

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

January 7

Dave Hietala, Academic Dean, Riverland

January 14

Alyssa Anderson: Steele County Pork Ambassador

January 21

Ibrahim Hussein: Somali American Cultural Society of Owatonna

January 28

Business Meeting/Margie Gardner: Day by Day Adult Daycare

February 4

John Klatt: John Klatt Airshows based in Owatonna

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

April 1

Joan Ward, Hospice Grief Counselor

April 8

Owatonna Foundation presentation

April 15

Kathy Stutesman, Street Girls Aid Project in Ghana

April 22

STRIVE Student Recognition

April 29

Business Meeting/Presentation by Camp RYLA student

May 6

Melanie Nelson, EPES Report

OWATONNA ROTARY O'PINION

Monday, February 4, 2013

Editor: Todd Hale

THIS WEEK: A ROTARY welcome to John Klatt of John Klatt Airshows based in Owatonna.

BIRTHDAYS: Sorry, none

FEBRUARY STUDENTS OF MONTH: Welcome to Colton Schock, Will Kreutter, Jonah Noeldner and Shadarik Skala.

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

ROTARY NOTES

Our condolences to ROTARIAN Lonna Lysne and Paul Harris Fellow Linda Christianson on the death of their father, Arnold Bergstrom. Also condolences to ROTARIAN Chad Lange on the death of his mother, Sis Lange.

Two new members have been approved by the club. Welcome to Pastor Ron Wilson (Associated Church) and Ibrahim Almugateeb of Saudi Arabia.

Anyone interested in being a host home for next year's in-bound students or in being a counselor should contact Jen Dunn Foster.

What Paul Harris said: 1912 Convention at Duluth: "If you, Brother ROTARIAN, think that you have a great mission to perform in ROTARY, remember that great missions are serious undertakings. Do not expect to perform great missions in a day. First, live with the principles of ROTARY till they are as familiar to you as your own business, and associate with ROTARIANS until they constitute your warmest and closest friends. If your desire is results, mould your propoganda to conform to the recognized principals of ROTARY before attempting to make it a part of ROTARY"

Applications are available for a ROTARY Friendship Exchange from District 5960 to British Columbia from May 21 through June 2, 2013. Applications will be accepted until January 31 and are available on line at the District 5960 website under the program heading, RFE, Future Exchanges or see ROTARIAN Pat Greenwood.

Time for a nap? You should know that a mid-afternoon nap can help improve mood, memory, alertness and learning and it won't interfere with your nighttime zzz's according to New York's Weill Cornell Medical Center. Naps come in different lengths. Researchers at the University of California, Berkeley, find that a 90 minute siesta clears the brain's short-term memory storage center and makes room for new information. Snoozing for 20 minutes improves alertness and performance without leaving you feeling groggy. Sipping a cup of coffee before closing your eyes will help you wake up alert. It takes about 20 minutes for caffeine to enter the bloodstream, so its effects start to kick in when you wake. Don't try to get ahold of your editor between 2:30 and 4:00 p.m....it's nap time!

FEBRUARY IS "WORLD UNDERSTAND MONTH" ON THE ROTARY CALENDAR.

Poor Ole! He was a nervous wreck. Night after night he would lay awake! There was nothing that would make him fall asleep. Finally, after another sleepless night, Ole sat down and wrote a letter to the tax department. "Dear Sirs:" wrote Ole. "I haven't been able tew sleep since I sheated on last year's income tax!! I am enclosing \$500. If I find dat I still can't sleep, I vill send yew da rest of da money."

Poor Lena finally decided to visit a psychiatrist. "Vell Doc, I am so troubled," sobbed Lena. "I constantly dream dat I am being shased by a very handsome young man, but I always manage tew get away! I don't vant yew tew stop me from having dos dreams! I jüst want yew tew slow me down"!