

WELCOME TO NEW MEMBERS

- ◆ Andrea Steen, Century College Alumni Director
- ◆ Steven Griffith, Retired, transfer from North Pennsylvania Lansdale Rotary
- ◆ Amy Dauplaise, PAI Mn, Development and Communications

**OPPORTUNITY TO SERVE
WBL ROTARY**

At weekly Rotary meetings, we need someone to do the invocations and someone to be writer.

We currently have a need in each of these areas.

Can you help?

Contact Marlyce Paulson

STRIVE Race Dates for 2019

**Saturday, April 6
Saturday, August 3
Sunday, November 3**

MARK YOUR CALENDAR

Rotary is an organization of 1.2 million members and 35,000+ clubs.

Together, we see a world where people unite and take action to create lasting change—across the globe, in our communities and in ourselves.

Thought of the week:

*“If opportunity doesn’t knock, build a door.”
- Author unknown*

DID YOU KNOW???

**White Bear Lake Rotary’s current membership: 95
This is an all-time high for the Club!**

PROGRAM: John Channon presents: Craig Polsfuss, Director of Professional Outreach and Education for Higher Brain Living

Craig is a licensed psychologist, clinical social worker and published leadership development specialist. Craig has been involved in two breakthroughs - one in psychology and one in neuroscience.

Breakthrough #1: Understanding how the mind creates our personal experience of reality through inside-out thinking. Every experience we have involves the mind mentally, emotionally and physically. With inside-out thinking, we are cognizant of the internal factors that shape how we experience a situation. The benefits of inside-out thinking include empowerment vs. victim-mentality and personal responsibility vs. blaming.

Breakthrough #2: Knowing how to physiologically energize and awaken the higher brain (pre-frontal cortex). As defined in the video Craig shared, "Higher Brain Living Explained", the higher brain is where all high-end human experience and capability is generated. Based on the research, Craig shared that the results of higher brain training include significant increase in energy to the higher brain, and almost perfect right-left brain coherence. Under stress, either the right or left brain shuts down; with coherence, we have greater resilience to stress. Craig shared the benefits of higher brain training correlated to those of lifelong meditators.

Guest Writer: Barb Duffrin

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