



**STILLWATER SUNRISE ROTARY CLUB**  
**January 26, 2016**

**FUTURE MEETINGS**

Feb 2nd	Dan Schmid	Nancy Torrison, Executive Director ABOHLF - Healthy lung presentation
Feb 9th	Ed Boeve	Dr. Lenny Snellman - Story of Daylight School in Kenya
Feb 16th	Rich Cummings	Sara Damon, Stillwater Junior High School - Report on Water Project
Feb 23rd	Eli Quiett	
Mar 1st	Pete Smith	Tracy Maki, Executive Director - Valley Outreach
Mar 8th	Ned Gordon	
Mar 15th	Chuck Buehler	Pete Orput, County Attorney, Sex Trafficking in Washington County
Mar 22nd	Bob McDowell	
Mar 29th	Orwin Carter	
Apr 5th	Ed Simonet	
Apr 12th	Jack Gibbons	
Apr 19th	Mary Parchetta	
Apr 26th	Dave Spencer	
May 3rd	Jeanne Mattlock	
May 10th	Jim Meier	
May 17th	Brent Voight	Danny Mishek, SelfEco/VistaTek
May 31st	Ken McGinley	Ayane Tanaka

**FUTURE EVENTS**

April 5 - Second Harvest Food Bank help  
July 29-30 - Leadership Academy, District, Guest Speaker Timberwolves CEO

**FELLOWSHIP:** Janis

**Guests:**

Peter Orput, County Attorney, speaker guest of Justin Bonestroo

**Visiting Rotarians:**

M. Anderson, Maplewood/Oakdale/No. St. Paul

**Make ups:**

Craig Leiser , District  
Jon Stillman, Stillwater Noon  
Jack Gibbons, Brewer's Bazaar

**Links:**

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

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

**Link to District Governor Marlene Gargulak's :** [Weekly Newsletter](#)

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

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

**CLUB BUSINESS AND ANNOUNCEMENTS:** President Shari Clifford



Shari presented Ned Gorden a pin for his 7th Paul Harris Award.

Brewer's Bazaar Meeting went well, good beer, great things in motion. Tickets are available and 50 have been sold to date according in Ken. The Lift Bridge Brewery is a good venue, they host many meetings and have cribbage nite one nite a week.

**SERGEANTS-AT-ARMS:** Jennifer Giovinazzo and Mark Fisher



Some good news according to Rich is the Stillwater Hockey team is 16-1-1.

Jon announced that his daughter will soon be announced as the Artistic Director of the Looking Glass Theater in Chicago.

Dave noted that while attending the Park Theater last weekend, the Matlock's are one of the theater's supporters.

Craig was in Seattle last week and they had 3 inches of rain and 9-10 Ft. of snow in the Mountains with lots of avalanches.

We played a card game and those holding a 2 or a 10 escaped donating to the club.

**NEXT WEEK'S PROGRAM:**

Dan will introduce Nancy Torrison, Executive Director of ABOHLF - Healthy lung presentation

**GETTING TO KNOW OUR MEMBERS:**

Justin Bonestroo has been a Rotarian for 9 years, a former basketball standout at Stillwater and an attorney in town.

**PROGRAM:**



Justin Bonestroo introduced Pete Orput, County Attorney, who gave a passionate talk on Drug Abuse in Washington County. In an iconic statement, Pete said that drug abuse is one area where he "cannot jail his way out the problem." It does not work, after serving time, they are right back at it. The results of their survey, which by the way youth are more then willing to be forthcoming, youth from as low as 8th, 9th and 10th grades are using alcohol, marijuana, or prescription drugs specifically opiates. 50% for 10th grade, 25% for 9th grade. 65,000 people have died from overdose, 16 in our county. What happens...doctor prescribes an opiate for pain and within 8 days of use the person is on their way to addiction. And then what happens is they can get opium at half the price from Mexico. It is important for parents to get into the cell phone or bedroom of a child when they are suspicious of addiction. The problem is sufficiently wide spread that police carry Narcan, an antidote to overdose of an opiate. There is a state law, called Steve's law, in Minnesota that gives immunity to prosecution a person who believes someone is in danger of dying from an overdose calls 911. Be careful of realtors who are known to enter a house they are showing and steal prescription drugs. Finally, in Washington DC a state attorney general successfully sued big Pharma for detailing doctors on using an opiate designed for end of life pain control for ordinary use and won. If you are having problem, call Arba-Della and Family Means, they have treatment contacts.

**Joke of the Week**

**God's plan for aging**

**Most seniors never get enough exercise. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things thus doing more walking. And God looked down and saw that it was good.**

**Then God saw there was another need. In His wisdom He made seniors lose coordination so they would drop things requiring them to bend, reach and stretch. And God looked down and saw that it was good.**

Then God considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So if you find as you age, you are getting up and down more, remember it's God's will. It is all in your best interest even though you mutter under your breath.

#### Nine Important Facts To Remember As We Grow Older :

#9 Death is the number 1 killer in the world.

#8 Life is sexually transmitted.

#7 Good health is merely the slowest possible rate at which one can die.

#6 Men have 2 motivations: hunger and hanky panky, and they can't tell them apart. **If you see a gleam in his eyes, make him a sandwich.**

#5 Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.

#4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.

#3 All of us could take a lesson from the weather. It pays no attention to criticism.

#2 In the 60's, people took acid to make the world weird. Now the world is weird, and people take Prozac to make it normal.

#1 Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.

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President K.R. Ravindran, Rotary International

Governor Marlene Gargulak - District 5960

#### 2015-2016 STILLWATER SUNRISE ROTARY CLUB BOARD

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**Youth Exchange Officer:** Brett Emmons

**International Programs (e.g. Fast for Hope):** Dave Newman

**STRIVE:** Brent Voight

**Club Programs:** Tim Trooien

**Member-at-Large:** Margie Horning

**Newsletter Editor:** Chuck Buehler