

Rotary O-Pinion

ROTARY: BE THE INSPIRATION

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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Traci Schimek

Dave Allard

PROGRAMS

August 20: Julie Rethemeier: Federated Drive Safely Initiative

August 27: Brew Pub: Roger Wareheim and Dave Effertz

September 3: No meeting...Labor Day

September 10: Steele County Workforce Initiative

September 17: Michael Wells, Sr. Scout Executive, Gamehaven Council Boy Scouts

September 24: Steele County United Way

October 1: Meet the Candidates: Congressional

October 8: Meet the Candidates: State

October 15: Meet the Candidates: County

October 22: Meet the Candidates: Sheriff

October 29: Meet the Candidates: School Board/City Council

November 5: Presentation of Vern White Award

November 12: Allied Against Opioid Abuse: Mary Kuna

November 19: Kerry Holmgren, Faribault/Owatonna Honoring Choices

November 26: Rotary Foundation

December 3: Mike Becker, Dist. Gov.

December 10: Judge Luening: Veteran's Court

December 17: Holiday cheer and songs: Jeff Elstad and Kim Cosens

December 24: No meeting

December 31: No meeting

January 7: Maddy Lykken: "New Generation Exchange"

January 14: Laura Beasley, Dean of Nursing, Riverland College: New Medical Assistant program in Owatonna

ROTARY O'PINION

Monday, October 15, 2018

Editor: Todd Hale

THIS WEEK: Our Meet the Candidates Forum features the candidates for Steele County Commissioner.

BIRTHDAYS: Dave Albrecht and Tanya Paley, October 14

IN-BOUND EXCHANGE STUDENT: Iringo, Romania

ROTARIAN NOTES

Our Exchange Student, Iringo, was asked to put together a wish list of activities that she would love to do while in Minnesota this year. These include going to Orchestra Hall and other concerts, ice fishing, a Vikings game, Mall of America, cooking and eating American food and even going for a walk in the woods. Iringo is also in search of a warm winter coat size small or medium and women's winter boots size 7.5. If you can help, call Traci at 456-6266 or Tanya at 573-1913.

Rotarian Ken and Norma Wilcox were recipients of the Spirit of the Community Award, presented by the Owatonna Foundation at last week's Legacy Luncheon. They were honored for a lifetime of community service from their arrival in Owatonna in December, 1963 until today. They have both worked to make Owatonna a better place for all of us.

FROM AROUND THE COUNTRY

A New York Squirrel Count! How many Squirrels live in Central Park in New York? There could soon be an answer. Counters started roaming the 840-acre park for its first Squirrel census. The count will last for two weeks. It would be interesting to know how many regard our own Central Park as home!

More than 20 million people watched the televised Senate testimony from Supreme Court nominee Brett Kavanaugh and Christine Blasey Ford. That's an audience the size of a playoff football game or the Academy Awards.

Gotten your flu shot yet? Only 47 percent of Americans elected to receive flu vaccinations last winter. 80,000 Americans died of the flu and related complications, the most since the winter of 1976-77.

Get some Zzzz: Here's a hint for better sleep. A spoonful of honey before bed could have you counting sheep sooner than later. Honey causes a rise in insulin which triggers the release of serotonin, a chemical that regulates sleep.

ROTARIAN Police Chief Hiller reminds you that October 22 is the deadline to sign up for the Citizen's Police Academy which begins October 29 and runs through December 17. The academy is designed to give residents and business owners a unique opportunity to become better acquainted with members of the Owatonna Police Department and its day to day operations. Contact Pam Roberts at 774-7200 to register.

A MESSAGE FROM R.I. PRESIDENT BARRY RASSIN

"Thirty years ago, 1,000 children were paralyzed by polio every single day. Since then, we've marked our progress, year by year, week by week. We've celebrated as country after country, region after region has been declared polio free. As we've come closer to our goal, and the number of cases has dropped further and further, the children whose numbers reflect have become less and less of an abstraction. We are so close to eradication...but there is so much work left to do. October 24 is celebrated as "World Polio Day" by ROTARY.

When love fades: Last night I was sitting on the sofa watching TV when I heard my wife's voice from the kitchen. "What would you like for dinner, my love? Chicken, beef or lamb?" I said, "Thank you dear, I think I'll have chicken." She replied, "You're having soup...I was talking to the cat!"