



# "The Downtowner"

KIWANIS CLUB OF ROCHESTER, Rochester, MN Feb. 22, 2022 [www.kiwanisroch.org](http://www.kiwanisroch.org)

February 24 Crystal Heim  
Public Relations Manager  
Ability Building Community

March .....

April 7 Paige Jehnke from Jehnke Gear

April 14 Nick Campbell---Adult & Teen  
Challenge

April 21 Students of the Month



## Wellness Report this week:

Dan reports that two of his kids were involved in different car crashes. It sounds like the kids are OK, but the cars not so good. One car was totaled while the other is fixable. We don't care a darn about the cars, just glad the kids are doing fine. Keep us posted, Dan.



Dave Nelsen's wife, Carol, has been suffering a long time with cancer. She is not doing well. David has all the care for her at home. He is now head chef and caretaker. I'll bet they could use a burger once in awhile.



Irv Nehring's wife Nancy has been in the hospital for some heart related surgery for nearly a month. Irv says she does show progress, but it is very SLOW. We don't know if she is home yet.

Everyone in RST Kiwanis has best wishes to all these injured and ill. God Speed.



The 85 Birthday Cards that our club members signed will be given out to Meals on Wheels recipients. Jenelle, Volunteer Coordinator at Family Service Rochester, is pictured.

Again, my information for Family Services may not be flawless or complete, but I'll mention one of the many services they have available because I have used it. This is the service that provides rides to and from destinations such as medical appointments. You need to register with their office. They will set you up with a driver at the time you need it and the return likewise. The drivers are all volunteers. The Family Services has a set fee for different combinations of trips. The rider is billed this fee at the end of the month. I don't know what the cab companies think of this, but the service is available. My wife and I used the service 2 times this year when neither one of us was able to drive to medical appointments. It's a great service at a very reasonable price. Short notice rides are available for 'in the city.' 507-287-2010



## Students of the Month



Left to Right- Madeline Behfar - Catherine Gilman (Lourde) and (Sam, see below) (Mayo High School)

Madeline was nominated for her exceptional aptitude and engagement in science at Mayo High School. She has a drive to understand and apply science concepts from many different disciplines and engage in scientific discussion.

Madeline is a role model for other students at Mayo High School. She displays her dedication to her academics as well as classroom and school culture. She works at building a welcoming environment and community for our students at Mayo High School through her words and actions. Her kindness to others, willingness to put others first, and positive attitude sets her apart from other high school students.

Sam Schneider (Lourde High School) He is a student that exemplifies good character. Sam is respectful, hardworking, and genuine. He is always aware of his fellow students and is always willing to help. Sam will go the extra mile to complete his homework and will do everything he is able to accomplish his goals. Spanish does not come easy for him but he is always willing to learn and to do the work to accomplish the task....and always with a good attitude. I believe Sam is one of those special students that everything he touches is affected in a positive way.

Sam has a strong interest in the sport of baseball. His goal is to play Professionally or go into management of the sport.

Catherine Gilman was Student of the Month in January but unable to attend that meeting. She is a student at Lourdes High School. Catherine attended with her father.

As usual, all three students were very bright and, I think very disciplined for their age.



Austin J. and Dan Carlson performing and entertaining on their trip to read to school children

ACTIVE MEMBERS	Home	Office or Cell
Austinson, Paul <a href="mailto:piaustinson43@gmail.com">piaustinson43@gmail.com</a>	288-8735	273-5518
Borcherding, Don <a href="mailto:dpborcher@hotmail.com">dpborcher@hotmail.com</a>	282-1783	259-2679
Carlson, Dan <a href="mailto:Danhope3904@msn.com">Danhope3904@msn.com</a>	285-1098	272-5215
Graham, Charlie***** <a href="mailto:Cgraham120@charter.net">Cgraham120@charter.net</a>	288-8525	358-8567
Hull, Linda <b>Immed Past Co-President</b> <a href="mailto:lindahull1025@yahoo.com">lindahull1025@yahoo.com</a>		282-8399
Ilvedson, Ronald <a href="mailto:peterturkel@gmail.com">peterturkel@gmail.com</a>	529-0551	
Jorgenson, Austin <b>Co-Pres. 2019-2020</b> <a href="mailto:Austj4@gmail.com">Austj4@gmail.com</a>		413-2134
Kalmes, Bill <b>Treasurer</b> <a href="mailto:w.kalmes@smithschafer.com">w.kalmes@smithschafer.com</a>	289-4056	288-3277 cell 951-7552
Krsnak, Roger <a href="mailto:rdkrsnak@us.ibm.com">rdkrsnak@us.ibm.com</a>	282-2872	358-5020 cell 358-5020
Lawson, Del <a href="mailto:drdel22@aol.com">drdel22@aol.com</a>	287-0862	951-4006
Maddox, Colleen <a href="mailto:landherrmaddox@gmail.com">landherrmaddox@gmail.com</a>	287-0318	280-7911 (cell)
Moore, Dan** <b>Club Jester</b> <a href="mailto:Dmoore1014@aol.com">Dmoore1014@aol.com</a>	923-4796	
Nehring, Irv <a href="mailto:inehring@frontiernet.net">inehring@frontiernet.net</a>	775-6857	cell 226-1494 <b>Auditor &amp; Budget Advisor</b>
Nelsen, David <a href="mailto:perryford90@yahoo.com">perryford90@yahoo.com</a>		533-0225 cell 815-243-1223
Nelson, Daniel <b>Co-Pres. 2019-2020</b> <a href="mailto:dan61nelson@gmail.com">dan61nelson@gmail.com</a>		507-884-9829
Schultz, Bonnie <a href="mailto:bonnies@uwolmsted.org">bonnies@uwolmsted.org</a>	280-6078	529-4830
Tompkins, Mary		cell 273-5012



[Mtompkins14@charter.net](mailto:Mtompkins14@charter.net)  
Warren, Clare, **editor**  
[Clarew60@gmail.com](mailto:Clarew60@gmail.com)

254-2087

18 Active members as of Feb. 22, 2022

\*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](http://www.kiwanis.org)    [www.mndak.org](http://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 the Eagles Club 917 15th Ave SE, Rochester. MN Parking is free in the large lot surrounding the Clubhouse.

Meetings last about one hour. Lunch is served including an entree, fruit or salad, and drink plus small dessert for (\$14.00) (Checks made to RST Kiwanis) or cash

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

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

**2018-19**

Daniel Nelson  
Austin Jorgenson

Co- Presidents

Immed. Past Co-Presidents  
Linda Hull & Mary Tompkins

Dan Nelsen  
Bill Kalmes  
Austin Jorgenson

Co-President  
Treasurer  
Co-President

**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 Austin Jorgenson & Dan Nelson

**Reminder that our dues need to be paid. Get it to Bill Kalmes as soon as you can.**



Linda passing Honor Certificate to Catherine



I asked a friend who has crossed 70 & is heading towards 80 what sort of changes he is feeling in himself? He sent me the following: 1. I am learning







**not to be embarrassed by my emotions. It's my emotions that make me human.**

**12. I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, whereas with relationships, I will never be alone.**

**13. I have learned to live each day as if it's the last. After all, it might be the last.**

**14. I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be!**

**I decided to share this for all my friends. Why do we have to wait to be 60 or 70 or 80, why can't we practice this at any stage and age?**