

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

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Keith Hiller	Roger Warehime	Loren Olson	Jim Brunner
Todd Hale	Mark Fritsch	Corey Mensink	Ryan Gillespie
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Tanya Paley			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
January 28: Mac Hamilton, Developer
February 4: Al Zdrzil: "Fight Against Human Trafficking"
February 11: Open
February 18: Open
February 25: Open
March: All Mondays open
April: All Monday's open

ROTARY O'PINION

Monday, December 3, 2018

Editor: Todd Hale

THIS WEEK: We welcome Mike Becker, District Governor

BIRTHDAYS: Traci Schimek, Roger Warehime, Dec. 3, Diane Holland, Dec. 6, Beth Gilthfedt, Dec. 8

STUDENT ROTARIANS: Welcome to our December students, Emma Zimmerman, Gabrielle Guimond, Sydney Kretlow, Matt Segler and Nick Staska

IN-BOUND EXCHANGE STUDENT: Iringo, Romania

ROTARIAN NOTES: We have two student applicants for next year's Youth Exchange program. They will participate in District interviews on December 8.

NOT SHAVING: Here's an encouraging note to male ROTARIANS who are letting that facial hair grow. After a new survey of 8,500 heterosexual women it was found that heavily stubbled men are the most attractive to potential mates, followed by men with full beards, the lightly stubbled and, in last place, clean-shaven men.

Here's what's going on in Owatonna for the holidays this week:

Friday, Dec. 7: Toys for Tots Concert, 6:30 p.m. at Trinity Lutheran Church. Please bring an unwrapped toy or make a free-will donation.

Saturday, December 8: Cocoa with Santa: 10:00-11:30 a.m. at the Owatonna Arts Center

Here's an interesting note: With a handful of races still undecided, a record 115 women have been elected to serve in the next Congress, but just 13 of them are Republicans. The House GOP caucus will have the lowest number of women in its ranks since 1994.

Another interesting "Trump" note: President Trump told an interviewer last week that he hasn't visited American troops in any war zones because he's been "very busy". Trump has gone golfing on more than 100 days of his presidency.

This is the first day that ROTARIAN Roger Warehime occupies the manager's desk at the Owatonna Public Utilities. It so happens that it's BOTH Roger and his wife's birthday!

A note on blood pressure

Adults below age 40 who have high blood pressure are more likely to suffer from cardiovascular disease later in life, a new study has shown. Researchers recruited 4,851 Americans with an average age of 36, took their blood pressure, and tracked them over a period of 19 years. Compared with those that had normal blood pressure (120/80 or lower), those with systolic readings between 121 and 129 were 67% more likely to have issues. That figure rose to 75% for those in the overall readings in the 130/139-80/89 range and 350% for those measured above 140/90.

Ole and Sven, two hunters, got a pilot to fly them into the Canadian wilderness where they managed to bag two big bull Moose.. As they were loading the return plane, the pilot said the plane could take only the hunters, their gear and one moose. Ole and Sven objected saying, "Last year we shot two, and the pilot let us take them both. He had exactly the same plane as yours. Reluctantly, the pilot gave in and everything was loaded. However, under full power, the plane couldn't handle the load and went down, crashing in the wilderness. Somehow, surrounded by the moose, clothing and sleeping bags, Sven and Ole survived the crash. After climbing out of the wreckage, Sven said to Ole, "Any idea where we are?" Ole replied, "I think we're pretty close to where we crashed last year."