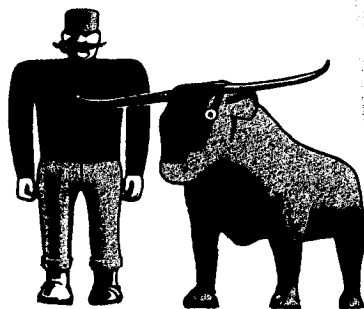
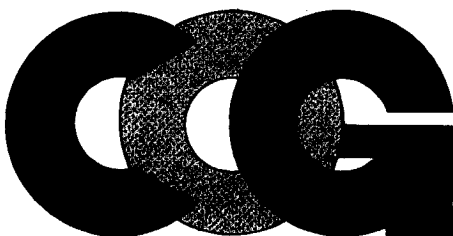


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BEMIDJI, MINNESOTA

January 9, 2006

This Week's Program

Fostering Plans for Bemidji Events Center – Dave Hengel

Next Week's Program

Center for Advanced & Emerging Technology – Dr. Elaine Hoffman

Important Dates to Remember

District 5580 Conference
Williston, North Dakota
April 27-30 2006

Dragon Boat Festival

Save the date Rotarians! August 4 & 5 2006 will mark the first Bemidji Dragon Boat Festival. Corporate Sponsorships are still available - contact Shelly Geerdes or Lori Paris for more information.

Visiting Rotarians

Jack Harris – Westwood Village Los Angeles, CA

Bemidji Rotary Stats

Members as of September - 124
Attendance Percentage as of December - 69.6%

Welcome Back Rotarians!

January Birthdays

Sandy Bensen	January 19
Al Bontrager	January 4
Mark Dickinson	January 5
Penny Echternach	January 17
Shelly Geerdes	January 5
Michael Kelsey	January 25
Terry Matson	January 12
Cyril Murphy	January 27
Gayle Quistgard	January 17
Al Schmidt	January 20

Fact or Fiction

Source: *Discovery Health Dr. Know Paul Trotman, M.D.*

Read below to hear what the doctor has to say about common medical myths.

Myth: It's dangerous to swim after eating.
Fact: The very worst you can expect is a stitch, i.e., a short, sharp pain in the side, in which case you should stop swimming and get out of the water.

Myth: Carrots help you see in the dark.
Fact: No, this myth possibly stems from British World War II propaganda aimed at concealing the invention of radar. Beta found in carrots is converted to vitamin A, which is needed for healthy eyesight.

Myth: You only use 10 percent of your brain.
Fact: Which 10 percent? Untrue. This myth is based on studies of rare people who have undetected hydrocephalus, a condition involving the abnormal accumulation of cerebrospinal fluid in and around the brain.

Myth: You should drink six pints of water a day to stay healthy.
Fact: Although water is vital, this is wrong! This is based on the requirements for intravenous fluids of someone who is getting nothing by mouth, and even then they also need various salts and sugar.

Myth: The human body is 98 percent water.
Fact: It's actually about 70 percent.

Myth: The bathroom is the dirtiest room in the house.
Fact: That honor actually goes to the kitchen, especially the chopping board and the sink.

Holiday Gifts for Kids

The Holiday Gifts for Kids Committee would like to say *Thank You* to the entire community for making this year's gift drive a success.

Playhouse Update

The playhouse construction will be starting in January. Contact Scott Turn if you are interested in volunteering time for the initial construction.

Cabin Fever Reliever

We will once again be hosting the *Cabin Fever Reliever*. Dates have not been finalized and more information will be coming out soon. This is a wonderful, fun event for Rotarians as many may remember from last year, so please consider which areas you would like to volunteer.