

The

Downtowner

KIWANIS CLUB OF ROCHESTER, Rochester, MN

www.kiwanisroch.org Oct 18, 2021

List of programs will follow in a later issue, (I Hope!)





Covid 19 has changed the whole world including the Rochester Kiwanis Club. A few members have been doing things in the background. Now, as we get a little more brave,

while abiding by some rules of safety with the pandemic, there is a little light at the end of the tunnel. Dan Carlson was busy a couple of months or so ago with a group of other members (Sorry, I can't find the names) as they read to some children and Dan played his guitar for them. Also Dan and his wife Hope invited the entire club to a meeting at their home. It was held on their patio area surrounded by flowers and other greens. Hope loves gardening so most was her handiwork. Their yard was spacious with trees and grass abutting against a large city park next to them. Some friends of Hope helped her prepare and serve a delicious lunch with emphasis on food from her native country, the Philippines. It was a treat for all.



Carlson yard next to city park



Here we have Charlie making sure that our Co-Presidents are running things properly. Dan Nelson and Austin Jorgenson both agreed to share the president's job this year. With all the confusion, we greatly appreciate that.

The biggest item to occupy their time, besides running the meetings, was finding a new venue for our weekly meetings. Sound familiar? Apparently there was dissatisfaction among the troops. So, Austin had some kind of lead on the Eagle's Club on the east side of town out by Cub Foods. It has now been tested several times, voted on by approximately 15 members present. So now, you all need to know that our MEETINGS WILL BE AT THE EAGLE'S CLUB. THE HOURS WILL BE THE SAME.

There is generous parking, ground level. The room is large. Seating is still being tested. Meals are being "plated" in the kitchen. The Meal charge is still \$14. This includes the cost of the room and a club reimbursement at the end of the year.

Some liked the food, some didn't care for it. What's new?

If someone has seen the menu ahead, which will be attempted, you are always welcome to speak to a server to order from the menu and pay her. The \$14 doesn't cover ala carte.

Servings of food are generous and good, in my opinion. They have had a small dessert each week. 2 weeks it was different kinds of cheese cake.

Attendance has been around 15 the last couple of weeks. That is the number that the club guarantees the Restaurant. There is lots of room for more. Come and join us. I think you will be satisfied.

Clare W. opinion

ACTIVE MEMBERS	Home	Office or Cell
Austinson, Paul pjaustinson43@gmail.com	288-8735	273-5518
Borcherding, Don	282-1783	259-2679
dpborcher@hotmail.com		
Carlson, Dan	285-1098	272-5215
<u>Danhope3904@msn.com</u>		

Graham, Charlie***** 507 358-8567 Cgraham120@charter.net Hull, Linda Immed Past Co-President 282-8399 lindahull1025@yahoo.com 529-0551 Ilvedson, Ronald peterturkel@gmail.com Jorgenson, Austin Secretary& Co-Pres. 2019-2020 413-2134 Austj4@gmail.com Kalmes, Bill **Treasurer** 289-4056 288-3277 w.kalmes@smithschafer.com cell 951-7552 Kerr, Lucinda lucykerr2@hotmail.com 273-0412 Krsnak, Roger 282-2872 358-5020 rdkrsnak@me.com cell 358-5020 287-0862 951-4006 Lawson, Del drdel22@aol.com Maddox, Colleen 287-0318 280-7911 (cell) landherrmaddox@gmail.com McClocklin, Bob 288-7772 cell 358-2401 mcclocklin@gmail.com Moore, Dan** Club Jester 923-4796 Dmoore1014@aol.com Nehring, Irv 775-6857 cell 226-1494 inehring@frontiernet.net New Club Secretary, Auditor & **Budget** Advisor 533-0225 Nelsen, David perryford<u>90@yahoo.com</u> cell 815-243-1223 Nelson, Daniel Co-Pres. 2019-2020 507-884-9829 dan61nelson@gmail.com Oesterle, Scott 610-533-2685 282-7502 scottoesterle@MSN.com 280-6078 529-4830 Schultz, Bonnie bonnies@uwolmsted.org Tompkins, Mary cell 273-5012 Mtompkins14@charter.net Warren, Clare, Editor of Newsletter 254-2087 Clarew60@gmail.com

21 Active members as of October, 2021

<u>Al Lun has resigned from the club and Dick Weltzin has passed</u> away. (a couple members are still in limbo.)

*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.

District & International web sites:

www.kiwanis.org www.mndak.org

PRIVILEGED & HONORARY MEMBERS		
***Peggy Anderson	288-3985	
***Jim Bouquet	651-560-4292	
***Bob Fiss	288-7480	
The Kiwanis Club of Rochester meets every Thursday at		
11:45 at the Eagles Club		

Parking is free at front of the Eagles Club. Meetings last about one hour. Lunch is served including an entree, fruit, salad, drink, small dessert for (\$14.00)

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 2

2018-19

Daniel Nelson Austin Jorgenson Immed. Past Co-Presidents Linda Hull & Mary Tompkins Co-Vice President Bill Kalmes Irv Nehring Secretary

Committees

Club Rep to District Membership, Growth & Education Public Relations Community Services Youth Service & YCPO Programs Circles of Service Human and Spiritual Values Finance Donations/Charities

Co-Presidents next yr. are

(Still no names for co-Presidents next year)

Please respond to Austin with thoughts and ideas proposed. He is flying alone at the moment. Phone no. is 507-413-2134 (We will still attempt to end with something on the lighter side)

Subject: FW: World Population vs Memory Loss

Earth's Population Statistics in Perspective The population of Earth is around 7.8 Billion. For most people, it is a large figure However, if you condensed 7.8 billion into 100 persons, and then into various percentage statistics the resulting analysis is relatively much easier to comprehend.

Out of 100 : 11 are in Europe 5 are in North America 9 are in South America 15 are in Africa 60 are in Asia

49 live in the countryside 51 live in cities

75 have <u>mobile</u> phones 25 do not.

30 have internet access 70 do not have the availability to go online

7 received <u>university</u> education 93 did not attend <u>college</u>.

83 can read 17 are illiterate.

33 are Christians22 are Muslims14 are Hindus7 are Buddhists12 are other religions12 have no religious beliefs.

26 live less than 14 years 66 died between 15 - 64 years of age 8 are over 65 years old.

If you have your own home, Eat full meals & <u>drink</u> clean <u>water</u>, Have a <u>mobile</u> phone, Can surf the internet, and have gone to <u>college</u>, You are in the miniscule privileged lot. (in the less than 7% category)

Amongst 100 persons in the world, only 8 live or exceed the age of 65.

If you are over 65 years old, be content & grateful. Cherish life, grasp the moment.

If you did not leave this world before the age of 64 like the 92 persons who have gone before you, you are already the blessed amongst mankind.

Take good care of your own <u>health</u>. Cherish every remaining moment.

If you think you are suffering memory loss......

Anosognosia, very interesting...

In the following analysis the <u>French Professor</u> Bruno Dubois, Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière - Paris Hospitals, addresses the subject in a rather reassuring way:

"If anyone is aware of their memory problems, they do not have Alzheimer's."

 forget the names of families.
 do not remember where I put some things .

It often happens in people 60 years and older that they complain that they lack memory. "The information is always in the brain, it is the "processor" that is lacking."

This is "Anosognosia" or temporary forgetfulness.

Half of people 60 and older have some symptoms that are due to age rather than disease. The most common cases

are:

- forgetting the name of a person,

going to a room in the <u>house</u> and not remembering why we were going there,
a blank memory for a movie title

or actor, an actress,

- a waste of time searching where we left our glasses or keys ..

After 60 years most people have such a difficulty, which indicates that it is not a disease but rather a characteristic due to the passage of years ..

Many people are concerned about these oversights hence the importance of the following statements:

1."Those who are conscious of being forgetful have no serious problem of memory."

2. "Those who suffer from a memory illness or Alzheimer's, are not aware of what is happening."

<u>Professor</u> Bruno Dubois, Director of IMMA, reassures the majority of people concerned about their oversights:

"The more we complain about memory loss, the less likely we are to suffer from memory sickness."

Now for a little neurological test: Only use your eyes!

1- Find the C in the table below!

2- If you found the C, then find the 6 in the table below.

3- Now find the N in the table below. Attention, it's a little more difficult!

If you pass these three tests without problem:

- you can cancel your annual visit to the neurologist.

your brain is in perfect shape!
you are far from having any relationship with Alzheimer's.

We are truly blessed, So, share this with your over-55 friends, it can reassure them.

Enjoy. I liked the last comment as I found the "n".