

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

February 11

February 18

February 25

March 4

March 11

March 18

March 25

April 1

April 8

April 15

April 22

April 29

May 6

May 13

May 20

May 27

June 3

June 10

PROGRAM

Dr. Brian Bunkers, Owatonna Clinic Mayo Health System update

Karen Kasper "Farming Today"

Fast for Hope program: Bruce Boyce: MEET AT THE HISTORY CNTR.

Greg Zweber, Big Brothers/Big Sisters

Marlene Nelson: Homelessness in Owatonna

Mark Fritsch, Owatonna Power Plant Re-Purposing

Business Meeting/Classification talk

Joan Ward, Hospice Grief Counselor

Owatonna Foundation presentation

Kathy Stutesman, Street Girls Aid Project in Ghana

Open

Business Meeting/Czech GSE Team

STRIVE Student Recognition

OHS National Honor Society

Program by Exchange Student Livia Getzner/plus Camp RYLA report

No meeting...Memorial Day

Program by Exchange Student Yolanda Sabater

Open

ROTARY O'PINION

Monday, February 25, 2013

Editor: Todd Hale

THIS WEEK: We will meet at the Owatonna History Center for our meeting. Program is a presentation on Fast for Hope from Bruce Boyce of the Waseca Rotary Club.

BIRTHDAYS: John Muellerleile, Feb. 25, Ron Ensley, Susie Hoopes, Feb. 27, Jim McEnaney, Mar. 3

STUDENT ROTARIANS: Last day for Jonah Noeldner, Will Kreutter and Shad Skala

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

MARCH STUDENT ROTARIANS: Will Zimmerman, Jarrod Neuharth, Connor Medvec, Kyle DuFrene

MARCH INVOCATION: Jim Wendorff

MARCH GREETERS: Matt Rutigliano, Dave Albrecht, Judy Plemel

ROTARY NOTES

The ROTARY 2013 District Conference is coming up April 19 and 20 at the Holiday Inn East, St. Paul. At the District Conference you'll find dynamic speakers with messages that are relevant to your work, to ROTARY and to the world. You'll have a chance to participate in a hands-on service project as meals are packed for "Feed My Starving Children". At the Friday evening banquet, you'll get an update on RI's Peace through Service initiatives and dine to strolling accordion music, and experience a ROTARY tribute to Ol' Blue Eyes (Frank Sinatra).

The District Conference is about ROTARY. It is about service. It is about networking, and it's about FUN. Register at www.rotary5960.org/registration. (you will need to enter the account name: future. You will need to enter the password: yourhands.

A health note for ROTARIANS: SAVOR YOUR COFFEE!! If you're a hard core coffee drinker, scientists have some good news for you. For older adults, coffee, regular or decaf, appears to lower the risk of dying from chronic illnesses such as diabetes, heart disease and pneumonia, according to new research from the National Institutes of Health. Other research concludes that caffeinated coffee may protect against skin cancer, liver damage, type 2 diabetes and Parkinson's. Research from the University of South Florida and the University of Miami finds that three cups of coffee a day may protect against Alzheimer's disease or delay its onset. So, enjoy that cup of joe....just go easy on the cream and sugar!

From Paul Harris: 1917 convention at Atlanta: "This is the hour for American ROTARIANS" Harris, like most delegates, was uncertain about the future as war spread around the globe.

A bit of history: February 28 marked the finale of the television series, M*A*S*H*. That finale became the most-watched episode in history when it aired in 1983.

ROTARIAN Glen Meger and wife Cheryl are one of the couples competing in the third annual "Dancing with the Steele County Stars", sponsored by Healthy Seniors of Owatonna. The event will be held at the Medford High School on Saturday evening, April 27.

The 20th annual "Hometown Sampler" to benefit the Steele County Food Shelf will be held this weekend at the LTO auditorium. Shows will be held on Friday and Saturday at 7:00 p.m. and two concerts on Sunday at 1:00 and 4:00 p.m. Admission is a free-will offering of cash or canned goods.

So you heard about the Buddhist who refused Novocain during a root canal? His goal: Transcendental medication.