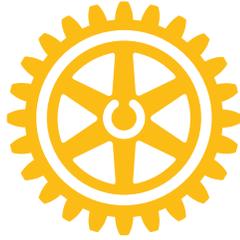


Rotary



O-Pinion

Owatonna, Minnesota

BE A GIFT TO THE WORLD

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

COREY MENSINK President

JENNIFER LIBBY President Elect

SHANE SATTLER/DIANE HOLLAND Secretary

JIM BRUNNER Treasurer

KRIS BUSSE Past President

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	Thursdays	Noon	Purple Goose Eatery	Northfield	Thursdays	12:15	United Methodist Ch.
Owatonna Early Edition	Wednesdays	7 AM	Owatonna Fire Hall	Great Rochester	Wednesdays	12:10	Double Tree Hotel
Rochester Risers	Tuesdays	7 AM	Hilton Garden Inn	Rochester	Thursdays	11:30	Holiday Inn
Red Wing	Tuesdays	Noon	St. James Hotel	Waseca	Thursdays	Noon	Miller/Armstrong
Faribault	Wednesdays	Noon	Bernie's Grill	Albert Lea	Wednesdays	Noon	Riverland College
Greater Mankato	Wednesdays	11:55	Courtyard by Marriott				

UPCOMING PROGRAMS

DATE

Aug. 31:

John Hausladen, Pres: Minnesota Trucking Association

Sept. 7

Labor Day: No meeting

Sept. 14

MINNESOTA GOVERNOR MARK DAYTON

Sept. 21

Jenine Koziolk, Fountain Centers, Albert Lea

Sept. 28

Business Meeting/United Way Campaign: Kim Schaufenbuel

Oct. 5

Foundation Week/Laura Resler and Tom DuFrene

Oct. 12

Pat Heydon, Habitat for Humanity

Oct. 19

School Referendum

Oct. 26

Business Meeting/Laura Heine, Jr. Achievement

Nov. 2

Presentation of Paul Harris/Vern White Award

Nov. 9

Steve Olsen, Rotary Friendship Exchange to Romania

Nov.16

Alan Anderson: "What We Should Know About Climate Change"

Nov. 23

Camp Enterprise Student

Nov. 30

Stephen Cantwell & Fred Bettner, Beauterre Recovery Institute

Dec. 7

Open

Dec. 14

Alyssa Sattler, returnee from Spain/ OHS Christmas Carolers

Dec. 21

Christmas program: Kim Cosens, Dave Williams

Dec. 28

Luke Owens, Returnee student from Italy

Jan. 4

Nick Beck, Student Returnee

ROTARY O'PINION

Monday, September 21, 2015

Editor: Todd Hale

THIS WEEK: Welcome to Jenine Koziolk of Fountain Centers in Albert Lea

BIRTHDAYS: Peter Grant, Sept. 24

STUDENT ROTARIANS: Eric Benson, Brady Fisher, Isaac Smith and Brandon Peters

IN-BOUND EXCHANGE STUDENTS: Oscar Christiansen, Norway, Nicolas Valenzuela Villalobos, Chile

ROTARIAN CODE OF CONDUCT

As a ROTARIAN I will:

1. Act with integrity and high ethical standards in my personal and professional life.
2. Deal fairly with others and treat them and their occupations with respect
3. Use my professional skills through ROTARY to: mentor young people, help those with special needs, and improve people's quality of life in my community and in the world.
4. Avoid behavior that reflects adversely on ROTARY or other ROTARIANS.

DOING GOOD IN THE WORLD

In August, 2005, Hurricane Katrina flooded 80 percent of New Orleans. More than 100 public schools were destroyed, and some 400,000 students were displaced.

One year later, Warren Easton Charter High School, the city's oldest public high school, reopened with help from ROTARIAN volunteers and a grant from the ROTARY FOUNDATION.

Your contributions to the Annual Fund help the ROTARY FOUNDATION and its partners support education and literacy, ensuring a bright future for the next generation.

Have a non-ROTARIAN person in mind that is deserving of the Paul Harris/Vern White award? If so, get the name to ROTARIAN Betsy Lindgren. The award will be presented on November 2.

Lady ROTARIANS: Are you always cold at work? It could be because most office buildings are set for the comfort of a 40-year-old 154 pound man...the typical worker back in the 1960s when the "thermal comfort model" was established, says a recent report published in Nature Climate Change. Today, more than 55 percent of workers are women.

If you are diabetic and you deliberately snack at night to keep glucose levels from plummeting while you sleep, a snack before bed isn't a bad impulse. But, the wrong kind of snack can actually make things worse. Instead of high-carb fare like chips, aim for a bedtime snack of protein plus carbohydrate says Fran Cogen, M.D., director of the childhood and adolescent diabetes program at Children's National Health System. Also keep in mind that blood sugar levels are highly individual and will vary based on how active you are each day. So before you hit the kitchen, its best to test your glucose level. What are the best bedtime snacks? *10 Goldfish crackers + ½ cup skim milk, *string cheese + whole grain crackers, *apple slices + peanut butter, *1 slice whole wheat bread + 2 oz. turkey, *1/4 cup cottage cheese + ½ cup berries.

So anyway: Some of the artists of the 60's are revising their hits with new lyrics to accommodate aging baby boomers who can remember doing the "Limbo" as if it was yesterday. Some examples: Bobby Darin: "Splish Splash, I Was Havin' a Flash", Herman's Hermits: "Mrs. Brown, You've Got a Lovely Walker"; Ringo Starr: "I Get By With A Little Help From Depends"; The Bee Gees: "How Can You Mend A Broken Hip"; Roberta Flack: "The First Time Ever I Forgot Your Face"; Johnny Nash: "I Can't See Clearly Now"; The Commodores: "Once, Twice, Three Times To The Bathroom"; Abba: "Denture Queen"; Tony Orlando: "Knock 3 Times On The Ceiling If You Hear Me Fall"; Helen Reddy: "I am Woman Hear Me Snore"; and last but not least: Willie Nelson: "On The Commode Again".