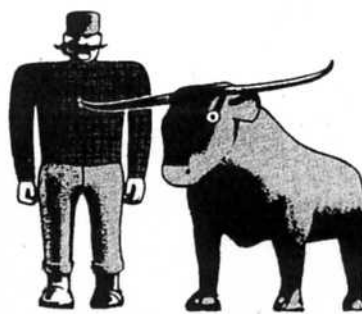




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Club No. 3790

Chartered May 6, 1935

Published Weekly by THE ROTARY CLUB OF BEMIDJI

BEMIDJI, MINNESOTA

July 29, 2002

THIS WEEK'S PROGRAM

Bob Melchior – Our Geology

NEXT WEEK'S PROGRAM

Rotary Guatemala Delegation

Important Dates to Remember

Brisbane, Australia – Rotary International Conference

June 1-4, 2003

Visiting Rotarians

Brad Swenson – Bemidji Sunrise

Greg Gordon – Dubuque, Iowa

Steve DeKrey, Hong Kong

Dick Smith, Winnipeg

Coming in August

August 5 – Rotary Guatemala Delegation

August 12 – Second Hand Smoke Team

August 19 – Hans Peter Borgwarth, Past Rotary District Governor

August 26 – Rotary Youth Leadership Award (RYLA) Students

London Delegation

CHRISTENSENS TO VISIT ENGLAND ON ROTARY FRIENDSHIP EXCHANGE PROGRAM

Duane and Elaine Christensen will leave August 5th along with four other couples from Brainerd, Bismarck, Fargo and Wahpeton to participate in our District's first Friendship Exchange to southern England. During the two week program, they will tour historic sites as guests of Rotary couples of District 1110. This includes the cities of Portsmouth, Southampton, New Forest, Poole and the Isle of Wight.

This unique Rotary program advances international goodwill and peace between countries by encouraging Rotary couples throughout the world to exchange social visits in each other's homes for about three days per area. Opportunities will be given for couples from our club to host five British couples next year. Also, there will be opportunities for Rotary couples from Bemidji to join friendship

exchanges to other countries. Don and Christine Rasmussen of the Brainerd club will lead the group.

Rotary Around the World

The Rotary Club of Pilar, Buenos Aires, Argentina, has made avoidable blindness a major service focus. Through a project called See Again, the club raised funds to pay for cataract operations for 15 elderly persons in the community, in cooperation with the Hugo Nano Foundation. The club then conducted a census of the needy elderly throughout the area with the intention of expanding the project.

Caffeine Effects

Good: Caffeine has been scientifically proven to temporarily increase alertness, comprehension, memory, reflexes, and even the rate of learning. It also helps increase clarity of thought.

Bad: • Too much caffeine can cause hand tremors, loss of coordination or appetite and insomnia.

• Widely varying the amount of caffeine you ingest can put a strain on your liver, pancreas, heart and nervous system. If you are prone to ulcers, caffeine can make your situation worse.

• If you manage to consume the equivalent of 70-100 cups of coffee in one sitting, you'll experience convulsions, and may even die.

Coats for the Community

Help support a great cause! Your donation of a winter coat, or other winter accessory, will help keep a child or adult warm this winter.



Coats may be dropped off at the following locations:

| | | |
|---|--|--|
| Dress Club Cleaners 406 Minnesota Ave. | United Way Office 1819 Division St. | United Way Office 201 3rd St.—2nd Floor |
| Lusken's Village Foods North Store 1171 Paul Bunyan Dr. | South Store 609 Washington Ave. | Sentence to Serve 518 Beltrami Ave. (see rear entrance to alley) |

Donations will be accepted from July 22 through August 16.

Quality, clean coats of all sizes are appreciated; boots, snowpants, hats, mittens, and scarves are also welcome.

If you have any questions, please call the United Way office at 444-UWAY.