

Tricia Pritchard from BC3 here today to talk about the empowerment program.

Happy Bucks

Kim Reuss happy with guests here today!

Jack Cohen – blessed to sit on innovation team for transition team for the incoming Governor of PA. Very special!

Ben Heinlein – Last meeting before he heads to Morocco for school!

New Member Induction

Elayne Wilhelm, head of membership for Cranberry Rotary Sunrise, helped induct Greg who lives in Fombell and works for Armstrong into the Cranberry Rotary Sunrise club. Elayne shared it is our duty to induct members from time to time, as he was elected into membership in the club as he is a worthy representative of his calling and exhibits qualities of Rotary. By virtue of membership into this club Greg is invited to any Rotary in the world.

Karen Newpol mentioned after induction – Shawn Firster, CPA, is our treasurer and shared its expected you give your talents to the club. Karen shared the goal is to do different things from what you do in your career and Shawn wants to do more in our club other than treasurer and if you are looking to grow as a person and learn a new task. Karen asked the club members to think about learning a new skill and consider volunteering for the treasurer position.

Karen Newpol also went over the goal to have someone else take the role that Andrew held liaising with the Butler Eagle.

Kim Reuss shared that Jack Cohen will be getting his Paul Harris +5. He is a true role model of what Rotary is and Karen confirmed he is all in on everything for Rotary.

Community Service with Rich Vozel

Kim shared next Friday – at her house – Elizabeth Echevarria leading Living in Liberty – which helps women who have been sex-trafficked get out of a vicious cycle. One of the ways we can support Living in Liberty is making meals – right now there is a 72 year old lady who cooks at the safehouse. We will be putting together life support packets with clean undergarments, warm socks, wash cloth and razor. We will be putting those together next Friday evening.

Kim would like someone to volunteer to take the food that is made Friday to the repurpose store on McKnight road.

Rich shared the focus this month is on the fundraiser, but more events coming up this spring.

Fundraising Update with Karen Newpol

2/18 is the fundraiser date for the Speak Easy Night at Rotary. Our goal is to raise funds for vocational scholarships in partnership with the Elks. Karen will be teaching the Charleston, there are 4 baskets secured right now. Karen asked members to solicit wine bottles from friends, we want a wine tower, beer tower and whiskey tower. You can drop off donations at the Elks club on 19 or with Karen.

The fun part is it is learn to play Texas Hold'em. The kitchen will be open and Tracie and Jenna will be putting together food items for the event. Wearing 20's attire is encouraged. We will have 20's drinks on sale that night. It will be a cash bar.

Jack asked about this event – it is a Cranberry Sunrise Rotary event and its in partnership with the Elks. We are getting 50% of proceeds and Elks is getting 50% of proceeds per Vic Conrad. Part of our funds raised will go to the Rotary Fundraiser.

Jack shared the dues paid \$20 goes to scholarships and \$10 of each members dues goes to Vocational Scholarships. We are helping the Elks seed the money for the chips, the room, bar tender and donating appx \$2,000 worth of value and we need a fundraiser to raise funds for scholarships.

Elks were identified in the club – Vic, Michael, Karen, and Kim Reuss – requirements are believing in God and the Flag and dues are \$75 dollars.

Shelter Box Recognition with Melanie Storrock

We received the bronze award due to donations to Shelter Box and Melanie shared gratefulness for the support.

Update on Michael Peuler



President -Elect



[Timothy D O'Brien](#)
Secretary



[Kimberly Reuss](#)
Rotary Foundation
Chair
Vice President



[Shawn Firster](#)
Treasurer



[Jerry A. Andree](#)
Club Director
Webmaster



[Christopher J. Williams](#)
Club Director



[Elayne P. Wilhelm](#)
Interact Club Sponsor
Membership Chair



[Matthew S Fiore](#)
Webmaster



[Mark W Segar](#)
iPast President



[Linda M. Clautti](#)
Assistant Governor

Jack shared Michael is recovering from surgery and can't wait to come back to our club!

BC3 Your Personal Empowerment Journey Begins Now with Tricia Pritchard

Tricia has taught communication classes at Butler Community College for the past 15 years – and she has taught at Duquesne University and Grove City College. You get the same person, content at a fraction of the price. Mom of 3 – 19, 21, 23 – two daughters presently in college. Passionate about kids and helping other people. She has been empowering other people to do what they are passionate about. BC3 is now helping folks who want to be stronger leaders for their teams. So many people behind what Tricia will be discussing today.

Tricia shared the story of Quinton – asked “how are you like that?” Tricia advised Quinton – on all the choices she made every day – and you deserve to make the same decisions each day. The people in your life are being put there to be the best version of yourself. The program is an emotional intelligence program.

When Tricia talks about soft skills vs. hard skills and essential mindsets. Most people in the world are not aware of these skills.

Personal Empowerment Training – 24 hours of training and it takes weeks to go through the training. There are 4 different building blocks – 1) Self Awareness 2) Self Control 3) Other Aware and 4) Relationship Management. Once we learn our self-awareness, then we can learn how to control that. Are you aware of others and the people we talk about the role of this person and how long they will be in your life and the impact they will have in your life. Tricia shared there are 40 empowerment concepts such as cognitive restructuring, theater of life, empathy and conflict management. If you haven't taken the training you probably aren't familiar with all 40. Tricia shared the topic of cognitive restructuring – challenging people to ask for opportunity, get rejection and that can feel negative. It is all about looking at closed doors are doors that may open or perhaps there is another door you need to look to open. We control who is in our theater. Empathy is seeing the world through eyes of another person and so needed. Conflict management is important to review.

Since May 2022 Tricia had 65 people participate in the program – there is lots of sharing that happens. Tricia has 5 individuals that she built as a team to do this training. Alice Delveckio – retired professor from Slippery Rock University and she oversees the non-profit programs and very excited to work with human services in Butler County.

Ken Klous did the training in Armstrong County via a grant to help individuals in recovery.

Tricia brought her syllabus, next open enrollment starts in February.

Tricia talked about the Butler Buzz – and let her know 3 months ahead of events we are having.

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