

EDINA

MINNESOTA
District 5950USA
FOUNDED 1957

THE BARKER

ROTARY CLUB OF EDINA

March 6, 2014 Meeting Assignments

Greeters	Sandy Schley & John Solberg
Front Desk	Josh Sprague
Invocation	Mitch Robinson
Guest Introduction	Patti Ellingson-Solheim
Barker	Bob Hildreth
Program Host	Charlie Barer
Thank the Speaker	Kaylin Martin

Program: Karen Sorbo, "Becoming a Compassionate Auctioneer"

Menu: Roasted pork loin with fig and port wine reduction or pear salad with pecan-crusted chicken

In Review

Feb. 27, 2014

By Mary Hustad

Today we were greeted by **Tom Ries** and **Mitch Robinson**. **Audri Schwarz**, **Bob Stehlik** and **Barbara Born** very capably handled the front-desk duties. **Sandy Schley** gave a very meaningful invocation originally written more than 100 years ago.

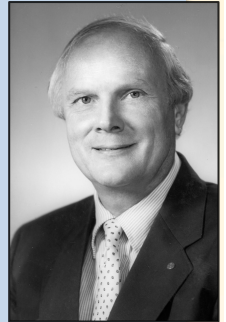
Kurt Eckstrom introduced guests—one fictitious and four real. The real guests today were Bill Sullivan, guest of **Ed Bather**; Jodie Jennings, daughter of **Joel Jennings** and guest of **Jean Morrison**; Harry A. Murphy III, a visiting Rotarian from Bozeman, Montana (he grew up in Edina); and visiting Rotarian/prospective new member Axel Steuer, recently relocated to Edina from Jacksonville, Illinois, and originally from Germany.

President Steve Slyce is on a ski trip this week, so **Treasurer Jennifer Bennerotte** filled in. It was noted that **President-Elect Jeff Ohe**, whose only Rotary job is to support the president, is also on said ski trip.

Jennifer made two RARE announcements—**Gary Snyder**, former Edina Rotary member and the first to share a membership in our club (with his wife, **Johnelle**), passed away Feb. 15, and **Don Brauer** is now in the NC Little Hospice. Please keep the families of Gary and Don in your thoughts and prayers.

In memoriam...

We are sad to announce that Rotarian **Don Brauer** passed away Feb. 28, 2014. Don joined the Rotary Club of Edina in 1964 and was President in 1967. He was a Paul Harris Fellow, Charter Chairman of Edina Rotary Foundation and still an active member, making him a 50-year member of Edina Rotary.



According to his friend and Edina Rotary sponsor Frank Cardarelle, Don, a civil engineer, was assistant park director for the City of Edina in the 1950s, prior to going into private practice. He was instrumental in the planning of the Braemar Golf Course, and also did the first comprehensive plan for the city of Eden Prairie. Frank also mentioned he was prominent at the University of Minnesota. His firm did work all over the country. Frank said Don owned a private plane and would fly it frequently. His firm is still in business in Hopkins as The Brauer Group. Frank and Don worked together on projects for more than 50 years, and at one time, their offices were in the same building. Don and Frank helped to get the Eden Prairie Rotary Club up and running.

Services were March 4 at Normandale Lutheran Church in Edina. Don is survived by his wife, Gudrun, of 58 years; three children, three grandchildren, and one great-grandchild. The family has asked that memorials be sent to the Edina Rotary Foundation or donor's favorite charity.

We are also sad to announce that former Rotarian **Gary Snyder** passed away on Feb. 15, 2014, at his residence on Amelia Island, Florida. Gary joined Rotary in 1998, his wife, Johnelle, joined in 2003 on a shared membership (our club first). They resigned in 2005 when they retired to Amelia Island. Gary's career involved car and truck rentals, which brought him to Minneapolis. Services were March 1 at Lakewood Cemetery Chapel in Minneapolis.



4801 W. 50th St • Edina, MN 55424
Jennifer Garske, Club Administrator

www.rotary.org

• www.edinarotary.org

• www.rotary5950.org

In honor of Vocational Ethics Day on April 24, **Jennifer** decided to “come clean” about something she was supposed to do 10 years ago when she became a member, but never got around to it—her classification talk (though this writer could make the argument that really it should be classified as a millennium talk). Jennifer grew up in Fennimore, Wisconsin, also known as the “City on the Move.” Fennimore is known for two things—a giant mouse sculpture named Igor (after the sculptor who died the day it arrived), and model trains downtown. Jennifer is the first in her family to attend college, and she graduated from the University of Wisconsin–Platteville, with a degree in technical communications and a minor in journalism. During her tenure at Platteville, she worked on the student newspaper. *Sports Illustrated* was on campus to do a story on Bo Ryan, who was Platteville’s basketball coach at the time, and Jennifer was able to see a lot of the behind-the-scenes work on the story. The story was all set to go, and Michael Jordan decided to retire, thereby putting the kibosh on the Bo Ryan story. After college, Jennifer worked at the *Dubuque Telegraph Herald*, and ultimately relocated to Minnesota to be closer to her now husband. After working at the *Sun Current*, Jennifer was hired by the City of Edina as communications coordinator, and has been with the City for 15 years, currently as Communications and Technology Services Director. Jennifer feels very fortunate to have three families—“the people she lives with” (husband Matt and two sons), her City of Edina family, and her Rotary family.

Our speaker was introduced by **Buzz Bainbridge**, who joined our club in 2006. He was sponsored by Wally Rea, and is a Paul Harris Fellow +3.

Buzz introduced Dr. Rebecca Cogswell, a cardiologist and heart failure specialist at the University of Minnesota, who spoke on “The Prevention and Treatment of Heart Failure.” Dr. Cogswell graduated from Dartmouth Medical School, completed her residency at the University of California, San Francisco, and her fellowship at UC San Francisco and the University of Minnesota.

Dr. Cogswell started by reviewing cardiac anatomy. The heart is a muscle that pumps blood to tissue. Two veins bring non-oxygenated blood to the right side of the heart; blood is pumped out through a large blood vessel to the lungs, then into the left side of the heart and through the aorta to the body. Coronary arteries are located on top of the heart, including one large one on the left side of the heart. The feeling of chest pain is actually “tissue burn” due to the heart not getting enough oxygen. Coronary artery disease can lead to heart failure.

Heart failure occurs when the heart does not pump as well as it

should, and effects over 5 million people in the United States. Normally, 50 percent of blood is ejected from the heart with each squeeze of the heart muscle.

Heart failure with reduced ejection fraction (HFrEF) occurs when the heart cannot squeeze well; heart failure with preserved ejection fraction (HFpEF) is a relaxation problem with the heart—a “stiffened” heart. Early signs of the heart not pumping as it should include fatigue, fluid accumulation in the lungs, and then fluid retention in the legs and abdomen. Advanced symptoms include kidney and liver failure. The No. 1 cause of HFrEF is coronary artery disease; other causes include valve disease, high blood pressure, familial tendencies (rare), toxins (alcohol, some chemotherapy, methamphetamine, cocaine), viruses, post-pregnancy problems, and congenital defects (rare). There are effective treatments for HFrEF; these include beta blockers (drugs which block hormones such as adrenaline that negatively impact the heart), defibrillators, heart transplant (though a four-hour time limit for a heart outside of the body limits availability), and a left ventricular assist device (heart pump). Heart pumps run on electricity, with battery backup, and serve as a “bridge to transplant.” The University of Minnesota has a major transplant clinic.

Heart failure with preserved ejection fraction (HFpEF) is caused by high blood pressure, diabetes, coronary artery disease, aging, and being female (women are at higher risk than men). There is currently no effective treatment for HFpEF, but the University of Minnesota has an HFpEF research clinic.

Prevention—to reduce risk for coronary artery disease:

- Do not smoke
- Control cholesterol
- Control blood pressure
- Control weight
- Control diabetes

To reduce risk for heart failure:

- Treat sleep apnea
- Control diabetes
- Control weight
- Use alcohol only in moderation

Tim Murphy thanked Dr. Cogswell for her presentation, and stated that the Rotary Club of Edina will make a donation to PolioPlus in her honor.

Jennifer adjourned the meeting by reminding us to “Engage Rotary to Change Lives.”

ROTARY YEAR 2013–2014 – OFFICERS AND BOARD OF DIRECTORS

President Steve Slyce
Secretary Ann Platt
Public Relations Doug Johnson
The Rotary Foundation Will Steinke

President-Elect Jeff Ohe
Membership (Retention) Michael Stanzak
Community Service (Projects) Tom Bach
Community Service (Grants) Michael Kallas

Past President Scott MacDonald
Membership Mary Hustad
International Service John Flynn
The Rotary Foundation Will Steinke

Treasurer Jennifer Bennerotte
Club Administration Marty Kupper
Youth Service Heather Hansen

Time to register for the District 5950 Annual Conference May 2

The District 5950 Annual Conference "Celebrate Lives Changed" is set for Friday, May 2, at the Radisson Blu Hotel at the Mall of America in Bloomington. The Conference starts at 7 a.m. with registration, and the District Awards breakfast starts at 8:15 a.m. until 10 a.m. Events continue throughout the day, including the Signature Luncheon from 12 to 1:30 p.m., and dinner from 6:30 to 9 p.m. (with all sorts of speakers, sessions, service projects, and fellowship in between).

All Rotarians are invited to attend this special celebration of lives changed, according to District 5950. The "one-day, fun day" event will be jam-packed with networking, fellowship and fun as we honor the amazing work our district has supported through another great year.

Why attend this year's conference?

- **Be Inspired** by engaging speakers and motivating break-out sessions.
- **Get Engaged** with "speed-volunteering" service projects, including a very special Rotary At the Rotunda project inside the Mall of America!
- **Share Your Passion** and tell your life-changing Rotary story with others.
- **Connect with Rotarians** from all 63 clubs.
- **Include Your Family** in this year's events—with special room rates at [Radisson Blu](#) and the Mall of America right next door, it's the perfect opportunity to get your family more involved in the wonderful world of Rotary.

The registration deadline is April 25. Please let Rotary Club of Edina Administrator Jennifer Garske know if you would like to attend by Thursday, April 24, so our Club registration can be compiled and sent to the District on time. The club will pay for one meal at the District conference for any Rotarian who wants to attend. The Rotarian can choose which meal (breakfast, lunch or dinner). Please let Jen know which meal(s) you plan to attend. Members will be billed for additional meals when necessary.

Go to www.rotary5950.org for more information on the District Conference and a complete listing of events. Though you can register on the website, the Club would prefer you register through our Club Administrator if possible. Thank you!

Upcoming Events and Schedule

March 20	Evening at the theater at Old Log Theater, "Almost Maine," 6:30 p.m. cocktails and appetizers, curtain is at 7:30
April 8	Joint meeting with EMRC at Edina Country Club, 7:30 to 8:30 a.m.
April 10	No meeting
April 17	Committee sign-up for Edina Rotary Fundraiser Gala "Rendez-vous in Paris," Edina Country Club, 12:15 to 1:30 p.m.
April 24	Vocational Ethics Day, Edina Country Club, 12:15 to 1:30 p.m.
May 2	District 5950 Annual Conference , Radisson Blu Hotel
May 8	Vocational Day , Minneapolis Media Institute, 12:15 to 1:30 p.m., hosted by Paul Peterson
June 1-4	Rotary International Convention , Sydney, Australia
June 19	Transition Day meeting
June 25	Annual Rotary Picnic
June 26	No meeting

Blue is for special Rotary Club of Edina events.

Purple is for District 5950 events.

Orange is for Rotary International events.

Proposed for Membership

The Rotary Club of Edina's Board of Directors recently approved the applicant below for membership.

Name: Sue Spalding

Classification: Non-Profit Administration

Sponsor: Michael Stanzak

Written objections to the application must be submitted before 4:30 p.m. Wednesday, March 12, to Rotary Club of Edina, 4801 W. 50th St., Edina, MN 55424.

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Rotarian John Flynn honored with youth leadership award

Rotary Club of Edina is proud to announce that member **John Flynn** was recognized Feb. 28 at the Edina Connecting With Kids Leadership Breakfast. John received the CWK Leadership Award for his work directing Camp Enterprise for the Rotary Club of Edina and Edina Morningside Rotary Club in 2013, along with many activities that support youth in the Twin Cities.

Attending the breakfast were many Rotary notables including District 5950 Governor Diann Kirby, Edina Mayor Jim Hovland, and Rotary Club of Edina members **Jon Barnett, Brad Beard, Doug Johnson, Jody Kern, Jean Morrison, Tim Murphy** and **Ann Platt**.

The keynote speaker at the event was former NFL player Ben Lieber, who spoke on leaders in his life and what does it take to be a leader.

Connecting With Kids is part of the Edina Community Foundation. Every year it honors individuals, groups, or organizations who share the Connecting With Kids vision that healthy kids lead to a healthy community. The nominees for the Leadership Awards must have had an impact on kids within the city of Edina. Winners of the awards were selected by the Connecting With Kids Advisory Council.

Top photo, John Flynn speaks at the breakfast after receiving his award.

Bottom photo (left to right), District Governor Diann Kirby, Edina Rotarians Tim Murphy, Jean Morrison, John Flynn, and Ann Platt pose for a photo at the event.



Volunteer for Rotary Rocks the Y

Rotarian Nate Wenner is still looking for volunteers for Rotary Rocks the Y. From 4 to 5 p.m. on Tuesdays and Wednesdays, one Rotary member is needed to volunteer to go to the Y and assist the YMCA staff with the program. Right now, Nate is mainly looking for members who can **volunteer on March 11 and 12**. To sign up to volunteer for one of these dates, or with questions about the program, you can reach Nate Wenner at NWenner@wipflihewins.com or 952-548-3404. Thanks!

Like Rotary on Facebook!

If you haven't already, go to the **Rotary Club of Edina Facebook page** (www.facebook.com/EdinaRotary) and give it a "Like"! Our Facebook page is a great way to keep up on Club news, as well as share Rotary items with your Facebook friends. We want as many people as possible to see what good work our Club is up to. And while you are on Facebook, visit **Rotary District 5950's Facebook page** (www.facebook.com/Rotary5950) and "Like" them to receive regular posts from the District as well.

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