



**STILLWATER SUNRISE ROTARY CLUB
NEWSLETTER
June 1, 2010**

FUTURE MEETINGS

June 8, - Peggy Adelman – Minnesota Zoo
June 15, - Bill Lunn, KSTP news anchor, - Dave Langer
June 22, - Ray Queener
June 29, - Rich Cummings
July 6, - Mike Holsten – Year in Review and Passing the Gavel
July 13, - Dean Tibbetts
July 20, - Bill Voedisch, "Citizen Mitten" – John Lennes
July 27, - **NO Meeting, Club Picnic**
August 3, - Shari Clifford
August 10, John Wubbels

FUTURE EVENTS

June 30, Installation of Craig Leiser as District Governor 9650
June 20-23, Rotary International Annual Convention, Montreal, Canada
May 27, Rotary International Incoming President Ray Klingsmith, at Rochester at 12:00 noon.
August 15, Arrival of Exchange Student Laura Mueller, Germany
September 24, 2010 Midnight Golf
October 16-24, Nicaragua Cultural Exchange, Families Welcome (August 16 deadline for sign-up)



FELLOWSHIP: Steve Madsen

Visiting Rotarians

Ute Buehler, Mpls./University

Guests

Speaker, Eric Jackson

Make Ups

Craig Leiser (2), Rochester Noon and District Meeting with incoming RI President Klingsmith.
Jon Stillman (2) Grants and Rotary Foundation Meeting for the District
Lynda Halbert, White Bear Lake Rotary

Links

Link to Stillwater Sunrise Website: [Stillwater Sunrise Website](#)

Link to District Website: [Rotary District 5960](#)

Link to International Web site: [Rotary International Website](#)

Link to Stillwater Sunrise Facebook Site: [Stillwater Sunrise Rotary FACEBOOK Page](#)

ANNOUNCEMENTS, REPORTS: Mike Holsten, President



Arba Della, substituting for Mike, noted that there was a nice article in the Gazette about the STRIVE program including pictures.

A sign-up sheet was passed around for those who would like to attend Craig Leiser's induction as District Governor which will take place on June 30 on one of the Andiamo Boats.

The Sunrise Rotary Picnic, according to Steve Madsen, will take place on July 27. Details to follow but it will be again in Pioneer Park.

Dave Spencer is at home and is accepting phone calls.

Brad, from Central Bank, has written that he will not be able to join our club because of schedule changes at work make it impossible. Too bad.

Craig L. explained his use of the acronym R.I.P.E. in the signup sheet for make-ups (Thank God). Also he pointed out the new incoming Rotary International President Klingensmith, is a very down to earth person with down to earth suggestions on what to do.

NEXT WEEK'S PROGRAM

Tim Trooien explained that his speaker next week, Peggy Adelman from the Minnesota Zoo, should have an interesting presentation possibly including some animals from the Zoo.

GETTING TO KNOW OUR MEMBERS

As part of a new initiative, the previous weeks host provides a semi-biographical introduction of the host for this week's program to help us to better know our membership.

Del Peterson introduced Jeff Robertson. Jeff System includes Lakeview Hospital, the Lakeview Hospital employee since 1987. He healthcare administration from the University 33 years. His hobbies include motorcycles,



Robertson is the Lakeview Health System's Chief Operating Officer. The Lakeview Hospital Foundation and Stillwater Medical Group. He has been a received his Bachelor of Science degree and a Master of Science degree in of Minnesota. He has been married for 34 years, has three children aged 27- snowmobiles and biking.



SERGEANT-AT-ARMS: Rick Robbins

Rick noted that Pete Smith was wearing Craig Leiser's favorite color tie, orange, which now must be the colors of our Rotary District.

Chuck Buehler thanked all the people that took notes for the newsletter for him, including Ken, Margie, Andy, and Bob Rupp. He also mentioned that although he missed the Brewer's Bazaar, his wife Ute took him to a place called "La Mort Subiet" in Brussels, Belgium which served excellent beer. Translated means Sudden Death, a very popular place to visit before going out to eat in that gourmet city.

Bob reported that the rainfall in Guatemala had reached 24 inches in 24 hours and help was needed.

Rick said that this was Heimlich Maneuver week. One person, Rich Cummings, reported he once used it on a friend who was choking on a bone. There was one other in the room who had used it, so in recognition, those on their tables were asked to donate.

PROGRAM



Eric Jackson was introduced by Jeff Roberson. Eric is a graduate of the University of Illinois where he majored in Agricultural Economics. He initially worked in a grain trading company but soon gravitated to energy related businesses. Besides working with renewable energy at the University of Minnesota, he co-founded a company in 2009 in the field of Sustainability and Energy conservation. He is a member of Trinity Lutheran and served as President of the Church Council in 1993.

A big issue these days is what kind of carbon footprint is left by individuals all the way to corporations. In their business they approach companies about this footprint and the subject of sustainability. For them, sustainability is simply explained by trying to do more for less. They ask the company four basic questions, first are you following all the laws, second you must have a positive cash flow, third you must not operate in such a way to deplete your resources and finally are your products and services relevant. Another question is "do they think about the future, a future 5-7 generations our (100- 140 years)".

This carbon footprint is a measure of CO2. This is very capable of telling you what your energy use is. Wal Mart, for example, is demanding from its suppliers their footprint and what they are doing to decrease it. The supplier is asked to go all the way back to his suppliers, even back to a farm for example.

It is the wave of the future and the future appears to be now.

JOKE OF THE WEEK

Dave Barry's colonoscopy journal:

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I called my friend Andy Sable, a gastroenterologist, to make an appointment for a colonoscopy.

A few days later, in his office, Andy showed me a color diagram of the colon, a lengthy organ that appears to go all over the place, at one point passing briefly through Minneapolis.

Then Andy explained the colonoscopy procedure to me in a thorough, reassuring and patient manner.

I nodded thoughtfully, but I didn't really hear anything he said, because my brain was shrieking, quote, 'HE'S GOING TO STICK A TUBE 17,000 FEET UP YOUR BEHIND!'

I left Andy's office with some written instructions, and a prescription for a product called 'MoviPrep,' which comes in a box large enough to hold a microwave oven.

I will discuss MoviPrep in detail later; for now suffice it to say that we must never allow it to fall into the hands of America's enemies.

I spent the next several days productively sitting around being nervous.

Then, on the day before my colonoscopy, I began my preparation.

In accordance with my instructions, I didn't eat any solid food that day; all I had was chicken broth, which is basically water, only with less flavor.

Then, in the evening, I took the MoviPrep. You mix two packets of powder together in a one-liter plastic jug, then you fill it with lukewarm water. (For those unfamiliar with the metric system, a liter is about 32 gallons). Then you have to drink the whole jug. This takes about an hour, because MoviPrep tastes - and here I am being kind - like a mixture of goat spit and urinal cleanser, with just a hint of lemon.

The instructions for MoviPrep, clearly written by somebody with a great sense of humor, state that after you drink it, 'a loose, watery bowel movement may result.'

This is kind of like saying that after you jump off your roof, you may experience contact with the ground.

MoviPrep is a nuclear laxative. I don't want to be too graphic, here, but: have you ever seen a space-shuttle launch? This is pretty much the MoviPrep experience, with you as the shuttle. There are times when you wish the commode had a seat belt. You spend several hours pretty much confined to the bathroom, spurring violently. You eliminate everything. And then, when you figure you must be totally empty, you have to drink another liter of MoviPrep, at which point, as far as I can tell, your bowels travel into the future and start eliminating food that you have not even eaten yet.

After an action-packed evening, I finally got to sleep.

The next morning my wife drove me to the clinic. I was very nervous. Not only was I worried about the procedure, but I had been experiencing occasional return bouts of MoviPrep spurtage. I was thinking, 'What if I spurt on Andy?' How do you apologize to a friend for something like that? Flowers would not be enough.

At the clinic I had to sign many forms acknowledging that I understood and totally agreed with whatever the heck the forms said. Then they led me to a room full of other colonoscopy people, where I went inside a little curtained space and took off my clothes and put on one of those hospital garments designed by sadist perverts, the kind that, when you put it on, makes you feel even more naked than when you are actually naked.

Then a nurse named Eddie put a little needle in a vein in my left hand. Ordinarily I would have fainted, but Eddie was very good, and I was already lying down. Eddie also told me that some people put vodka in their MoviPrep.

At first I was ticked off that I hadn't thought of this, but then I pondered what would happen if you got yourself too tipsy to make it to the bathroom, so you were staggering around in full Fire Hose Mode. You would have no choice but to burn your house.

When everything was ready, Eddie wheeled me into the procedure room, where Andy was waiting with a nurse and an anesthesiologist. I did not see the 17,000-foot tube, but I knew Andy had it hidden around there somewhere. I was seriously nervous at this point.

Andy had me roll over on my left side, and the anesthesiologist began hooking something up to the needle in my hand.

There was music playing in the room, and I realized that the song was 'Dancing Queen' by ABBA. I remarked to Andy that, of all the songs that could be playing during this particular procedure, 'Dancing Queen' had to be the least appropriate.

'You want me to turn it up?' said Andy, from somewhere behind me.

'Ha ha,' I said. And then it was time, the moment I had been dreading for more than a decade. If you are squeamish, prepare yourself, because I am going to tell you, in explicit detail, exactly what it was like.

I have no idea. Really. I slept through it. One moment, ABBA was yelling 'Dancing Queen, feel the beat of the tambourine,' and the next moment, I was back in the other room, waking up in a very mellow mood.

Andy was looking down at me and asking me how I felt. I felt excellent. I felt even more excellent when Andy told me that it was all over, and that my colon had passed with flying colors. I have never been prouder of an internal organ

President John Kenny- Rotary International

Governor Newell Krogmann - District 5960

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