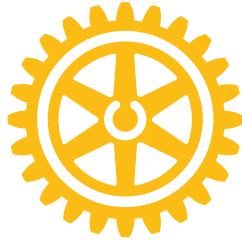


# Rotary



# O-Pinion

Owatonna, Minnesota

## BE A GIFT TO THE WORLD

Meeting each Monday 12:10 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

**COREY MENSINK** President

**JENNIFER LIBBY** President Elect

**SHANE SATTLER/DIANE HOLLAND** Secretary

**JIM BRUNNER** Treasurer

**KRIS BUSSE** Past President

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

### BOARD OF DIRECTORS

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### AREA MEETING PLACES & TIMES

Austin	Mondays	Noon	Holiday Inn	Winona	Wednesdays	Noon	Westfield Golf Club
Janesville	Thursdays	Noon	Purple Goose Eatery	Northfield	Thursdays	12:15	United Methodist Ch.
Owatonna Early Edition	Wednesdays	7 AM	Owatonna Fire Hall	Great Rochester	Wednesdays	12:10	Double Tree Hotel
Rochester Risers	Tuesdays	7 AM	Hilton Garden Inn	Rochester	Thursdays	11:30	Holiday Inn
Red Wing	Tuesdays	Noon	St. James Hotel	Waseca	Thursdays	Noon	Miller/Armstrong
Faribault	Wednesdays	Noon	Bernie's Grill	Albert Lea	Wednesdays	Noon	Riverland College
Greater Mankato	Wednesdays	11:55	Courtyard by Marriott				

### UPCOMING PROGRAMS

#### DATE

July 13

Paul Mooty: CFO, Faribault Woolen Mill

July 20

Joanne Rosener: Fast for Hope

July 27

Darren Reed: Safe & Drug Free Coalition

Aug. 3

2015 Steele County Free Fair Preview: Jim Gleason

Aug. 10

Sarah Floy, returnee: Germany, Maddy Lyken, returnee: South Africa

Aug. 17

District Governor Marlene Gargulek visit

Aug. 24

Terry Kerber, Author: "The Inspiring Story of a Black Cyclist"

Aug. 31:

John Hausladen, Pres: Minnesota Trucking Association

Sept. 7

Labor Day: No meeting

Sept. 14

MINNESOTA GOVERNOR MARK DAYTON

Sept. 21

Jenine Koziolk, Fountain Centers, Albert Lea

Sept. 28

Business Meeting/United Way Campaign: Kim Schaufenbuel

Oct. 5

Foundation Week/Betsy Lindgren

Oct. 12

Pat Heydon, Habitat for Humanity

Oct. 19

Information on School Referendum

Oct. 26

Business Meeting/Laura Heine, Jr. Achievement

Nov. 2

Camp Enterprise Student

Nov. 9

Steve Olsen, Rotary Friendship Exchange to Romania

Nov.16

Alan Anderson: "What We Should Know About Climate Change"

## ROTARY O'PINION

Monday, August 10, 2015

Editor: Todd Hale

**THIS WEEK:** We will hear from two outbound students who have returned. Sarah Floy has returned from Germany and Maddy Lyken has returned from South Africa.

**BIRTHDAYS:** Greg Schultz, Aug 13, Chad Lange, Aug. 15

### **ROTARY NOTES**

Here's a positive polio note: Once stigmatized as the world's polio epicenter, Nigeria is celebrating its first year with no reported case of the crippling disease, having overcome obstacles ranging from Islamic extremists who assassinated vaccinators to rumors the vaccine was a plot to sterilize Muslims. Just 20 years ago this West African nation was recording 1,000 polio cases a year...the highest in the world. The last recorded case of a child paralyzed by the wild polio virus endemic in Nigeria's impoverished and mainly Muslim north was on July 24, 2014. If there are no new cases and laboratory tests remain negative in the next few weeks, the World Health Organization will take Nigeria off the list of polio-endemic countries. Thanks to ROTARIAN Charlie Herrmann for spotting this article.

Governor Mark Dayton will speak to the Owatonna ROTARY Club on September 14.

Are you in awe? Awe and other positive emotions may contribute to better health, according to research out of the University of California, Berkeley. Two experiments involving 200 young adults found that positive feelings (especially awe, wonder and amazement) were tied to lower levels of cytokines...pro-inflammatory proteins that signal the immune system to work harder and are often associated with poor health and depression. These results suggest that awe-inducing activities, such as beholding art or walking in nature, may improve health and life expectancy.

Our deepest condolences to ROTARIAN Earl Anderson, whose wife, Pat, passed away recently. As well as ROTARIAN Renee Lowery, whose father passed.

Did you know? Your tongue is the only muscle in your body that is attached at only one end.

The tooth is the only part of the human body that cannot heal itself.

If you get into the bottom of a well or a tall chimney and look up, you can see stars, even in the middle of the day.

There was one and one only "Junk Food Eating Contest" held at the Steele County Free Fair. Not sure of the year, but all attorneys and office staff of the Ruth/Schreiner law firm were involved. There were very simple rules...take \$10.00 and purchase the worst combinations of junk food that represented anti-health, anti-wellness and anti-good nutrition. Judging was based on originality and grossness and EVERYTHING had to be purchased and eaten at the fair. The judges announced a tie between attorneys Scott Schreiner and Shaun Floerke. Schreiner's concoction included a Taco Burrito with French Fried Onions, mini donuts and cotton candy all inside. Floerke submitted a chocolate dipped corn dog, and a strawberry malt with cheese curds inside topped by a Shish Kabob.

Several churches gather together to offer a full fledged supper to carnival midway workers on the Monday night before the fair. The supper is served in the beer garden, and is most likely the only square meal the workers have had in many days. They are extremely grateful and close to 200 are served.

A recent study found the average golfer walks about 900 miles a year. Another study found golfers drink, on average, 22 gallons of alcohol per year. That mean, on average, golfers get about 41 miles to the gallon!