

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

RYAN GILLESPIE, President
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KEITH HILLER, Past President

TROY KLECKER, President Elect
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PROGRAMS

June 3: Farewell from Iringo
June 10: Preview: Wenger Band Festival
June 17: Claire LaCanne, Master Gardener: Pollinator Week/Raffle Drawing
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
July 15: Sue Schroeder: Children's Remedial Fund
July 22: John Hinderaker, president, Greter 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 Drawings
September 23: Open
September 30: Visit from District Governor Paul Perez

ROTARY O'PINION

Monday, June 3, 2019

Editor: Todd Hale

THIS WEEK: Our In-Bound Exchange Student, Iringo, will be leaving us soon and return to her home in Romania. She will present our program today as a farewell.

BIRTHDAYS: David Allard, June 8

NOTES FOR ROTARIANS

The recent shredding project was the most successful ever, according to ROTARIAN Earl Anderson. In a four-hour period, 14,300 pounds were shredded and donations totaled \$2788.00 which will go to the We All Play project.

The 2019 ROTARY Fun Run 5k Run/Walk event will be held on Saturday of fair week. The 5k course is certified and chip-timed. The run will begin near the high school track and proceed through residential neighborhoods on the east side of Owatonna. New in 2019: A "TEAM EVENT". Get your friends together. Five or more can group together as a team. The fastest 5 times will be added together for your team time. Top team prizes will be given. The Kid's 400M/800M runs (12 years and under) start at 8:15 a.m. The 5K run starts at 9 a.m.

A Note from R.I. President Barry Rassin: "As I look back on all the things I have seen and the people I have met since becoming president of RI last July, I am certain of this: ROTARY'S capacity to transform lives for the better is unparalleled. Our impact is far beyond anything I could have imagined when I first became a ROTARIAN. Seeing what ROTARY means to people...to the communities we serve and to ROTARIANS themselves...has deepened my affection and admiration for all that ROTARY is and does. As I return home and look out on the vast sea that surrounds our island (Nassau), it will remind me of ROTARY'S limitless possibilities, and of the amazing future that awaits us beyond the horizon. I look forward to sailing there with you."

THE SLOGAN FOR ROTARY'S NEW YEAR IS "ROTARY CONNECTS THE WORLD".

A reminder that the drawing for the ROTARY "We All Play Raffle" will be held June 17. If you have not sold raffle tickets, consider purchasing them yourself. You could be a winner! Make checks out to A.D.D. and give them to ROTARIAN Jim Brunner. A book of ten tickets costs \$200.00.

FACTS TO THINK ABOUT

More than half of mothers in 1975 stayed home with their kids. Today, both parents work in 70 percent of families with children. Meanwhile, child-care costs an average of \$12,000 to \$13,000 a year.

Health Scare! Research indicates that people who have their appendix taken out are three times more likely to develop Parkinson's Disease. Previous research has found that a protein that often forms in clumps in the brains of Parkinson's sufferers is located in the appendix. Data screened by the Daily Telegraph (U.K.) found that of the nearly 500,000 who had appendectomies, 0.92 percent went on to get Parkinson's compared with only 0.29 percent of those who hadn't had the procedure. Researchers say that one possible explanation is that the protein Alpha-Synuclein which is produced in the appendix, is released into the body during an appendectomy and makes its way up to the brain. However, other studies have found weaker associations, and a Swedish study last year found that people who'd had their appendix removed in their youth had a *lower* chance of getting Parkinson's.

My wife was standing naked, looking in the bedroom mirror. She was not happy with what she saw and said to me, "I feel horrible. I look old, fat and ugly. I need you to pay me a compliment." I replied, "Well, your eyesight's damn near perfect!" That's when the fight started.