



Club No. 3790

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BEMIDJI, MINNESOTA

December 6, 2004

THIS WEEK'S PROGRAM

Keith Johanneson – Development Potential in the Bemidji Area

NEXT WEEK'S PROGRAM

Bemidji High School Choir – Bring a Guest

Important Dates to Remember

Chicago, USA – Rotary International Conference
(Centennial Celebration) – June 18-25, 2005

Annual Goodwill Conference, February 4-6, 2005
Winnipeg, Manitoba – See President Warren for
Details

Family Events Planned

The annual BHS Choir Concert scheduled for December 13 is always a highlight of the season. You're welcome and encouraged to bring a guest for this special occasion.

Plan to bring your family, children and grandchildren for a Magic Act and Comedy Show by Joe Delassandro at the December 27th meeting.

December Birthdays

Jim Lowth	December 1
Dan Posner	December 8
Jim Walker	December 10
Allison Barta	December 16
Sue Doeden	December 16
Kevin Williamson	December 20
Martin Graefe	December 23
Deb McGregor-Pfleger	December 26
Sandy Nelson	December 31

Bell Ringers Needed

Ryan Baer is coordinating this year's Salvation Army Bell Ringing Project and has sent out a call for volunteers to sign up for two hour shifts during the week before Christmas. This is a long-time Bemidji Rotary tradition, and everyone is encouraged to do his/her part to make the fund-raising project a success. See Ryan to sign up.

Membership Facts

(From the 5580 Chronicle – Governor's Newsletter)

Here are a few facts about membership:

- Only 5% of all Rotarians ever introduce a new member.
- It is seven times easier to retain a current member than to add a new member.
- Over 50% of members who leave Rotary do it within the first two years of service.
- Over the last five years, our district has lost about 180 members. We have turned this loss around over the last two years and have been able to hold our own.
- This year, the district's membership goal is an increase of 100 new members. Clubs over 100 members, such as ours, need to increase by three members in order to achieve the goal.

RECRUITRETAIN***REACH GOAL***

Burning Calories with Exercise

Calories can be burned by the hundreds by engaging in strenuous activities that do not require physical exercise:

Calories burned by the hour:

Beating around the bush	75
Jumping to conclusions	100
Climbing the walls	150
Swallowing your pride	50
Passing the buck	25
Throwing your weight around (depending On your weight)	50-300
Dragging your heels	100
Pushing your luck	250
Making mountains out of molehills	500
Hitting the nail on the head	50
Wading through paperwork	300
Bending over backwards	75
Jumping on the bandwagon	200
Balancing the books	25
Running around in circles	350
Eating crow	225
Tooting your own horn	25