

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?

OFFICERS

TROY KLECKER, President
DIANE HOLLAND, Secretary
RYAN GILLESPIE, Past President

President Elect
JIM BRUNNER, Treasurer

FACEBOOK PAGE: www.facebook.com/RotaryClubofOwatonna

BOARD OF DIRECTORS

Todd Hale	Roger Warehime	Loren Olson	Jim Brunner
Mathew Hughes	Dave Effertz	Diane Holland	Ryan Gillespie
Tanya Paley	Troy Klecker	Ryan Gillespie	Traci Schimek
			Dave Allard

PROGRAMS

- June 3: Farewell from Iringo
- June 10: Preview: Wenger Band Festival
- June 17: Claire LaCanne, Master Gardener: Pollinator Week
- June 24: Chuck Driessen: History of Culligan and Culligan Ultrapure
- July 1: Chuck Long, former U of Iowa Quarterback
- July 8: Erica Paley: RYE to Taiwan/Induction of new officers
- July 15: Sue Schroeder: Children’s Remedial Fund
- July 22: John Hinderaker ,president, Greater Minnesota Outreach
- July 29: “Nuga” Atewologun, President, Riverland College
- August 5: Preview: SCFF: Scott Kozelka
- August 12: Brian Wright, Park and Rec. Scholarships
- August 19: Christian Berg, OPD...Human Trafficking
- August 26: Nikki Erickson: “Visiting My Mother’s Murderer”
- September 2: No Meeting...Labor Day
- September 9: SPAMBassadors from Hormel in Austin
- September 16: Al Smith Pencil Drawing
- September 23: Open
- September 30: Visit from District Governor Paul Perez

ROTARY O'PINION

Monday, July 1, 2019

Editor: Todd Hale

THIS WEEK: Our guest speaker is Chuck Long, College Football and Hall of Famer and Big Ten Network Analyst. Long holds the University of Iowa's marks for yards passing, completions, touchdown passes and total offense and pass attempts in a season and career. He is *still*, more than three decades after his college career ended, the most accurate passer in Big Ten history.

He will share stories of his football life and career and sign copies of his must-read biography *Destined For Greatness* at our meeting. This book tells the story of Long's remarkable career and the 1980's resurgence of the University of Iowa football program.

We will also induct our new officers today.

BIRTHDAYS: None

NOTES ESPECIALLY FOR ROTARIANS

From new RI President Mark Maloney: "In ROTARY, none of us is an island. All of us are in ROTARY together, whoever we are, wherever we are from, whatever language we speak or traditions we follow. We are all connected to one another...part of our communities and members not only of our clubs, but also of the global community to which we all belong. This connection is what lies at the heart of the ROTARY experience. It is what brings us to ROTARY. It is why we stay. Join your fellow ROTARIANS on this journey as *ROTARY CONNECTS THE WORLD*".

This Thursday is the 4th of July. ROTARIAN Glen Meger invites all ROTARIANS to his outdoor party before the Owatonna fireworks being held at his funeral home. Street Talk band will begin performing at 7:00. There will be free watermelon and pulled pork sandwiches will be available to purchase with proceeds going to the Owatonna Wrestling Association. The party will continue until the fireworks display at the fairgrounds which begin around 10:00. Rest rooms will be open for the public.

A HEALTH NOTE FOR ROTARIANS: Don't drop off in front of the TV...it might make you fat! That's the conclusion of a new study that found sleeping with a television or light on was closely linked with weight gain. Researchers followed 43,722 healthy women, ages 35 to 74, for about five years. After controlling for diet, physical activity, and other factors, scientists found that the participants who slept with an artificial light source on nearby were 71% more likely to have gained 11 pounds over the study period than those who slept in darkness. They were also about 30% more likely to become obese.

Researchers suspect that artificial light may affect levels of appetite-regulating hormones or cause daytime drowsiness that results in people being less active. A very simple thing people can do to reduce the risk for obesity is to turn off the lights before going to sleep.

Your board of directors is still without a President-Elect for the new ROTARY year. If you would consider filling this spot and be a presidential leader for the club for next year, please contact President Troy Klecker.

If you like trains, mark July 17 on your calendar. Union Pacific Railroad will bring **Big Boy**, the largest steam locomotive ever built to a stop in Owatonna at 10:45 a.m. The last time this locomotive was in service was in 1959. The engine has been restored to running condition and is in the midst of a nationwide tour. The train will be parked at Glendale, just north of the old Rock Island depot for 45 minutes.

Finally:

*Did you ever wake up, kiss the person sleeping beside you feeling glad you're alive? I did just that and apparently will not be allowed on this airline again.

*A wife got so mad at her husband she packed his bags and told him to get out! As he walked to the door, she yelled "I hope you die a slow and very painful death!" he turned around and said, "So, you want me to stay?"