



# O-Pinion

Owatonna, Minnesota

## ROTARY: MAKING A DIFFERENCE

Meeting each Monday 12:00 p.m. – Owatonna Country Club

**Four way test:** 1) Is it the truth? 2) Is it fair to all concerned?;

3) Will it build good will and better friendships? 4) Will it be beneficial to all concerned?

### OFFICERS

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**FACEBOOK PAGE:** [www.facebook.com/RotaryClubofOwatonna](http://www.facebook.com/RotaryClubofOwatonna)

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March 5: Sue Schroeder, Public Schools Social Worker

March 12: Ali Diley, Director of Nutrition, Public Schools

March 19: Owatonna Police Department

March 26: Sonja Harris: Owatonna Brain Training Center

April 2: Dave Vandergon, CEO, KODA

April 9: Youth Exchange Committee...”Exchange isn’t a Year in Our Life, It’s a Life in a Year”

April 16: Owatonna Business Women

April 23: Mark Blando, Director, Public Library

April 30: April Paxton: Family Services Coordinator: Michaelson Funeral Home “The Grief Recovery Method”

May 7: Camp RYLA report and STRIVE grad recognition

May 14: OHS National Honor Society

May 21: Nado Farewell

May 28: No meeting...Memorial Day

June 4: Bob Showers,. “Minn. Twins at the old Met Stadium”

June 11: Kim Cosens, Preview, Wenger Marching Band Festival, Amy Swain, Audiologist

June 18: Jeffrey Jackson, Managing Editor, Owatonna People’s Press

June 25: Open

July 2: Open

July 9: Open

July 16: Open

## ROTARY O'PINION

Monday, April 2, 2018

Editor: Todd Hale

**THIS WEEK:** We will hear from ROTARIAN Dave Vandergon, CEO of KODA in Owatonna.

**BIRTHDAYS:** Loren Olson and Richard Slieter, April 6

**STUDENT ROTARIANS:** Welcome to our April students Becca Olson, Stephanie Liebl, Julia Haarstad and Sydney Schultz

**IN-BOUND EXCHANGE STUDENT:** Nado, Indonesia

### **NOTES FOR ROTARIANS**

From ROTARY magazine editor John Rezak: "ROTARIANS will celebrate the 150<sup>th</sup> anniversary of Paul Harris' birth on April 19. The ROTARY founder had a great love of nature, and habit of planting ceremonial friendship trees seeded a strong tradition within the organization. On April 27, we will also celebrate Arbor Day and April 22 is Earth Day, the date by which President Ian H.S. Riseley challenged ROTARIANS to plant 1.2 million trees around the world."

### **More fruits and vegetables?**

U.S. adults aren't eating enough fruits and vegetables, say U.S. Centers for Disease Control and Prevention scientists, who warn that this puts people at risk for diabetes heart disease, and other chronic illnesses. Federal guidelines recommend having 1.5 to 2 cups of fruit and 2 to 3 cups of vegetables DAILY. Nine percent of adults meet the recommendations for vegetables and 12 percent for fruit, with men, young adults and poor adults faring worse.

**CONSTRUCTING THE CROSSROADS:** The Steele County Historical Society is sponsoring a panel presentation this Thursday, April 5 at 7:00 p.m. that will focus on drivers and their experience. Panel members will address common driving violations and enforcement, crash causes and reconstruction as well as training and educational programs directed at young 55 plus drivers and distracted driving. Panel members will include Steele County Sheriff and ROTARIAN Lon Thiele, Sgt. Troy Christianson, State Patrol, Dean Rhoades, Vice President, Director of Risk Management, Federated Insurance, Laramie Sandquist, General Manager, Risk Mgt. Resources, Federated Insurance, Mike Stormo, Science teacher at OHS and driver's education instructor. The program is free to SCHS members and \$5.00 for non-members.

There are a number of us over 70 years of age. Here are games for all of us in that age group: 1. Sag....you're it!; 2. 20 questions shouted in your good ear; 3. Kick the bucket!; 4. Red Rover, Red Rover, the nurse says, "Bend over"; Musical recliners; 6. Simon says something incoherent; 7. Pin the toupee on the bald guy.

If you wish to donate to "Let's all Play" project on behalf of ROTARY, send checks to treasurer Jim Brunner marked for "We All Play"

A reminder that the ROTARY shredding day will be held on June 2.

### **Signs of the Times**

\*At a proctologist's door: "To expedite your visit, please back in"

\*On a plumber's truck: "We repair what your husband fixed".

\*On a maternity room door: "Push, Push, Push"

\*Outside a muffler shop: "No appointment necessary...we hear you coming"

\*In a vet's waiting room: "Back in 5 minutes...sit! Stay!"