



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

*Meetings
Wednesday at 7:45 a.m.
Via Zoom
(During Pandemic 2020)*



June 24, 2020

Program: Climbing Mt Kilimanjaro

Chairperson: Patty Hall

Classification: John Channon

Invocation: Art Hancock

Writer: Jackie Reis

Wednesday Morning Meeting Info:

Wednesday mornings from 7:45 - 8:30 am
Join WBL Rotary Weekly Zoom Meeting
[https://us04web.zoom.us/j/530467809?](https://us04web.zoom.us/j/530467809?pwd=R3dHV1JXWHcxb2Frd3d1VDRPVXhrUT09)
[pwd=R3dHV1JXWHcxb2Frd3d1VDRPVXhrUT09](https://us04web.zoom.us/j/530467809?pwd=R3dHV1JXWHcxb2Frd3d1VDRPVXhrUT09)
Meeting ID: 530 467 809
Password: 991694
Prior recordings & files from presenters can be accessed at:
https://drive.google.com/open?id=11pN_Oh77b2fViH8x_hfT1t1JoHt-e0c7

Friday Virtual 5:01 Meeting Info:

Friday Evenings starting at 4:55 pm-?
Join Zoom Meeting
[https://us04web.zoom.us/j/555170854?](https://us04web.zoom.us/j/555170854?pwd=QVpFM1BjVVIYLzNDN3NUaG5yaW1vdz09)
[pwd=QVpFM1BjVVIYLzNDN3NUaG5yaW1vdz09](https://us04web.zoom.us/j/555170854?pwd=QVpFM1BjVVIYLzNDN3NUaG5yaW1vdz09)
Meeting ID: 555 170 854
Password: 022079

ANNOUNCEMENTS

Week thirteen of White Bear Lake Rotary meeting in virtual format due to the COVID-19 virus pandemic

President John welcomed District Governor Nominee and soon to be DG Elect, Ken Klooster of the Greater Mankato Club to our virtual meeting and he extended his greetings and congratulations to the club on its recent achievements.

Ken Baltzer announced that due to the work of club members and financial support to the STRIVE Scholarship Fund the club was recently able to present seven full or partial scholarships for Century College to three students from the ALC and four from South Campus.

Kevin Donovan thanked the club members that participated in the picnic table construction project in Mahtomedi on June 16th. Nine members worked to build seven tables which have been placed in Veteran's park in downtown Mahtomedi. He also announced that 18 club members have expressed interest in participating in the club's group formed to study racial equity and how it may be achieved in our community.

Bryan Belisle announced that the club will be assisting the Red Cross in conducting three upcoming blood drives during the summer including one on June 18th. Please consider signing up to donate or assist with the drives. Donated blood will be tested for COVID - 19 antibodies with the results reported to the donor.

CLASSIFICATION: Ryan Boog began his classification talk by telling us about his son Sammy who is an active and inquisitive 8 year old, and equally active son Matthew who is 10 years old. His two boys and his wife Emily are the joys of his life.

Ryan's classification is website design. He is founder and owner of Happy Dog Web Productions located on White Bear Avenue and County Road E. Happy Dog's primary service is the production of websites designed for marketing of their client's businesses. He explained that his business has been impacted by the COVID-19 virus in several ways including the loss of clients due to ceasing operations or restructuring to offset reduced revenues. Like most businesses he has found it necessary to develop alternative approaches to their service. Happy Dog has enhanced it's own marketing through it's internet presence. He stated that information is crucial to his as well as all businesses and he strongly encouraged a balanced approach to news sources and making smart decisions, not reacting in fear and working with others in a united manner, not divided.

Thanks for the update and advice Ryan.

ROTARY INTERNATIONAL PUBLIC SERVICE ANNOUNCEMENT...

Campaign announced in the United States. Keep an eye and ear out for Rotary ads on TV, radio and in print that show Rotarians and People of Action.

Website: <https://www.whitebearrotary.org/>
Our facebook page: <https://www.facebook.com/WBLRotary/>
Our Twitter feed: @Rotarywhitebear,
<https://twitter.com/Rotarywhitebear>
Our Instagram: wblrotary

You will find links to our recorded Weekly Zoom meetings on our website and on our Facebook page.

**LAKE AREA BANK
VIRTUAL FOOD DRIVE
JUNE 15—JULY 31**



PROGRAM: . **President John** introduced 31-year Rotary member, Past District Governor, Club President and participant in more Rotary District and International activities than you can count, **Jim Hunt**. Jim is a retired 3M engineer and has led a very active life of travel, international service and study, outdoor activities including both Nordic and alpine skiing, canoeing, sailing, cabin building and wood-working. Shortly after retiring Jim became afflicted with Parkinson's disease. Parkinson's is a progressive nervous system disorder that affects movement. Symptoms begin gradually often starting with a slight tremor and progress to slowed movement, rigid muscles, impaired posture and balance, loss of automatic movement and changes in speech and writing. Approximately one million Americans live with Parkinson's (seven million worldwide) and the risk increases with age.

As the symptoms of Parkinson's became more apparent to Jim he was faced with a choice. He could let the non-curable disease take its course and become increasingly disabled or fight the progression. Jim chose to fight and fight he did; he became a boxer. Actually, he became aware of research that showed that strenuous exercise of his muscles and joints slow the progression of many of the symptoms and reduce the impacts on his lifestyle. He participates in Rock Steady Boxing, a fitness program developed specifically Parkinson's patients offered through a nonprofit organization founded in 2006. His regular participation consists of one hour vigorous exercise and impact through stretching movements, calisthenics and boxing drills. Participants don't really hit anyone but they perform serious foot-work routines, punch bags, skip rope and several other Rocky Balboa-type stuff. Each drill is different and includes mental exercises also to help maintain cognitive functions. Jim showed a video that highlighted the program and conversations with several participants. The camaraderie and support among the many participants of the group is significant. Does it work? Jim says yes. He measures his improvement through such things as the fact that he can once again swim and continues his skiing to which he give partial credit to the Rock Steady Program. Great job Jim. Thanks for the informative program, for your great service through Rotary and for your friendship.

P.S. Rock Steady Boxing is a non-profit in need of assistance. If you wish to help Jim can give you the details.

Your reporter further sayeth naught.
Writer of the week: Mark Sather

THOUGHT OF THE WEEK:
"It always seems difficult until it's done"

- Nelson Mandela

**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**

UPCOMING MEETINGS

July 1: Commander Tim Flynn,
St. Paul Police; Covid & Riots

Chairperson: Ellen Hiniker

Classification: Pat McClernon

Invocation: Rita Pechmann

Writer: Darrell Stone

July 8: Allison Kaplan, Editor, Twin Cities
Business Magazine

Chairperson: Deb Neutkens

Classification:

Invocation: Steve Griffith

Writer: Jim Rathburn

FUTURE MEETINGS:

Please note that program information may change with the new virtual meeting format...stay tuned!

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

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

COMMUNITY SERVICE TEAM: Meets last Wednesday of each month, noon, location TBD

FUNDRAISER TEAM: Meets immediately following Wednesday meeting (seasonal)

INTERNATIONAL SERVICE TEAM: Meets 2nd Thursday of each month, Eat @ Banning & 5th, 7 a.m.

MEMBERSHIP TEAM: Meets 1st Tuesday of each month, 7:30 a.m., Caribou, Cty E & E Cty Line

PUBLIC IMAGE TEAM: Meets 3rd Thursday 7 a.m. Anchor Coffee

VOCATIONAL SERVICE TEAM: Meets 1st Thursday of each month, Keys Restaurant, 7 a.m.

YOUTH EXCHANGE TEAM: Meets 2nd Thursday, 4:30 p.m., Washington Square Grill

2019-2020 Officers/Directors

President.....John Channon
President-ElectPat McClernon
Past PresidentConnie Bossard
TreasurerMichael Lovett
SecretaryBob Timmons
Exec. Secretary . . .Marlyce Paulson
Public ImageKevin Donovan
Rotary Foundation. .Curt Akenson
Community Service. .Rita Pechmann
- Pam Bowers
Vocational Service .Fred Treiber
-Ken Baltzer
Club ServiceKen Baltzer
- Chuck Sandstrom
MembershipGreg Bartz
InternationalJim Hunt
- Greg Bartz
Youth Exchange .. Tim Wald
Bulletin Writers . . .Mark Sather
-Darrell Stone
-Greg Young
-Dick Galena
-Bob Timmons
-Jim Rathburn
-Jackie Reis
InvocationsRich Ramsay
-Bill Rust
-Bob Gehrke
-Steve LaLiberte
-Rita Pechmann
-Bill Eaves
-Steven Griffith
-Art Hancock