

The

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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CINDY SCHEID, Treasurer

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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	Noon	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	Noon	Marriott				

UPCOMING PROGRAMS

DATE

May 13

National Honor Society

May 20

Exchange Student Livia Getzner plus Camp Ryla Report, Business Mtg.

May 27

No meeting..Memorial Day

June 3

Exchange Student Yolanda Marin, Kim Cosens, Wenger Marching Fest.

June 10

Melanie Nelson: EPES

June 17

Kathy Hutter, RN and Lesa Anderson, RN: Preventive Medicine

June 24

Business Meeting, Doug Johnson, Owatonna Incubator

July 1

Changing of the Guard

July 8

Quentin Smith, Outbound Exchange Student

July 15

Ibrahim Almugaiteeb, Saudi Arabia

July 22

Dr. Pat Greenwood, author, book on Steele County Doctors

July 29

Business meeting

Aug.5

SCFF preview: Jim Gleason

Aug.12

Mick Ditlevson, Outbound Exchange Student

Aug. 19

Jane Nyquist: Public Health Nursing..."Tobacco Prevention"

Aug. 26

Laura Heyne, Junior Achievement in Owatonna

Sept. 2

No Meeting...Labor Day

ROTARY O'PINION

Monday, June 10, 2013

Editor: Todd Hale

THIS WEEK: An update on EPES in Santiago, Chile from ROTARIAN Melanie Nelson. Also, Dave Allard and Todd Hale will preview the Wenger Marching Band Competition coming up this weekend.

BIRTHDAYS: Kirby Knutson, June 11

ROTARY NOTES

Your Board of Directors recently approved a contribution of \$1,000 to partner with the Faribault ROTARY Club in their project to build a Cassava Processing Plant in Sierra Leone, West Africa. This project for economic and community development will directly benefit 2000 farmers and 5000 residents in Matoko and several surrounding villages in the Manjay section of the Makarie Gbantie Chiefdom near Makeni, Sierra Leone. The beneficiaries are among the poorest people in Sierra Leone, one of the poorest countries in Africa, the world's poorest continent. Through this project, cassava fields will be doubled in acreage, from 70 to 140 acres. Within four years the land under cultivation should be 900 acres. The processing plant will enable local farmers to wash, cut, prepare, package, store and sell cassava, a tuber used for a variety of uses. The project will be sustainable, with growth projected for many years ahead.

Last week, President John related that we have an opportunity to host a fourth In-Bound student from India at little cost to our club. In an austerity move, the Faribault Public School Board has elected to de-fund all of their exchange programs. Faribault has sponsored two inbound students for the next school year. One of their inbound students has been "adopted" by the Northfield Club and their school district has agreed to enroll him. That leaves the young man from India without a school. Faribault ROTARY will pay all the expenses and fees for him if we can find host families for him here in Owatonna. From the board members who have responded, all have approved the plan and we will need to find enough host families to sponsor all of our in-bound students next year including from Italy, Russia, Thailand and this additional student from India. Watch for more information and if you are interested in becoming a host family, contact ROTARIAN Jen Dunn Foster.

The 2013 Harry Wenger Marching Band Festival will take place in Owatonna this coming Saturday beginning at 11:00 a.m. You'll want to be there! Twelve bands will be competing in the marching competition. A preview will be given at today's meeting.

INFORMATION JUST FOR ROTARIANS: Sleep is important. A good night's sleep may help keep the memory sharp in older adults, according to a study from the University of California, Berkeley. The report ties age-related atrophy in parts of the brain to reduced quality of sleep, which in turn hinders the ability to store new memories. The researchers presented retirement-age adults and those in their early 20's with new information and tested them on it before bedtime and again in the morning. On average, the seniors got less sleep, of lower quality; the researchers found that this may play a role in age-related cognitive decline.

JUNE IS ROTARY FELLOWSHIPS MONTH! Get to know people from around the world who share your interests by joining a ROTARY FELLOWSHIP. Learn more at www.rotary.org/fellowships.

So anyway: There was a bit of confusion at Cabela's yesterday. When I was ready to pay for my purchases of gun powder and bullets the cashier said, "Strip down, facing me." Making a mental note to complain to the manager about the gun registry people running amok, I did just as she had instructed. When the hysterical shrieking and alarms finally subsided, I found out that she was referring to my credit card. I have been asked to shop elsewhere in the future. They need to make their instructions to us seniors a little clearer!

HAVE A GREAT ROTARY WEEK. HAPPY FATHER'S DAY THIS SUNDAY TO ALL DADS!