



# The Serving Tray

Rotary Club of Kirksville -- Charter 371 -- District 6040

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



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**FLAGS:** Jeff said he has 30 more orders for flags and all new bases need to be in within two weeks. He said we have two more flag sponsors, DuKum Inn and Macon-Atlanta Bank. The bank is a \$500 sponsor and is doing it in honor of Ray Klinginsmith.

**MEMBERSHIP:** Ralph said he has three prospective members, two of whom are applying now, Nick Fajkus and Kevin Henderson.



**HY-VEE \$200 CHECK** was presented by Aron Barwick (right) to Foundation Chair Jeff Romine for the Polio Plus effort last fall.

**HOST FAMILY NEEDED FOR THAI STUDENT:** Contact Annette <[acsweet12@gmail.com](mailto:acsweet12@gmail.com)>

**UPDATE ON EARLIER PROGRAM:** Patrick Avila said we will have radiation therapy back in Kirksville by the fourth quarter of this year. Great news!



## DR. JOHN DE LEEUW ON MEN'S HEALTH

In recognition of June as Men's Health Prevention Month, this special speaker, Dr. John DeLeeuw, was scheduled. We learned that Dr. DeLeeuw, a 2005 KCOM medical school graduate, did an additional year of an anatomy fellowship, He did his residency in Internal Medicine at Northeast Regional Medical Center. Dr. DeLeeuw is board certified in Internal Medicine, Hospital Medicine and Obesity Medicine. Today, his clinic focuses mostly on metabolism, nutrition and weight loses. He is the director of the internal medicine residency program here in Kirksville.

Dr. DeLeeuw spoke about cardiology, cancer, lung diseases, infectious illnesses, mental health and liver disease. He said a surgeon provided these "don'ts" - don't smoke, avoid alcohol, processed foods and chemically processed oils. Dr. DeLeeuw, on the subject of nutrition, added that canola oil is modified engine grease (yuck). Oils which are not chemically processed include cold pressed olive or avocado oil. The speaker is pictured above with President Melissa Stuart (left).

**50-50 Drawing:** Marty Jayne did not pull the ace of spades or joker; pot now up to \$1310.  
Happy Bucks collected: \$50.

### Guests:

**Amanda Selby** and **Jan Goodwin** (g/o Patrick Avila);  
**Dane Ross** (RYLA 2023) and **Quinn Dorrell** (RYLA 2024); **Clyde & Maggie Morgan** (g/o President Melissa); **Missy Hoehn & Denver Weichelt** (g/o Ramey Weichelt); **Linda Eichor** (g/o Matt Eichor); **Rusty Neill** (g/o Kevin Butner); **Nick Fajkus** (prospective member);

### Upcoming Programs:

**June 12:** Rayburn Snell/NEMO Fair  
**June 19:** President Melissa/Year in Review  
**June 26: NO NOON MEETING - OFFICER INSTALLATION - 5:30 PM, Rotary Park**