

**ROTARY DISTRICT 5960
2017 CONFERENCE WAS A
HUGE SUCCESS!!!**

Rotarians Changing the World

**Thanks to all WBL Rotarians
who helped!!!**

**From Rotary District Governor
Jim Hunt:**

The [International Convention](#) is happening in Atlanta on June 10th through the 14th. This will be the closest Convention to Minnesota for several years, along with being the culmination of the 100-year Celebration of the Rotary Foundation. Attendance is the best way that I know of to fully connect with the International side of Rotary. You will be able to interact with Rotarians from over 200 countries.

THOUGHT FOR THE WEEK:

“Listen to the wind, it talks;
Listen to the silence, it speaks;
Listen to your heart, it knows.”
Native American Proverb

**ROTARIANS NEEDED FOR
WORK PROJECTS THIS
WEEKEND (May 6th)**

**Tree Planting at Rotary Park:
8-10 a.m., need 10 people**

**White Bear Police/Rotary Bike Sale :
7:30-11, need 3-4 people**

**(Watch for the clipboard at the
meeting on Wednesday morning)**

PROSPECTIVE NEW MEMBER

**The following person has been
approved for Rotary member-
ship in the WBL Club. If
there are no objections from
club members within 10 days,
they will be inducted at an up-
coming meeting:**

**Bryan Belisle
Account Executive-Office
Solutions
Business: Innovative Office
Solutions
Sponsor: Mark Sather**

***HAPPY BIRTHDAY TO YOU...
HAPPY BIRTHDAY TO YOU...***

*May 7.....Chuck Sandstrom
May 11.....Michael Bernier
May 13.....Mark Miller
May 13.....Mark Burch
May 13.....Rita Pechmann
May 17.....Darrell Stone
May 22.....Jessica Bernier*

CLASSIFICATION: GENE ALTSTATT

Gene grew up in Mahtomedi and attended St. Thomas Academy and St. Thomas College. He spent time over on the other side of town living on St. Albans Bay at Lake Minnetonka. Gene's business is financial and estate planning and he works with clients in both the western suburbs and on our side of town. He has \$100 million in client assets that he has placed with New York and Florida money managers. He is thinking about scaling back on his work life and wants to do more boating, such as sailing in the Virgin Islands and A-scow racing on White Bear Lake. His volunteer interests have been narrowed down to Rotary, YMCA, St. Jude of the Lake Church, and the Mahtomedi American Legion. Gene appreciates and loves his work in the Rotary Clubs he has been involved with: 15 yrs. in Excelsior, 10 yrs. in Golden Valley, and now 10 years in our club. Thanks for your service Gene!

PROGRAM: Jeff Otto presents: Angela Scott, The Emily Program

Angie graduated with PHD from the U of M and has been a psychologist with the Emily Program for 13 years. The Emily Program works with people who have eating disorders. Thirty million Americans will have an eating disorder at sometime in their life. Eating disorders have the highest mortality rate of any mental illness. The complex interplay of biology, genetics, psychology, and social factors make eating disorders difficult to treat. The disorder can consist of food obsession or phobia, excessive exercising, complaints about appearance/body image, depression, anxiety, and perfectionism. Dieting does not work and the focus needs to be on healthy, flexible eating. Society can be dismissal about eating disorders and if someone has a problem, abstinence is not an option because we all need to eat. Middle-aged women are among the highest referral group currently. People with eating disorders have an illness that needs treatment. Eating disorders don't discriminate in terms of age, race, gender, ethnicity and body size or shape. If you are worried about someone go to [emilyprogram.com] or dial 1-888-364-5977. The Emily Program has live-in programs in Cleveland, Seattle, and St. Paul and other levels of care in Minnesota, Ohio, Pennsylvania, and Washington.

Writer of the week: Darrell Stone

**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:

May 10: GSE Team Australia
Chairperson: Greg Bartz
Classification: Bob Timmons
Greeters: Matt Leonhart & Gene Altstatt
Invocation: Bob Gehrke
Writer: Mark Sather

May 17: Dr. Charles Morgan,
Union Gospel Mission
Chairperson: Jeff Otto
Classification: Fred Treiber
Greeters: Mike Lovett & Sharon Anthony
Invocation: Bryce Johnson
Writer: Cathy Wyland

May 24: Mayor Chris Coleman
Chairperson: Dick Galena
Classification: Pam Tschida
Greeters: Pat McClernon & John Balfanz
Invocation: Steve LaLiberte
Writer: Rita Pechmann

UPCOMING MEETINGS:

May 31: Had Solberg presents:
Youth Exchange Students Birte & Kiho
June 7: Jeff Otto presents: Commissioner Ken Peterson,
Minnesota's Work Force
June 14: Jeff Otto presents: Amy Anderson, First Lego
League

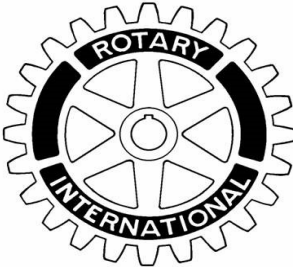
At least three weeks in advance of your scheduled date,
please contact Jeff Otto, jeff.otto@opmpallet.com.

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: Friday, 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, 7 a.m.
INTERNATIONAL SERVICE COMMITTEE: Meets 2nd Thursday of each month, Eat @ Banning & 5th, 7 a.m.
FUNDRAISER COMMITTEE: Meets immediately following Wednesday meeting (seasonal)

2016-2017 Officers/Directors
PresidentKen Galloway
President-ElectCraig Drake
Past PresidentBrady Ramsay
TreasurerPam Tschida
SecretaryConnie Bossard
Exec. Secretary...Marlyce Paulson
Sergeant at Arms . Scott Nelson
Public ImageSteve Carlson
Rotary Foundation..Curt Akenson
Community Service..Cathy Wyland
.....Rita Pechmann
Vocational Service . Ken Baltzer
.....Ryan Boog
Club ServiceChuck Sandstrom
.....Craig McNulty
InternationalGreg Bartz
.....Patty Hall
Youth Protection ..Gene Altstatt
Youth Exchange ...Had Solberg/Jill Schroeder
Bulletin Writers ...Mark Sather
.....Darrell Stone
.....Greg Young
.....Rita Pechmann
.....Dick Galena
.....Bob Timmons
.....Cathy Wyland
InvocationsRich Ramsay
.....Bill Rust
.....Bryce Johnson
.....Bob Gehrke
.....Randy Johnson
.....Steve LaLiberte



Rotary Club of White Bear Lake
Chartered in December 1979

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

ANNOUNCEMENTS
Bill Foussard announced that Beach Dance plans have begun. Cost for sponsorship is \$100 and the fundraising goal is \$10,000. Whatever is raised is split between Explore White Bear Lake and our club.

Bill Foussard also is an advocate of the county re-opening Ramsey County beach. They have stated that sustained lake level must be 924'. Call the Ramsey County Board (Victoria Reinhart) and give her your feedback.

Rita Pechmann needs a few good Rotarians for **Saturday, May 13** to help unload canned goods and other food collected by mail carriers for the **Stamp Out Hunger** event that day. This takes place at the Cub Foods in White Bear Township on Highway 96. Heaviest need is from noon to 4 pm. See Rita for more information on this and the **May 6 White Bear Police/Rotary Bike Sale**.

Connie Bossard assembled the Taste of WBL restaurant team for a brief meeting. Let her know if you have any contacts with local food establishments so we can get them onboard for the 6th Annual Taste of White Bear Lake.

A hearty welcome to **Bryan Belisle**, our newest member!

Mike Lovett had a guest from China, Haesook Koo, International Education, University of Minnesota

MAY 3, 2017
Greeters: Wayne Kazmierczak & Curt Akenson

Classification: None
Invocation: Native American Guest
Program: Ann Frisch presents: American Indian Family Center
Kerry Benton & Barb Fairbanks

Writer: Greg Young
IF YOU'RE HAPPY AND YOU KNOW IT

If you're happy and you know it,
Clap your hands (clap, clap)
If you're happy and you know it,
Clap your hands (clap, clap)
If you're happy and you know it,
then your life will surely show it,
If you're happy and you know it,
Clap your hands (clap, clap)

Second Verse:
Stamp your feet (stamp, stamp)
Third Verse:
Shout Rotary (Ro-Ta-Ry)
Fourth Verse:
(Do all three)

