



What's Goin' On March 2025

Meetings and Programs

March 5 Lunch – Edina Country Club

Invited by Bob Darwin, our speaker will be **Dr. Paul Robbins**, Ph.D, Co-Director of Institute on the Biology of Aging and Metabolism (iBAM) and Professor of Biochemistry, Molecular Biology and Biophysics, UMN. His topic will be **Science of Healthy Aging**

Aging itself is the greatest risk factor for most diseases, which suggests that the development of approaches to slow aging will lead to an extended period of health and lessen the incidence and severity of many diseases. Therefore, the Institute on the Biology of Aging and Metabolism (iBAM) at the University of Minnesota is focused on understanding the biology that drives aging and developing approaches to manipulate biology to extend human healthspan. In particular, the Robbins laboratory uses mouse models followed by human clinical trials to develop pharmaceutical approaches to lessen or eliminate age-related diseases and conditions. An overview of the biology of aging and the progress towards developing approaches targeting aging will be presented.

March 19 Lunch – Edina Country Club

Rich Makela has invited **Jean Bellefeuille**, Curator of the Bloomington Historical Society, to be our speaker. Jean will share stories about interesting, and sometimes famous, people from Bloomington.

April 2 Dinner – Edina Country Club

Thanks to Ross Davis our speaker will be **Andy Brehm**, General Counsel for Burwell Enterprises. His topic will be **The Friendship Recession**. Many of us have fewer meaningful relationships than ever before. Now is a good time to assess our friendships and whether we're doing enough to keep them going.

Andy Brehm has been a conservative commentator around the Twin Cities for nearly 20 years, regularly contributing to the Star Tribune's opinion section and frequently appearing on KSTP's "At Issue" and TPT's "Almanac." He's a corporate lawyer and previously served as U.S. Sen. Norm Coleman's press secretary.

Program Help Available

If you need help lining up a program, contact Howard Goltz or Dan Atkins for leads and suggestions. Members are encouraged to arrange programs early, and provide information to the newsletter editor, Rich Makela, so we can publicize the program in the newsletter, helping assure good attendance at meetings. If you contact Howard or Dan, or any other member, for help, make sure it is clear who is to contact the speaker, and that there is only one primary contact person.

Social Events

We have a social event scheduled for April 24 at the Sidekick Theatre in Bloomington. It's a comedy play called "Perfect Wedding". There will be a lunch there at 11:30 followed by the play at 1pm. Cost for lunch/play is \$51.

New Stuff on the Internet

See the following internet links compliments of Dan Atkins:

Up to date information can always be found on the online schedule which can be reached from <https://mmgyros.carrd.co/>

See interesting updates from our members from our private Facebook group <https://www.facebook.com/groups/1591888231454608>

On the Humorous Side

A poem for our season

It's winter in Minnesota,
And the gentle breezes blow
Seventy miles an hour
At thirty-five below.

Oh, how I love Minnesota
When the snow's up to your butt.
You take a breath of winter air
And your nose gets frozen shut.

Yes, the weather here is wonderful.
So I guess I'll hang around.
I could never leave Minnesota,
'Cause I'm frozen to the ground!

Thanks to Howard Goltz

