



LAKE OSWEGO SPOKESMAN



Like You Were There

Chartered August 29, 1958

Issued: Nov 02, 2020

WHO CALLED US TO ORDER: OUR PRESIDENT, NELL DIAMOND



- or do.
- *Is it the Truth?*
- *Is it Fair to all Concerned?*
- *Will it Build Goodwill and Better Friendships?*
- *Will it be Beneficial to All Concerned?*

=====



Shalla Wilson

SHALLA WILSON



Shalla has been a member of our Lake Oswego Rotary Club since 2013 and is also a Paul Harris Fellow. She is married to Joe and they have a beautiful daughter and a dog!

UPCOMING EVENTS AND PROGRAMS

- First Tuesday (11/02/2020): A special timeframe via Zoom: 4:30-5:15 (link forthcoming!)
- Thursday (11/5): Ongoing Social Justice book discussions
 - ✓ Noon hosted by Rick Czerniejewski
 - ✓ 4pm book Hosted by Curtis Schade
- Monday, November 9th @ 5:30pm International Service Committee

✓* *Save the Date – Registration is open!* – November 21st 2020
Lakewood Online Silent Auction <https://www.lakewood-center.org/pages/lakewood-in-lights-2020>

All meetings are currently via Zoom. If you need contact info, please check our lorotary.org website, or email Nell and she will forward to the organizer. nelldiamondemail@gmail.com

ANNOUNCEMENTS

President, Nell Diamond, has urged all Rotarians to stay positive and remember our service to humanity during this politically turbulent times. She also reminded us a quote by Paul Harris:

It has been the way of Rotary to focus thought upon matters in which members are in agreement, rather than upon matters in which they are in disagreement.

PAUL HARRIS - QUOTESTATS.COM

♥♥ **Love Is In The Air!** Don Nussmeier and Nancy Perry are out and traveling together from Detroit, MI to Gainesville, FL. Malcolm Mattes gave a lively update about romantic Don, who met Nancy recently via Zoom through friends and fell in love with her right-away. The first picture below is when they first met two months after they started talking to each other and the second picture was when they were moving from Michigan to Florida. Florida is where both were thinking of moving to and living even before when they met! Then, Don and Nancy both together came on the Zoom call from the Banks of Suwanee River in northern Florida and shared their beautiful, private and precious time with the members of our club!



ANNOUNCEMENTS



Spooky Times Update: Alan and Pam's Chute's way of responsible social distancing! Every year, Matt and Shannon carve hundreds of pumpkins to create a stunning display of the Jack-O-Lanterns!



Alan and Ted went on a walk to Cooks Butte!



Nancy & Andrey Edwards in Cat-In-The-Hat Costume failed to meet Peter Glazer's standard of professional wearing!



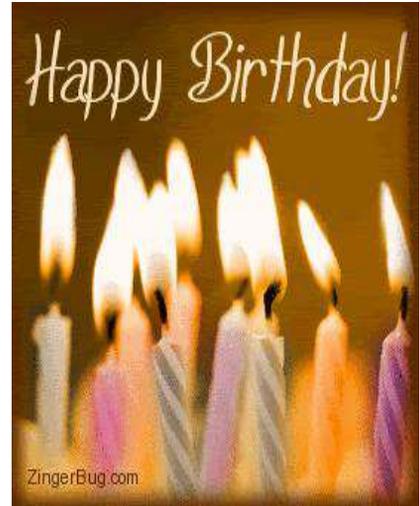
ANNOUNCEMENTS



November Birthdays!



- Jenkins, Mary M. (MARY) 2-Nov
- Wolf, David A. (DAVID) 5-Nov
- Cruft-Anderson, Elizabeth 6-Nov
- Schetky, Chris (CHRIS) 7-Nov
- Powers, Dixie B (DIXIE) 9-Nov
- Birge, Mark E. (MARK) 17-Nov
- Herring, Ron (RON) 20-Nov
- Meader, Harry (HARRY) 20-Nov
- Robb, Harold B. III (HANK) 20-Nov
- Nussmeier, Donald K (DON) 21-Nov
- DeCosta, John W (JOHN) 28-Nov



Take Out of the week: This week we are supporting **Stickmen!**



Take-Out Thursday

Lake Oswego
& Kruse Way



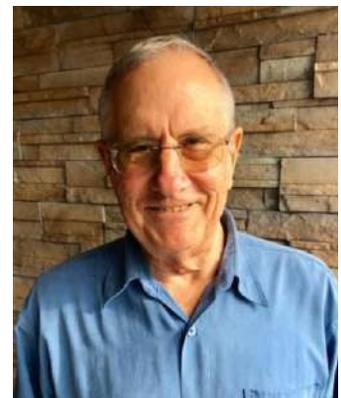
LAKESIDE
CENTER FOR THE ARTS

This Thursday we will designate Stickmen Brewing as our Take-Out location.
All American Food!

Stickmen Brewing Company
40 N. State St, LO (next to the theatre)
503.344.4449
<https://stickmenbeer.com/lake-oswego/>

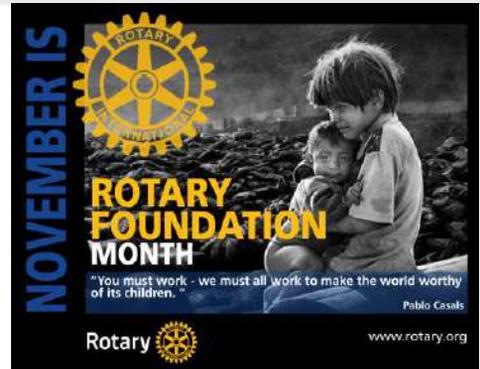
Monday-Friday 11:30 am – 10:00 pm
Saturday/Sunday 10:00 am – 10:00 pm
Brunch: Sat/Sun 10:00 am – 2:00 pm
Thank you, Sue Linnerooth!

Dave Peterson has some health challenges. Let us send some healing thoughts for his **speedy recovery**. May God bless his health!



ANNOUNCEMENTS

A call for contribution to the Rotary Foundation during this special Month!



LAKESWOOD Online

Nov. 21st at 7:00 PM
www.LakewoodAuction.org

Priceless silent auction!

Win a trip to Mt. Whistler!

Pre-show begins at 6:30 PM



Lake Oswego Interact – Tech Support on Saturday, November 14th!
Pauline Petersen – President, Lake Oswego Interact, SASEE Award Winner 2019



Tech Help for Seniors

Want to learn some tips and tricks for your electronic devices? Join our high school Rotary members online for some free virtual help.

Saturday, November 14th from 1-3pm



To sign up in advance:
LOinteractclub@gmail.com



Pauline Petersen is a student at Lakeridge High School, and leads the Lake Oswego Interact Club, our Rotary-Sponsored Club for teens. In addition, Petersen founded the middle school chapter of Interact when she was at Lakeridge Junior High.

GUESTS AND VISITING ROTARIANS

Dr. John Poothullil, MD, FRCP. Retired Pediatrician and Allergy Medicine Specialist, and our today's Speaker.

Harold Blake, a Sculpturer living in Lake Oswego, has recently travelled to Evergreen Lake in Colorado to dedicate a stone sculpture in tribute to Peggy Fleming, a winner of the Gold Medal for women's figure skating at the 1968 Winter Olympic Games!

FEATURED SPEAKER: DR. JOHN POOTHULLIL



Topic: "What Rotarians can do to help fight Type 2 Diabetes."

Dr. Poothullil was introduced by Rotarian Lal Bhatia. He practiced medicine as pediatrician and allergist for 27 years in Texas and moved to Oregon couple of years ago. Now, after his retirement, he has been focusing on writing books on his favorite subject matters such as, diabetes and cancer.

Dr. Poothullil explained the difference between Type 1 and Type 2 diabetes, highlighting the presence of insulin in Type 2 but not in Type 1 diabetes, which usually occurs in children. Insulin functions as a "key" to open glucose receptors "lock" located on the cell surface, so that glucose can enter inside the cell and available for normal cell functions.

Type 2 diabetes is rising in aging populations across the world. Nearly 10% of the world population and one in four adults over age 65 suffer from this disease in the United States. Diabetes treatment and care alone costs over one billion dollars per day in USA.

According to the accepted "insulin resistance theory," muscle, liver, and fat cells of diabetic patients do not use insulin adequately leading to "insulin resistance" in these cells. Dr. Poothullil questions the established "lock and key" mechanism of insulin resistance for lack of definitive proof and proposes an alternative hypothesis. According to Dr. Poothullil, "Type 2 diabetes is a lifestyle condition caused by over consumption of certain diet, but not a hormonal disease." Over consumption of major food grains (wheat, rice, etc) is the serious problem as they are rich in carbohydrates that can convert into glucose readily in the body and cause Type 2 diabetes. He went on to substantiate his hypothesis with multiple examples and some circumstantial evidence.

Dr. Poothullil advises reducing the grain consumption in the daily diet to one-half the normal consumption level, and enjoying all other food items like fish, meat, vegetables, nuts and beans.