

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?

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PROGRAMS

January 7: Maddy Lykken: “New Generation Exchange”
January 14: Dani Heine, Chief Diversity Officer, Riverland College
January 21: Owatonna Clinic: “Future of Health Care” Dr. Brian Bunkers
January 28: Mac Hamilton, Developer of Vine Street project
February 4: Al Zdrzil: “Fight Against Human Trafficking”
February 11: School District Foundation
February 18: Plans for a new high school
February 25: Abby Donahe, “Unlimited Abilities”
March 4: Nancy Williams, Trina Kasperson: Homeless students in Owatonna Public Schools
March 11: Ed Marek: District Fast for Hope
March 18: The story of Revel Greens: Jay Johnson
March 25: Mark Coyle, U. of M. Athletic Director
April 1: Randall Doyle, CEO, Alcorn
April 8: Open
April 15: Open
April 22: Open
April 29: Open
May 6: Camp RYLA students and STRIVE graduates
May 15: National Honor Society Students
May 20: Open

ROTARY O'PINION

Monday, February 4, 2019

Editor: Todd Hale

THIS WEEK: Welcome to Al Zdrazil, who will speak on the fight against human trafficking.

BIRTHDAYS: Laura Resler, Feb. 6

FEBRUARY STUDENT ROTARIANS: Welcome to Lily Redman, Lauren Arthur, Molly Hawkins, Dominic Yerhot and Jordan Whalen

IN-BOUND EXCHANGE STUDENT: Iringo, Romania

NOTES FOR ROTARIANS

President Ryan met with officials of the Owatonna Country Club to discuss any concerns reflected by you, the members, with the O.C.C. as a result of the recent survey of members. The board has been discussion moving the venue for our meetings to another location, but your comments indicated that you were happy with the location for our meetings. Parking is convenient and the facility is welcoming. There was discussion about the menu and having some additional variation of menu items. Less pasta was mentioned by some members. Items such as hamburgers and chips, tacos, etc. were suggested. It was also mentioned that the sound system should be checked weekly before our meetings to make sure batteries are good and that the system works well. We thank you for your input. Just a reminder that if you require special food items such as those without Gluten, please call the Country Club a day or two prior to our meeting so we can accommodate you.

Here are some terms from the 50's that may bring back some memories:

*Curb Feelers: Designed to scrape the curb before your whitewalls did.

*Fender Skirts: Never on cars anymore. Remember moving the car ahead when cleaning your whitewalls to expose the section of tire covered by the fender skirt?

*Continental Kits: Rear bumper extenders and spare tire covers that were supposed to make any car resemble a Lincoln Continental.

*Necker's Knobs: A knob attached to the steering wheel for easier turning. Can you buy those anymore?

*Emergency Brake: At some point, "parking brake" became the term

Foot Feed: Most old folks are gone that would call the accelerator a "foot feed". How about the headlight dimmer switch and starter on the floor?

Having trouble getting to sleep? Here are some suggested non-drug remedies"

*Put on some weight: Weighted blankets apply pressure evenly across the body to help you relax. Look for one that's about 10% of your body weight, says the American Sleep Association

*Keep cool: Smart pajamas are now available that recycle the body's natural energy with a new yarn technology show to improve circulation and comfort while sleeping. Mattress covers, sleepware, and bedding fused with Celliant's ceramic fiber pattern are available on-line from select manufacturers.

*Shine a light: Research on lab mice suggests that red spectrum light is conducive to sleep. Tip: The nightlights with red LED bulbs are available on-line or use a red bulb on any nightlight.

"Lemon Pickers Needed" read the newspaper ad. Sally of Coral Springs, Fla. Read it and decided to apply for one of the jobs that most Americans are not willing to do. She submitted her application for a job in a Fla. Lemon grove but seemed far too qualified for the job. She has a liberal arts degree from the University of Michigan and a Master's Degree from Michigan State. For a number of years she worked as a social worker and a teacher. The foreman studied her application, frowned and said, "I see you are well educated and have an impressive resume. However, I must ask you, do you have any experience in picking lemons?" "Well, as a matter of fact, I have," she said. I've been divorced three times, owned two Chryslers and voted for Trump." She started work yesterday.