



Let's Get Physical

Today's meeting was a special off-site gathering at Shasta College's downtown campus. The College's food service provided the meal and our program featured their Physical Therapist Assistant program.

Serving At Today's Meeting

AV	Shasta College
Pledge	PP Joe Ayer
Invocation	Mike Mangas
Welcome Guests	PP Joe Ayer
Greeters	PP Joe Ayer, Randy Tate, Mark Rincon, Marlene Fish
Sergeant-At-Arms	Trisha Funk
Photographer	Bret Christensen

On the Mic Today



Pres. Rick
running the show



Mike Mangas
with the invocation



PP Joe Ayer
introducing team 6 &
welcoming our guests

Calendar

June 5	City of Redding Update
June 12	Club Assembly
June 19	Beneficial Insectary - "Benefits of Good Bugs"
June 26	Demotion

Announcements

President Elect Wendy Dickens announced that at next week's meeting and the following week, **Bret Christensen** will be taking head shots for the club directory. She encouraged everyone who "doesn't look like your current photo anymore" to have a current photo made.

Randy Smith gave a shout out to **Mark Rincon** for his "service above self" on Memorial Day. After suffering an injury, **Mark** met **Randy** at his office after hours to help restore his mobility. Way to model the Rotary Spirit, **Mark**!

Recognitions

PP Joe Ayer was recognized for his daughter Katie graduating with her BSN from Simpson University. She already has a job lined up as a resident nurse, so that makes Joe one proud dad. \$100 to the club.



Lee Salter and wife **Judy** (and dogs, evidently)

took a camping trip to the Willamette River with a visit to Oregon's second tallest waterfall. He also noted a granddaughter's college graduation and an upcoming grandson's graduation. \$300 to the club.



Interact BBQ

Our club hosted a barbecue this past Friday at Shasta High School for our Shasta Interact Club members there. Special thank you to **Brian Scarr** and **Ken Freigher** for being on the grill. Also, thanks to **Leslie Williem** for providing these photos.



Today's Program: Let's Get Physical

Andree Blanchier organized our program today, and introduced the program. Shasta College President and Superintendent **Dr. Frank Nigro**, and **Dr. Zach Zweigle**, Division Dean for Health Sciences welcomed us and introduced today's speaker, **Dr. Marcee Martinez**



President Frank Nigro



Dean Zach Zweigle



Director Marcee Martinez

Marcee, the Director for the Shasta College Physical Therapist Assistant Program, spoke about her program. The program was developed in response to strong community interest and thorough research. The PTA program is uniquely designed as a hybrid model: all theory courses are delivered online, allowing flexible access for working adults across Shasta College's extensive 10,000-square-mile district, while hands-on lab sessions provide intensive skills training on campus two days a week, totaling over 100 hours per semester. Students also complete two eight-week full-time clinical rotations in their third and fourth semesters at one of over 75 clinical partner facilities throughout the North State, gaining real-world experience under the guidance of practicing therapists.

The PTA program requires four prerequisites: anatomy with lab, physiology with lab, medical terminology, and an introductory course to the physical therapy professions, ensuring students are well-prepared and informed before entering the cohort. The program maintains a maximum cohort size of 22, as dictated by its accrediting body, and has graduated four cohorts to date, with class sizes ranging from 16 to 20.

Marcee also led an interactive session where she showed how simple exercises like chin tucks and shoulder blade squeezes can help fix poor posture. She explained how bad posture affects everything from breathing to digestion, and how good movement starts with alignment.



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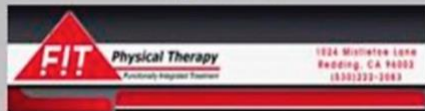
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Rotary



The Four-Way Test

of what we think, say or do

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?

YOUR AD HERE!

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Secretary, California Dept. of Veterans Affairs (ret)
Commissioner California Parks & Recreation (ret)
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