



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?

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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

Dec. 28

Luke Owens, Returnee student from Italy

Jan. 4

Nick Beck, Student Returnee from Italy

Jan. 11

Michele Redman, Director, Big Brothers/Big Sisters

Jan. 18

“From the Rink to the Brink”, lady hockey players hike the Grand Canyon

Jan. 25

Beer-making...Matt Kottke, Tim Holland

Feb. 1

Bruce Boyce, RFE to Brazil

Feb. 8

State of the City: Mayor Kuntz, Kris Busse

Feb. 15

Plans for school district construction

Feb. 22

Doug Loon, President, Minnesota Chamber of Commerce

Feb. 29

Jonathan Moore, Park Ranger/Partnerships and Volunteers

Mar. 7

Police Department update: Chief Keith Hiller

Mar. 14

James Rogers, Director of Irish Studies, St. Thomas College

Mar. 21

Alan Anderson, CO2 & Ocean Aridification

Mar. 28

Kathy Stutesman, “Stories from the Streets..Your Foundation at Work”

Apr. 4

Update: Mayo Clinic Health: Owatonna Update and Care Models

Apr. 11

Lois Nelson, Betsy Rossi: RFE to India

Apr. 18

Ray Stawarz-Visiting Cuba

Apr. 25

Julie Rethemeier: Federated Ins. New program on distracted driving

May 2

STRIVE graduates

ROTARY O'PINION

Monday, February 1, 2016

Editor: Todd Hale

THIS WEEK: Bruce Boyce from the Waseca ROTARY Club will speak about his RFE trip to Brazil.

BIRTHDAYS: Steve Olsen, Feb. 1, Laura Resler, Feb. 6

FEBRUARY STUDENT ROTARIANS: Welcome to Daniel Kaupa, Jacob Mundale, Evan Holt and Grace McClintock

IN-BOUND STUDENTS: Beth from Zimbabwe, Nicolas from Chile and Oscar from Norway

ROTARY NOTES

The following is an excerpt from a letter to the ROTARIAN magazine from Northfield ROTARIAN Alan Anderson, an OHS grad. Alan wrote, "All our organization's incredible gains in the fight against polio and in other efforts are in jeopardy of being reversed if we continue fossil fuel energy consumption as usual. Much can be done to prevent increases in temperatures and sea levels, if we take action now. Regarding climate change, this much is true. It will not be fair to all concerned, it will not build goodwill and better friendships and it will definitely not be beneficial to all concerned, as the poor will suffer disproportionately. ROTARY should make an effort to educate all our clubs around the world and enlist them in reducing CO2 emissions, and add this effort to its list of top projects. At a minimum, ROTARY should enlist a panel of climate scientists to advise us on this issue and actions we could take to make a difference. This is genuinely unprecedented problem threatening all future generations, and the world needs organizations like ROTARY to step up and speak out."

Alan will be speaking to us on March 21 on the topic CO2 and Ocean Aridification.

This coming weekend is Owatonna's "Winter Weekend Out" sponsored by Owatonna Parks and Recreation. There are lots of activities planned for the entire family. Fat Bike demonstrations will take place at Kaplan's Woods parking lot from 1:00-5:00 p.m. Bonfire and ice skating at the Morehouse Chalet and skating rink. Sunday features family ice fishing at Lake Kohlmier from 1:00-3:00 pm. (Boot Hockey has been canceled due to low signup.)

ROTARIANS can snooze your way to better health

Don't feel guilty about sleeping in on weekends. New research suggests that catching up on sleep after several nights of missed Z's may help counter the risk of developing diabetes linked to sleep deprivation. A small study published this month in the journal Diabetes Care found that two nights of recovery sleep reversed the ill effects of short-term sleep debt.

University of Chicago scientists studied the blood sugar levels of 19 healthy young men who had skimmed on sleep for four nights. Their diabetes risk increased by 16 percent after getting 4.3 hours of sleep each night. But later, they slept for 9.7 hours each night for two nights in a row. After the extra winks, blood tests confirmed their levels were normal again.

The study doesn't prove that sleeping in every weekend will be enough to make up for chronic sleep deprivation. But it does indicate that a little extra sleep after a few off nights can go a long way to restoring the body's ability to regulate blood sugars.

When our lawn mower broke, my wife kept hinting to me that I should get it fixed. But, somehow I always had something else to take care of first, the shed, the boat, making beer...always something more important to me. Finally she thought a clever way to make her point. When I arrived home one day, I found her seated in the tall grass, busily snipping away with a tiny pair of sewing scissors. I watched silently for a short time and then went into the house. I was gone only a minute and when I came out again I handed her a toothbrush. I said, "When you finish cutting the grass, you might as well sweep the driveway." The doctors say I will walk again but I will always have a limp.