



# "The Downtowner"



KIWANIS CLUB OF ROCHESTER

ROCHESTER, MN.

[www.kiwanisroch.org](http://www.kiwanisroch.org)

February 17, 2018

## Coming Programs

Feb. 22 Students of the Month  
March 8 Steve Borchert—update on affordable housing.



## NAMI

Terry Thul was a volunteer speaker this week on the subject of NAMI (National Alliance for Mental Illness) Terry offered right away that he is victim of bi-polar, formerly known as manic

depression. He says that 3% of the population is affected by some form of the disorder. He is in his 60's now and lives on Social Security disability for the most part. He has a BS and MA in engineering and was employed at IBM for many years.

Since his diagnosis he has taken many meds, electro shock treatment and is under constant care of a psychiatrist and psychologist. He says he was suicidal several times years ago, but that has gone away now. When asked what he does now, he says, uses his meds, prays, and exercises as well as volunteering for NAMI. Terry, you are being a brave man considering your history.

Terry's story hit home for me. When in college, I roomed 1-2 years with a bi-polar friend who had not been diagnosed. One begins to wonder if the problem is with oneself. Fortunately I had some friends who could see from the outside of the situation and got him the help he needed. He eventually came back to college, finished, and taught high school science successfully. Mental illnesses are scary to the victims as well as those in close contact.

The Circle of Service for February is Scott, Dan, and Clare. Circle of Service for **March** is Dick Weltzin, Bob McClocklin, and Ron Ilvedson. (Circles should send Clare their programs as soon as possible so they can be included in the Downtowner.)

Stay alert for signup opportunities online at [www.kiwanisroch.org](http://www.kiwanisroch.org)



### Expense Report:

The only activity again this period is the continued exp.

in paying the Hotel for our space and meals. The income taken at the door covers the meals, but the room and gratuity come out of the treasury. Any specific questions, I'll always try to dig out an answer.

**Meeting Feb. 22 is at the Hilton next door to Saints on Second. This is the 'Default' meeting room.**

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Weltzin, Dick <a href="mailto:weltzin@msn.com">weltzin@msn.com</a>	288-2390	

21 Active members as of January 8, 2018

- \*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 at the Meeting Room in the Hilton Hotel adjoining the Saints on Second Restaurant. Parking is free at rear of hotel & under the structure. Meetings last about one hour. Lunch is a buffet including an entree, fruit, salad, and drink for (\$13.50 )

**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 **21 ACTIVE** members receiving it regularly. They enjoy the ability to get it in **COLOR**.

at [www.kiwanisroch.org](http://www.kiwanisroch.org) **2017-18**

- David Nelsen
- Roger Krsnak                             Co- Presidents
- Dan Carlson                             Immed. Past President
- Mary Tompkins & Linda Hull       Co-Vice Presidents
- 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**  
Chair, Dick Weltzin,  
Mary Tompkins, Don Borcherding,
- 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](http://www.kiwanis.org)  
[WWW.MNDAK.ORG](http://WWW.MNDAK.ORG)

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

## Bonnie's Reading Report

She reported on the latest reading for kids. It was well received and fun for the kids as well the readers. Bonnie thanks, Dan, Al, and someone else. We thank BONNIE!



### Dan's Sermonette:

(some members groan with a smile)

We appreciate Dan's insight on different subjects, so we hope he takes the mild teasing we offer. This week, immediately following the school massacre in Florida, Dan talked about that some, but elaborated on some of his experiences teaching in MPLS area. He has had a lot of interaction, verbal and physical, with students and parents. The gun violence is just another ramification of basic underlying problems. Thanks, Dan, for highlighting this most timely and important problem.



**Sunny and Dan Moore 2009 at a spouse-Kiwanis function.** We made mention in the last issue that 'Sunny' had passed away. There were 15 members and spouses at the funeral last week. That was a nice tribute to Sunny and Dan. Dan has been a member of this club since 1969 (49 yrs.) He has the current longest membership in this club. When searching through my old pictures, I found the photo from which the funeral picture had been cropped. Dan, you two looked like you had a good 70 years! Thanks for sharing it with this club.

FYI

Dan Moore 1969

Irv Nehring 1974

Don Borcharding 1979

Charlie Graham 1981

Clare Warren 1996 +35 yrs. In MI club



### **Robert Giere**

Was speaker this week. Bob is currently Exec. Dir. Of Choral Arts Ensemble here in Rochester as well as long time director of the Zumbro Lutheran Church Choir.

Clare asked

Bob to speak due to the circuitous career route Bob has had. Most of us graduated from high school and maybe college, but had some life goal in mind. We were able to pursue and obtain those goals in many cases. Nowadays they say that those same people can expect to have 5 or more career changes. Hence, Bob.

Bob had always had music in his life and began playing guitar about 4<sup>th</sup> grade. After graduation from high school he aspired to be a musician and composer. He first attended Golden Valley and then Concordia. During that period he realized that he was going to do something to make a living, so he got a teaching degree and certificate. After a very short period, he realized that he wasn't cut out for that life. So, he went back to college and got an MA in counseling and Dependency. In 1983 he got a job at Mayo under Dr. Robert Morse in a new program Mayo was working with.

He next went back and got another MA in Health Care and Administration. Now he took a position with Mayo in the Development area.

Two years ago, after 10 years in Development, he took an early retirement from that. Next he took a full time job at the church. This wasn't what he wanted, so took the Executive Director's job with Choral Arts Ensemble. Bob's wife Kristi works full time at Zumbro Church as organist, bell choir director and some other thing with a title.

They have 2 daughters. They are busy people. As Bob says, one common theme in his career has been 'serving others wherever they are.' Obviously music is a string to tie it all together.

### *Camp Victory in SE Minnesota*

A Thank you note from Camp Victory for our contribution to help support their Golf Tourney this year.

## **Kiwanis "One Day"**

**"Food for KIDZ" Project  
Saturday, April 7, 2018**

**For the past 7 years, at a Kiwanis MN/Dakotas Region 7 meeting, our region has adopted "Food for KIDZ" as the Kiwanis "One Day" service activity. This year will mark our 15th year of packing food for Food for KIDZ.**

**Kiwanis "One Day" - Service Date:**

Saturday, April 7, 2018

**Place:** Stewartville Civic Center, 120 City Center, Stewartville, MN

**Time:** 8:00 a.m. until 4:00 p.m. (setup starts at 8 - set up tables, chairs, supplies, unload truck, fill bins)

**Packaging shifts are: 10:00 AM - 12:00 (noon),**

**Noon - 2:00PM,**

**2:00PM - 4:00PM -Kiwanians coming to this shift should plan to stay to help until cleanup is done.**

**Please note that for all shifts we will need people to help with heavier lifting, and working as "runners" filling table supplies, emptying and filling the truck, etc.**

**Kiwanis One Day Goal: 120,000 meals packaged (at \$0.15 each = financial goal of \$18,000.00)**



Valentines Day  
2018 by Dan  
Carlson

If you follow such things Valentine's Day is soon upon us. A dozen long-stem roses, which usually fetch less than ten dollars at Trader Joe's, are now getting over twenty at a Hy-Vee near you.

For the Carlson household we are, in observance of Valentine's Day, planning to switch out the four light bulbs in our dining area.

The lights are part of a ceiling fan I bought years ago that had

Victorian style lamp shades. Hope is tired of the style and the dust they

attract so she said "Enough! and we agreed to trash the shades and get up-to-date bulbs.

So out to Menard's we went and after careful examination of their extensive inventory we bought four, forty watt LED bulbs only to learn that when we got home they did not fit the fixture. So back we went to return them and pick up different bulbs at Home Depot. When we were at the Depot the salesman asked us how old the rheostat was. I told him it was probably installed during the Bush Administration - "W" Bush that is.

He explained that that existing rheostats are incompatible with our dimmer switches and if I used the old rheostat the life of the bulbs would be about six months. So I bought a replacement dimmer with the assurances that if I shut off the breaker I will not get electrocuted when I install it - although the house could burn down later I guess.

The whole project will cost about the same as two, dozen long stem red

roses. So this is the route we are taking. This will be the very definition of romantic dining as we eat our leftovers for two occasionally gazing upwards and saying to each other, "Aren't these the most wonderful light bulbs we have ever had in all our years of married bliss?"

Now, if you think that ends it for Valentine's Day this year - oh contraire - you would be wrong. We are going to an event billed as a masquerade party at our old digs at the Doubletree which costs about as much as 15 new light bulbs have so far - ah! romance is alive in the Carlson household

So, if anybody asks the question: How many trips to the home improvement center does a Kiwanian need to make to change a light bulb? Tell them the answer is four because the number of trips always go up around Valentine's Day.



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## MY REFLECTIONS OF LIFE

I changed my car horn to gunshot sounds.  
People move out of the way much faster now!

Gone are the days when girls used to cook like their mothers.  
Now many of them drink like their fathers.

You know that tingly little feeling you get when you really like someone?  
That's common sense leaving your body.

I don't like making plans for the day because then the word "premeditated" gets thrown around in the courtroom.

I didn't make it to the gym today.  
That makes five years in a row.

I decided to change calling the bathroom "the John" and renamed it "the Jim." I feel so much better saying I went to "the Jim" this morning.

Last year I joined a support group for procrastinators.  
We haven't met yet.

I don't need anger management.  
I need people to stop irritating me!

Old age is coming at a really bad time!  
When I was a child I thought "Nap Time" was a punishment.  
Now, as a grown up, it just feels like a small vacation!

The biggest lie I tell myself is:  
"I don't need to write that down, I'll remember it."

My people skills are just fine.  
It's my tolerance of idiots that needs work.

If God wanted me to touch my toes, he would've put them on my knees.

The grandkids text me "plz" which is shorter than please.  
I text back "no" which is shorter than "yes."

I'm going to retire and live off of my savings.  
Not sure what I'll do the second year.

Even duct tape can't fix "stupid,"  
But it can muffle the sound!

Why do I have to press one for English when you're just gonna transfer me to someone I can't understand anyway?

Of course I talk to myself.  
Sometimes I need expert advice