

Rotary GSE Team members sought

Dear Rotarians,

Enthusiastic, informed and articulate local professionals are needed for a Rotary-sponsored vocational tour of District 1740 in France, June 2-29, 2007. Through Rotary's Group Study Exchange Program, local residents (non-Rotarians) have the opportunity to foster International understanding through people-to-people diplomacy.

The Group Study Exchange (GSE) Program of The Rotary Foundation is a unique cultural and vocational exchange opportunity for young business and professional men and women between the ages of 25 and 40, and in the early years of their professional lives. The program provides travel grants for a 5-member team to exchange visits between paired areas in different countries. District 5580's paired country is central France, and that team will visit us in April 14-May 12, 2007.

The team that is selected from District 5580 will spend 4 weeks in central France, meeting their professional peers, staying in Rotarians' homes and experiencing the people and culture of central France. For each team member, the Rotary Foundation provides the most economical round-trip air ticket between the home and host country.

The GSE Committee is now accepting applications for team members to participate in the 2006-2007 exchange program. To this end, all clubs in District 5580 are encouraged to start now in seeking out those in your local communities who meet the specific criteria. A GSE Brochure, GSE News Kit, Team Member Application, a Sample Press Release and other related materials are available for download from the District Website at www.clubrunner.ca/5580 by going to the HOME page and clicking on the Group Study Exchange link at the left. Additional GSE information can also be obtained from the RI Website at www.rotary.org.

District 5580 is also accepting applications for a Team Leader and Alternate Team Leader (Rotarians). The Team Leader Application Form is also available for download from the District website.

Applications will be accepted through Oct. 9, 2006, and should be mailed to me at the address below. Emailed or faxed applications will be accepted, provided that the original signed applications follow by regular mail immediately thereafter. District interviews will be held Oct. 21, 2006, in Bemidji. If your club desires to sponsor a GSE candidate, you should read and review the Expectations of Club Sponsoring GSE Candidates on Page 2 of this letter.


This is the opportunity of a lifetime! Please give it to someone in YOUR community. I will be glad to help or answer questions, so please feel free to contact me.

Yours in Rotary,

Mary Metzger, GSE Chair

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Dickinson Rotary Club
2006-2007
Wednesday, Sept. 13, 2006

Volume LIII -- No. 11
 Charter No. 820 - February 1, 1921

Welcome!

Greeters Today **Jason Dahl and Todd Tavis**
Next Week: *Dan Dasovick and Daryl Tabor*

Invocation Today **Joe Frenzel**
Next Week: *Jerry Fisher*

Dear Lord, if we are to succeed meaningfully in this life, we must succeed first in being a person rich in integrity and love ... and truly live the four-way test ... Is it the truth? Is it fair to all concerned? Will it build goodwill and better friendships? and Will it be beneficial to all concerned? Please continue to help us be the people you want us to be. Amen

Happy Birthday This Week!
Greg Sund ... Sept. 18 Gene Jackson ... Sept. 19

Program Chair This Month **Frank Wald**
Next Month: *Frank Wald*

Program Today **District 37**
Democratic Legislative Candidates

Future Programs
Sept. 20: Terry Kovacevich, local manager
 Marathon Oil Co.
Sept. 27: Kristin Hedger, Sec. of State Dem. candidate
Oct. 4: TBA

Special Programs
Oct. 25: *Farmer Rancher Night*
Oct. 11: *District Governor visit*
Dec. 13: *Christmas Party*
Feb. 7: *Valentine's Day*

The Branding Iron

Dickinson Rotary Welcomes You!

Meeting every
Wednesday at noon at
the Elks Club, Dickinson
What is Rotary?

Rotary is an organization of business and professional leaders united worldwide who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world.

Website:

www.dickinsonrotary.org

Announcements, Brags

Rotarian Brad Fong handed out the raffle tickets for members to sell ... He then quoted Arthur F. Sheldon.... *"He profits most who serves best."*

Get out there and sell!

Rotarian Kevin Thompson reminded the club about Farmer-Rancher Night coming up on Oct. 25.

Rotarian Merry Johnston bragged she was thankful for Rotarian Tom Henning and his wife, Darlene. They have taken in the two kids from Belarus. Merry stated ... he is not a Rotary Club member, he is a Rotarian.

Featured Speaker

Agriculture is North Dakota's number one industry and Doug Goehring, candidate for North Dakota Ag Commissioner, wants the agriculture industry to remain strong and diversify.

"As each generation moves further from their agrarian roots, a disconnect begins to form. We need to re-establish an understanding of our business, how we are interconnected and what the value of that relationship is concerning North Dakota's economy, culture and future."



As a third generation farmer, he and his wife, Kim,

and their three children, operate a 1,600-acre farm in south central North Dakota.

He is active in agriculture in other ways also ... as president and board chairman of Nodak Mutual Insurance Company; vice president of the North Dakota Farm Bureau, a member of the Menoken School Board, a N.D. Soybean Council Research Committee member; a BioDiesel Task Force committee member, plus much more.

"Our industry is making a transition," Goehring said. "We have proven ourselves in food and fiber, now it's time to produce energy."

North Dakota farmers, ranchers need to be "proactive and progressive," Goehring said.

**Winner of the wine ...
Rotarian Kevin Thompson**

Finding a Solution to Creaky Joints

Supplemental Treatment

Glucosamine and chondroitin sulfate are naturally occurring food supplements that many take in over-the-counter pill form to alleviate joint pain. In their study, Homandberg's team including Danping Guo, M.S., Linda Ray, (BSMT '83) and graduate student, Lei Ding, found that these agents not only prevent cartilage damage, but can actually restore cartilage in their laboratory model for the disease.

"Prior to this study, many researchers believed that a patient can't get enough glucosamine and chondroitin sulfate through supplements to make a difference," said Homandberg.

However, he and his team demonstrated that these agents, at concentrations as low as found in patients taking these supplements, are effective at preventing cartilage damage and even restoring tissue in cultured cartilage.

"Recent clinical studies have suggested that these supplements do have a weak effect but only in patients with severe cartilage damage," said Homandberg. "However, our results still leave open the possibility that taking these supplements earlier could slow the progression of cartilage damage in those patients predisposed to severe osteoarthritis."

"This work will bring attention to UND," Homandberg said. "More and more people are interested in the role of nutrition and supplements in maintaining healthy cartilage and pay attention to new discoveries that they think may provide a higher quality of life. Baby boomers are especially interested in staying active in their later years and so many magazines and Web sites provide extensive coverage of observations such as ours."

- Amanda Scurry

North Dakota Medicine Fall 2006

Many of us in our later years suffer from a disease that is most noticeable when getting up in the morning, walking down stairs or simply spending time on our feet. The disease is osteoarthritis and most of us feel its effects as we age or as our joints experience excessive wear. For some, the pain can be unbearable.

Disease of the Bone and Joints

Osteoarthritis is caused by a gradual deterioration of cartilage, the tough yet elastic tissue that covers the ends of long bones and cushions joints. This very common disease can be caused by an injury or by the aging process.

At least 50 million adults in the United States alone and close to 15 percent of the world's adult population suffer from this painful and disabling disease. There is no cure and there are few treatments that have been shown to slow the progression of the disease. Current treatments mostly decrease the pain that results when the cartilage wears away and bone rubs against bone.

Since joining UND in 2002, Gene Homandberg, Ph.D., professor and chair of the biochemistry and molecular biology department, has formed a team to investigate cartilage damage.

They are hard at work studying osteoarthritis in order to provide a better understanding of the disease's progression and to test possible treatments that may slow the progression or even reverse the damage of osteoarthritis.

One of his team's recent studies that looks at the effects of glucosamine and chondroitin sulfate on cartilage damage soon will be published in the journal *Osteoarthritis and Cartilage*, one of the two top journals that publishes biochemical studies of osteoarthritis.

Article provided by Rotarian Lyle Brudvig