



BRANDING IRON

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Last Meeting: American Heart Month

In honor of American Heart Month, Dr. Tanya Skager of Sanford Health shared some basic heart health facts with Rotary. Dr. Skager shared that a heart attack is caused by the heart being starved of oxygen. This can occur due to many factors which limit the blood flow and therefore the availability of oxygen to the heart. Symptoms of a heart attack are different for everyone. The most common symptoms are chest pain and tingling in the arms and upper back. "Time is muscle"; therefore, seeking medical treatment immediately is imperative.

American Heart Month Age, genetics, smoking, exercise, and diet are major determining factors regarding each person's heart health. If you walk a flight of stairs and get winded, you need more exercise. Our hearts need oxygen.



Dr. Skager is excited about the new equipment and technology available at the Sanford Clinic for the diagnosis of heart health matters.

If you are over 50 years old, physicians recommend one aspirin per day for general heart health.

Today's Greeters Are:
Jay Elkin & Mark Emmerich

Next Meeting:
Cheryl Endrud & Kris Fehr

Your Program Today:

Aaron Anderson, ND FFA Foundation
"National FFA Week is February 15-22"

Coming Up:

February 26—DSU Students Inga Larson and Shauna McNaughton
"Communications in Agriculture"

March 5—Melanie Kathrein, Dickinson Public Schools
"Common Core"

Program Chair: Chip Poland Next Month: Glenice Hansen

Give Thanks Today: Heather Bashus

Next Meeting: Taylor Belk

Thank you, Lord, for all the gifts you sent our way today. We are sorry for those we did not recognize and may have rejected. Help us to recognize all your gifts and to respond. Amen.

Birthdays

Jack Olin 2/12
Travis Hande 2/15
Renee Bailey 2/18
Shawn Kessel 2/23
Jon Stevenson 2/25

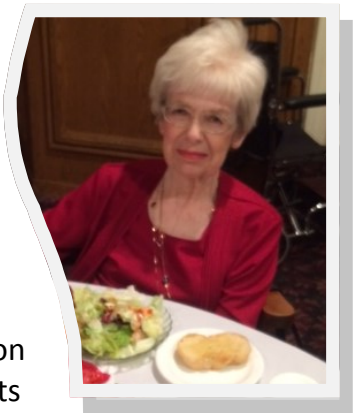
Distinguished Service Recognition

During the Valentine's party on February 12, Dickinson Rotary recognized Rita Krank for her selfless service. From the moment Rita got involved in the Club, she was immediately and completely immersed in the objects, ideals and goals of Rotary.

Rita served as Secretary to Dickinson Rotary Club for several years. In addition to many hours of time spent on secretarial duties, Rita kept the board and the presidents on track with what they were supposed to do. Nothing escaped her watchful eye, from records to submit to the national office to keeping account of who attended the meeting each week. Her commitment and her impeccable record-keeping was notable.

Rita was also recognized for her generosity in support of International Service. Rita has a passion for those who have nothing and is generous with her funds to see that Rotary's work can go forward. She has substantially contributed to the Rotary Foundation, and separately gave funds for our work in Guatemala.

Rita received the Distinguished Service Award and was presented a "Service above Self" letter opener. She truly has given distinguished service to Dickinson Rotary.



Prizes Awarded at Valentine's Party

Most years of marriage: 62 years – Wava and Bruce Howe

Most children together: 8 children – Jim and Peggy O'Brien

Most homes lived in together: 11 homes – Jim and Sonja Ozbun

Most countries visited together: 10 countries – Bev and Buck Haas



Rotary's version of the Newlywed Game:

Shirley and Richard Dukart (winners), Glenice and Dale Hansen, Barb and Gaylon Baker

Dickinson Club Website:
www.dickinsonrotary.org

District Website:
www.clubrunner.ca/5580

Rotary International Website:
www.rotary.org

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**Special Thanks, Harvey Brock,
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Last Meeting Visitors

- Visiting Rotarian Blake Crosby of Bismarck
- Gunner LaCour, ND Racing Commission, guest of Jim Ozbun
- Christian Kostelecky, Sax Motors, guest of Clyde Frank
- Pat Hart and Mike Weflen, guests of Shirley Dukart