

Rotary



Club of Cranberry Township - Sunrise

Speakers

Events

No Events found

Birthdays

Daniel Santoro Sr.
May 15th
Kimberly Reuss
June 2nd

Wedding Anniversaries

Brian M. Kile
May 27th
Carl William Heinlein
June 6th

Club Leaders



[Ronald Gigler](#)
President



[Mark W Segar](#)
President - Elect



[Karen S Newpol](#)
Vice President



[Erica Anne Sabatini](#)
Bulletin Editor
Secretary



[Shawn Firster](#)
Treasurer



[Christine Ley](#)
Club Director



[Michael J. Ozdinec](#)
Bulletin Editor



[Kimberly Reuss](#)
Club Director

Bulletin - Club Meeting 5.7.2021

By Erica Anne Sabatini on Saturday, May 8, 2021

Members in Attendance via Zoom: Ron Gigler, Erica Sabatini, Jack Cohen, Vic Conrad, Michael Pologruto, Christine Ley, Jerry Andree, Dan Santoro, Michael Ozdinec, Elayne Wilhelm, Cynthia Maser, Mark Segar, Matt Fiore, Mike Patsy, Kim Reuss, Lori Zona, Shawn Firster, and Tim O'Brien

Guests in Attendance via Zoom: Alex Gompers (member of the Moon Rotary - Welcome!)

Happy Bucs:

- Kim is happy to be a grandma again! Congrats Kim!
- Jack is happy to have been able to take two of his grandchildren to Disney last week.
- Karen is happy with how her mom is being taken care of at Good Samaritan Hospice after suffering a stroke last week. Please keep Karen and her mom in your prayers and thoughts.

News:

- *Upcoming Speaker Assignments*
 - Next Friday: Club Assembly (no guests)
 - 5/21: Lori Zona
 - 5/28: Tony Lombard
 - 6/4: Carl Heinlein
- *Initiation of Tim O'Brien.*
 - Welcome Tim!
- *North Country Trail Maintenance:* This was a great event on Saturday, even with Mike O. arriving at the last minute to photo bomb a few pics.
 - Erica is looking into adopting a trail on behalf of the club at Moraine. She will report back with more information.
- *Student of the Month:* This will be Thursday, May 20 at 8:15 am. Ron is waiting for a confirmation and will pass along additional information.
- *Rotary Amphitheater Ribbon Cutting Ceremony:* This is also on May 20 at 4:00 pm at the park. John Marshall will represent both clubs at the ceremony to give a few words. Please stop out for this special occasion!
- *Service Committee Zoom Meeting:* Thursday May 20 at 5:30 pm with Mike O. If you are interested in attending please contact Mike and he will send you the Zoom link.
- *Lighthouse Food Prep Project:* This is on Saturday, June 12. Mike is putting together the sign up sheet and will send it out to the Club.
- *District Conference:* This starts tonight and runs through tomorrow. It is all virtual and you can sign up online. If you have any issues signing up, please let Jack know and he will gladly help you out.
- *Other Club Updates:*
 - Keystone E-Club: They have a barrel for Crutches for Africa at the Planet Mart in Mars.
- *In-Person Meetings:* It seems that the state is going to lift the majority of restrictions as of May 31. The breakfast bar will be open again at the Marriott. As such, this might be a possibility for the Club to start meeting again in person June 4. Ron will be emailing the Club to get some additional feedback and the Board will discuss it this morning as well.
- *Rotary Foundation:* Funds are given to the Annual Share Fund. 50% of those funds will come back three (3) years later and are then used for district grants. The suggested donation is \$100 per member annually. Not sure if you donated this year yet? You can check at my.rotary.org on your profile.

Member Spotlight: Newbie Tim O'Brien

Tim did not know much about the club until he started talking to Michael Ozdinec. Tim then met Kim, Ron, Elayne and Erica at the trail maintenance on Saturday. He and his wife, Rebecca are aspiring to move up north to Cranberry. Tim works for G&A Investment Managements in Seven Fields.

Presentation:

Alex Gompers is the President of the Moon Rotary and a big Mountaineer fan! He is a great chiropractor and shares a great deal of information with the folks that he treats. Mike Patsy could



[Michael Peuler](#)
Rotary Foundation
Chair



[Matthew S Fiore](#)
Webmaster



[Michael Pologruto](#)
iPast President



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

not stop singing his praises.

He is the owner of Limitless Chiropractic. After graduating from WVU, he then attended Life University in Marietta, GA for a 3.5 year doctorate program. Alex moved back to Pittsburgh in 2018 and opened Limitless in October 2018.

Limitless provides Neurological-focused chiropractic care. Studies have shown that nerve path impact and stress can impact other parts of your body (aside from just back pain). According to Alex, pain does not always dictate how the body is responding to treatment. They use a torque release technique that is very gentle. They only adjust the segments that need to be adjusted. Most parents and adults do not like the forceful adjustments. They are located in Moon Township near Armstrong's Restaurant. If you have any questions, please feel free to reach out to Alex.

◆ Fun Facts:

- More calls are made every Mother's Day than any other day of the year! Approximately 122 MILLION calls are made every second Sunday in May!!
- One of the earliest Mother's Day celebrations was in Ancient Greece. The Greek would have spring celebrations in honor of Rhea, the goddess of fertility, motherhood, and generation.

Happy Mother's Day to all the mamas and mom figures in your life!