

O-PinionOwatonna, Minnesota

ROTARY: MAKING A DIFFERENCE

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

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R: President

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AREA MEETING PLACES & TIMES

Austin	Mo
Janesville	Th
Owatonna Early Edition	We
Rochester Risers	Tu
Red Wing	Tu
Faribault	We
Greater Mankato	We

ondays Noon Holiday Inn ursdays Noon Purple Goose Eatery ednesdays 7 AM Owatonna Fire Hall esdays 7 AM Hilton Garden Inn esdays Noon St. James Hotel Bernie's Grill ednesdays Noon ednesdays 11:55 Courtyard by Mariott Winona Wednesdays Noon Westfield Golf Club Northfield Thursdays 12:15 United Methodist Ch. Great Rochester Wednesdays 12:10 Double Tree Hotel Rochester Thursdays 11:30 Holiday Inn Thursdays Miller/Armstrong Waseca Noon Wednesdays Wedgewood Cove Albert Lea Noon

UPCOMING PROGRAMS

July 10: Nancy Ness, Director, Steele County Food Shelf and new officer inductions

July 17: Becca Sattler, returning outbound student from Columbia

July 24: Amanda Pederson, Breath of Hope Lung Foundation

July 31: Chase Smith, returning Outbound student from Japan

August 7: Preview of 2017 Steele County Free Fair: Jim Gleason

August 14: Ian Rubish, returning Outbound student from Norway

August 21: Ellen Haydon, Habitat for Humanity

August 28: Andrea Gaffke, "Safe & Sober Coalition"

September 4: No meeting...Labor Day

September 11: Brad Meier "School to Work" plus Mike Jensen: Preview of Culturfest

September 18: United Way

September 25: Dave Beaver, Manager, Owatonna Airport

October 2: Visit from District Governor, Kyle Haugen

October 9: Little Theatre of Owatonna: "How a Production Comes Together

October 16: Patrick Mader, author of "Minnesota Gold"

ROTARY O'PINION

Monday, August 28, 2017 Editor: Todd Hale

THIS WEEK: Welcome to Andrea Gaffke of the Safe and Sober Coalition

<u>BIRTHDAYS:</u> Chris Herzog, Aug. 27, Chuck Driessen and Brock Veldman, Sept. 6. David Vandergon, Sept. 8, Lon Thiele, Sept. 9

IN-BOUND EXCHANGE STUDENTS: Jeff, South Africa, Nado, Indonesia

ROTARY NOTES

When it comes to sports, Toronto, home of the 2018 RI convention from June 23 to 27 has something for everyone. In Maple Leaf Square, you'll find the beating heart of "Leaf's Nation," millions of hockey fans who support the NHL's Toronto Maple Leafs. During playoff games, thousands of people jam into the square in front of the Air Canada Centre, the Leaf's home arena.

If you want to catch a big ticket sports event during the convention, your best bet is the Toronto Blue Jays, who play the New York Yankees on June 27. Register for the 2018 RI Convention in Toronto at riconvention.org.

Did you know? Drivers who are running on less than five hours of sleep are just as dangerous as drunk drivers, statistically speaking, according to a study by the AAA. Almost as scary: Driving when you've missed only an hour or two of sleep the night before nearly doubles your crash risk. AAA notes that long trips call for extra precautions against drowsiness, such as avoiding heavy foods beforehand and scheduling lots of breaks.

Did you know? Beer is good for your hair. Before you shower, mix three tablespoons of flat beer at room temperature with half a cup of warm water. After you shampoo, rub in the beer solution, let it sit for a couple of minutes and then rinse with cool water. This will pump up the volume in your locks, which tend to get flatter as you age.

Being extremely busy is a status symbol in the U.S. A series of studies examined how signaling busyness at work influenced the perception of status. In one study, participants ranked fictional Facebook postings. A person who posted, "I've been working non-stop all week," was ranked as having higher social status and wealth than the person who wrote, "Enjoying a long lunch break." In the past, say the study's authors, leisure time was considered a mark of success.

A bit of Owatonna ROTARY history. The Owatonna ROTARY Club dipped into its own talent to provide its program on April 14, 1960 at its regular luncheon meeting in Hotel Owatonna. Loren McMartin arranged a panel on the subject of inflation that included ROTARIANS Rube Kaplan, chairman of the board of OTC, Cliff Sommer, president of Security Bank and Trust, Mark Alexander, panel moderator and head of Alexander Lumber Co. and Don Reigel, Photo News publisher. Panel members discussed ways and means of recognizing and controlling inflation, a growing menace to the nation's economy.

So anyway: I recently picked a new primary care doctor. After two visits and exhaustive lab tests, she said I was doing fairly well for my age. (I am past 65.) A little concerned about that comment, I couldn't resist asking her, 'Do you think I'll live to be 80?' She asked, 'Do you smoke tobacco, or drink beer, wine or hard liquor?' 'Oh no,' I replied. 'No drugs either!' Then she asked, 'Do you eat rib-eye steaks and barbecued ribs?' 'I said, 'Not much. My former doctor said that all red meat is very unhealthy!' 'Do you spend a lot of time in the sun, like playing golf, boating, sailing, hiking, or bicycling?' 'No, I don't' I said. She asked 'Do you gamble, drive fast cars?' 'No,' I said...She looked at me and said, "Then why do you even give a damn?'