



Roseville Rotary

Record

Volume 40, Number 26

February 22, 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

March 1—Sean Boylan

INFRAGARD—FBI

MEETING NOTES Feb 22 by Terry Gilberstadt

Roseville Rotarians gathered for our regular Monday meeting and were greeted by a friendly handshake by Lynne Megan. President Elect Lauren Swanson called the meeting to order. Lynne also lead the pledge, Rob Davidson was our Invocation leader. Olivia Wilsey introduced visitors and guests.

Special Announcements:

- Lots of Happy dollars –
- Towels for Bridging – our goal is 500 towels and we have collected 250 so far
- Jingle is planning a great fundraiser for the 3 Day Walk for her granddaughter’s walk (family team) on March 6, 2010, at Outback Steakhouse in Roseville. Please join them for lunch (\$15) and let Jingle know if you are coming jingle@rotary5960.org. Many thanks to Aaron Johnson, Manager, who will donate \$10 per person to the 3 Day!
- Our big event for this year, Taste of Rosefest will be June 24, 2010.
- Update from Justin Miller about our website and a primer on Facebook and Twitter and how these “friending” groups can help promote our events and spread the work about Rotary. Check it out on www.twitter.com/tasteofrosefest

Our speaker today was very informative on the subject of heart health. Mary Gruber has been in the health field for over 20 years. Though Mary specifically focused on a special program called “Women’s Heart Advantage” that is dedicated to improving the lives of women who are at an ever increasing risk for heart disease, her information is good for men also. Typically women have much less common warning signs of heart attack, that can be mis-diagnosed by the patient as just a flu symptom or fatigue. Also those with diabetes are at a much higher risk of stroke and heart attack. Mary’s discussion and great sheet she handed out were a succinct approach to the various risk factors of heart disease. One great take home I got was the healthy waist size meter – in women it should be 35” or less and in men 40” or less. Thank you, Mary, for your inspiring talk and for the Heart stress balls! It was timely information from which we all benefitted.



COMING UP!

March 1
Sean Boylan
INFRAGARD
FBI

March 8
Ed Lord
Haiti
(Justin Miller’s father-in-law who just returned from Haiti as a volunteer)

March 15
John Thein
Roseville Schools update
MEETING AT
Fairview Community Center

March 22
Jerry Kaizer
Honor Flight

March 29
Tba

April 5
Sue Gehrz
Roseville Library Project

April 12
Jayne Griffith
Head Epidemiologist
State of Minnesota

April 19
Group Study Exchange
Team from India

Membership!

JUSTIN MILLER ON FACEBOOK AND TWITTER!

It is now even easier to find Roseville Rotary on the world wide web. Our existing website - www.rosevillerotary.org continues to be updated with relevant club news and events, meeting speakers, and pictures of Rotarians in action. But one website is not enough in today's connected world, so we have also ventured into the social networking arena. A Facebook page has been established, where users across the globe can follow the actions of our club just by becoming a "fan" of our club. To become a fan, click on the button right next to the title: Rotary Club of Roseville. To date, we have 44 fans, including many of our members, Rotaractors, and clubs from Florida to France. For those who don't know, Facebook is a place where you can keep up to date with friends from across the world, post pictures, and follow different causes or interests. If you are a Facebook member, you can search for "Rotary Club of Roseville" or follow this link: <http://www.facebook.com/home.php?#!/pages/Rotary-Club-of-Roseville/84080209576?ref=ts>.

According to their stats, there are over 400 million Facebook users worldwide.

It is also important to get our flagship event out on the web, so we have established a Taste of Rosefest Twitter account - www.twitter.com/tasteofrosefest. Twitter is a site that allows users to post updates about what they are doing in 140 characters or less. You sign up to "follow" different users, and your account gets updated when they "tweet" their thoughts or current activities. We are just getting this started, but hope to follow our TOR vendor and auction partners, and likewise we hope they follow us.

None of these tools alone are a silver bullet, but each one will help get the word out about all the wonderful work our Roseville Rotary club is doing in the community. Check them out!



Rotary Minute

Got a minute? Check out Rotary Minute, our new video series that features Rotarians from around the world answering a different question every month. What is Rotary? How have you benefited from being a Rotarian? Hear their answers to these questions and more.

WHY ARE YOU A ROTARIAN? What does Service Above Self mean to you? How can you get more involved? Hear answers to these questions and more from Rotarians around the world with Rotary Minute. Each month, we'll feature a new video about a topic of interest to you.

ROSEVILLE ROTARY MEETING DUTIES 2009-10

	REPORTER	GREETER/FLAG	INTRODUCTIONS	INVOCATION
March 1	Kevin Kelly	Brad Kirscher	Anna Hudak	Hal Routhe
March 8	Phil Gelbach	Olivia Wilsey	Anna Hudak	Dick Gregory
March 15	Jim Foley	Lynne Megan	Anna Hudak	Murray Harpole
March 22	Loren Swanson	David Kray	Anna Hudak	Jerry Showalter

Area Club Meetings for making up!

Tuesday	7:00 am	Stillwater Sunrise	Joseph's Restaurant
Tuesday	7:15 am	Arden Hills Shoreview	Hampton Inn I694
Tuesday	12:00 noon	New Brighton/Mounds View	Tri-City American Legion NB
Tuesday	12:00 noon	St Paul	Crowne Plaza St Paul
Tuesday	12:00 noon	Vadnais Heights	Jimmy's Conference Center
Monday	7:00 pm	Twin Cities Nights	University Club
Wednesday	7:00 am	White Bear Lake	Rudy's Red Eye Grill
Wednesday	7:00 am	Lake Elmo	Lake Elmo Inn
Wednesday	7:30 am	Fridley/Columbia Heights	Old Country Buffet
Wednesday	6:30 pm	Twin Cities Rotaract Club	Chatterbox Pub
Thursday	7:00 am	Woodbury	Stonecrest
Thursday	7:30 am	Anoka	Billy's Bar and Grill
Thursday	7:30 am	St Paul Sunrise	Town & Country Club
Thursday	11:45 am	Stillwater	Lowell Inn
Friday	7:15 am	N St Paul/Maple/Oak	Gulden's

MARK YOUR CALENDAR

Tuesday, March 16, 2010
Board of Directors Meeting
Corner House Coffee @ 7:30 am

Rotarian Makeups

Art Anderson	St Paul 100th
Bob Burmeister	St Paul 100th
Lesley Erickson	St Paul 100th
Al Gerdin	Dist YE
Jingle Mahan	St Paul 100th
Jeanne Matlock	St Paul 100th
Jeanne Matlock	Twin Cities Nights
Jeanne Matlock	Twin Cities Nights
Jeanne Matlock	Twin Cities Rotaract
Colleen Reistad	District YE
Melanie Mogg	Pima Tucson
Roland Wilsey	St Paul 100th

Message for Roseville Rotarians COMMUNITY SERVICE FOR FEBRUARY

PLEASE CONTINUE TO BRING . . .

Everyone, please remember your shopping list...coats, bar soap, shampoo, toothpaste and sanitary napkins ... for Joseph's Coat. We have another opportunity to help those much less fortunate. Let's take full advantage!

Don't forget to also bring towels, our winter collection for Bridging, to each Monday meeting. Make someone happy with a new towel and washcloth!

It's never too late to support The Rotary Foundation and its programs. Please make your check payable to The Rotary Foundation, send to:

**Roseville Rotary
2233 Hamline Ave No, Ste 511
Roseville MN 55113**

