

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

BOARD OF DIRECTORS

Keith Hiller
Todd Hale
Mathew Hughes
Tanya Paley

Roger Warehime
Dave Effertz
Troy Klecker

Loren Olson
Diane Holland

Jim Brunner
Ryan Gillespie
Traci Schimek
Dave Allard

PROGRAMS

October 22: Meet the Candidates: Sheriff
October 29: Meet the Candidates: School Board/City Council
November 5: Presentation of Vern White Award
November 12: Iringo Exchange Student
November 19: Kerry Hjelmgren, Faribault/Owatonna Honoring Choices
November 26: Rotary Foundation Presentation plus report from Camp Enterprise students
December 3: Mike Becker, Dist. Gov.
December 10: Judge Luening: Veteran's Court/ OHS Christmas Carolers
December 17: Holiday cheer and songs: Jeff Elstad, Kim Schaufenbuel and Kim Cosens
December 24: No meeting
December 31: No meeting
January 7: Maddy Lykken: "New Generation Exchange"
January 14: Laura Beasley, Dean of Nursing, Riverland College: New Medical Assistant program in Owatonna
January 21: Owatonna Clinic: "Future of Health Care"
January 28: Mac Hamilton, Developer
February 4: Al Zdrzil: "Fight Against Human Trafficking"
February 11: School District Foundation
February 18: Plans for a new high school
February 25: Open
March: All Mondays open
April: All Monday's open

ROTARY O'PINION

Monday, December 10, 2018

Editor: Todd Hale

THIS WEEK: Welcome to the honorable Judge Ross L. Leuning who will speak about the Third Judicial District Veteran's Court.

BIRTHDAYS: Mike Noble, December 14

STUDENT ROTARIANS: Sydney Kretlow, Emma Zimmerman, Gabrielle Guimond, Matt Segler and Nick Staska

IN-BOUND EXCHANGE STUDENT: Iringo, Romania

NOTES FOR ROTARIANS

A bit of background on our speaker's subject matter today. Last year the Third Judicial District Judges voted to create a district-wide veteran's court, with the goal of getting it under way by mid-2019.

Veteran's courts are treatment courts. As we are all well aware, military service can have adverse consequences to some individuals, including alcohol or drug addiction, PTSD or various mental health disorders, and anger management issues. The goal is to assist these veterans who come into contact with the court system to assist in getting their lives back on track. With focused and intensive assistance, the court can help participants once again become productive citizens and diminish the negative effects criminal convictions cause to those trying to regain their lives.

ROTARIAN Laura Resler underwent triple by-pass surgery in Rochester this past weekend. All went well. Her home address for cards is 1124 Hawthorne, in Owatonna

!Future ROTARY lunches?

A British supermarket chain has become the country's first mainstream grocer to sell edible insects. The "Eat Grub" brand of Smoky BBQ Crunchy Roasted Crickets, described as having a "rich smoky flavor" can be eaten as snacks or as a garnish on tacos, noodles and salads. A single bag of 50 Crispy Crickets costs about \$2.00. Reviews are mixed, although one shopper claimed he "LOVED" the crickets after buying them online. "Much tastier than a bag of potato chips without the calories," he raved. "Couldn't stop eating them!"

ROTARIAN Roger Wareheim has set a goal of \$11,000 for the ROTARY FOUNDATION as this year's goal from members. He would like to see us double the number of members who give to the Foundation from 33 to 66 this year. Before the end of the year, send a check made out to the ROTARY FOUNDATION and mail to Dave Allard, Owatonna ROTARY Club, Box 218, Owatonna, Minn.

When you sprinkle salt on your food today, be warned: Your seasoning probably contains plastic. That's the conclusion of a new study that examined 39 brands of salt from 21 countries, including the U.S. Researchers found that 90 percent of the samples contained microplastics, defined as pieces less than 5 mm in size with sea salt being the most contaminated.

The study estimates that the average adult consumes 2,000 pieces of microplastic every year from salt.

A doctor who had been seeing an 80-year-old woman for most of her life finally retired. At her next check-up, the new doc. told her to bring a list of all her medications. As the doctor was looking through these his eyes grew wide as he realized Grandma had a prescription for birth control pills. "Mrs. Smith, do you realize these are birth control pills?" "Yes, they help me sleep at night." "Mrs. Smith, I assure you there is absolutely nothing in these that could possibly help you sleep!" She reached out and patted the doctor's knee and said, "Yes, I know that. But every morning, I grind one up and mix it in the glass of orange juice that my 16-year-old granddaughter drinks. Believe me, it helps me sleep at night." YOU GOTTA LOVE GRANDMAS!