



"The Downtowner"



KIWANIS CLUB OF ROCHESTER

ROCHESTER, MN.

www.kiwanisroch.org

December 2, 2017

Coming Programs

Dec. 7 Wrapping Adopt a Family gifts after lunch.



The Circle of Service for December is Mary Tompkins, Linda Hull, Colleen Maddox and Dan Moore. Circle of Service for **January** is Mary Tompkins, Linda Hull, and Bonnie Schultz. (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:

The only activity 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.

Speaking of Dues....We are happy to announce that 100% of dues are now paid. (A little slow, but done! Thanks from the treasurer)



Human Interest

Colleen has a history of traveling to Myanmar a few years ago. She continues to keep us updated on that area of the world:

DeBoer Fellowship - a little history

Lately, some of you have asked me or commented on the news coming out of Myanmar. On a recent trip, Dan & I were able to spend some time with Jack & Marilyn DeBoer, the couple that started a Foundation to provide funding for projects in Myanmar. We talked a little about the current events, but mostly about the journey they took that brought about the work they sponsor through their Foundation, of which I was privileged to participate. Following is a link from the Wichita, Kansas newspaper (one correction – it has been over 400 Fellows who have participated in the training – not 40 as stated in the article) and a link to the video that was produced, chronicling their journey. Enjoy!
-Colleen

<http://www.kansas.com/news/local/article179599116.html>

<https://www.29years.org/>



Thanks... Erica Dettinger, recipient of the 4-H leader of the year sent the following note to the Club:

Dear Kiwanis Members,

Thank you so much for recognizing me with the 4-H youth leader of the year scholarship! I wish I could have been there to accept it, but I was very surprised and excited to learn when I came home for the Thanksgiving break. I am currently a freshman at Miami University in Oxford, Ohio studying middle childhood Education, particularly math and Social Studies. This money will help to cover my second semester tuition. Thank you for all you do in our community!

With gratitude,

Erica Dettinger



RCTC Holiday Plant Sale! Poinsettia plants and wreaths.

RCTC Horticulture Hours Monday-Thursday 12-5 Friday 8-2



Last Week co-president Roger gave a report on the Governor's meeting in Red Wing to which

he and co-President Dave attended. The biggest topic continues to be that of membership. It is a general problem in service clubs and other volunteer organizations. We will continue to work at it as long as we feel the organizations have a value.



Nathan Pike, Veteran Services of Olmsted County,

spoke to us on the services that are available locally to veterans. He has served 21 years in the Army, then the National Guard. If you even dream of some medical or other service that possibly could be covered, Call their office. Many things can be done here in Rochester. All procedures need to start locally. They will walk you through anything needed.

Nate talked a bit about the State Veterans Cemetery at Preston. If you haven't seen it, drive down there. It is on a very pretty scenic piece of land. There are already over 300 buried there after being open only 2 years. This is MN veteran's cemetery as opposed to the National cemetery near MSP airport in Minneapolis. If you want to spend eternity in one of those plots, give Nate's office a call. They're in the Yellow Pages. You always need some proof that you are a veteran. They can even help you with that. Good talk with some good information.



Students of the Month was started off with Andrew Condon seen here receiving his certificate from Scott Oesterle.

One of Andrew's teachers is subbing for his dad.

Andrew is representing Mayo High School and nominated by the PE/Health department. They stated that Andrew is very helpful to others, enthusiastic, and happy to be here. His extra curricular activities are football team, camping, bowling, hunting and fishing. He plans to attend Vermillion Community College in Ely.



From Lourdes we had Noah Borgeson nominated by ?? Noah has shown great growth over the last year. He is hard-working and dedicated to do his best in all aspects of his English course. He

has done especially well with his step-by step process of his research paper thus far. Like so many of these young folks, he is a football player and a member of SADD Noah plans to play football in college. His major is undecided, but most likely some branch of math or science. He was Football Captain this past year, All Section and All District for football and Early Risers Exchange Club Athlete of the season. 4 letters in Football.

Past President Dan offered a verbal remembrance of his married life with Hope. They are celebrating 40 years (I'm not sure of the numbers. I may have been asleep after falling on the floor trying to get out of my chair to take SOM photos) Dan had some interesting highlights. If he passes the written copy along, I'll post it in the Newsletter. Nice job, Dan.

I only know the names of two angels, Hark and Harold.

-Gregory, age 5



Everybody's got it all wrong. Angels don't wear halos anymore. I forget why, but scientists are working on it

-Olive, age 9

It's not easy to become an angel!

First, you die. Then you go to Heaven, and then there's still the flight training to go through. And then you got to agree to wear those angel clothes.

-Matthew, age 9

Angels work for God and watch over kids When God has to go do something else.

-Mitchell, age 7



This is meant for you: Knee Exercises

Morning Exercise Gets you going.....
In recent years arthritis has caused knees to stiffen up.

So, to loosen them up every morning, do this exercise
for about 4 minutes shown in this video.

Git it a try. I hope you find it helpful.
See attachment.....



Kneeexercise (1).mp4