

# 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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### OFFICERS

**RYAN GILLESPIE**, President

**DIANE HOLLAND**, Secretary

**KEITH HILLER**, PAST PRESIDENT

**TROY KLECKER**, President Elect

**JIM BRUNNER**, Treasurer

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**FACEBOOK PAGE:** [www.facebook.com/RotaryClubofOwatonna](http://www.facebook.com/RotaryClubofOwatonna)

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### BOARD OF DIRECTORS

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Mark Fritsch

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Corey Mensink

Diane Holland

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Ryan Gillespie

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 8, 2018

Editor: Todd Hale

**THIS WEEK:** A forum featuring candidates for State Legislature

**BIRTHDAYS:** Michael Wells, Oct. 10, Mary Kay Feltes, Oct. 12

## **NOTES FOR ROTARIANS AND GUESTS**

The Board of Directors made the decision to re-schedule the October Students of the Month due to their inability to come to lunch at the earlier time due to the candidate forums. Our In-Bound Exchange Student, Iringo, will be joining us periodically, however, she will also be attending the Early Edition Club meetings which is more convenient for her schedule.

ROTARIANS Mark Fritsch and Roger Warehime invite you to an observance of Public Power Week this week at the Owatonna Public Utilities. This Thursday you are invited to stop by the OPU offices between 8 am. And 6 p.m. for refreshments, pick up a free Energy Star LED bulb and take a building tour.

Do you take a daily aspirin? Here's an interesting article from "The Week" magazine: In a study that upends decades of medical advice, Australian scientists have found that taking an aspirin a day does not reduce older people's risk of heart disease or cancer, and in fact, cause them serious harm. For four and a half years, researchers observed more than 19,000 adults in Australia and the U.S. with no history of heart disease, stroke or dementia and with a median age of 74. Half were given 100 mg. of aspirin a day while the other half received a placebo. At the end of the study, those who had taken the drug were just as likely to suffer from heart disease and stroke...and faced a higher risk of dangerous internal bleeding in the stomach, brain and elsewhere. The aspirin takers had slightly higher rates of mortality over that period, in large part because of deaths from cancer, though researchers cautioned that further study was needed to assess any possible link between aspirin and cancer. They also emphasized that their results didn't counter previous findings that aspirin is beneficial for those who have already suffered from heart disease or stroke. "Millions of health older people who are taking low-dose aspirin without a medical reason may be doing so unnecessarily," says lead author John McNeil from Monash University in Melbourne.

**JUST A REMINDER: IF, IN THE FALL OF THE LEAVES IN OCTOBER, MANY OF THEM WITHER ON THE BOUGHS AND HANG THERE, IT BETOKENS A FROSTY WINTER AND MUCH SNOW.**

Do you look forward to observing the fall foliage changes? In general, a wet growing season followed by a dry autumn filled with sunny days and cool frostless nights produces the most vibrant palette of fall colors. Check the long-range forecasts to see whether a dry autumn is in our future. If freezing temperatures and a hard frost hit, it can kill the process within the leaf and lead to poor fall color. Also, drought conditions during later summer and early fall can trigger an early "shutdown" of trees as they prepare for the winter, causing leaves to fall early from trees without reaching their full color potential.

So anyway: While on a road trip, an elderly couple stopped at a roadside restaurant for lunch. After finishing their meal, they left and resumed their trip. When leaving, the elderly woman unknowingly left her glasses on the table, and she didn't miss them until they had been driving for about 40 minutes. By then, to add to the aggravation, they had to travel quite a distance on the interstate before they could find a place to turn around in order to return to the restaurant to retrieve her glasses. All the way back, the elderly husband fussed and complained and scolded his wife relentlessly during the entire return drive. The more he chided her, the more agitated he became. To her relief, they finally arrived at the restaurant. As the woman got out of the car and hurried inside to retrieve her glasses, the old geezer yelled to her, "While you're in there, you might as well get my hat and the credit card."