

Rotary



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?

OFFICERS

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RENEE LOWERY Secretary

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FACEBOOK PAGE: www.facebook.com/RotaryClubofOwatonna

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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	12:15	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	12:10	Old Main Village				

UPCOMING PROGRAMS

DATE

Dec. 30	Business Meeting/plus Jeff Williams, OHS football coach
Jan. 6	Lesa Anderson, Nurse Administrator, O-Clinic..Future Care Delivery
Jan. 13	Joe Bass, Union Pacific "Operation Lifesaver"
Jan. 20	Diane Dulaney, RN: "Aroma Therapy"
Jan. 27	Business meeting/Lesa Anderson, Owatonna Clinic
Feb. 3	Jennifer Libby, President, Owatonna Chamber of Commerce
Feb. 10	Free Clinic of Steele County: Anne Draeger
Feb. 17	Mayor Tom Kuntz, Kris Busse "State of the City"
Feb. 24	Business Meeting/Fast for Hope Presentation
Mar. 3	Tim Boyer, 911 Call Center
Mar 10	Laura Ressler, Steele County Historical Society
Mar. 17	T.C. Carlyle, OHS Athletic Trainer
Mar. 24	Megan Proft, Executive Director, Owatonna Arts Center
March 31	Business Meeting
April 7	Dr. Atewologun, President, Riverland Community College
April 14	Scott Golberg, Steele County Environmental Services: "Radon"
April 21	Dr. Brian Bunkers and David Berg, Owatonna Clinic Update
April 28	Business Meeting

ROTARY O'PINION

Monday, January 20, 2014

Editor: Todd Hale

THIS WEEK: Welcome to Diane Dulaney, RN who will speak about "Aroma Therapy"

BIRTHDAYS: Gregg Draeger, Andy Michaletz, Jan. 20, Glen Meger, Jan 25, Tabby DeLeeuw, Jan. 26

STUDENT ROTARIANS: Gavin Glynn, Noah DeKam, Ben Konold and Nick Rappe

IN-BOUND EXCHANGE STUDENTS: Adish Hirve, India, Thor Thanormthin, Thailand

ROTARY NOTES

ROTARIAN Holly Hull and husband, Nick, are the proud parents of a baby girl born on Christmas Day. Lainey Josephine weighed in at 7 lbs 4 oz. It was appropriate that Lainey was born in Christmas Day as Mom's name is Holly and Dad's name is St. Nick.

A note for ROTARIANS on Shingles

As if the fiery rash and painful blisters of shingles were not punishment enough, the average patient who suffers a resurgence of the dormant chickenpox virus known as "herpes zoster"...or shingles...has a higher risk of heart attack or mild stroke two decades or more after the blisters and rash recede, a study says.

For those who suffer a case of shingles between the ages of 18 and 40 the outlook is worse: They're more than twice as likely to suffer a mild stroke and 50 percent more likely to have a heart attack than those who have not had shingles. Writing in the journal Neurology, the British authors said the findings strengthen the suspicion that once unleashed as shingles, the herpes zoster virus may plant seeds of destruction in some of the body's blood vessels which could take years to wreak havoc. They suggest that the herpes zoster may be an underappreciated contributor to the incidence of cardiovascular disease in a population.

The Owatonna Exchange Club is seeking nominations for its Book of Golden Deeds Award to be made on Thursday, April 3 at the Eagles Club. Keep in mind that the recipient need not be a person of great wealth or prestige. It is important to choose a person(s) who is sincere about helping the community, has an exceptional track record of continued, unselfish giving and enjoys volunteering his or her time to help others. The Book of Golden Deeds Award is not limited to a single volunteer, but can also be presented to a group of individuals such as a civic group, religious groups or charitable organizations.

Nominations must be returned by February 1 to the Owatonna Exchange Club Book of Golden Deeds, Box 13, Owatonna. Nominations forms are available at the Eagles Club, from Corky Kolander at 451-4287 or from Kolana5@msn.com.

ROTARIANS IN THE NEWS

ROTARIAN Vilnis Giga has announced he will retire from the Owatonna School Board after serving since 2001. He came to the decision to retire after two issues were settled...the passage of the operational levy in November and the December decision of the board to hire ROTARIAN Peter Grant as the permanent superintendent of the school district.

ROTARIAN Tom Kuntz, Mayor of Owatonna, has been asked to be the guest of U.S. Congressman Tim Walz for the State of the Union Address given by President Obama on Tuesday, January 28.

ROTARIAN Pastors Ron Wilson and Loren Olson are members of the Owatonna Police Department chaplains program.

Morris, an 83 year old, went to the doctor to get a physical. A few days later, the doc. saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later, the doc. spoke to Morris and said, "You're really doing great, aren't you?" Morris replied, "Just doing what you said Doc: 'Get a hot mamma and be cheerful.'" The doctor said, "I didn't say that...I said, "You've got a heart murmur; be careful."