



O-Pinion
 Owatonna, Minnesota

ROTARY: MAKING A DIFFERENCE

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

KEITH HILLER: President **Ryan GILLESPIE,** President Elect
SHANE SATTLER/DIANE HOLLAND Secretary **JIM BRUNNER** Treasurer
MARK FRITSCH Past President

FACEBOOK PAGE: www.facebook.com/RotaryClubofOwatonna

BOARD OF DIRECTORS

Shane Sattler	Roger Warehime	Loren Olson	Jim Brunner
Stephanie Olson	Mark Fritsch	Corey Mednsink	Ryan Gillespie
Keith Hiller	Dave Effertz	Diane Holland	Traci Schimek
Todd Hale		Scott Limberg	

AREA MEETING PLACES & TIMES

Austin	Mondays	Noon	Holiday Inn	Winona	Wednesdays	Noon	Westfield Golf Club
Janesville	Thursdays	Noon	Purple Goose Eatery	Northfield	Thursdays	12:15	United Methodist Ch.
Owatonna Early Edition	Wednesdays	7 AM	Owatonna Fire Hall	Great Rochester	Wednesdays	12:10	Double Tree Hotel
Rochester Risers	Tuesdays	7 AM	Hilton Garden Inn	Rochester	Thursdays	11:30	Holiday Inn
Red Wing	Tuesdays	Noon	St. James Hotel	Waseca	Thursdays	Noon	Miller/Armstrong
Faribault	Wednesdays	Noon	Bernie’s Grill	Albert Lea	Wednesdays	Noon	Wedgewood Cove
Greater Mankato	Wednesdays	11:55	Courtyard by Marriott				

UPCOMING PROGRAMS

July 10: Nancy Ness, Director, Steele County Food Shelf and new officer inductions
 July 17: Becca Sattler, returning outbound student from Columbia
 July 24: Amanda Pederson, Breath of Hope Lung Foundation
 July 31: Chase Smith, returning Outbound student from Japan
 August 7: Preview of 2017 Steele County Free Fair: Jim Gleason
 August 14: Ian Rubish, returning Outbound student from Norway
 August 21: Ellen Haydon, Habitat for Humanity
 August 28: Andrea Gaffke, “Safe & Sober in Schools”
 September 4: No meeting...Labor Day
 September 11: Brad Meier “School to Work” plus Mike Jensen: Preview of Culturfest
 September 18: United Way
 September 25: Dave Beaver, Manager, Owatonna Airport
 October 2: Visit from District Governor, Kyle Haugen
 October 9: Little Theatre of Owatonna: “How a Production Comes Together”
 October 16: Patrick Mader, author of “Minnesota Gold”

ROTARY O'PINION

Monday, July 31, 2017

Editor: Todd Hale

THIS WEEK: Welcome to Chase Smith, who spent an outbound year in Japan.

BIRTHDAYS: Jerry Deetz, July 31, Tom Kuntz, Aug. 1, Troy Klecker, Aug. 2, Wes Kain, Aug. 5

IN-BOUND EXCHANGE STUDENT: Jeff from South Africa

ROTARY NOTES

The dates for the 2018 RI Convention are June 23-27 in Toronto, Canada.

Doing Good in the World: The Inspiring Story of the ROTARY FOUNDATION'S FIRST 100 YEARS, recounts the fascinating century-long history of one of the world's leading humanitarian organizations. This centennial commemorative book is available in hardcover for \$40.00. Order at shop.rotary.org.

Did you know? In Rwanda, an average of \$125 is spent annually per person on health care. In the U.S., the figure is about \$9,400.

How does your pet rate? Too many American cats and dogs are overweight, according to the U.S. Food and Drug Administration. Nearly 58% of cats and 54% of dogs are overweight, a condition that can significantly shorten pets' lives. Obese pets suffer from health problems including Type 2 diabetes, osteoarthritis, high blood pressure and kidney, heart, and respiratory diseases.

Did you know? Older hens tend to lay larger eggs, but younger hens are much more likely to lay double-yolked eggs.

Did you know? Texas could contain the Earth's entire population if it were as densely populated as New York City.

Last week we said farewell to Coni Evens0n, the blonde lady who has been the service manager for our club for many years at the Owatonna Country Club (5), and before that at the Owatonna Holiday Inn (12).

There are lots of older comedians that made us laugh over the years. There's Carl Reiner, Jackie Mason (89), Mort Sahl (90), Jerry Stiller (90), Shecky Greene (91), Shelley Berman (92), Marty Allen (95) and Irwin Corey died this year at 102. Laughter is the best medicine!

A couple of health notes for ROTARIANS: It doesn't taste like it, but most bread is filled with salt. It's one of the top sources of salt in the American diet. If you have high blood pressure, be careful with bread!

How much water do you drink? Small studies show that water has the potential to boost metabolism. It takes calories to process water, because everything we do takes calories. The more water, the more calories you need to expend.

Advice from a Chinese doctor: Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?
A: Heart only good for so many beats and that it...don't waste on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it like saying you extend life of car by driving faster. Want to live longer? Take a nap!

HAVE A GREAT ROTARY WEEK!