

Rotary O-Pinion

ROTARY: BE THE INSPIRATION

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

RYAN GILLESPIE, President

DIANE HOLLAND, Secretary

KEITH HILLER, Past President

TROY KLECKER, President Elect

JIM BRUNNER, Treasurer

FACEBOOK PAGE: www.facebook.com/RotaryClubofOwatonna

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PROGRAMS

April 8: Update on We All Play

April 15: Mac Hamilton, Developer

April 22: Carol Belmore: Middle School “REACH program

April 29: Former Senator Dave Durenberger

May 6: Camp RYLA students and STRIVE graduates

May 13: National Honor Society Students

May 20: Ed Marek, St. Paul Sunrise...District Fast for Hope

May 27: Memorial Day, no meeting

June 3: Farewell from Iringo

June 10: Chuck Driessen: History of Culligan and Culligan Ultrapure

June 17: Open

June 24: Open

July 1: Adenuga Atewologun, President, Riverland College

July 8: Open

July 15: Open

July 22: Open

July 29: Open

August 5: Preview: SCFF: Scott Kozelka

August 12: Open

ROTARY O'PINION

Monday, April 8, 2019

Editor: Todd Hale

THIS WEEK: An update on the “We All Play” project and where our club stands in reaching its financial goal. President Ryan will update us and we will also hear from **Tim Truelson** of the Parks and Recreation Department.

BIRTHDAYS: Todd Hale, April 8, Julie Anderson and Harold McGregor, April 9, Bruce Paulson, April 13, Corey Mensink, April 14.

APRIL STUDENT ROTARIANS: Carter Kuehn, Ana Wilker, Reese Lindholm, Jessica Spatenka

IN-BOUND EXCHANGE STUDENT: Iringo, Romania

NOTES FOR ROTARIANS

The power of ROTARY lies in our global network of community leaders and technical experts who share our mission to improve health, support education, and alleviate poverty. Working as partners we achieve lasting change through the combination of local oversight and the resources of an international organization.

This coming Saturday will be a busy one to benefit kids in Owatonna. The Young Life Cake Auction will get underway in the OHS gym at 10:00 a.m. You can bid on cakes or you can come and purchase a cake. The auction will be broadcast live on KAT KOUNTRY, 104.9, carried live on Owatonna Live and streamed live on Facebook. Meanwhile, the Big Brothers/Big Sisters “Bowl for Kids Sake” will be held during the day at Southpark Lanes in Owatonna. The day winds up with the St. Mary’s “Night of Knight’s” Auction Saturday evening.

A tour of the high school will be offered to the public this Saturday morning beginning at 8:00 a.m. Use the Grove Street doors. Also, a community meeting addressing the upcoming school bond issue in May will be held tomorrow night at 6:30 in the Small Group Forum auditorium at the high school.

Whoever came up with the idea of combining diamonds with marriage must have been pretty smart. What better to symbolize marriage than the hardest thing known to mankind?

It happened: An Ohio man has given up all food and drink except beer for Lent. Del Hall, who works at a brewery in Cincinnati, said he was inspired to the unusual 40-day fast by 17th century Bavarian Monks who also fasted on “liquid bread” during Lent.

Did you know? Two ROTARIANS have their private pilot license and own their own airplanes: DennisVonRuden and Andy Michaletz. Three ROTARIANS serve on the Owatonna Airport Commission: Greg Krueger, Todd Hale and Sharon West.

How Much Exercise? Here’s a question: “How much exercise do I really need to do”? The answer: About 20 minutes a day or 2.5 hours a week, of moderate physical activity (or about half that time for vigorous activity), according to the World Health Organization. And no gym is required. One study of more than 130,000 people found that doing household chores such as vacuuming and gardening was enough to reduce the risk of death by up to 30%, as long as you do at least 2.5 hours’ worth per week. This is true whether you spread your exercise throughout the week or cram it all into one day, according to a study of more than 63,000 adults.

On the first day at the new seniors complex, the manager addressed all the new residents pointing out some of the rules. “The female sleeping quarters will be out-of-bounds for all males and the male quarters to the females. Anybody caught breaking this rule will be fined \$20.00 the first time. The second time will cost somebody \$60.00 and being caught a third time will cost you a fine of \$180. Are there any questions? An older gentleman stood up and inquired: “How much for a season pass”?

SATURDAY, MAY 18: 9:00-1:00: “We All Shred; We All Play”