



Owatonna Rotary Early Edition

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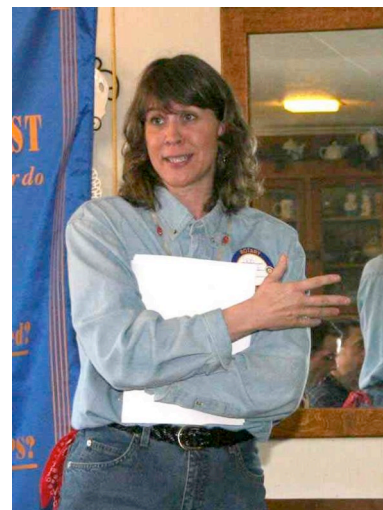
Rotary Intl

Owatonna Morning Rotary Meets Every Tuesday 7AM @ The Kitchen
A publication of the Owatonna Minnesota Early Edition Rotary Club District 5960
See us on the Internet at <http://owatonnarotary.com>

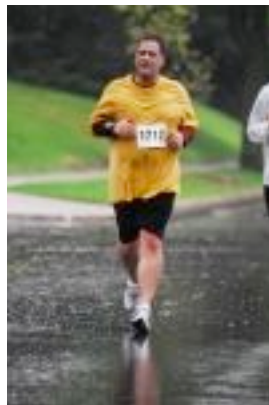
Childhood Obesity

(Pardon me in advance for the short re-cap. I seem to have gotten sausage grease, cheese, and strawberry jelly on my notes.)
Deb Brase, Communications Manager for the Owatonna Hospital, joined us to discuss the problems of Childhood Obesity in our community. Some of the items she shared:

- The percentage of Americans who are obese is decreasing dramatically, across all geographic, demographic, and socio-economic categories.
- Obesity is now the #1 preventable cause of death in rural America.
- The issues are many – one of them is “portion distortion”. For example, a standard bagel was 140 calories, 20 years ago. Today, a standard bagel has 350 calories – before cream cheese!



Thank you, Deb, for an informative presentation.



(A little more exercise wouldn't hurt, either)

Upcoming Events

Date	Event Type	Details
May 16	Meeting	TBA
May 23	Off- Site Meeting	TBA
May 30	Meeting	TBA

Meeting Information

Guests: Karen Snorek - future member - from Riverland Community College; Assistant Governor Bob Sturtz, from Albert Lea, and Pat Lewis Davinni (pardon the spelling), from Austin club

Invocation: Mike Keller

4-Way Test: Scott Cody

Drawing: John Havelka (more clean-up karma)

Announcements

- The Golf Outing will be July 29 at the OCC, with afternoon tee times, and food to follow. Cost (for non-country club members) will be \$50. Non-golfers will be something less.
- There was a Board Meeting following the May 9 meeting.
- We will have our final ALC student guest of the year at the May 16 meeting. Each of our ALC student guests are eligible to apply for one of two scholarships for next year.
- Paul Wehrs has taken a new job at Noble RV, and has resigned from the club. He hopes to re-join in the Fall.
- Scott Cody discussed the eBay fundraiser. For May, members with last names A-G should be donating. Scott has suggested that the following be donated: Spring and Summer Sports Equipment (baseball/softball gloves, golf clubs, golf bags, tennis racquets, fishing rods, camping tents, etc.)

District 5960 Schedule

May 13, 2006

Peace Scholarship interview

May 19, 2006

WCS Meeting

June 10-14, 2006

RI Convention, Sweden/Denmark

June 10-11, 2006

YE Valleyfair overnight

June 16, 2006

WCS meeting

June 27-July 14, 2006

YE Eastern Coast trip

June 27, 2006

DG Nesvig Installation

Owatonna, Minnesota

Area Meeting Places and Times

Austin/Mondays/Noon/Holiday Inn	Greater Rochester/Wednesdays/Noon/Radisson Plaza Hotel
Janesville/Mondays/6 PM/American Legion	Winona/Wednesdays/Noon/Westfield Golf Club
Rochester Risers/Tuesdays/7 AM/Hilton Garden Inn	Northfield/Thursdays/Noon/Northfield Golf Club
Red Wing/Tuesdays/St James Hotel	Rochester/Thursdays/Noon/Kahler Grand Hotel
Faribault/Wednesdays/Noon/Elk's Lodge	Waseca/Thursdays/Noon/Miller-Armstrong Bldg
Mankato/Wednesdays/Noon/Elks Club	Albert Lea/Fridays/Noon/Bombo's Restaurant at the Days Inn
North Mankato/Fridays/Noon/Garden Inn	www.rotaryclubone.org (cyber club make up electronically!)
Owatonna/Monday/Noon/Holiday Inn	

Current Members

Steve Custis	Jim Herzog	Bill Lawrence	Royal Ross
W. Scott Cody*	Lynne Hobgood	Nick Lewis	Kory Stolte
Nancy Deetz	Bob Howell	Jeff Loveless	Nicole Suemnick
Ron Ensley	Steve Kasper	Brad Meier	Brian L. Whited*
Neil Falken	Mike Keller	David Otterson	
Marty Hatfield	Jeremy Kramer	Brent Quast	
John Havelka	Kate Krause	Mike Ritter	* = Past President
	Greg Krueger	Darren Roemhildt	