



# "The Downtowner"



KIWANIS CLUB OF ROCHESTER

ROCHESTER, MN.

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

July 31, 2017

## Coming Programs

- August 3 Michael Wojcik, RST City Councilman speaking on Council activity.
- August 10 Dr. Tyler Oesterie, Mayo Medical Director will speak about Fountain Centers.
- August 17 Brian Crabtree, Olmsted County Water Lab Coordinator speaking on water testing & Flint, MI water situation.
- August. 24 Jessica Markley from Cambria will be our speaker on their products and community support. .
- August 31 Club brainstorm session.



The Circle in July is Bill Kalmes and Charlie Graham. The Circle of Service for September is Ron Ilvedson, Dick Weltzin, and Bob McClocklin. (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](http://www.kiwanisroch.org)**



**Expense Report: ( Repeat)**  
**\$242.16 Saints on Second for meal & room**  
**Deposit**  
**\$183.50 members paymt for meals at**  
**S.on SecondThe difference is Charge for**  
**Room, tax buffet service chg. & gratuity.**  
**(\$20, \$15.70, \$8.50 serv. Chg., \$29.26)**

Thursday, July 20, 2017

## RE: KIWANIS Meeting Notes

Dan Carlson opened the meeting with as many guests as members, using four tables. Dan Moore entertained us with a story about "Leroy" children. There were a lot of happy dollars from Austin, Ron, Linda, Mary, Colleen and her dad, Dan Carlson for Hope's cancer success, Al, and even two guests who were happy.

Bonnie introduced the 4H Student of the Month, Erica Dettinger, and presented her with the KIWANIS Certificate for Leadership & Community Service in 4H. Al Lun took the picture and her parents were also recognized. Erica has been with many musical groups plus church and numerous other activities. She has been in 4H for 12 years serving in every elected office, going to the State Fair 4H events and part of the Green Team. Erica spoke about her interest in rabbits having bred as many as 11 or 12 at one time. She says 4H makes leaders in the community, country, and the world. She plans to attend college in Oxford, OH.

Randy Schmidt, KIWANIS Gov. Elect, was unable to be our speaker but arranged for Nick Traxler, Boy Scout Gamehaven Hiawatha District Director, to speak to us. He says Boy Scouts are like KIWANIS doing service work, with emphasis on youth and early childhood development. Boy Scouts were founded in 1910 and the same principles still apply for trust and loyalty. Other citizen values are to be brave, clean, steadfast, bold, and adaptable. . He said 40,000 scouts will attend the Scout Jamboree this year in West Virginia and 24 from Rochester. Nick spoke about the Explorer programs such as Police and  
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Robotics and Eagle Scouts. In 2016 there were 55 Eagle Scouts here. Only 4% become Eagle Scouts although 4 million have done so in the history of scouting. It takes 21 merit badges to reach the Eagle rank. After a show of hands many of our members were scouts and David Nelsen was the only Eagle Scout. The program adjourned promptly at 1 PM.



Submitted by Charlie Graham

. Thursday, July 27, 2017

RE: KIWANIS Meeting Notes

Dan Carlson began the meeting with the song pledge and invocation by Dan Moore. Dan also shared his weekly humor story, followed by happy dollars and the drawing. Charlie Graham won the drawing. Al Lun spoke about the YMCA Golf Tournament this September, which our club was in last year. The cost is \$100 per player, for anyone interested. Bob McClocklin asked for club members to support peanut sales as our major fund raiser, by buying boxes and selling on the street. He passed a sign-up sheet for selling peanuts downtown on Wednesday, August 29, and Saturday, September 9, at HyVee West.

Another list is for the number of boxes we plan to sell to determine how many to order. Last year Charlie sold 66 boxes and Bob sold 30. He said the profit per box sold is \$21 vs. \$115 when sold on the street. The cost to buy has increased by \$1 but we plan to not increase our price of \$40/box.

Colleen arranged for the program, but in her absence Bonnie introduced the speaker Dr. Robin Molella a medical Director with the Mayo Clinic. Dr. Molella is interested in disaster planning using simulation techniques. As a means of doing this she is promoting Bounce Day in Rochester on October 1. In the event of an unknown disaster our community needs to "rebound", hence the name Bounce is chosen to ask the public to be

aware of the need to act. Last year there were 276 people who went to Bounce Day, including KIWANIS members. There is no budget for this event other than donations. An example of how the public can respond happened this year when a Florida ocean undertow swept away 9 members of a family, but rapid action by other people forming a human chain was able to save them. Dr. Molella says it takes just one person to act and others will follow, so by simulation we can be ready when there is an unexpected disaster. Such action is not the government 85% of the time, but individuals. The ambulance comes after the first sign of disaster, like a shooter. Simulation can show how to respond, deal with shock, and assume command. Bounce Day will use a cardiovascular event this year.

The meeting adjourned at 1 PM. Submitted by Charlie Graham

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Erica has been with many musical groups plus church and numerous other activities. She has

been in 4H for 12 years serving in every elected office, going to the State Fair 4H events and part of the Green Team. Erica spoke about her interest in rabbits having bred as many as 11 or 12 at one time. She says 4H makes leaders in the community, country, and the world. She plans to attend college in Oxford, OH.



A young lady confidently walked around the room with a raised glass of water while leading a seminar and explaining stress management to her audience. Everyone knew she was going to ask the ultimate question, 'Half empty or half full?'

She fooled them all. "How heavy is this glass of water?" she inquired with a smile. Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm.

If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes."

She continued, "And that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced.

So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Pick them up againtomorrow if you must.

1 \* Accept the fact that some days you're the pigeon, and some days you're the statue!

2 \* Always keep your words soft and sweet, just in case you have to eat them.

3 \* Always read stuff that will make you look good if you die in the middle of it.

4 \* Drive carefully... It's not only cars that can be recalled by their Maker.

5 \* If you can't be kind, at least have the decency to be vague.

6 \* If you lend someone \$20 and never see that person again, it was probably worth it.

7 \* It may be that your sole purpose in life is simply to serve as a warning to others.

8 \* Never buy a car you can't push.

9 \* Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

10 \* Nobody cares if you can't dance well. Just get up and dance.

11 \* Since it's the early worm that gets eaten by the bird, sleep late.

12 \* The second mouse gets the cheese.

13 \* When everything's coming your way, you're in the wrong lane.

14 \* Birthdays are good for you. The more you have, the longer you live.

16 \* Some mistakes are too much fun to make only once.

17 \* We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.

18 \* A truly happy person is one who can enjoy the scenery on a detour.

19 \* Have an awesome day and know that someone has thought about you today.

AND MOST IMPORTANTLY

20 \*Save the earth..... It's the only planet with chocolate!\*

**Today someone asked me if I liked you all. I laughed, and said, "Ha! That's funny!! I absolutely LOVE them!! They're funny, caring, crazy as heck, sweet, beautiful, they're reading this email right now & I love them!!"**

**Send this to ten people you love!!**

**Be the kind of person that when your feet hit the floor each morning the devil says~~ "Oh Crap, they're up!"**