



O-Pinion

Owatonna, Minnesota

ROTARY: MAKING A DIFFERENCE

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

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
Keith Hiller	Mark Fritsch	Corey Mensink	Ryan Gillespie
Todd Hale	Dave Effertz	Diane Holland	Traci Schimek
Matt Ketelsen			Dave Allard

Upcoming Programs

- June 4: Bob Showers,. “Minn. Twins at the Metrodome”
- June 11: Kim Cosens, Preview, Wenger Marching Band Festival, Amy Swain, Audiologist
- June 18: Jeffrey Jackson, Managing Editor, Owatonna People’s Press
- June 25: Ed Marek, St. Paul Sunrise...”Fast for Hope”
- July 2: No Meeting
- July 9: Mark Fritsch: Climate Change...why the debate?
- July 16: Update: Owatonna Clinic
- July 23: Drawing: We All Play raffle
- July 30: James Lundgren, Director, Steele County Historical Society
- August 6: Preview: Steele County Free Fair: Scott Kozelka
- August 13: Open
- August 20: Julie Rethemeier: Federated Drive Safely Initiative
- August 27: Brew Pub: Roger Wareheim and Dave Effertz
- September 3: No meeting...Labor Day
- September 10: Steele County Workforce Initiative
- September 17: Michael Wells, Sr. Scout Executive, Gamehaven Council Boy Scouts
- September 24: Steele County United Way
- October 1: Meet the Candidates: Congressional
- October 8: Meet the Candidates: County
- October 15: Meet the Candidates: City
- October 22: Meet the Candidates: Legislative
- October 29: Meet the Candidates: School Board

ROTARY O'PINION

Monday, June 11, 2018

Editor: Todd Hale

THIS WEEK: A double header: Kim Cosens will give a preview of this year's Harry Wenger Marching Band Festival. Dr. Amy Swain, Audiologist, will talk about hearing loss and hearing aids today.

BIRTHDAYS: Kirby Knutson, June 11, Jerry Kopel, June 12, Brad Meier, June 14

IN-BOUND EXCHANGE STUDENT: Nado, Indonesia

NOTES FOR ROTARIANS

A reminder that if you have old eyeglasses around the house that are of no use to you anymore, someone will welcome them to make their life better. Bring them to a club meeting and give them to Dr. Beth or drop them off at her eye clinic, Horizon Eyecare Professionals. They will be donated to VOSH, (Volunteers in Service to Humanity) who will turn them over to 3rd world countries. Only usable glasses are accepted: no broken or partial frames, no badly scratched lenses, no lenses without a frame and no prescription sunglasses.

AROUND TOWN

*This coming Saturday is the annual Harry Wenger Marching Band Festival. The parade begins at 11 a.m. Parade route is north on Lincoln Ave to Main and west on Main to the reviewing stand at Elm Ave.. ROTARIAN Kim Cosens will preview the festival at today's meeting.

*The Owatonna High School Marching Band will kick off their summer competition marching season this Thursday. Their schedule includes: June 14: Tater Days in Brooklyn Park, June 15: Lake Crystal, June 16: Owatonna at Wenger Marching Band Festival, followed by Waconia, June 22: Sauk Rapids River Days, June 23: St. Cloud Granite City Days, June 24: Lake City Waterski Days.

*This Thursday is Flag Day. ROTARIANS are invited to the Elks Lodge for Flag Day ceremonies beginning with dinner at 5:00 followed by the program at 6:00. All veterans eat free, tickets for others are \$6.00. Call the Elks to reserve, 451-1395.

*Medford Straight River Days beginning this Friday. Come to the parade Friday night at 7:00. Activities throughout town Saturday and Sunday.

Just in case ya didn't know: The Hormel Co. in Austin produces 6 million cans of Spam a year. Spam is a prized food in Japan and Hawaii.

Is it true that using red plates can help you lose weight? YES! Your brain responds powerfully to colors and a number of studies have shown that different hues can influence your eating. A study showed that people who use red plates tend to eat less. Researchers in Switzerland theorize that because red is associated with the words "stop" or "danger" your mind automatically puts on the brakes when you see the color. That brief pause can slow you down and help you eat more mindfully, and it doesn't seem to negatively affect the dining experience. Another way you can use this brain trick. Place red stickers or sticky notes on diet-busting foods as a way to get your brain to stop and think before reaching for them.

A fact about sloths: Due to the humid and moist conditions that a sloth lives in, moss and other similar plants will sometimes grow in its hair. Sloth's also have very bad eyesight. These two factors can sometimes culminate in a sloth grabbing its own arm, whilst thinking it is a branch, and falling to its death!

So anyway: Bob forgot his wedding anniversary. His wife was mad. She told him, "Tomorrow morning, I expect to find a gift in the driveway that goes from 0 to 200 in 6 seconds and IT BETTER BE THERE!!" The next morning, when his wife woke up, she looked out the window and saw a box....gift wrapped in the middle of the driveway. She opened it and found a brand-new bathroom scale. Bob has been missing since Friday.

HAVE A GREAT ROTARY WEEK...MAKING A DIFFERENCE!