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... HAPPY BIRTHDAY TO YOU...

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

UPCOMING MEETINGS:

February 8: Scott Simenson,

Fab Lab @ Century College

Chairperson: Randy Johnson Classification: Rock Sherman

Greeters: Rebekah Hagstrom & Jon Stow

Invocation: Randy Johnson Writer: Rita Pechmann

February 15: Dr. Iaizzo,

Innovation in Heart Transplantation

at the University of Minnesota

Chairperson: Tim Geck Classification: Had Solberg

Greeters: Patti Hall & Katie Strom

Invocation: Katie Strom Writer: Mark Sather

February 22: Judy Hawkinson,

Compatible Technologies

Chairperson: Bob Gehrke Classification: Darrell Stone

Greeters: Bob Hartzell & Rob Thomas

Invocation: Bob Gehrke Writer: Bob Timmons

UPCOMING MEETINGS:

March 1: TBA

March 8: Dale Grambush presents:

Major Jerry O'Neil and Michael Wong, Salvation

Army Adult Rehabilitation Center

Mail or phone club news to the WBL ROTARY OFFICE: MARLYCE PAULSON P.O. Box 10809 White Bear Lake, MN 55110

Office: 651.738.3022 e-mail: wblrotary1@comcast.net Web Site: whitebearrotary.org Bear Bulletin Deadline: <u>Friday</u>, 5pm

COMMITTEE MEETINGS

CLUB SERVICE COMMITTEE: Meets 2nd Tuesday of each month, Eat @ Banning & 5th, 7 a.m.

BOARD MEETINGS: Meets 4th Tuesday of

each month, WBL City Hall, 7 a.m.

PUBLIC IMAGE COMMITTEE: Meets 2nd Wednesday of each month after Rotary meeting

COMMUNITY SERVICE: Meets last Wednesday of each month, 12 noon, Location

TBD

VOCATIONAL COMMITTEE: Meets 1st Thursday of each month, Keys Restaurant,

INTERNATIONAL SERVICE COMMIT-

TEE: Meets 2nd Thursday of each month,

Eat @ Banning & 5th, 7 a.m.

FUNDRAISER COMMITTEE: Meets immediately following Wednesday meeting (seasonal)

2016-2017 Officers/Directors

President Ken Galloway
President-Elect Craig Drake
Past President Brady Ramsay
Treasurer Pam Tschida
Secretary Connie Bossard
Exec. Secretary Marlyce Paulson
Sergeant at Arms . Scott Nelson
Public Image Steve Carlson
Rotary Foundation. Curt Akenson
Community Service. Cathy Wyland
... Rita Pechmann

Vocational Service . Ken Baltzer

. Ryan Boog

Club Service Chuck Sandstrom . Craig McNulty

International Greg Bartz

. Patty Hall

Youth Protection ...Gene Altstatt

Youth Exchange ... Had Solberg/Jill Schroeder Bulletin Writers ... Mark Sather

iters . . . Mark Sather Darrell Stone

> Greg Young Ríta Pechmann

Dick Galena Bob Timmons

Cathy Wyland

Invocations Rich Ramsay

Bill Rust

Bryce Johnson Bob Gehrke

Randy Johnson

Katíe Strom Steve LaLíberte



ANNOUNCEMENTS

BEAR'ly Open

Golf on Ice and Community

Dance Party

February 3 and 4, 2017

Community Dance at White Bear

Country Inn—2/3/17:8-11 p.m.

Music by local band

Wild Cat Combo

BEAR'ly Open Golf on Ice and

Winter Fun Event

2/4/17: White Bear Lake Ramsev

Beach: noon

Event raises funds for the White

Bear Lake Area Food Shelf

Welcome to the band members from

Thanks to **Fred Treiber** for arranging

Rita Pechmann announced the next

2nd Harvest volunteer opportunity on

February 7th from 5:30 to 7:30 p.m.

We will need 5 volunteers. Contset

Rita for more information.

Costa Rica Don Bosco School.

this visit.

Rotary Club of White Bear Lake Chartered in December 1979

Meetings Wednesday at 7:00 A.M. **Rudy's Redeye Grill**

February 1, 2017

Greeters: Jill Greenhalgh &

Kathy Stone

Invocation: Bill Rust

Writer: Cathy Wyland

Classification: Conrad Solberg

Program: Patti Hall presents: H2O for Life & Rotary Grants

Song Leader: Ken Baltzer

Sandwich Song

I walk into a res-tau-rant, and this is what I cry: I want a chicken sandwich, glass of milk, a piece of pie!

Oh, you will surely hear me sing this song until I die:

I want a chicken sandwich, glass of milk, a piece of pie!Hey!

Glory, Glory, Hallelujah!

Glory, Glory, Hallelujah!

Glory, Glory, Hallelujah!

I want a chicken sandwich, glass of milk, a piece of pie! Hey!

