

**PROGRAM from 1/18/17**  
**PROGRAM: Bill Foussard presents: Dan Stolz, CEO of Spire Credit Union**

Dan was St. Paul Winter Carnival King Boreas Rex 79 in 2015 and participated in over 425 events as King that year. One of his favorite events is the BEAR'ly Open. Spire's on fire with 16 branches in the metro area and about \$900 million in assets. He started humbly as a house painter with his father. Started working with Spire using 7 principles.

1. Take the "t" out of can't. Chase your dreams. Associate with high energy and enthusiastic people.
2. Fall down six times, get up seven.
3. If you aim at nothing, you're sure to hit it. Recalibrate daily based on faith, family, friends, and marketplace, in that order.
4. Success is not easy, it takes a lot of hard work.
5. Work to make a living. But give your time, talent, and treasure to make a life. Give 10%, save 10%, do what you want with 80%.
6. Wherever you are, you have impact and influence. Use it.
7. Attitude is everything. Ability doesn't mean anything if you don't have a good attitude.

Dan has a lot of fun shooting the Spire TV commercials. They consist of a two hour interview reduced to a 30 second spot to show off their customers, Minnesota, and the Spire truck.

*Writer of the week: Darrell Stone*

**CLASSIFICATION: Jin Shimada**

Jin was born in Japan and has been in the US for 40 years. Although he likes to go back with his children for visits, he likes it here just fine. Jin became a US citizen 7 years ago. He likes physics and the smell of rust and ozone in the physics lab. Jin posed an important rhetorical question during his talk. He has many times asked himself "Why are you here?" and believes it is valuable to try to answer that for yourself. He has been involved in medical device development. Neurology is a major interest right now. He likes to try new things, for example, last week he went ice boating. He walks frequently in the vicinity of Lake Avenue, so if you see him say "hi". Jin, thank you for your Rotary service!

**THOUGHT FOR THE WEEK:**

*"The quality, not the longevity, of one's life is what is important."*

*- Martin Luther King, Jr.*

**HAPPY BIRTHDAY TO YOU...  
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February 3....Sharon Anthony  
February 7....Ken Galloway  
February 10...Greg Bartz  
February 12...Bob Timmons  
February 22...Craig McNulty  
February 27...Ken Baltzer  
February 28...Jim Muellner

**PROGRAM from 1/25/17:**

**Jeff Otto presents: Tim Grant, The Advantages of Deciding to be Happy**

Tim Grant's motto is personal happiness is a prerequisite for a successful life. What Tim has found, and what research indicates, is that happiness leads to improved health and functioning. For example, optimism has been shown to be associated with better cardiovascular health, while pessimism has been associated with poor cardiovascular health. The brain performs better on measures of creativity, intelligence, and energy when people are happy or positive. There are therefore advantages at work for happy people, as happy people tend to be promoted more often and earn a higher salary.

Tim recommends the following habits and attitudes to improve happiness in life by using the acronym GRACE:

- Gratitude
- Relationships
- Activity and acts of kindness
- Competencies
- Competencies

Tim also recommends eliminating the following behaviors to improve happiness:

- Complaining about something we don't have control over
- Comparing ourselves to others
- Projecting – we typically project the worst outcome, and what we project typically comes true.

*Writer of the week: Greg Young*

**Rotary Club of White Bear—building friendships and  
improving lives through hands-on projects  
in the White Bear area and around the globe**

