



## **ROTARY O'PINION**

Monday, March 27, 2017

Editor: Todd Hale

**THIS WEEK:** A demonstration by the OHS Robotics team

**BIRTHDAYS:** None

**STUDENT ROTARIANS:** Last meeting for Nick Hellerud, Jordan Haas, James Rand and Margaret Schlicker

**IN-BOUND EXCHANGE STUDENTS:** Jeffrey, South Africa, Leticia, Brazil

### **NOTES FOR ROTARIANS**

This Friday evening we will celebrate the 95<sup>th</sup> birthday of our club with a special dinner to be held at Jeft's Hall on the Pillsbury campus. Make your reservation if you have not already done so. A reminder that there will be no noon meeting next week.

How much fish do you eat weekly? 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.

Five or more five-ounce servings of nuts throughout the week may cut your risk of heart disease by up to half. It doesn't matter what kind of nuts: walnuts, almonds, or pecans.

### **Giving to the Rotary Foundation**

When you give to the ROTARY FOUNDATION, you can be completely confident that your fellow ROTARIANS put those donations to work on life-changing projects in our six areas of focus. That confidence should inspire our continued support, especially when we consider the remarkable results

#### **A message from Kalyan Benerjee, Foundation Trustee Chair**

"March is observed by ROTARY as Water and Sanitation month. ROTARY led projects are providing millions of people with access to clean water and adequate sanitation facilities. This area of focus has long been high on many ROTARIAN'S service agendas and for good reason....663 million people do not have access to clean water and one-third of the world's population live without access to a toilet. Our efforts in providing clean water have far-reaching effects. An estimated 10,000 clubs participate in water and sanitation-related projects, with strong support from our Foundation. In 2015-2016 alone, the ROTARY FOUNDATION provided \$19 million for global grants in this area of focus."

That valuable sleep: Thirty percent in a survey of readers of Parade magazine say they'd rather get more sleep than lose 15 pounds, have more sex, or get a raise!

So anyway: Ole died. So Lena went to the local paper to put a notice in the obituaries. The gentleman at the counter, after offering his condolences, asked Lena what she would like to say about Ole. Lena replied, "You yust put 'Ole died.'" The gentleman, somewhat perplexed said, "That's it? Just 'Ole died?' Surely there must be something more you'd say about Ole. If it's money you're concerned about, the first five words are free. We must say something more." So, Lena pondered for a few minutes and finally said, "O.K. You put 'Ole died. Boat for sale.'"

**REMEMBER, NO NOON MEETING NEXT WEEK.**