

# 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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### OFFICERS

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

**JOHN CONNOR** , President Elect  
**JIM BRUNNER**, Treasurer

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**FACEBOOK PAGE:** [www.facebook.com/RotaryClubofOwatonna](http://www.facebook.com/RotaryClubofOwatonna)

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### BOARD OF DIRECTORS

John Connor  
Todd Hale  
Mathew Hughes

Roger Warehime  
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Diane Holland  
Kim Nelson

Jim Brunner  
Ryan Gillespie  
Andi Arnold  
Dave Allard

**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

May 11: Police Chief Keith Hiller (on Zoom)

May 18: Andi Arnold, Safe and Drug Free Coalition (on Zoom)

May 25: No meeting... Memorial Day

June 1: Monique Hammond: Hearing Loss, the Silent Epidemic

June 8: Jeff Elstad: Superintendent of Schools: Update on building of new high school

June 15: Mayor Tom Kuntz and Kris Busse: State of the City

June 22: Dr. Laura Niederhofer, University of Minnesota Researcher

June 29: Kyle Skov, Owatonna Public Works Director

July 6: Induction of new officers and board members

July 13: Dr. Richard Huston, Pakistan Polio Plus

July 20: Open

July 27: Richard Baumer, Polio Survivor

# **ROTARY O'PINION**

Monday, June 22, 2020

Editor: Todd Hale

**THIS WEEK:** Dr. Laura Niederhofer from the University of Minnesota. Her topic will be "An Answer to Aging".

Ten thousand people turn 65 every day in America. By 2030, the number of individuals aged 65 and older will exceed those under 20. This is the greatest biomedical challenge we are facing today given that old age is the greatest risk factor for most chronic diseases. Bold and new approaches are needed. Those at the University of Minnesota are taking the lead by developing therapeutics to treat aging in Dr. Niederhofer's program. She joined the U of M in 2018 to direct the new Institute on the Biology of Aging and Metabolism, one of the four Medical Discovery Teams at the University of Minnesota. She is a professor in the Department of Biochemistry, Molecular Biology and Biophysics. Dr. Laura has been recognized for her research achievements regarding aging, cancer and environmental health science and was the 2018 recipient of the Vincent Cristafolo Rising Star in Aging Research awarded by the American Federation of Aging Research.

**BIRTHDAYS:** Judy Plemel, June 25, Scott Golberg, June 28

## **NOTES FOR ROTARIANS**

Many are still asking if the July 4 fireworks will still be held in Owatonna. The answer is YES. The grandstand will not be open, but the fireworks show can be viewed from areas in and around the fairgrounds.

You are invited to a salute to Dairy Farmers and Producers by the Steele County ADA being held at the fairgrounds this Saturday and Sunday from 10 a.m. to 8 p.m. The event is officially called "Drive-In Dairy Days". There will be a number of fair food vendors present, Steele County Dairy Princesses will be on hand and the famous ADA malts will be available. Come and help salute the Steele County dairy farmers who provide dairy products to keep our bodies healthy and strong.

**TOGETHER WE EMPOWER!** Potential shines brightest when it's inspired. That's why ROTARY Clubs invest time and expertise in encouraging others to be the best they can be. Empowering those who have big dreams to achieve great things...that's what people of action do!

New officers in our club will be installed on July 6. John Connor will be our president for the next year.

Watch for information on when we will return to the Country Club for our meetings.

## **LITTLE KNOWN FACTS FOR ROTARIANS**

\*Your tongue is the only muscle in your body that is attached at only one end.

\*Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.

\*Drinking water after eating reduces the acid in your mouth by 61%.

\*In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage. Catching it meant she accepted.

\*Warner Communications paid 28 million for the copyright to the song "Happy Birthday".

## **SO ANYWAY**

How to impress a woman: Wine her, Dine her, Call her, Hug her, Surprise her, Compliment Her, Smile at her, Laugh with Her, Cry with her, Cuddle with her, Shop with her, Give her jewelry, Buy her flowers, Hold her hand, Write love letters to her, Go to the end of the earth and back for her.

How to impress a man: Show up naked and bring beer!

HAVE A GREAT ROTARY WEEK!