



# RIB

January 24, 2006

**The Rotary Club of Bloomington Noon**

## Weekly Meetings

**12 noon  
Tuesdays  
Thunderbird  
Hotel**

## Mission

An organization of leaders working together to make a difference in our community and the world.

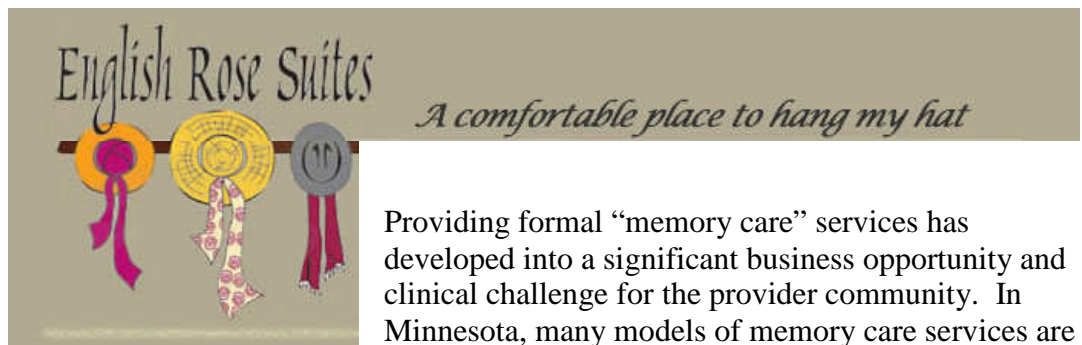
## The Rotary Club of Bloomington Noon

President: John Swaney  
Pres Elect: Diann Kirby  
Vice Pres: Don Stiles  
Secretary: Karyn Arazi  
Treasurer: Brett McMahon  
Past Pres: Larry Lee  
Dist Gov: Dan Barnett  
Sgt in Arms: Rick Sitek  
Exec Sec: Kathy Koehler  
Directors: Marcia Gerdin,  
Carol Hoefft, Adam  
Johnston, Carolyn Pratt,  
Dave Senness, Laura  
Bjorgo, Dave Walock

## Next Week's Program

**Residential Care for Those With Memory Loss**

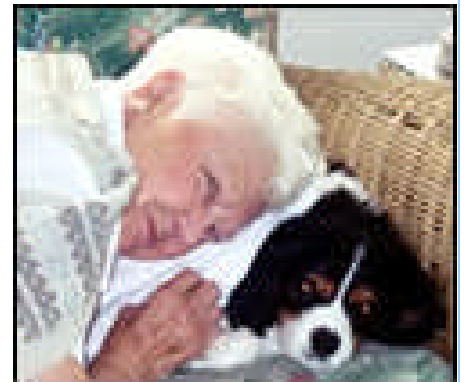
**Guest: Jayne Clairmont**



Providing formal “memory care” services has developed into a significant business opportunity and clinical challenge for the provider community. In Minnesota, many models of memory care services are available. Jayne Clairmont, co-owner of English Rose Suites, believes successful business operations and successful care practices go hand in hand. Jayne is a nationally recognized expert on assisted living and dementia care and provides consulting services to providers and caregivers around the country. She has presented throughout the country at numerous local, state and national conferences.

Ms. Clairmont has also testified before a U.S. Senate Public Hearing Committee regarding older adult rights and protections. Along with being a true pioneer of dementia care, she has developed numerous assisted living environments around the nation. Jayne has worked closely with Mayo Clinic Alzheimer’s Disease Center helping co-develop numerous new care approaches. She served as Chairperson on the Board of Directors for the Minnesota-North Dakota Alzheimer’s Association. In May of 2005, she was elected to the YMCA Metropolitan Minneapolis Southdale Community Board of Directors.

English Rose Suites is a unique and boutique residential home care model with four residential sites located in Edina and Wayzata, MN. It serves to provide a living environment for those with memory loss in which residents have the opportunity to live to their fullest potential; spiritually, physically, mentally and emotionally. Each resident deserves compassion and nurturing on this journey.



**January Birthdays**

- 2 Marcy Gerdin
- 2 Adam Johnston
- 8 Wally Neal
- 16 Arlene Axelson
- 18 Paul Jorgensen
- 19 Dana House
- 27 Dick Russell

**January Anniversaries**

- 1 Marty Chorzempa, 1yr
- 1 Dick Herberg, 16 yrs
- 1 Paul Jorgensen, 40 yrs
- 1 Dick Russell, 35 yrs
- 1 Dick Smith, 23 yrs
- 5 Chris Schadow, 18 yrs
- 5 Ed Vogt, 13 yrs
- 11 Nick Basil, 23 yrs
- 11 Jack Carlson, 34 yrs
- 16 Mike Fewer, 16 yrs
- 16 John Houle, 16 yrs
- 18 Tim Culver, 1 yr
- 26 Lee Helms, 18 yrs
- 28 Larry Lee, 14 yrs

**Greeter Schedule**

- Jan 24: Skipp Saaf
- Jan 31: Tim Culver
- Feb 7: Mark Bosch
- Feb 14: Dave Senness
- Feb 21: Adam Johnston
- Feb 28:
- Mar 7: Don Stiles
- Mar 14: David Pederson

# This Week's Program

## Critical Incident Stress Management

**Guest: Bob Junkin, MaryLou Fiala, Sue Johnston**

Serving those who serve the community, the Metro CISM (Critical Incident Stress Management) Team includes over 50 volunteers from local police, fire, EMTs, Para meds, chaplains, emergency room physicians, and mental health professionals. These specialists dedicate their time to assist their peers who are facing traumatic situations daily to be able to handle the aftermath of trauma.



Emergency medical personnel, firefighters, and law enforcement professionals suffer from significantly higher rates of suicide, heart disease, divorce, alcoholism, and post traumatic stress syndrome than the average public. In these professions, one sees things the normal public never sees. Trauma is vivid and causes vivid dreams, and many other troublesome symptoms. The Metro CISM Team trains our public safety workers in prevention techniques and offers their services in critical times to lead debriefings, defusings, or offering peer support when necessary. During 2005, they assisted over 1100 peers from 19 departments and volunteered over 3300 hours.

Susan Johnston is a psychotherapist and clinical social worker who serves 10 hours per week as Director for Metro CISM. Mary Lou Fiala has 21 years of service in law enforcement and Bob Junkin has 23 years of service as a firefighter.

## Vocational Talk

### Charlie Pokladnik

A financial advisor with Ameriprise Financial Services, Charlie is quite proud of recently achieving his CFP designation (Certified Financial Planner). Charlie grew up in the plains of Bismarck, North Dakota. He achieved Eagle Scout as a youth and his first job was delivering newspapers. He received his Bachelors Degree in Business Administration from North Dakota State University and then spent many years as a salesman, first in clothing and then in business to business selling of office equipment. All of these experiences helped him to hone his people skills.



In 2000, Charlie changed jobs and went into financial planning. He got married, bought a house, and lost his father to cancer all in that same year. Then 2001 and the market downturn gave him 3 more rather tough years. Obviously Charlie knows how to make lemonade from lemons and has kept his amazingly positive attitude. He is very excited about his work with his clients and states that the best part of his work is to be able to be there for the significant events in people's lives.

Bloomington Rotary  
Youth Exchange

Youth Exchange  
Officer: Mark Bellestri  
(612) 481-0406

2005-2006 Student:  
Leonardo Cordeiro  
(Leo)

Host Family:  
Britta & Curtis Nelson  
4515 Sedum Lane  
Edina, MN 55435

Phone:  
952-920-9357

E-mail:

[leocordeiro182@hotmail.com](mailto:leocordeiro182@hotmail.com)



## Rays of Sunshine

**Michael Brunkow**, General Manager of the Hilton Minneapolis/St.Paul Airport – Mall of America hotel, shares that his hotel has won the **Best Continuous Improvement for 2005** award out of 250 Hilton hotels. Congratulations!

**Susan Freeman** is off to LA to visit her son. She shared that the Martin Luther King Celebration on Sunday, January 15, was a success. Dan Barnett and Carolyn Pratt represented the club well.

**Charlie Pokladnik** has completed the course work to achieve his CFP designation, Certified Financial Planner. The course work is quite rigorous. Congratulations, Charlie!

---

## Guests and Visitors

**Rotarian Bruce Halbasch**, Apple Valley Club, General Contractor

**Rotarian Jeanne Lawrie**, Eden Prairie AM Club, Non Profit Youth Services

**GiGi Brecht**, Board approved for Membership, Guest of Diann Kirby

**Jim Wenthold**, Guest of Jack Bouquet, Commercial Real Estate

**Brady Forseth**, Guest of Jim McDonald, University Development

**Dave Kimmirling**, Guest of Jeanne Lowrie, Youth Services

---

## Membership

The Board of Directors at its meeting Tuesday, January 10<sup>th</sup>, approved the following for membership:

**Gigi Brecht**, Sponsor: Diann Kirby, Classification: Commercial Insurance

**Sandhya Gupta**, Sponsor: John Houle, Classification: Electrical Engineer

Also, welcome to our two newest members: **Dan Jordan and Colin Evenson.**

Who have you invited lately? Remember, the club will host the lunch of a potential member one time per quarter.

**Let's be an inviting club!  
Give the gift of Rotary.**

---

## District 5950 Conference

**April 21-22, Hilton MSP Airport Hotel, Bloomington**

**Mike Brunkow, Dan Jordan, and Lori Nelson** have volunteered to lead the planning committee for the Friday evening social that will be a part of the District 5950 Conference. All Rotarians are invited. Invite potential Rotarians as well. Mark your calendar and plan to attend. It promises to be quite an event!

Registration materials will be at your table at each meeting. Fax to (952) 469-0575 or E-mail to Kathy Koehler, [kkoehler@uninternet.com](mailto:kkoehler@uninternet.com)

### The 4-Way Test

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?

RIB Editor:  
Karyn Arazi

ADDRESS  
Bloomington Noon  
Rotary  
P.O. Box 20300  
Bloomington, MN 55420

PHONE  
Kathy Koehler  
952-837-1111

E-MAIL  
kkoehler@usinternet.com

## Upcoming Meetings

January 31: **Residential Care for Those with Memory Loss**, Guest Jayne Clairmont

February 7: **President Teddy Roosevelt**

February 14: **To be announced**

February 21: **Hazelden**, Guest Ivy Bernhardson and William Moyers

February 28: **To be announced**

March 7: **Park Nicollet Heart and Vascular Center Vocational Visit**

---

## Calendar of Events

April 21-22: **District 5950 Conference**, Airport Hilton, Bloomington

April 28: **2<sup>nd</sup> Annual Crown and Wheel Social and New Member Orientation**  
Contact: Skipp Saaf [saafs@msn.com](mailto:saafs@msn.com)

June 11-14: **Rotary International Convention**, Malmo/Copenhagen Register at:  
<http://www.rotary.org/events/conventions/malmo-copenhagen/index.html>  
Housing at: <http://www.congresscopenhagen.dk/>

---

## Rotary Information

**Bloomington Noon Rotary**  
[www.bloomingtonrotarymn.org](http://www.bloomingtonrotarymn.org)

**Rotary International**  
[www.rotary.org](http://www.rotary.org)

**Rotary District 5950 Newly Renovated...visit and watch our progress!**  
[www.rotary5950.org](http://www.rotary5950.org)

**Meeting Make-ups**  
[http://www.rotary5950.org/where\\_meet.html](http://www.rotary5950.org/where_meet.html)

**Rotary on Bloomington Cable, Channel 14:**

### Veterans Day Program

Tuesday, January 31, 2006 9:37 PM  
Wednesday, February 1, 2006 3:37 AM, 9:37 AM, 3:37 PM  
Thursday, February 2, 2006 11:07 PM  
Friday, February 3, 2006 5:07 AM, 11:07 AM, 5:07 PM