

O-PinionOwatonna, Minnesota

Jim Brunner

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

KEITH HILLER, President Elect

SHANE SATTLER/DIANE HOLLAND Secretary

JIM BRUNNER Treasurer

COREY MENSINK Past President

FACEBOOK PAGE: www.facebook.com/RotaryClubofOwatonna

BOARD OF DIRECTORS

Shane Sattler Roger Warehime Loren Olson

Stephanie OlsonMark FritschCorey MensinkKeith HillerDave EffertzDiane HollandTodd HaleAmy LaDueScott Limberg

AREA MEETING PLACES & TIMES

Austin	Mondays	Noon	Holiday Inn	Winona	Wednesdays	Noon	Westfield Golf Club
Janesville	Thursdays	Noon	Purple Goose Eatery	Northfield	Thursdays	12:15	United Methodist Ch.
Owatonna Early Edition	Wednesdays	7 AM	Owatonna Fire Hall	Great Rochester	Wednesdays	12:10	Double Tree Hotel
Rochester Risers	Tuesdays	7 AM	Hilton Garden Inn	Rochester	Thursdays	11:30	Holiday Inn
Red Wing	Tuesdays	Noon	St. James Hotel	Waseca	Thursdays	Noon	Miller/Armstrong
Faribault	Wednesdays	Noon	Bernie's Grill	Albert Lea	Wednesdays	Noon	Riverland College
Greater Mankato	Wednesdays	11:55	Courtyard by Mariott				

UPCOMING PROGRAMS

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

March 20: Leadership Owatonna March 27: OHS Robotics Team

March 31: Celebration of Club's 95th 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 27, 2017 Editor: Todd Hale

THIS WEEK: A demonstration by the OHS Robotics team

BIRTHDAYS: None

<u>STUDENT ROTARIANS:</u> Last meeting for Nick Hellerud, Jordan Haas, James Rand and Margaret Schlicker <u>IN-BOUND EXCHANGE STUDENTS:</u> Jeffrey, South Africa, Leticia, Brazil

NOTES FOR ROTARIANS

This Friday evening we will celebrate the 95th 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 or 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.