

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	Tuesdays	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	North Mankato	Fridays	Noon	Best Western Hotel
Mankato	Wednesdays	Noon	Old Main Village				

UPCOMING PROGRAMS

Date

Program

September 19

Introduction of new In-Bound Exchange Students

September 26

Business meeting/United Way Presentation

October 3

Books for Africa/Seth Eggessa

October 10

School District Ballot Question: Tom Sager, Teri Preisler

October 17

Fred Senn, Founding Partner, Fallon Worldwide

October 24

Steve Stansberry, School District Energy Education Specialist

October 31

Business Meeting/Presentation on Foundation Month

November 7

Tim Penny, Southern Minnesota Initiative Fund

November 14

University of Minnesota Alumni Association

November 21

Steven Resler, National Pork Board and Minn. Pork Producers

November 28

Business Meeting/Camp Enterprise Student

December 5

Melanie Nelson: EPES

December 12

Bill Donovan, Owatonna Area Hospice

December 19

Club Christmas Show with Patty Kark (wives/husbands/significant others invited)

December 26

NO MEETING

REACH WITHIN TO EMBRACE HUMANITY

OWATONNA ROTARY O'PINION

Monday, October 24, 2011

Editor: Todd Hale

THIS WEEK: Welcome to Steve Stansberry, Energy Education Specialist for the Owatonna Public Schools.

BIRTHDAYS: Barbara Jacobson, Pastor Dave Klawiter, Stan Groff, Oct. 24,

OCTOBER STUDENT ROTARIANS: Rebecca Farrier, Megan Grubish, Quentin Smith, Lindsey Price

TOP TEAM STUDENT: Jacob Cole

IN-BOUND EXCHANGE STUDENTS: Carla de Oliveria Silva, Brazil, Johan Wagner Frandsen, Denmark

We will be inducting our newest members into the club at today's meeting.

WHY KEEP ASPIRINS BY YOUR BEDSIDE?

There are other symptoms of a heart attack besides the pain on the left arm. One must also be aware of an intense pain on the chin as well as nausea and lots of sweating, however these symptoms may also occur less frequently. (Note: There may be NO pain in the chest during a heart attack. The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you from your deep sleep. IF THAT HAPPENS, IMMEDIATELY DISSOLVE TWO ASPIRINS IN YOUR MOUTH AND SWALLOW THEM WITH A BIT OF WATER. CALL 911. SAY "HEART ATTACK". SAY THAT YOU HAVE TAKEN TWO ASPIRINS. PHONE A NEIGHBOR OR A FAMILY MEMBER WHO LIVES VERY CLOSE BY. TAKE A SEAT ON A CHAIR OR SOFA NEAR THE FRONT DOOR AND WAIT FOR THEIR ARRIVAL. DO NOT LIE DOWN! Bayer is making "crystal aspirin" to dissolve under the tongue. They work much faster than the tablets.

BEDBUGS!

With globalization well underway, bedbugs seem to be here to stay and many of us will likely see them in our home. New York exterminator Jeff Eisenberg, author of the "Bedbug Survival Guide" wrote that after the 2000 Summer Olympics in Sydney, thousands of people brought bedbugs back to their countries all over the world. The year 2000 was definitely a tipping point. If you are traveling, you should basically assume you're going to come into contact with bedbugs. Many hotels, whether five star or by the hour, do not have an effective plan to control bedbugs. Among the many precautions Eisenberg advocates are encasing your luggage in something called a "BugZip" and keeping it in your hotel bathroom (the bugs can't navigate slippery surfaces well). Here are five tips for travelers:

1. Room inspection is a must. If you find bedbugs, move
2. Never put your bag on the bed or your clothes in drawers. Keep your bags in the bathroom
3. When checking luggage at the airport, put it in a BugZip or other protective cover.
4. Run your clothes through the dryer on return.
5. Invest in a good mattress case, which makes the bugs much easier to detect and get rid of

Humans are perhaps the most successful organism on the planet, and it's only natural that other creatures would hitch their wagon to ours. And while bedbugs may be annoying, embarrassing, and maddening, they don't transmit diseases. They're not even considered a public health threat. Eisenberg said, "You do what you can do. And whatever you can do is better than doing nothing. Just take the basics and go from there."

Father O'Malley answers the phone. "Hello, is this Father O'Malley?" "It is!" "This is the income tax office. Can you help us?" "I can!" "Do you know a Ted Houlihan?" "I do". "Is he a member of your congregation?" "He is!" "Did he donate \$10,000 to the church?" "He will!"

From Charlie: *A grenade thrown into a kitchen in France would result in Linoleum Blownapart!