

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?

OFFICERS

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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

May 11: Police Chief Keith Hiller (on Zoom)

May 18: Andi Arnold, Safe Drug, Free Coalition (on Zoom)

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: Lois Nelson, Mayor of Medford

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

June 29: Ky Skov, Owatonna Public Works Director

July 6: Induction of new officers and board members

July 13: Dr. Richard Huston, Pakistan Polio Plus

July 20: Open

July 27: Open

ROTARY O'PINION

Monday, May 18, 2020

Editor: Todd Hale

THIS WEEK: ROTARIAN Andi Arnold speaking on behalf of the Safe and Drug Free Coalition (on Zoom) We will also hear from one of our former Exchange Students.

BIRTHDAYS: Andi Arnold, May 20, Michelle Redman and Penny Vizna, May 22, Stephen Smith, May 23
STUDENT ROTARIANS: Sam Fredin, Karington Stanford, Josie Sullivan and Wyatt Clausen

NOTES FOR ROTARIANS

You are reminded that next week is Memorial Day and there will be no meeting. There is a chance we may be able to return to the Country Club for our first meeting in June. Watch your e-mail for information.

CANCELLATIONS

The Freeborn County Fair has been canceled for this year. The Harry Wenger Marching Band Festival is canceled. The July 4 Blooming Prairie celebration is canceled. The Owatonna Memorial Day parade and program at the Four Seasons has been canceled.

FROM RI PRESIDENT MARK MALONEY

“We ask all ROTARY districts and clubs to curb face-to-face meetings until further notice and to hold virtual meetings instead. We began this ROTARY year promoting the importance of the new Action Plan for all ROTARIANS. We have put that plan into action out of necessity. That includes the possibility of a convention-like experience with you through a virtual event. More about this in the near future.

*Prediction: There will be a minor baby boom in 9 months, and then one day in 2033, we shall witness the rise of the QUARENTEENS

*The newest drink: The Quarentini: It's just a regular martini but you drink it alone in your house.

*This virus has done what no woman had been able to do...cancel all sports, shut down all bars, and keep men at home!

HOW DO YOU MAKE YOUR COFFEE?

Coffee can be a healthful drink. It may be even better for you when brewed with a paper filter. Norwegian researchers gathered data on 508,747 men and women 20-79 years old and followed them for an average of 20 years. Drinking filtered coffee was associated with a 15% reduction in the risk of dying prematurely from any cause in both men and women. But rates were lower when the coffee was unfiltered, such as espresso. Men who drank unfiltered coffee had a 4% reduction and women had a 9% reduction.

Compared with unfiltered coffee, filtered coffee was associated with a lower risk of dying from cardiovascular disease, ischemic heart disease or stroke. The lowest mortality was among those who drank one to four cups a day. Unfiltered coffee contains higher concentrations of cholesterol-raising phytochemicals called “diterpenes” than does filtered coffee.

So anyway: Grandpa said to grandma: “What are you wearing...Chanel #5? Moonlight Musk?, Love Mist?”
Grandma says, “Vicks”.

A senior citizen bragged, “I sure have gotten old! I've had two bypass surgeries, a hip replacement, and new knees and fought prostate cancer and diabetes. I'm half blind, I can't hear anything quieter than a jet engine, I take 40 different medications and I'm subject to blackouts. I have bouts with dementia and poor circulation, and I can barely feel my hands and feet anymore. I can't remember if I'm 85 or 92 and have lost all my friends. But, thank God I still have my driver's license.”