



# ROTARY SERVING HUMANITY

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

MARK FRITSCH: President SHANE SATTLER/DIANE HOLLAND Secretary **COREY MENSINK** Past President

KEITH HILLER, President Elect

JIM BRUNNER Treasurer

### FACEBOOK PAGE: www.facebook.com/RotaryClubofOwatonna

**BOARD OF DIRECTORS** 

Shane Sattler Stephanie Olson

**Roger Warehime** Mark Fritsch **Dave Effertz** Amy LaDue

Loren Olson Corey Mensink **Diane Holland** 

Jim Brunner

Keith Hiller Todd Hale

Greater Mankato

- **AREA MEETING PLACES & TIMES** Noon
- Mondays Austin Janesville Thursdays Owatonna Early Edition **Rochester Risers** Red Wing Faribault
  - Noon Wednesdays 7 AM Tuesdays 7 AM Tuesdays Noon Wednesdays Noon Wednesdays 11:55
- Holiday Inn Purple Goose Eatery Owatonna Fire Hall Hilton Garden Inn St. James Hotel Bernie's Grill Courtyard by Mariott
- Winona Northfield Great Rochester Rochester Waseca Albert Lea

Scott Limberg

Wednesdays Noon Thursdays 12:15 Wednesdays 12:10 Thursdays 11:30 Thursdays Noon Wednesdays Noon

Westfield Golf Club United Methodist Ch. Double Tree Hotel Holiday Inn Miller/Armstrong **Riverland College** 

#### UPCOMING PROGRAMS

March 13: Tim Grant: "Personal Happiness is a Prerequisite for a Successful Life

- March 20: Leadership Academy
- March 27: OHS Robotics Team
- March 31: Celebration of Club's 95<sup>th</sup> birthday..Jefts Hall, Pillsbury

April 3: No meeting

April 10: Lynn Betzold: Honoring Choices: End of Life Living

April 17: Malika and Taha Muhammed: "We Survived Iraq and Turkey: Long Road to Freedom"

April 24: Roger Wareheim "Owatonna Forward"

May 1: STRIVE graduates

May 8: OHS National Honor Society

May 15: Camp Ryla attendees

May 22: Dave Beaver, Airport Manager

May 29: No meeting...Memorial Day

June 5: Leticia farewell

June 12: Wenger Band Festival: Kim Cosens

June 19: Amy Rogganbuck: Community Services Director, Steele County

## **ROTARY O'PINION**

Monday, March 20, 2017

Editor: Todd Hale

<u>**THIS WEEK:**</u> Pastor Dave Klawiter, Corey Mensink and Nicole Schulz will present a program about the Owatonna Community Leadership Academy, former known as Leadership Owatonna.

#### BIRTHDAYS: None

**STUDENT ROTARIANS:** Jordon Haas, Nick Hellerud, James Rand and Margaret Schlicker **IN-BOUND EXCHANGE STUDENTS:** Leticia, (Brazil) and Jeff (South Africa)

#### **ROTARY NOTES**

Welcome to our newest member, Andrea Gaffke, who is in charge of the Safe & Drug Free in Our Schools through United Way.

Don't forget to send in your RSVP for the club's 95<sup>th</sup> birthday dinner being held on Friday, March 31, at Jefts Hall on the Pillsbury Campus. Again, a reminder that there will be no noon meeting on April 3.

ROTARIAN Chad Lange is now home recuperating from injuries he received as a result of a skiing accident in Colorado. He is still experiencing a lot of pain from seven broken ribs, but he said "It's great to be home."

#### FISH WEEKLY CAN ENHANCE YOUR HEALTH

In one large study, having at least one fish meal a week was associated with a 60 percent reduction in the risk of developing Alzheimer's disease. Other studies have found that eating fish slashes your chance of dying from heart disease by about a third.

#### Canned Tuna

It's one of the most affordable proteins in the supermarket, and it's packed with omega-3s, vitamin D, and selenium. Snack on it with whole grain crackers.

#### Shrink Your Day's Last Meal

A golden rule: Your first meal of the day should be big, whether it's at 6 a.m. or 10 a.m. Your lunch should be middle-size and your dinner should be small. A big breakfast fuels your muscles and brain for the day. A small dinner allows digestion to rest overnight and won't saturate your system with calories your body is more likely to store than burn.

Do you remember? At one time, volunteers at the Owatonna Fire Department were called by the blowing of the steam whistle located above the Owatonna Public Utility plant. Whenever the whistle blew, we would announce on KRFO Radio the location of the fire call. The announcement was sponsored by Clayton Wanous of Farmer's Insurance. Only trouble was, a parade of cars would head toward the site before the fire trucks got there! We eventually discontinued the announcement.

So anyway: After being with his blind date all evening, the man couldn't take another minute with her. Earlier, he secretly arranged to have a friend call him so he would have an excuse to leave if something like this happened. Returning to the table, he lowered his eyes and said, "I have some bad news. My grandfather just died." "Thank heavens," his date replied. "If yours hadn't, mine would have had to!"

#### HAVE A GREAT ROTARY WEEK!