

# Rotary O-Pinion

## ROTARY CONNECTS THE WORLD

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?

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### OFFICERS

**TROY KLECKER**, President  
**DIANE HOLLAND**, Secretary  
**RYAN GILLESPIE**, Past President

**JOHN CONNOR** , President Elect  
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**FACEBOOK PAGE:** [www.facebook.com/RotaryClubofOwatonna](http://www.facebook.com/RotaryClubofOwatonna)

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### BOARD OF DIRECTORS

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Jim Brunner  
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**THE PRIMARY PURPOSE OF ROTARY IS TO SUPPORT COMMUNITY INITIATIVES THAT INCLUDE LEADERSHIP OPPORTUNITIES SO THAT MEMBERS WILL ENGAGE IN SERVICE ACTIVITIES THAT PROMOTE YOUTH IN OUR COMMUNITY AND AROUND THE WORLD.**

### PROGRAMS

March 2: Al Smith, “Women of War”

March 9: Joe Stiles, Furnishing Hope

March 16: State of the City: Mayor Tom Kuntz and Kris Busse

March 23: Owatonna Police Department

March 30: Lois Nelson, Mayor of Medford

April 6: Kyle Skov, City Engineer

April 13: Dr. Richard Huston, PolioPlus trip to Pakistan

April 20: STRIVE graduation

April 27: Dr. Brian Bunkers, Mayo Clinic Health System

May 4: Camp RYLA Students

May 11: Hosting OHS National Honor Society: Speaker: Joyce Madsen

May 18: Andi Arnold, Safe and Drug Free Coalition

May 25: No meeting...Memorial Day

June 1: Monique Hammond: Hearing Loss, the Silent Epidemic

June 8: Jeff Elstad: Superintendent of Schools: Update on building of new high school

June 15: Open

June 22: Dr. Laura Niederhofer, University of Minnesota Researcher

# ROTARY O'PINION

Monday, March 2, 2020

Editor: Todd Hale

**THIS WEEK:** Pencil artist, Al Smith, is back with us with a presentation on “Women of War”

**BIRTHDAYS:** Ryan Gillespie, March 2

**STUDENT ROTARIANS:** Welcome to Julia Dallenbach, Elise Sande, Asia Buryska and Abigail Schroeder

**IN-BOUND EXCHANGE STUDENT:** Reyk, Germany

## NOTES FOR ROTARIANS

**From RI President Mark Maloney:** “March is the month we celebrate ROTARACT and this has been quite a year for our young partners in service. Last spring, the Council on Legislation elevated ROTARACT in our constitution: ROTARY INTERNATIONAL is now the association of both ROTARY AND ROTARACT clubs. Then in October, the ROTARY Board of Directors eliminated the artificial ROTARACT AGE LIMIT, and took other steps to break down barriers that were preventing ROTARACT from growing in other parts of the world. These steps were long overdue, because ROTARACT is a vision of what ROTARY must become. Not only do we open our doors to our young colleagues, but we also have to open our ears and minds to the ROTARY experiences they find most engaging. That is one of the best ways we will meaningfully grow ROTARY.”

We are entering the month of March, named for the Roman god of war; Mars. This was the time of year to resume military campaigns that had been interrupted by winter.

This is the month that maple trees are tapped. Maple syrup has been termed “liquid gold.” There is no comparison between real maple syrup and the corn syrup confection sold in grocery stores. Maple trees are taped when temperatures alternate between freezing and thawing. Nighttime temperatures must drop below freezing (in the 20’s) and daytime temperatures must reach 40 to 50 degrees. Before winter the maple trees store starch in their trunks and roots, which gets converted into sugar. As spring nears, the sap thaws and the sugar in the sap rises up the tree. “Sugar’s sweet, but sap is sappier; Cold nights make the farmers happier!”

Native Americans used maple syrup both as a food and as a medicine and taught the age-old process of sugaring to the colonists.

If you’ve never tasted “real” maple syrup, there’s no way to describe its unique flavor and unique goodness. It’s a natural wonder of the world! Pure maple syrup has an earthy, naturally sweet taste and a more viscous quality than maple-flavor syrup. Some meeting, let’s have pancakes, bacon and maple syrup!

## Teeing off

A University of Missouri study found that playing golf just once a month reduces the risk of premature death by about half, likely because it provides stress relief, the stimulation of competition, and a bit of exercise.

ONE DIFFERENCE BETWEEN DEATH AND TAXES IS THAT DEATH DOESN'T GET WORSE EVERY TIME CONGRESS MEETS.

So anyway: I’ve sure gotten old! I’ve had two by-pass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I’m half-blind, can’t hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded and subject to blackouts. Have bouts with dementia, have poor circulation, hardly feel my hands and feet anymore, can’t remember if I’m 85 or 92, have lost all my friends. But, thank God, I still have my driver’s license.

Finally: It’s scary when you are sleeping and start making noises like your coffee maker!