



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

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FACEBOOK PAGE: www.facebook.com/RotaryClubofOwatonna

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March 5: Sue Schroeder, Public Schools Social Worker

March 12: Ali Diley, Director of Nutrition, Public Schools

March 19: Owatonna Police Department

March 26: Sonja Harris: Owatonna Brain Training Center

April 2: Dave Vandergon, CEO, KODA

April 9: Youth Exchange Committee...”Exchange isn’t a Year in Our Life, It’s a Life in a Year”

April 16: Owatonna Business Women

April 23: Mark Blando, Director, Public Library

April 30: April Paxton: Family Services Coordinator: Michaelson Funeral Home “The Grief Recovery Method”

May 7: Camp RYLA report and STRIVE grad recognition

May 14: OHS National Honor Society

May 21: Nado Farewell

May 28: No meeting...Memorial Day

June 4: Bob Showers,. “Minn. Twins at the old Met Stadium”

June 11: Kim Cosens, Preview, Wenger Marching Band Festival, Amy Swain, Audiologist

June 18: Jeffrey Jackson, Managing Editor, Owatonna People’s Press

June 25: Open

July 2: Open

July 9: Open

July 16: Open

ROTARY O'PINION

Monday, March 26, 2018

Editor: Todd Hale

THIS WEEK: Welcome to Sonya Harris of the Brain Training Center

BIRTHDAYS: Sorry, none

STUDENT ROTARIANS: Last day for Anna and Ben Stelter, Taylor Savoie and Harrison Kuhn

IN-BOUND EXCHANGE STUDENT: Nado, Indonesia

APRIL GREETERS: Roger Wareheim, Dennis VonRuden and Kris Busse

INVOCATIONS FOR APRIL: Mary Kay Feltes

NOTES FOR ROTARIANS

The annual noon ROTARY shredding project will be held on June 1. Start collecting material you wish to have shredded. The event depends on as free-will donation to the STRIVE program.

Checks toward the “We All Play” project can be given to treasurer Jim Brunner.

Surprising findings on weight, heart risk

For people with coronary heart disease, losing weight will not prolong life, a study reports, but increasing physical activity will. To their surprise, Norwegian researchers found that in coronary disease patients who had normal weight, weight loss increased the risk for death. Compared with inactive patients, those who did 150 minutes of moderate exercise a week reduced their risk by 19 percent. The study included 3,307 patients followed for an average of 16 years.

Did you know? Have you ever wondered why the School Street gym doors at Owatonna High School are not used for athletic events? ROTARIAN Jeff Elstad, Superintendent of Schools, tells me that the reason is that there is not a ramp for handicapped next to the stairs leading to the gym. For that reason, the school had to take that entrance out of service.

If you happen to get to the Chicago area on business or pleasure travel, you might want to pay a visit to ROTARY headquarters. A surprising number of visitors tour the headquarters each year You can request a tour by sending an e-mail to visitors@rotary.org.

The 2019 Presidential theme: “Be the Inspiration” President-elect is Barry Rassin, a member of the ROTARY Club of East Nassau, Bahamas. In discussing his goals for his presidential year, Rassin said, “There’s a disconnect between what we do at ROTARY INTERNATIONAL – and do really well – and what ROTARY clubs are doing. I’d like to bridge that gap. I want to explore new ways of starting new ROTARY clubs. We’ve got to get better at social media. We need ROTARIANS to access social media and use it to improve our public image. I don’t believe our communities fully understand what ROTARY is. I want to hold ROTARY Days so clubs and districts can get into their communities and talk about ROTARY...what do we do and why do we do it.”

Finally, a few random thoughts:

*I totally take back all those times I didn’t want to nap when I was younger.

*I can’t remember the last time I wasn’t at least KIND of tired.

* “Do not machine wash or tumble dry” means I will never wash this....ever.

*I think the freezer deserves a light as well.

*I disagree with Kay Jewelers. On any given Friday or Saturday night more kisses begin with Miller Lites than Kay.