



RIB

March 7, 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 Hoeft, Adam
Johnston, Carolyn Pratt,
Dave Senness, Laura
Bjorgo, Dave Walock

Next Week's Program

Bloomington Schools Update – 2006

Guest: Dr. Gary Prest, Superintendent



Bloomington Public Schools are committed to inspiring and helping Bloomington students acknowledge and embrace the five core ethical values that distinguish character--Respect, Responsibility, Integrity, Citizenship and Honesty. They serve Bloomington's world class, diverse community with wonderful learning opportunities to assure that each of Bloomington's learners -- across the lifespan -- develops the knowledge, skills and ethics needed to achieve educational excellence and thrive in a rapidly changing world.

Our guest, Dr. Gary Prest, has served as Superintendent for the past nine years. Under his leadership the District has:

- Passed the largest (at the time) capital bond in the history of MN schools.
- Renovated 19 facilities including the new construction of two 70,000 sq. ft. activity centers, nine media centers and five gymnasiums.
- Started a District owned transportation system (105 buses)

Plus much more.

Dr. Prest holds 4 degrees from the University of Minnesota. He was named the Minnesota Superintendent of the Year for 2006 by the Minnesota Association of School Administrators. He has received the Russell C. Hill Award for Character Education and was named the Bloomington Daymakers Rotary "Daymaker of the Year" in 1999. Join us to learn the latest about your schools.

This Week's Program

Park Nicollet Heart and Vascular Center

Vocational Visit: Methodist Hospital

Designed as a place of learning, a place of healing, and a place of comfort, the Park Nicollet Heart and Vascular Center is nestled next to the Nine Mile Creek waterway. With the most modern of equipment and research teams who are constantly striving to find innovative diagnostic and treatment procedures, it is one of the 100 leading Heart and Vascular centers in the United States.

March Birthdays

- 03 Jim Feilzer
- 03 Skipp Saaf
- 07 Rod Axtell
- 15 Carol Hoeft
- 15 Jim Truax
- 17 Frank Grazzini
- 18 Jack Bouquet
- 24 Krishna Ramalingam
- 28 Dan Barnett
- 31 Gene Fuller

March Anniversaries

- 03 Dick Young 19 yrs
- 09 Becky Amble 13 yrs
- 19 Pat DiPlacido 10 yrs
- 21 John Swaney 6 yrs
- 28 Neil Peterson 17 yrs
- 30 Brett McMahon 13 yrs

Greeter Schedule

- Mar 14: David Pederson
- Mar 21: Frank Grazzini
- Mar 28: Don Stiles
- Apr 4: Colin Evenson
- Apr 11: Susan Freeman
- Apr 18: Dick Young
- Apr 25: Dave Getsch
- May 2: Diann Kirby
- May 9: Adam Bengtson
- May 16: Larry Lee

This week's program continued:

Dr. Jackson Thatcher, our presenter, reviewed for us several aspects relating to prevention of heart attacks. The first, of course, is to know the warning signs:

- Chest pain or tightness
- Crushing feeling in chest
- Pain that spreads to the jaw, arms, neck, or back.
- Nausea, vomiting, shortness of breath, weakness or sweating
- Pain that lasts longer than 15 minutes
- Light-headedness or dizziness.
- Unfortunately, signs for women are often much less obvious and hard to distinguish, therefore, it is safer to err on the side of caution and contact a medical professional.



Reducing risk factors is important. Stop smoking and avoid second hand smoke. Exercise regularly and control your weight. Know your blood pressure and use medications if necessary to control it to a consistent rate of under 120/70. Know your cholesterol. Keeping your bad (LDL) cholesterol to under 100 is best (lower if possible) and your good (HDL) cholesterol greater than 45. Statins can be used to treat your cholesterol level. Aspirin prevents clotting from closing down your arteries (the cause of a heart attack).

The Park Nicollet Heart and Vascular Center has the latest tools to diagnose heart disease, such as EKG machines, cardiac CT scanners, cardiac MRI and nuclear isotope scanners. The treatment center sports the latest in cardiac rehabilitation and exercise equipment in the rehab center pictured here. This center is beautifully designed and deserves the honors it is receiving.



District Conference

Your District Governor is inviting you and your family to participate in what promises to be a family-friendly, fun and thought-provoking District Conference on April 21 and 22, 2006. It is being held right here in Bloomington at the Hilton Minneapolis/St. Paul Airport hotel.

With an upbeat opening night dinner and entertainment by the Barbary Coast Band followed by an evening of fun-filled activities, the conference starts with a bang! Saturday is a day for learning through a thought-provoking plenary session focusing on world health issues; breakout sessions on Group Study Exchange, Ambassadorial Scholars, and the Tom Burnett Foundation, and service project presentations. An inspiring Keynote luncheon address by Bill McLaughlin, Select Comfort Corporation, caps the day. Register Today!

E-mail Kkoehler@usinternet.com

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



Rays of Sunshine

John Swaney and his wife have returned from Hawaii where they enjoyed the wonderful spring weather that included flash floods and rain, rain, rain!

Jim Truax is returning home after his doctors have indicated that he is able to function at his current platelet level if he is very careful. He will probably have his platelets checked on Fridays in Northfield and the results faxed to Mayo and then go to Rochester for Retuxin infusions on Saturdays. He is happy to get out of the hospital.

Lee Helms mentioned an article on John Deere (his former employer) that was in the Minneapolis Star Tribune on Monday about the excellent treatment of their employees throughout the times that they were downsizing.

Don Stiles' son Pete was published in Abroad Magazine, Spring, 2006, issue. The article is a condensation of Pete's 200 page journal of his Ethiopia trip with St. Olaf College. You can read more at www.abroadviewmagazine.com.

Karyn Arazi and Jim Lucas both wish to express their appreciation for the outpouring of support that they both received on the recent deaths of their mothers. Your cards, prayers, kind words, and presence has been very comforting.

Carolyn Pratt's son, Jordan, was cast as the lead role in Rebel Without a Cause to be presented at Jefferson High School.

Guests and Visitors

Dr. Jackson Thatcher, Guest of Carolyn Pratt and our speaker today.

John Bossart, Bossart Corporation, Guest of Mark Bosch

Dave Anderson and Greg Franzen, BOR-SON Construction, Guests of Dave Waloch.

Community Partner

Bloomington Fine Arts Council

The 11th Annual Taste of Chocolate will be held Sunday, March 19th from 1-5 PM at the Bloomington Center for the Arts. Guests have the opportunity to sample chocolates from the area's finest chefs and chocolatiers, listen to the Fine Arts Council organizations perform in the lobby and atrium of the Center, attend an open rehearsal of Sleeping Beauty presented by the Continental Ballet, and bid on an array of silent auction items and purchase a chance to win a Toro TimeCutterZ Riding Mower or a \$1,000 shopping spree at the Mall of America.

Tickets are \$20.00 (\$25.00 at the door) and may be purchased in person at the Center. Information: www.tasteofchocolate.org

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?

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Upcoming Meetings

March 14: **Bloomington Public Schools Update** Gary Prest, Superintendent

March 21: **State of the City Address**, Mayor Gene Winstead and City Manager, Mark Bernhardson, 11:30 – 1:30, Thunderbird

March 28: **to be announced**

May 2: **Cancel Meeting Date, Reschedule for Thursday, May 4th!**

Calendar of Events

March 19: Taste of Chocolate, Fundraiser for Bloomington Fine Arts Bloomington Center for the Arts, 1:00 to 5:00 PM, A Rotary Community Partner.

April 21-22: District 5950 Conference, Airport Hilton, Bloomington, It is time to send in your registration! This will be a fun filled family weekend.

April 28: 2nd Annual Crown and Wheel Social and New Member Orientation

Contact: Skipp Saaf saafs@msn.com

May 5: Golden Valley Rotary Club Fundraiser. They sponsored two tables at our Harold Larson Party. Mark your calendars. Let's help support them, too.

May 19: Club Social - Bloomington Civic Theater musical "Wonderful Town"
Contact: Carolyn Pratt. Reception scheduled before the play. Tickets will be approximately \$28.00 for the evening.

Rotary Information

Bloomington Noon Rotary

www.bloomingtonrotarymn.org

Rotary International

www.rotary.org

Rotary District 5950 Newly Renovated...visit and watch our progress!

www.rotary5950.org

Meeting Make-ups

http://www.rotary5950.org/where_meet.html

Rotary on Bloomington Cable, Channel 14:

Critical Incident Stress Management: Sue Johnston

Friday, March 10, 2006 4:05 AM, 10:05 AM, 4:05 PM

President Teddy Roosevelt

Tuesday, March 14, 2006 9:00 PM

Wednesday, March 15, 2006 3:00 AM, 9:00 AM, 3:00 PM

Thursday, March 16, 10:30 PM

Peggy Leppik – Met Council

Tuesday, March 14, 2006 10:31 PM

Wednesday, March 15, 2006 4:31 AM, 10:31 AM, 4:31 PM

Thursday, March 16, 9:00 PM

Hazelden – Ivy Bernhardson and William Moyers

Tuesday, March 14, 2006 11:10 PM

Wednesday, March 15, 2006 5:10 AM, 11:10 AM, 5:10 PM

Thursday, March 16, 9:40 PM