

Rotary O-Pinion

ROTARY CONNECTS THE WORLD

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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THE PRIMARY PURPOSE OF ROTARY IS TO SUPPORT COMMUNITY INITIATIVES THAT INCLUDE LEADERSHIP OPPORTUNITIES SO THAT MEMBERS WILL ENGAGE IN SERVICE ACTIVITIES THAT PROMOTE YOUTH IN OUR COMMUNITY AND AROUND THE WORLD.

PROGRAMS

December 16: Club Assembly

December 23: Christmas Musical: Ryan Gillespie, Jeff Elstad and Kim Cosens

December 30: NO MEETING

January 6: Stevie Ray, Stevie Ray's Improv: "Building and Maintaining Relationships with Your Clients"

January 13: Pat Heydon, Advanced Care Coordinator, Allina: "Advanced Care Planning."

January 20: Chamber of Commerce Annual Report: Brad Meier

January 27: Amanda Starks, Director: Rachael's Light

February 3: No meeting due to construction in OCC kitchen

February 10: Carol Nelson "The Man and his Inventions":

February 17: Tim Penny: "Divided We Stand?"

February 24: Open

March 2: Al Smith, "Women of War"

March 9: Open

March 16: Open

March 23: Open

March 30: Open

ROTARY O'PINION

Monday, January 6, 2020

Editor: Todd Hale

THIS WEEK: Welcome to Stevie Ray from Stevie Ray's Improv. Topic: "Building and Maintaining Relationships with Your Clients".

BIRTHDAYS: Betsy Rossi: Jan. 1, Pat Greenwood, Jan. 3, Earl Anderson and Erin Felten, Jan 8.

JAN. STUDENT ROTARIANS: Welcome to Rachel Benson, Mikayla Dinse, Lydia Hoffman and Ethan Engel.

IN-BOUND EXCHANGE STUDENT: Reyk, Germany

NOTES FOR ROTARIANS

From RI President Daniel Maloney: "ROTARY'S commitment to vocational service is built on the highest ethical standards in business and professions, the recognition of the worthiness of all useful work, and the dignifying of each ROTARIAN'S occupation as an opportunity to serve society. That last point is so important. No matter our profession, we all contribute mightily to the world when we conduct our work with integrity and always adhere to the Four-Way-Test.

Did you know? Kansas City, Missouri will become the first major American city to offer free public transit. Bus fares are currently \$1.50.

Cameras Everywhere! The number of cameras employed for surveillance will exceed 1 billion by 2021. This is almost a 30 percent leap from the 770 million cameras in service today. China is expected to account for almost half the total.

Only 3% of Americans say they got into a political argument at the Thanksgiving dinner table this year. That may be because people are so politically polarized they are now segregating themselves with like-minded partisans: Only 22% said their fellow guests included both supporters and opponents of President Trump.

Clean teeth, healthy heart: If you want to reduce your risk of heart failure, always remember to brush your teeth! That's the conclusion of a new study from South Korea. Researchers examined 161,286 people, ages 40 to 79, with no history of heart problems. Over a study period lasting an average of 10 years, three percent of participants developed atrial fibrillation, an irregular or fast heartbeat and 4.9 percent suffered heart failure. Overall, those who brushed their teeth three or more times a day were 10% less likely to suffer from atrial fibrillation, and 12% less likely to have heart failure. People who had lost most of their teeth had a 35% increased risk of heart failure. The researchers say that poor oral hygiene allows bacteria to build up in "the pocket between the teeth and gums" and then seep into the bloodstream. This can cause inflammation, as part of the body's defense mechanism as it battles the germs, and over a long period that can affect the cardiovascular system and the brain.

Remember: When you donate \$1,000 to the ROTARY FOUNDATION, you become a Paul Harris Fellow. This recognition is important in keeping the ROTARY FOUNDATION top of mind and encouraging others to participate. If you are already a Paul Harris Fellow, you are respectfully asked to continue supporting the FOUNDATION and you are recognized as Paul Harris Fellows each time you contribute an additional \$1,000. We have 51 Paul Harris Fellows in our club, of which 30 are Multiple Paul Harris Fellows.

Note on your calendar that there will be no meeting on February 3 due to construction in the Country Club kitchen.

Wife: "I have a bag of used clothing I'd like to donate"

Husband: "Why not just throw it in the trash? That's much easier"

Wife: "There are poor starving people who can really use all these clothes"

Husband: "Anyone who fits into those clothes is not starving."

HUSBAND IS RECOVERING FROM A HEAD INJURY.