

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?

OFFICERS

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FACEBOOK PAGE: www.facebook.com/RotaryClubofOwatonna

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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

November school district vote

October 17

Fred Senn, Founding Partner, Fallon Worldwide

October 24

Anita Pfiefer, Owatonna Postmaster

October 31

Business Meeting/Preview of Foundation Month

November 7

Tim Penny, Southern Minnesota Initiative Fund

November 14

University of Minnesota Alumni Association

November 21

Steven Resler, National Pork Board

November 28

Business Meeting

December 5

Melanie Nelson: EPES

December 12

Bill Donovan, Owatonna Area Hospice

REACH WITHIN TO EMBRACE HUMANITY!

OWATONNA ROTARY O'PINION

Monday, September 19, 2011

Editor: Todd Hale

THIS WEEK: ROTARIAN Jen Dunn Foster will introduce our In-Bound Exchange Students and will give us an update on the In-Bound and Out-Bound programs.

BIRTHDAYS: Bill Thompson, Sept. 20

STUDENT ROTARIANS: Tess Starman, Emily Moothart, Laura Meyer and Zach Miller

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

ROTARY NOTES

A few more mentors are needed for the STRIVE program this fall. If you can help, please let ROTARIANS Tabby Deleeuw or Dave Olson know. Meeting dates this year are Sept. 27, Oct. 25, Nov. 22, Dec. 20, Jan. 24, Feb. 21, Mar. 20 and April 23 (At our meeting).

WATER WATER...IT'S IMPORTANT!

One glass of water shuts down midnight hunger pangs for almost 100% of the dieters observed in a University study. Lack of water is the #1 trigger of daytime fatigue. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers. A mere 2% drop in body water can trigger fuzzy short term memory, trouble with basic math, and difficulty focusing on the computer screen. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. Are you drinking the amount of water you should every day?

New member applications: Syd Briggs and Kelly Rood. Members have a period of 7 days in which to comment on these applications for membership.

Our sympathies to ROTARIAN Ralph Carpenter on the death of his mother, Leona, this past week.

A note from RI President Kalyan Banerjee: "I believe we need to bring back the idea of the family of ROTARY. We need to look at all of ROTARY as one family: ROTARIANS, their families, and also Rotaractors, Interactors, Youth Exchange students and alumni, Foundation Alumni and so on. And we need to consider retention as an idea that applies not just to ROTARIANS but to the entire family of ROTARY."

Mark your calendars for next Monday, September 26, at 6:30 p.m. at Roosevelt School in Owatonna. Community Ed and Mayo Clinic Health System in Owatonna are partnering to bring in one of the top doctors from Mayo in Rochester. Dr. Edward T. Creagan, cancer specialist, will be speaking on "How NOT to be my patient....a Physicians Secrets for Staying Healthy and Surviving Any Diagnosis." Cost to attend is just \$10.00 per person and pre-registration is required. Call Community Ed at 444-7900.

ROTARIAN Mike Jensen reminds you of "Culturefest" being held this Saturday at Wilson Elementary School. Enjoy superior performers sharing music and dance in celebration of their heritage. Lots of special ethnic foods available too. – for more info visit www.culturefest.org

So anyway: Jim stood over his tee shot on the 450 yard 18th hole for what seemed an eternity. He waggled, looked up, looked down, waggled again, but didn't start his back swing. Finally his exasperated partner asked, "What is taking you so long?" "My mother-in-law is watching me from the clubhouse balcony," Jim explained. "I want to make a perfect shot." His companion said, "You don't have a chance in hell of hitting her from here!"