



*Celebrating 40 Years of Service
To the Community
Rotary Club of White Bear Lake*

*Meetings
Wednesday at 7:30 a.m.
via Zoom
(During Pandemic 2020)*



December 2, 2020

**Program: Gabrielle Clowdus,
A Community First Approach
to Homelessness**

Chairperson: Bob Morse

Classification Time: Steve Griffith

Invocation: Art Hancock

Writer: Jim Rathburn

**Wednesday Morning Meeting Info via Zoom
D5960 is inviting you to a scheduled meeting
Topic: White Bear Lake Club Meeting
Social Time starts at 7:15 a.m.; Actual meet-
ing starts at 7:30 a.m. and finish by 8:30 a.m.
Join Zoom meeting:
<https://us02web.zoom.us/j/87159321038>
Meeting ID: 871 5932 1038**

Prior recordings & files from presenters can be
accessed at: [https://drive.google.com/drive/
folders/11pN_Oh77b2fViH8x_hfT1t1JoHt-
e0c7?usp=sharing](https://drive.google.com/drive/folders/11pN_Oh77b2fViH8x_hfT1t1JoHt-e0c7?usp=sharing)

ANNOUNCEMENTS

To help members learn how to use Club
Runner to send emails for club business to
and among Rotary members, **Bob Timmons**
will be presenting a Zoom session to learn
how to do this.

Ken Galloway reported that Bear'ly Open
will be held this year. A video gala will be
held on February 5 and on February 5th and
6th a golf course will be set up on the lake.
Tee times will be available for a fee. Ken is
looking for volunteers – to be on the plan-
ning committee, to be a sponsor, and to do-
nate money to cover costs. He reminded us
that this is the Food Shelf's primary fund-
raiser.

Ann Frisch reported that as a follow up to
our meeting with the Ekaterinburg Rotary,
interest was expressed in getting together by
Zoom to cook. Let Ann know if you are in-
terested.

Jeff Otto announced that **Craig Drake** and
Paul Keleher will be working to contact and
confirm speakers for Rotary meetings while
he recovers from pneumonia.

Chuck Sandstrom welcomed **Julie Honsa**
as a new member of White Bear Rotary. Ju-
lie works in the family business, Honsa
Funeral Home.

THE JINGLE BEAR SILENT AUCTION...

Patty Hall thanked all of those who worked on the silent auction: Pam, Carol, and Nancy for all their work, from planning to distributing the products sold; Bob, Kevin, and Dale for their work publicizing the event; Ken for sorting the wine donations; Eric for the wine and many other products he donated; Art and St. John's for making the church available for distribution; all of the sponsors, and Jennifer for all that she did from start to finish to make the online auction a suc-
cess. It looks like Rotary will net close to \$12,000! In addition, when picking up their winning bid at least four people indicated they are interested in learning more about Rotary and potentially becoming a member.

Pam presented Jennifer Breon with a "white bear" as thanks from Rotary for her work on the auction.

The 5th annual WBL fall coat drive to benefit WBLAEF and the Closet is going on all of November. Donations of new (or gently used) winter cloth-
ing, or Target gift cards, are being collected by Jim Rathburn. Contact Jim at 612-383-8232 to arrange delivery .

Recognition for Bill Foussard

Pam Bowers reported that Bill Foussard and Thanksgiving Meals on Wheels was high-
lighted in a feature story on t.v. news this past week. In addition, in response to an email
Marlyce received from an out-of-state woman concerned about how her daughter and her
five children would be able to have food for Thanksgiving, Bill Foussard stepped up and
took the woman shopping for groceries. Pam thanked Bill for this gesture and for living
Rotary values!

**MARK YOUR CALENDAR:
EQUITY & INCLUSION TEAM MEETINGS**

Full Committee (Kevin Donovan/Jackie Reis)
8:30 a.m.—12/4; 1/8; 2/5

E&I Committee—Internal Team (Ken Galloway & Greg Bartz)
8:45 a.m.— 12/16; 1/27; 2/24

E&I Committee—External team (Rita Pechmann & John Channon)
8:30 a.m.— 12/17;1/21;2/18

Program: Pat McClernon introduced the speaker, Dr. Dale Anderson, a physician and speaker on the importance of acting happy. Dr Anderson started his medical practice in North St. Paul in 1960, and then moved on to be a surgeon at Mayo Clinic, and other hospitals and clinics in the Twin Cities area, as well as to study wholistic medicine. Throughout his medical practice he observed theater and noticed that actors’ health was affected by the types of roles they played. He realized that people can change their chemistry; that you become the physiology of the actor you are on stage. In his 40s Dr. Anderson was told to change his act and reduce his cholesterol if he wanted to live a long life. Laughter became his medicine, together with eating healthy. Each individual is his own pharmacist – by learning how to boost your own chemistry, listening to your inner pharmacy, you can get happier, healthier, and be more successful. “Put a smile on your face – and laugh!” Conductors live longer than the general population. Dr. Anderson then led us in singing, smiling, and conducting. He encouraged everyone to find what makes them happy. Prescribing happiness is good medicine!

“Create the Chemistry of Peak Performance and Laugh the Health Out of It”

Classification: Stephen Kelly, Living Room Conversations. Stephen Kelly introduced club members to the concept of Living Room Conversations. The internal team of the Equity and Inclusion Committee has explored this program and several members participated in a 90-minute training session to both experience the format and to learn how to become facilitators for conversations. The goal of living room conversations is to build connections and community between people despite any differences they may have. The conversations provide a safe setting to have a conversation on issues, find common ground and shared understanding. The E & I team has put together a schedule for spring on various topics and members will receive further information about how to register.

Writer of the week Jackie Reis

THOUGHT OF THE WEEK:
“It isn’t any trouble just to S-M-I-L-E
It isn’t any trouble just to S-M-I-L-E
So smile when you’re in trouble
It will vanish like a bubble
If you only take the trouble just to
S-M-I-L-E”
HA-HA-HA-HA-HA-HA-HA-HA-HA-HA
HA-HA-HA-HA;
HA-HA-HA-HA-HA-HA-HA-HA-HA
HA-HA-HA-HA-HA...

APPROVAL OF PROSPECTIVE MEMBER
The following person has been approved for Rotary membership by Club Service and the Board. After membership approval, he will be inducted at an upcoming meeting:

Mike McAllister
Inventiv Designs/Lugnuts Garage
Sponsor: Craig Drake

UPCOMING MEETINGS

December 9: Jeffrey Korzenik
“Untapped Talent”
Chairperson: Rita Pechmann
Classification: Mike Brass
Invocation : Bill Eaves
Writer: Greg Young

December 16: Wayne Kazmierczak
Keeping WBL District 624 Schools Strong
Chairperson: Paul Keleher
Classification: Rotary Elections
Invocation: Steve Griffith
Writer: Dick Galena

FUTURE PROGRAMS: There will be no Rotary meetings on December 23 and 30; holiday social is also cancelled.

**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,
5 P.M.**

WBL ROTARY PODCASTS:
WWW.WBLROTARY.PODBEAN.COM
**OR GO TO: ITUNES AND TYPE IN
WBLROTARY**

**WBLROTARY TEAM MEETINGS—
CURRENTLY HELD VIA ZOOM**

BOARD MEETINGS: Meets 4th Tuesday of month, 7a.m.
CLUB SERVICE TEAM: Meets 2nd Tuesday of month, 7a.m.
COMMUNITY SERVICE TEAM: Meets last Wednesday of month, 12 o'clock noon
EQUITY & -INCLUSION TEAM: Meets first Tues 8:30 a.m.
FUNDRAISER TEAM: Meets immediately following Wednesday meeting (seasonal)
INTERNATIONAL SERVICE TEAM: Meets 2nd Thursday of month, 7 a.m.
MEMBERSHIP TEAM: Meets 1st Tuesday of month, 7:30 a.m.
PUBLIC IMAGE TEAM: Meets 3rd Thursday 7 a.m.
VOCATIONAL SERVICE TEAM: Meets 1st Thursday of month, 7 am
YOUTH EXCHANGE TEAM: Meets 2nd Thursday, 4:30 p.m.

2020-21 Officers/Directors

President..... Pat McClernon
President-Elect ... Michael Lovett
Past President John Channon
Treasurer Bob Timmons
Secretary Ashley Filipovich
Exec. Secretary ... Marlyce Paulson
Public Image Kevin Donovan
Rotary Foundation. Curt Akenson
Community Service. Pam Bowers
- Rita Pechmann
Vocational Service .Ken Baltzer
.Derrek Skeie
Club Service Chuck Sandstrom
.Pam Tschida
MembershipJim Hunt
. Miriah VanDuuren
International Greg Bartz
. Patty Hall
Equity & Inclusion....Kevin Donovan
Jackie Reis
Youth Exchange .. Tim Wald
Bulletin Writers ... Mark Sather
Darrell Stone
Greg Young
Dick Galena
Bob Timmons
Jim Rathburn
Jackie Reis
Invocations Rich Ramsay
Bill Rust
Bob Gehrke
Steve LaLiberte
Rita Pechmann
Bill Eaves
Steven Griffith
Art Hancock