

The

O-Pinion



Owatonna, Minnesota

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?

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AREA MEETING PLACES & TIMES

Austin	Mondays	Noon	Holiday Inn	Winona	Wednesdays	Noon	Westfield Golf Club
Janesville	Mondays	6 PM	St. Ann's Parish	Northfield	Thursdays	Noon	Northfield Golf Club
Owatonna Early Edition	Wednesdays	7 AM	Owatonna Fire Hall	Great Rochester	Thursdays	Noon	Kahler Grand Hotel
Rochester Risers	Tuesdays	7 AM	Hilton Garden Inn	Waseca	Thursdays	Noon	Miller/Armstrong
Red Wing	Tuesdays	Noon	St. James Hotel	Albert Lea	Fridays	Noon	Ramada Inn
Faribault	Wednesdays	Noon	Bernie's Grill				
Mankato	Wednesdays	Noon	Marriott				

UPCOMING PROGRAMS

DATE

PROGRAM

February 11

Dr. Brian Bunkers, Owatonna Clinic Mayo Health System update

February 18

Karen Kasper "Farming Today"

February 25

Fast for Hope program: Bruce Boyce: MEET AT THE HISTORY CNTR.

March 4

Greg Zweber, Big Brothers/Big Sisters

March 11

Marlene Nelson: Homelessness in Owatonna

March 18

Mark Fritsch, Owatonna Power Plant Re-Purposing

March 25

Business Meeting/Classification Talk: Doug Johnson

April 1

Joan Ward, Hospice Grief Counselor

April 8

Owatonna Foundation presentation

April 15

Kathy Stutesman, Street Girls Aid Project in Ghana

April 22

Owatonna Police Department Update

April 29

Business Meeting/Czech GSE Team

May 6

STRIVE Student Recognition

May 13

OHS National Honor Society

May 20

Program by Exchange Student Livia Getzner/plus Camp RYLA report

May 27

No meeting...Memorial Day

June 3

Program by Exchange Student Yolanda Sabater

June 10

Open

ROTARY O'PINION

Monday, March 4, 2013

Editor: Todd Hale

THIS WEEK: ROTARIAN Greg Zweber, Director of Big Brothers/Big Sisters of Southern Minnesota

BIRTHDAYS: Ibrahim Almugaiteeb, Mar. 6

STUDENT ROTARIANS: Welcome to Will Zimmerman, Jarrod Noubarth, Connor Medvec, and Kyle DuFrene

IN-BOUND EXCHANGE STUDENTS: Yolanda Marin, Spain, Livia Getzner, Austria

NOTES FOR ROTARIANS

MARCH IS LITERACY MONTH ON THE ROTARY CALENDAR. IN THE DEVELOPING WORLD, ONE IN FIVE ADULTS, ALMOST 862 MILLION PEOPLE, CANNOT READ OR WRITE. LITERACY MONTH IS A GREAT TIME TO DO SOMETHING ABOUT IT.

*This is NATIONAL GRAMMER DAY. Celebrate it by speaking well, writing well and helping others do the same.

*On March 6, 1981, after 19 years of presenting the CBS Evening News Walter Cronkite signed off for the last time with his signature "and that's the way it is".

*This Friday, March 8, is International Women's Day.

THIS SUNDAY, MARCH 10, DAYLIGHT SAVINGS TIME IS USHERED IN. SATURDAY NIGHT WHEN YOU GO TO BED, TURN YOUR CLOCKS ONE HOUR AHEAD.

Did you know? Eating cheese before going to bed can help improve sleep quality.

From Wilfrid Wilkinson, Foundation Trustee Chair

"The month of March provides each of us with an opportunity to reflect on ROTARY'S accomplishments. It is during this month that we pause to recognize World Rotaract Week, International Women's Day, World Water Day, and Literacy Month...all significant reminders of the good that ROTARIANS have done worldwide. As I've traveled around the world, I've had the chance to work with the outstanding women who serve on our Board of Directors. I've witnessed the incredible progress the ROTARY FOUNDATION has made on water and sanitation...an area of focus that is crucial to our growing population."

ROTARIANS: RAISE A GLASS! A glass of wine, either red or white, is heart healthy. There's also good news for those who would rather have a beer instead of a Beaujolais: Beer is good for the heart according to research. Although scientists still don't know whether the protective effects come from the alcohol itself or from some non-alcoholic component, they agree that both beverages also protect against diabetes and certain types of cancer. But remember, the key to drinking either wine or beer is moderation...one glass a day for women, two for men.

ROTARIAN Connie Ruth is still "taking it easy" in connection with her torn retina.

ROTARIAN Bill Kottke is still at KODA after knee surgery.

AARP Bumper Stickers: 1. I asked my wife if old men wear boxers or briefs. She said, "Depends"
2. I was at the beauty shop for two hours...that was only for the estimate!
3. Senior Campbells: Large type alphabet soup
4. I'm so old that whenever I eat out, they ask me for money up front!
5. I was always told to respect my elders...now I don't have anyone to respect!