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# 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

John Connor  
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Roger Warehime  
Dave Effertz  
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Jim Brunner  
Ryan Gillespie  
Andi Arnold  
Dave Allard

### PROGRAMS

November 4: Presentation of Vern White Award to Les Abraham

November 11: Owatonna AA...Sylvia

November 18: Foundation Month...Roger Wareheim/Camp Enterprise Students

November 25: Shane Sattler: An adventure to Africa meeting former ROTARY Exchange Students

December 2: OHS Robotics Team

December 9: Reyk, (Exchange Student from Germany) and an update on We All Play fundraiser

December 16: Club Assembly

December 23: Christmas Musical: Ryan Gillespie

December 30: NO MEETING

January 6: Stevie Ray, Stevie Ray's Improv: "Building and Maintaining Relationships with Your Clients"

January 13: Pat Heydon, Advanced Care Coordinator, Allina: "Advanced Care Planning.

January 20: Chamber of Commerce Annual Report: Brad Meier

January 27: Carol Nelson: A man with inventions

# ROTARY O'PINION

Monday November 18, 2019

Editor: Todd Hale

THIS WEEK: We'll hear from the Camp Enterprise students plus ROTARIAN Roger Warehime will have a presentation on Foundation Month.

BIRTHDAYS: None

STUDENT ROTARIANS: Anna Vetsch, Brynn Butler, Emma Loveless and Kaitlyn Madole

IN-BOUND EXCHANGE STUDENT: Reyk, Germany

## NOTES FOR ROTARIANS

A message to all ROTARIANS from Lois Nelson: "Monday, Nov. 4, was a wonderful kick-off to ROTARY FOUNDATION MONTH beginning with the special PAUL HARRIS/VERN WHITE and recognition of Les Abraham. A number of people worked on the committee for this event. Thanks to each of them for sharing time and talent in preparing for this special luncheon and for the day itself. Those include Laura Resler, Ryan Gillespie, Dave Allard, and Mike Jensen. Todd Hale worked with Lois Nelson and our Foundation Chair on publicity. Kim Cosens provided wonderful background music. There was wonderful singing led by Dr. John. Dick Slieter's invocation included history and special recognition to Les for his selfless "Service Above Self" example. Scott Limberg taped the program. Kris Busse and Mayor Tom Kuntz provided history on Les' community involvement. Country Club Sales Manager Julia Seykora and our meal host, Samantha Hager, helped with numerous details. Thank you to all club members who adapted to a slightly different room set-up for the day. It takes an entire club to lead by example for this special luncheon. Thank you everyone!"

ROTARIAN Dr. Beth reminds you of the "Better Angels Skills Workshop" presented by our club on Tuesday, Nov. 26, at 6 p.m. at Our Savior's Lutheran Church. This workshop is free and open to the public. This workshop will help you learn how to disagree without being disagreeable. This workshop will help you: Learn Skills to have respectful conversations with people who disagree with you; clarify difference; search for common ground; and deal with the stress among family members and friends whose views differ from yours."

This workshop is free and open to the public.

How Much Sleep are you getting? If you have hypertension, diabetes or heart disease, getting enough sleep at night is imperative. Researchers from the Pennsylvania State College of Medicine followed more than 1600 adults for about 20 years and found that combining these illnesses with sleeping less than six hours nightly was a "deadly combo". They found those who had high blood pressure or diabetes and typically slept for less than six hours a night were twice as likely to die from heart disease or stroke. And subjects with heart disease or stroke who typically slept for less than six hours nightly were three times as likely to die from cancer.

On the other hand, sleeping more than six hours nightly eliminated the early-death risk. The team that conducted the study said short sleep duration can be used to predict long-term health outcomes.

December 5 is the night for the annual Christmas light parade in downtown Owatonna beginning at 6:00 p.m. It's also the night that following the parade, the new Owatonna Chorale will sing a holiday concert at First Baptist Church at 7:00 p.m.

Thanks to ROTARIAN Katy Kreutter and Bill Regan for providing the bus service for our Students of the Month each week.

Finally: Now that I'm older I thought it was great that I seemed to have more patience. Turns out I just don't give a damn!

I joined a health club this year. Spent about 2540 bucks. Haven't lost a pound!