



Roseville Rotary

Record

Volume 40, Number 32

April 5, 2010

Meetings held every Monday at noon at Radisson Roseville, 1540 Cleveland Ave., Roseville
Call or email any questions: 651/636-9054 or jingle@rotary5960.org or www.rosevillerotary.org

April 12—HEALTH DAY-Jayne Griffith, MN Dept of Health

Ms. Griffith was born at the former St. Mary's Hospital (now Parkview). She was raised in Minneapolis, except for summers which were spent in Philadelphia.

She attended Columbia Heights High School and did her undergraduate and graduate degrees at the U. of Minnesota. She has a BA and MA degree in Psychology, and MPH in Epidemiology.

She is single and considers her pets her children, which are 3 dogs...shep and polly which are shepherd mixes and litter mates and a yellow lab mix called sketer. Her hobbies are downhill skiing, traveling, gardening and foreign languages.

MEETING NOTES April 5 by Jim Foley

Easter Monday was Library Day at Rotary. President Art Anderson rang the bell to quiet the crowd and start the meeting at 12:35 PM. We had been greeted by a very sun-tanned Doug Andersen who led the flag pledge and Art Anderson led recital of the "four way test", Murray Harpole's invocation centered on "optimism".

A number of special actions:

1. Bradley Kirscher presented his classification speech. He is an attorney in "general practice" with an office on Rice Street. Currently his major attention is in the "short sale" of residential real estate. He said that a seller needs a good negotiator to help in today's real estate market. (This sounds like a sales pitch to this writer.) Brad has agreed to help writing district grant applications. (Sales pitch forgiven.)
2. Jingle Mahan read excerpts from the Peace Scholarship application of a bright Ethiopian immigrant. By the time she finished there was consensus that Roseville Rotary should sponsor him.
3. David Franke presented a District award to our exchange student, Horacio Goycoolea, for his outstanding work raising funds for PolioPlus during his stay here in the US. He leaves Friday to return home to Chile.

George Krienke announced Health Day for next Monday, April 12, 2010. Blood samples will be taken before the meeting, starting about 11:10 AM by Regions Hospital. There will be a broad range of tests, including the PSA for men. Fasting starts at 10:00 PM Sunday for some of the tests. If you do not fast, there are still quite a range of tests available. The complete tests cost \$64 for men and slightly less for women. Costs can be billed through Rotary. Guests are welcome.



Jim Ostlund introduced the Library presenter, Sue Gehrz. Ostlund pointed out that Roseville Rotary has been closely connected with Ramsey County Libraries almost

COMING UP!

April 12
Jayne Griffith
Head Epidemiologist
State of Minnesota

April 19
Group Study Exchange
Team from India

April 26
MEETING AT
Outback Restaurant
Aaron Johnson, Manager

May 3
Tammy Pust
Elder Scams

May 10
Tim Penny
Today's Politics

May 17
Pat Seger
Financial Counseling in
Tough Times

May 24
Teddie Potter
Wisdom of our ancestors
(Kalahari Bushman
Healers)

May 31
NO MEETING

June 7
tba

Membership!

Continued from page one . . .

from day one and today Roseville Rotary has pledged \$50,000 over the next three years to the new library “Roseville Rotary Reading Room.”

Ms. Gehrz is Executive Director of Friends of the Ramsey County Libraries, a non-profit (501)(c)3 group, dedicated to raising private funds for library use. She first showed a 15 minute video starring our own Susan Nemitz and members of her staff. Then she talked about the Rotary reading room, its location, name-plate and equipment. Quite exciting!

Finally, Nemitz joined Gehrz to answer many questions from the floor. President Anderson became so absorbed he missed giving them the hook. After 1:30 he jumped up but allowed one more question. (A plant I’m sure.) Question: Can I still donate? Answer: Sure, Rotary still has a \$30,000 commitment and an individual donation is twice recognized: once for Rotary and once in your name. Checks payable to Friends of Ramsey County Library and give them to Jim Ostlund.



Children’s Treasure Island Play Box—one of the items which will be purchased with our District 5960 grant award of \$2,000!

ROSEVILLE ROTARY MEETING DUTIES 2009-10

	REPORTER	GREETER/FLAG	INTRODUCTIONS	INVOCATION
April 12	Loren Swanson	Dale Carlson	David Kray	Rob Davidson
April 19	Ron Riach	Lynne Megan	David Kray	Hal Routhe
April 26	Phil Gelbach	Brad Kirscher	David Kray	Jerry Showalter

Roseville Rotary Annual Health Day

By George Krienke, Health Day Chair

Our annual Roseville Rotary Health Day will be held on the 12th of April 2010... starting at 11:15 in the morning...before our regular Monday Meeting. Regions Hospital Technicians will be doing the testing.

There is a Fasting Test, and a Non-Fasting Test

To take the fasting tests, you must fast from the previous evening.....So no food or liquids after ten (10) o'clock Sunday night...water is OK. (no breakfast Monday morning)...If you do eat, you still can take the non-fasting tests. The fasting test is \$64 & the non-fasting is \$59. ...for women \$49 & \$44 (no PSA) . You will be billed through the club.

Fee Schedule & Tests Performed.....

	FASTING	NON-FASTING
Glucose (diabetes)	\$2.00	\$2.00
Creatinine(kidney)	\$2.00	\$2.00
AST (SGPT) (liver)	\$2.00	\$2.00
Lipids, fasting (Chol, HDL,Trig,LDL)	\$15.00	
Lipids, nonfasting (Chol, HDL)		\$10.00
TSH(thyroid)	\$10.00	\$10.00
PSA (prostate...men)	\$18.00	\$18.00
C-Reactive Protein (heart, stroke)	\$8.00	\$8.00
Hgb A1c (long term glucose)	\$ 7.00	\$7.00

Program will be on "The H1N1 Virus". Jayne Griffith from the Department of Health will be the speaker.

A report will be mailed to all participants. Rotarians will be billed. Guests & visitors are invited.....you don't have to be a Rotarian to take the tests. Guests pay at the door.

MARK YOUR CALENDAR

April 8-10, 2010

District Conference
Verizon Wireless Center
Mankato MN

April 10, 2010

District Assembly training
for ALL 10-11 club officers

Tuesday, April 20, 2010

Board of Directors Meeting
Corner House Coffee @ 7:30 am

June 24, 2010

TASTE OF ROSEFEST

August 2, 2010

TOGA PARTY!
Wear a sheet

September 18, 2010

Build a Chair for Bridging

Rotarian Makeups

Don Craighead Vadnais Hts	3/23
Don Craighead Mpls Rotaract	3/18
Don Craighead TC Rotaract	3/24
Jeanne Matlock TC Rotaract	3/23

Rotary's Membership Starts with YOU

Simple as 1-2-3-4

1. Invite prospective member to a Rotary Club meeting—one free lunch paid by club.
2. BENEFITS — discuss personal, business, & community opportunities
3. Complete short yellow proposal/application form and give to Jingle-first step!