



"The DOWntowner"



KIWANIS CLUB OF ROCHESTER

ROCHESTER, MN.

www.kiwanisroch.org

May 12, 2017

Coming Programs

May 11 Dr. Lai...Complete Health Improvement
May 18 Students of the Month
May 25 Steve Borchardt...Rochester Area Foundation/Housing



Circle of Service for May is: Roger Krasnk, Al Lun, and Del Lawson. The Circle in June is Scott Oesterle, Bill Kalmes and Paul Austinson. (Circles should send Clare their programs as soon as possible so they can to have them included in the Downtowner.)

Stay alert for signup opportunities online at www.kiwanisroch.org



Expense Report:

Pancake Income\$3511.00,

(\$2535 turned in by Charlie) to date.

Pancake expense \$776.00

United Way back pack proj. \$500.00

Remember that we hope all members will support our two major projects by buying at least one book of tickets for \$40. You can give them to some needy group or person if you don't want to sell them.



Jim Bouquet

We were pleased to have former member, Jim Bouquet, present



a talk and pictures of some things he's been doing in retirement. The picture we are using was taken back in 2008! Your great photographer was so preoccupied listening and watching pictures that he forgot to take some current photos. You can tell that Jim has been 'holding his own' very well! He has been retired about 5+ years now. Jim had been very active for many years in the Downtown K.

He attended this meeting with his youngest brother, Dr. Bernie Bouquet, a dentist here in RST. They represented 2 of the 5 brothers raised in Wabasha, sons of an MD there for many years. After several of the brothers were retired, they decided to continue their unique family relationship by planning and going on some sort of travel trip. The wives could care less for this type of program, so the boys did it by themselves. The pictures we saw this year were from a trip they made in 2013. The five flew out to Las Vegas, rented a 35 ft. motor home and made a 1000 mile circle trip from there. That consisted of heading into Utah and the National

(continued on page 3)

ACTIVE MEMBERS

Home Office

Anderson, Margaret (Peggy) 288-3985 panderson126@charter.net
Austinson, Paul 288-8735 pjaustinson43@gmail.com
Borcharding, Don 282-1783 288-6464 dpborcher@hotmail.com
Carlson, Dan 285-1098 Danhope3904@msn.com
Graham, Charlie***** 288-8525 Cgraham120@charter.net
Hull, Linda Immed. Past Co-President 282-8399 lindahull1025@yahoo.com
Ilvedson, Ronald 529-0551 peterturkel@gmail.com
Jorgenson, Austin Secretary 413-2134 253-5631 Austj4@gmail.com
Kalmes, Bill 289-4056 288-3277 w.kalmes@smithschafer.com
Kersten, Richard ***** 289-1790 rfkersten@q.com
Krsnak, Roger 282-2872 358-5020 rdkrnak@us.ibm.com
Lawson, Del Immed. Past Co-President 287-0862 288-2842 drdel22@aol.com
Lun, Al Webmaster 289-3937 507-269-3853 albert.lun@gmail.com
Maddox, Colleen 287-0318 280-7911 (cell) landherrmaddox@gmail.com
McClocklin, Bob 288-7772 mcclocklin@charter.net (Webmaster Assoc.)
Moore, Dan** Club Jester 282-6382 Dmoore1014@aol.com
Nehring, Irv 775-6857 inehring@frontiernet.net
Nelsen, David 533-0225 perryford90@yahoo.com
Oesterle, Scott scottoesterle@MSN.com
Schultz, Bonnie 280-6078 529-4830 bonnies@uwolmsted.org
Tompkins, Mary 252-9746 Mtompkins14@charter.net
Warren, Clare, editor, Treas. 254-2087 Clarew60@gmail.com
Weltzin, Dick 288-2390 weltzin@msn.com

22 Active members as of November 1, 2016

*Senior Member **Privileged Member ***Honorary Member
****Senior & Long Term Perfect Attendance
*****Life Member

The preceding list reflects the official roster of active members according to Kiwanis International. If a name is missing or one is present that should not be, please let C. Warren know.

PRIVILEGED & HONORARY MEMBERS

***Jim Bouquet 651-560-4292
***Bob Fiss 288-7480

The Kiwanis Club of Rochester meets every Thursday (Starting January, 2013) at 12 noon at the DoubleTree Hotel - Meetings last about one hour. Lunch is a buffet including an entree, fruit, salad, and drink for \$12.75

Newsletter Changes

Remember to call Clare Warren at 254-2087 if you have anything you feel is newsworthy. We are trying to get the newsletter out every other week. It can be effective if you feed in the right information. Feel free to contribute something for publication!

Be sure to read the roster once in awhile and report any errors to C. Warren

Why not! If you have a computer, why not try to receive the Kiwanis Newsletter via e-mail. It is a quick and easy way for us to get the letter to you on time. We now have 24 ACTIVE members receiving it regularly. They enjoy the ability to get it in COLOR.

at www.kiwanisroch.org

2016

Dan Carlson President
Linda Hull & Del Lawson Immed. Past Presidents
David Nelsen Vice President
Clare Warren Treasurer
Austin Jorgenson Secretary



Committees

Club Rep to District Dan Carlson
Membership, Growth & Education Roger Krsnak, Charlie Graham, Del Lawson, Paul Austinson
Public Relations Mary Tompkins, Colleen Maddox, Ron Ilvedson, Al Lun
Community Services Dan Moore, Austin Jorgenson, Bonnie Schultz, Bill Kalmes, Bob McClocklin
Youth Service & YCPO Peg Anderson, Chair, Dick Weltzin, Mary Tompkins, Don Borcharding,
Programs Circles of Service
Human and Spiritual Values Colleen Maddox
Finance Irv Nehring, Chair., Clare Warren, Bill Kalmes, Linda Hull
Donations/Charities Dave Nelsen, Chair, Scott Oesterle

District & International web sites:

www.kiwanis.org

WWW.MNDAK.ORG

Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time.

(Bouquet from page 1)
 Parks of Zion, Bryce and maybe more. Usually they would stay in the motor home, but occasionally in hotels. They did much of their own food preparation. One stop was at Lake Powell for sightseeing and boat trip. One of the brothers had worked for Winnebago sometime during his career, so had a working understanding of driving motor homes. However, all took turns at the wheel at times. During the drive through the Utah Parks area, there was a government shutdown for several days. They closed all the Parks as a bargaining pressure ploy. Hearing how the Bouquet boys worked around the hurdles to still see most of the Parks, was a hoot.

The first trip we heard about several years ago was on a brother's large boat. He kept the boat in Florida during winter, but sometimes boated up to Wabasha via all the canals, locks, dams on the Mississippi. That was long trip where they would dock the boat at night, play a round of golf, then eat, play cards, etc.

Another trip was in 2015 where they flew to the west coast, rented a motor home, and then toured the west coast down to the San Diego area back up to San Francisco.

Next year they are planning on a trip to Florida to the brother's home part of the time. They sure have a lot of fun and we appreciated them sharing it with us.



Austin J. reports that he was underwhelmed with support for the road pickup. 3! We really let him down this time. He does such a conscientious job getting it set up....

President Dan's history lesson this week was mention of Cinco de Mayo. It apparently was a celebration of victory over the French, not USA. Many of us are less than literate when it comes to history accuracy.



Bonnie Schultz alerted the club that the United Way is preparing for the pre-school initiative. She will have specifics later as well as the asking for financial support from the club, as we have in the past. Alert! This week the club voted unanimously to send them \$500. DONE....



Our Annual Heros on the Pancake Breakfast. Here are some stats:



Charlie brought in \$2535

Total Income for Pancakes	\$3511
Total Expense	\$776
Net for C& E account	\$2835

Well Done!



Hiawatha Homes

We have received a nice Thank you note from Hiawatha Home

Foundation for someone sending their 10 pancake tickets to them. Thank you for your gift in support of Hiawatha Homes' mission to provide quality support services to people with disabilities at home and in their community.

Teresa Thompson, Director of Development



Dr. Lai

This past week Dr. Lai, a podiatrist, was our speaker. He promotes the Holistic approach to good health. Dr. Lai had a presentation with emphasis on the need to change a 'lifestyle' in order to get on the path of 'good' health and eliminate some of

the chronic diseases that traditional medicine is more apt to treat symptomatically. It was an interesting talk, and he appears to 'walk the walk'. So, if you are interested in getting truly healthy, consider going to his program and change your lifestyle.



Matthew Sjoblom,

Cannon Falls High School
Rochester Kiwanis RCTC Scholarship Recipient
Future

Education Plans:
graduate as a Certified Nursing Assistant, followed by

further study to receive a degree as a Licensed Practical Nurse. Eventually receiving a Bachelor's Degree in Special Education

Application Essay:

In August, a group of 12 and I hopped on a plane from Minnesota and flew to Texas. During our excursion to Texas I was imagining how this trip would be. Well, when we arrived in Texas we jumped on another plane that flew us to Guatemala where our destination rested. Over the next nine days we were going to have an amazing time helping others in need.

The first morning under the Guatemalan sun, we all packed up to venture out on a seven-hour bus ride to a rural village where we would be spending two days doing health clinics for the people of Guatemala, who can't afford the outrageous cost of health care in clinics and hospitals. The townspeople who came, traveled an average of six hours by foot to get to the clinic, where this group of medical professionals and translators were waiting, to assist them with any need.

While there, we saw many people with chronic pain and vision issues, mostly due to their hard-working ethic; carrying everything up and down the hills and standing out in the sun that beats down on their precious eyes. This trip was a real eye opener for me as it was my first trip with this group and some of the other members too. We had time set aside each day where we devoted our time to talking about what we did during the day and what everyone's thoughts were. During this time, we really got to know each other as a group, although I knew everyone on the trip, I didn't know them from within.

This trip was meaningful to me because we got to make new friends and meet new people. As a student with three years of Spanish under my belt the communication really was amazing when getting to know the new people we encountered. On this trip, I realized that having the best things in life isn't always great. The families in Guatemala make do with what they have and the kids share with the other kids even if they don't want to. The people in Guatemala are so hard working and appreciate the little things in life that we may think nothing of.

While the Guatemalan people are hardworking, I am a hard-working leader too. During my Junior year in high school, I was selected along with fifteen other people out of the eighty-five at the time, to do a Kindness Retreat with the fifth graders of our elementary school. During this event, we had different rotations and workshops about kindness and bullying and what to do in that situation. Besides doing the kindness retreat, I was a volunteer Sunday School Aide during my Sophomore and Junior year, and currently as a Senior I am a first grade Sunday School Teacher. This opportunity has been awesome because I've been with the same kids for three years. During the week, usually during Basketball season our High Student Council has several concessions, but we are only required to do one or two. Since Sophomore year I have been doing almost all the concessions with

student council because nobody else wants to and just simple they are fun to do. It is a great way to end the night.



Colleen reported that Hiawatha Homes received a \$300 grant from the service club Civitan, for purchase and supplies for the Festival of Trees Friendship Ornaments. Rochester Kiwanis and Mayo High School Key Clubs were

recognized for their work on this important aspect of the event. Colleen was privileged to receive the check on behalf of Hiawatha Homes and the Friendship committee. Civitan supports people with disabilities in our community and volunteers at Special Olympics.



Jennifer Gaul, Mayo Key Club Advisor, was present this past week to enjoy lunch with us. We are always

pleased to have her with us. She does such a great job at Mayo. The Key Clubbers have helped on several of our projects. Thanks, Jen.



4 worms in a church

A minister decided that a visual demonstration would add emphasis to his Sunday sermon. Four worms were placed into four separate jars.

The first worm was put into a container of alcohol.
The second worm was put into a container of cigarette smoke.
The third worm was put into a container of chocolate syrup.
The fourth worm was put into a container of good clean

soil.

At the conclusion of the sermon, the Minister reported the following results:

The first worm in alcohol Dead.

The second worm in cigarette smoke . . Dead!

Third worm in chocolate syrup . . . Dead!

Fourth worm in good clean soil . .
Alive?!

So the Minister asked the congregation, "So, my friends? What did you learn from this demonstration?"

Maxine, sitting in the back, quickly raised her hand and said . . .

"As long as you drink, smoke and eat chocolate, you won't have worms!"

That pretty much ended the service! Today is International Disturbed People's Day. Please send an encouraging message to a disturbed friend...

Just as I've done.

Gentlemen, This is a national disgrace. I mean it !!! The deforestation of America has caused great anxiety and eagerness among some of our dearest and most closely-loved friends.

The U.S. Timber Industry

Look what happens when we cut down too many trees. Global warming is one thing, but see below & look at what is happening if we continue to clear cut our forests. We have to stop cutting down trees! *This is getting really serious.*

[Look-what-happens-when-we-cut-down-too-many-trees-.JPG \(600x656\)](#)



As 'editor' and 'publisher' of the 'Downtowner', I'm taking a moment to wish all a Happy Mother's Day. Yes, I had a mother also. Above we see my parents with me on their knee. (1934) (Cute little begger, wasn't he?)

