

The

# O-Pinion



## Owatonna, Minnesota

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?

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### AREA MEETING PLACES & TIMES

Austin	Mondays	Noon	Holiday Inn	Winona	Wednesdays	Noon	Westfield Golf Club
Janesville	Mondays	6 PM	St. Ann's Parish	Northfield	Thursdays	Noon	Northfield Golf Club
Owatonna Early Edition	Wednesdays	7 AM	Owatonna Fire Hall	Great Rochester	Thursdays	Noon	Kahler Grand Hotel
Rochester Risers	Tuesdays	7 AM	Hilton Garden Inn	Waseca	Thursdays	Noon	Miller/Armstrong
Red Wing	Tuesdays	Noon	St. James Hotel	Albert Lea	Fridays	Noon	Ramada Inn
Faribault	Wednesdays	Noon	Bernie's Grill				
Mankato	Wednesdays	Noon	Marriott				

### UPCOMING PROGRAMS

#### DATE

#### PROGRAM

February 11

Dr. Brian Bunkers, Owatonna Clinic Mayo Health System update

February 18

Karen Kasper "Farming Today"

February 25

Fast for Hope program

March 4

Greg Zweber, Big Brothers/Big Sisters

March 11

Marlene Nelson: Homelessness in Owatonna

March 18

Mark Fritsch, Owatonna Power Plant Re-Purposing

March 25

Business Meeting/Classification talk by Doug Johnson

April 1

Joan Ward, Hospice Grief Counselor

April 8

Owatonna Foundation presentation

April 15

Kathy Stutesman, Street Girls Aid Project in Ghana

April 22

Melanie Nelson: EPES Report

April 29

Business Meeting/Presentation by Camp RYLA Student

May 6

STRIVE Student Recognition

May 13

OHS National Honor Society

May 20

Program by Exchange Student Livia Getzner

May 27

No meeting...Memorial Day

June 3

Program by Exchange Student Yolanda Sabater

June 10

Open

# ROTARY O'PINION

Monday, February 11, 2013

Editor: Todd Hale

**THIS WEEK:** An update on what's happening at the Mayo Health System, Owatonna Clinic from Dr. Brian Bunkers.

**BIRTHDAYS:** Dave Olson, Feb. 11, Kelly Boomgarden, Vilnis Giga, Charlie Herrmann, Feb. 17

**STUDENT ROTARIANS:** Colton Schock, Will Kreutter, Johan Noeldner and Shad Skala

**IN-BOUND EXCHANGE STUDENTS:** Livia Getzner, Austria, Yolanda Marin, Spain

## **ROTARY NOTES**

ROTARIAN Connie Ruth has been taking it easy at home after experiencing a torn retina in her eye. She would appreciate a note from her ROTARY friends. Address is 689 Woodhill Place N.E.

Welcome to new member Lukas Madson who works at Mayo Health System, Owatonna.

## **UPCOMING CULTURAL TRIP TO NICARAGUA**

As part of the "Fast for Hope Initiative", a cultural trip to Nicaragua has been arranged for April 26-May 5, 2013. This is open to all ROTARIANS in our district and they are welcome to invite friends and adult relatives to join them. The purpose of the Cultural Exchange is to learn about the culture and history of Nicaragua, to get acquainted with the people, to learn about sustainable economic development and to see the beauty and scenery of the country. So far, District 5960 has sent thirteen delegations to Nicaragua. Every delegate visiting the country thought it was a life changing experience. Here is what one member wrote: "My name is Jim Koonst. I am a ROTARIAN in Belle Plaine, Mn. My two daughters (Elizabeth, 21 and Anna Lee (19), and I had the opportunity to be part of the 9<sup>th</sup> FFH Cultural Exchange delegation. The opportunity given to us was absolutely life changing and was one of the best decisions I ever made for myself and my girls. I have to admit that I was somewhat apprehensive about this trip. Not knowing any Spanish etc. So, I actually decided not to have any expectations about this trip, other than to have fun and to learn. We learned from the Nicaraguans themselves...lifestyles, history, culture, beauty of country, poverty and despair as well. The trip was really worry free because of the experiences that the FFH committee has had along with the organization skills and caring personalities of the AKF people. I thought this was going to be a vacation, but what it really turned out to be was a 'living experience in Nicaragua with Nicaraguans.' I strongly encourage you to take advantage of this opportunity/life changing experience."

Applications will stopped being accepted when the delegation has reached 12 people or on March 15, 2013. Contact Dave Newman, Fast for Hope Chair at 763-792-8975 or [dave@bancorgroup.com](mailto:dave@bancorgroup.com).

A hint for ROTARIANS: To save time, money and your health, stop using the high-octane soaps and household cleaners that contain the antibacterial agent triclosan. Antibacterial soaps are no more effective than plain-jane soaps in ridding your hands of germs and preventing illness, according to research. Washing your hands in warm water with plain soap for 20 seconds will do the job. What's more, triclosan may contribute to the rise of dangerous, disease-causing bacteria resistant to antibiotics. You should also cut down on sprays that clean furniture, polish glass and perfume rooms. Researchers in Europe found that adults who used these common household products once a week or more increased their risk of developing asthma by a significant 30 to 50 percent.

So anyway: I took my wife to a restaurant. The waiter, for some reason, took my order first. "I'll have the rump steak, rare, please." He said, "Aren't you worried about the mad cow?" "Nah, she can order for herself." And that's when the fight started.....