



Future Editors

Dan Langemo
September 24

Linda Langmaack
October 1

Dave Lehner
October 8

Greeters

September 21
Marie Effertz-Hanson
Dave Ellingson

September 28
Alan Estvold
Betty Fedorchak

Upcoming Programs

September 21
MSU: Progress
Mark Lyman
Dir. of Public Information

September 28
History of
Downtown Minot
Amy Lisner, MSU Student

October 5
Patricia Smith
Souris Valley United Way

Young Guns and "Old ___ TS" by Alan Kurth

Ken Kitzman's article for the August 29, 2009 *Prairie Flower* struck me with an inspiration to look back and measure change also.

1987 was an exciting year for the Minot Rotary Club for it was the year the first woman member was admitted. Ethel Crisera (an old upland and waterfowl hunting companion of mine) was proposed by immediate Past President Wally Berning.

It was not without controversy, we had several meetings with members who were objecting but the California Supreme Court had made a ruling and eventually we went along with it.

Yours truly was President that year, so I'll take all the blame. According to my figures, we only have 19 old ___ TS left who were members before women were admitted.

Now on to some things this changed. BW (before women) when we invited spouses to an event, they were all called "Rotary Anns."

A couple of weeks ago at the Rotary golf outing (which also used to be male only), I mentioned a fellowship event that I thought wives might like to Mary Keller. I was corrected to so fast my ears are still ringing and from now on I will be politically correct and say spouses or significant others.

While Stacy Askvig was President her mother, Dorthea Hoag, was in my dealership for an oil change. We were visiting and I said, "Well, I have to leave for Rotary," and she asked, "How's Stacy doing as President?"

I told her, "Not bad for a girl!" She failed to see the humor at first and then realized I was kidding. Stacy did a great job as President and for a girl could even ring the bell loud.

Our current Young Gun President Reed has made some great changes.

For example:

1. Check yourself in on attendance.
2. Prairie Flower sent electronically to save money.

What will he think of next?

Dusty and Penny took on the conference and ran an excellent convention. I think they had quite a few skeptics on the District level and they showed them! It will be quite awhile before there is a conference that is that successful again.

One of the best days I've had as Sergeant-at-Arms in several years was this past year. 50-year-old Mark Martin was the oldest NASCAR driver to win a race. \$1.00 fines for everyone over 50 and \$2.00 fines for everyone 50 or younger. It was close to a \$300 day. So the point I make is the Young Guns are in and the Old ___ TS are in a minority.

I see more changes in the near future with Young Guns and look forward to them! If we can just get Teal to hammer the bell loud next year!

Remember, the 4-Way Test. If you are fined, the Sergeant-at-Arms committee knows who they fine and when you don't pay, they know who you are.

P.S. I bet all of you thought when I was referring to "Old COOTS" that it was something along the line of flatulence!



Secretary's Corner Om Madhok

9/14/09

PRESENT MEMBERSHIP: 104

ATTENDANCE: 54%

STUDENT ROTARIANS: Matt Nilson, Van Le, Jake Thrailkill, and Emma Kusick, Minot High School.

NEW MEMBER: Kathy Holte, NDSU Extension Service

GUESTS: Rea Khalifa, guest of Jo.

We Missed You!

D. Albertson ♦ T. Aldrich ♦ R. Anderson ♦ S. Askvig ♦ R. Campbell ♦ L. Clute ♦ F. Crist ♦ D. Davison ♦ E. DesLauriers ♦ M. Effertz-Hanson ♦ D. Ellingson ♦ A. Estvold ♦ B. Fedrochak ♦ P. Hankla ♦ K. Hegle ♦ D. Hodnefield ♦ T. Hoff ♦ R. Horne ♦ C. Jennings ♦ J. Jensen ♦ S. Johnson ♦ K. Kitzman ♦ D. Langemo ♦ F. Lien Jr. ♦ Jarid Lundeen ♦ B. Mattson ♦ M. McMahon ♦ W. Magaster ♦ M. Miller ♦ R. Merritt ♦ J. Montgomery ♦ J. Olson ♦ R. Olson ♦ D. Pfau ♦ L. Pinkerton ♦ C. Reiten ♦ A. Repnow ♦ L. Schafer ♦ C. Sem ♦ R. Sommers ♦ B. Staufer ♦ G. Stordal ♦ R. Streyle ♦ S. Tonneson ♦ K. Turneau ♦ T. Valley ♦ B. Walker ♦ M. Watne ♦ T. Wentz Jr. ♦ D. Zimmerman.

ROTARY MEMBERSHIP COMMITTEE MEETING

SEPTEMBER 21ST

Immediately following the regular Rotary Club of Minot meeting

Joint Service Club Luncheon

Tuesday, September 29

11:45 a.m. Grand International
Seating is limited.

For tickets, check with Om

Music by the Kiwanis Orchestra

Guest Speaker: Karl Rove

former Deputy Chief of Staff and

Sr. Advisor to President George W. Bush

Special Guest:

Norway's Richest Man Olav Thon

BOARD MEETING

SEPT. 22
11:30 A.M.

Minot
Chamber
of Commerce

The Prairie Flower is the official publication of Rotary Club of Minot, Minot, North Dakota. It is published every Thursday. Annual membership dues for the year 2009-2010 in the Rotary Club of Minot, ND are \$588. 6/28/09 Om Madhok, Secretary.

John Kenney of Grangemouth Central, Scotland— President, Rotary Int'l
Ajoy Chatterjee of Thunder Bay, Ontario, Canada—Governor District 5580

The Rotary Club of Minot meets 12:00 to 1:10 p.m. every Monday at the Grand International of Minot.

Board of Directors: Reed Argent, President; Teal Myre, President-Elect; Ron Merritt, Vice-President; Om Madhok, Secretary; Dave Lehner, Treasurer; William McLees, Past President.

Directors: 2009-Jen Guidinger and Dusty Zimmerman; 2010 -Robert Dick and Brent Mattson; 2011—Mike Berg, Ron Merritt and Tom Will

Standing Members: Peter Hankla, Exchange Students, Ken Kitzman, Scholarship Fund; John MacMartin, and Rotary Foundation.

Birthdays

September 21
Kelly Turneau

September 22
Lisa Clute

September 27
Larry Schafer



Anniversaries

NONE

Fines

\$5.00

Stephen Podrygula

\$3.00 each

Who bought insurance

\$2.00 each

Reed Argent, Wally Berning,

John Coughlin's & Tom

Hinzpeter's Tables and

Trivia quiz by tables

TOTAL FINES:

\$122.00

Football



Tailgating Party!

MSU Homecoming

Sept. 26th 11 a.m



Don't Forget
Rotary Roses!

Minot Rotary Club
Annual Rose Day
Thursday,
October 22nd
MarketPlace Foods
West Entrance

All phone orders or any
questions about your rose
order can be answered by
Roscoe Streyle at 839-0046,
351-0064 or
rstreyel@ucbnd.com

\$18 Dozen

Cello wrapped

\$25 Dozen

Arranged in vase with greens

**DEADLINE
TO PLACE ORDERS:
OCTOBER 12th**

Rotary Logo Wear

THE **ROTARY** STORE

www.ruh.com

Save \$5 to \$6

The Club pays handling

Let ohmitt@juno know

Item#-size-color-price

Will order-club bills quarterly

Especially for new members

As well as all members.

Rotary Logo Wear

100% is our Goal

It shows pride in our club

It gives us esprit' de corps'

Look sharp, be smart

Wear Rotary Logo Wear

Health Care Reform

A Physician's Perspective

by Kim Krohn

Editor's Note: The complete editorial was not printed in the Prairie Flower. I apologize for the error. Continued from last paragraph of last week's editorial.

Debate over a "public option" is in the news. A public option would be a government-administered insurance option for the currently uninsured.

The American Medical Association at first strongly opposed a public option because of our unfavorable history with federally-funded programs like Medicare and Medicaid, which can pay whatever rates they want to providers, because of their huge clout.

More recently, the AMA has conceded that a public option would be acceptable if it met principles outlined by the organization.

Our North Dakota congressional delegation has been working with North Dakota doctors, hospitals, and other health care groups for years. In the past two years, Senator Conrad and Representative Pomeroy have been meeting with us regularly to

define principles that we need in health care reform that will be beneficial to the citizens of our state.



Senator Dorgan has been very available and involved, too. I believe they have a good understanding of the issues here at home and nationally, and are in a good position to advocate for us.

The Senate's eagerly anticipated bill should be coming out in the next few weeks and will tell us a lot more about where things are going.

As I become president of the North Dakota Medical Association next month, I will continue to advocate for the health of the people of our state, and will appreciate your comments as we wade deeper into the most major changes in health care in this country since Medicare was rolled out in 1966.

Program Highlights (9-14-09)

Our guest speaker this week was Alden Hollenbeck, Nutrition Consultant from SunPrairie Grain. His presentation, *America's Pork*, was informational as he explained how the pork industry has changed over the past 50 years.

While pork producers are losing as much as \$20-\$30 per hog at this time, these producers know how the market can fluctuate during its cycles.

Today's pork is leaner with only 1" of back fat compared to the 1950s when you could find up to 3" of back fat. The six most common pork cuts are now, on average, 16% leaner than 15 years ago. Saturated fat has dropped 27%.

Pork also benefits humans in other ways. Pig co-products are life-giving, life enhancing and lifesaving. For example:

- Pig heart valves are used to replace damaged or diseased human heart valves.
- Skin from pigs is used to treat

severe burn victims.

- Nearly 20 drug and pharmaceuticals are derived from pig co-products.



Pork is now the meat of choice worldwide. Global meat consumption on average from 2005-08 was 38% pork, 32% poultry, 25% beef/veal and 5% sheep.

Every pork producer has a personal stake in achieving safe, nutritious and tasty meat product that also contributes to a healthy lifestyle. They strive to improve every day because there are 301 million Americans and an estimated 6.4 billion people worldwide to feed.

Yes, H1N1 (swine flu) still has an effect on pork especially in the larger cities.

Junior Rotarians



MATT NILSON is the son of Michael and Susan and is a student at Minot High School.

School activities include swimming, Key Club and honor society. In the community his is active with the Boy Scouts and Key Club.

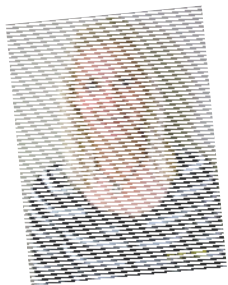
Matt plans to attend college and would like to become a pilot.



VAN LE is the daughter of Shanna Nguyen and Steve Lien and is a student At Minot High School.

She plays the flute and saxophone in band and Jazz Band. Aside from music, she is also a member of FBLA and Spanish Club.

Van does a lot of volunteering in the community through Key Club.



EMMA KUSICK is the daughter of Bo and is a student At Minot High School.

Her school activities include girls golf, varsity dance team, Key Club, honor society, Spanish Club and Character Counts.

Emma helps in the community through Key Club, junior golf and volunteers with local athletics.

Special honors include North Dakota Leadership Seminar, 4.0 GPA, Class rank: 1st, all WDA, All-State Golf 2008 and Key Club President 2008-09.

Emma's long-term goal is to attend medical school and become a pediatrician.

KATIE CROWDUS is the daughter of Gary and Carol and is a student At Minot High School.



Her school activities include band and vocal music, swimming, track, softball and Key Club.

Katie was Student of the Month, a participant of the honor society and Northwest Music Festival Choir.

She plans to attend college and become a teacher and get a job at a middle or high school.

DYLAN RONESS is the son of Galen and Cassie and is a student at Minot High School.

School activities include wrestling and Teens Against Tobacco. In the community his is a confirmation guide.

Special honors include Troy Pfau Wrestling Award, Wrestling Academic All-Conference, Wrestling Academic All-State and has a letter in wrestling.

Dylan plans to be a doctor.

JAKE THRAILKILL is the son of Galen and Harry and Julie and is a student at Minot High School.



School activities include Key Club, Debate, theater, SADD, Teens Against Tobacco, French Club, choir and student council. Community activities include Director of childrens hand chimes, community theater, and teaches confirmation.

Special honors include Rotary Youth Leadership Awards camp, honor roll, and Business Challenge college course at DSU.

Jake will pursue a BA in business administration, marketing and communications.

Paul Harris Fellow Recipients



John MacMartin presents Marsha Looyesen with a PHF plaque and medallion. Also pictured is David Looyesen.



Dan Feist presented Jay Lundeen with his PHF award.

