



*Celebrating 42 Years of Service
To the Community
Rotary Club of White Bear Lake*

*Meetings
Wednesday at 7:30 a.m.
Hybrid Meetings at Rudy's
Redeye Grill and via Zoom*



JULY 6, 2022

**PROGRAM: Civilian Conservation
Corps, Barbara Sommer**

CHAIR: Jackie Reis

**INVOCATION/INSPIRATION:
Steve LaLiberte**

CLASSIFICATION: Conrad Solberg

WRITER: Jim Rathburn

Hybrid meetings are held on Wednesday a.m.
at Rudy's and via zoom.

White Bear Lake Club Meeting
Social Time starts at 7:15 a.m.; Actual meeting
starts at 7:30 a.m. and finish by 8:30 a.m.
To join the Zoom meeting:
<https://us02web.zoom.us/j/87159321038>
Meeting ID: 871 5932 1038

WBL Rotary Club Celebrates 4:01- at Rudy's.
Join us for end-of-week social time with
Rotarian friends.

ANNOUNCEMENTS

Julie Honsa and President-Elect

Ashley Filipovich handed out four
Taste tickets to everyone present at our
Wednesday meeting. These are the tick-
ets we all are expected to sell or pur-
chase for our biggest fundraiser of the
year in September. Get yours now and
get them sold.

In a partnership with the city of White
Bear Lake, the Community Service
Team had five club members gather to
pull weeds on June 25. We will be do-
ing that again on upcoming Saturdays,
July 16 and August 20 at 9:00 for an
hour or two. The location is Lake Ave.
and Clark St. near the Rotary monu-
ment. If you haven't seen the beautiful
tribute to Rotary at that location in a
while, come check it out and help us
pull some weeds.

Chuck Sandstrom has tickets to the St.
Paul Saints baseball game at CHS field on
Thursday, July 28th. \$20 to Chuck

Don't forget to sign up for the Rotary
Marketfest booth. Sign-ups needed every
Thursday through July 28.

CLASSIFICATION: Tara Jebens-Singh

Tara and her family have lived in the northeast metro area for over 25 years. She has worked with the White Bear School District and area non-profit organizations, most recently, Northeast Youth and Family Services. She is currently taking a mid-career sabbatical to focus on a doctoral program in organizational development and change with a focus on social justice and inclusive leadership. She has been a White Bear Rotarian for a few years now and comes from a family with Rotary roots. Tara spoke about her family's experience living with a loved one suffering from severe mental illness. Her son Ishan was affected by bi-polar disorder and substance abuse issues. Ishan was a vital, artistic, and empathic person who lived as a whole person under very complicated circumstances. In January of 2021 after years of struggle, Ishan died, proving that even with all the resources available to a family of means and great support, our society needs a new outlook on mental health and stigma attached to this disease. Tara is working to reduce the stigma of mental illness and says it begins with talking about and sharing with each other the authentic issues as they are happening. She also advocates using all the resources available, starting with the National Alliance on Mental Illness (NAMI).

**NEW FISCAL YEAR (2022-2023) FOR WHITE BEAR LAKE
ROTARY CLUB AND FOUNDATION**

- Check out the list of new officers and team leads on the next page of this Bulletin. Discuss your ideas/concerns with any of them.
- Note the Team Meeting dates/times...it's a great time to join one of these teams and learn more about the inner-workings of the club.
- Bulletin writers are needed... assigned once/every six weeks and all you need to do is to take notes of the weekly meeting and send them to Marlyce. This can be done via zoom or in person. No need to worry about catching all the details...she will cover for you!

ROTARY THEME FOR 2022-2023



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

July 4.....Tim Geck
July 5.....Shari Wilson
July 15.....Peggy Palen
July 17.....Irina Fursman
July 17.....Conrad Solberg
July 20.....Jeanne Hartle
July 21.....Dale Grambush
July 22.....Chris Oji
July 23.....Rod Oakes
July 23.....Dan Baltzer
July 23.....Bob Gehrke
July 24..... Joe Benson

**DID YOU KNOW—
NEWS FOR 2022-2023:
Jennifer Jones is Rotary
International's first female
president. Her home club is
Windsor-Roseland Canada.**

PROGRAM FROM MEETING OF 6/29/22:
Tara Jebens-Singh Presents: Mindy Greiling, author of Fix What You Can: Schizophrenia and a Lawmaker’s Fight For Her Son

Mindy Greiling was a teacher, school board member, and served in the Minnesota State House of Representatives for 20 years. Her son was diagnosed with schizo-affective disorder in 1999. Mental illness issues have been her passion since her start in the House of Representatives. But her first exposure to mental illness was as a child when her grandmother had to be committed to a state hospital for schizophrenia. Today, one in five people have some form of mental illness and half of those people abuse drugs or alcohol. Mindy’s son Jim had some tough years as a teen and into early adulthood. He gravitated toward new friend groups and became involved with street drugs. The family originally blamed Jim’s mental health problems on the wrong friends and drugs, but when he was diagnosed with schizo-affective disorder everything changed. After treatments, a few setbacks, and even a suicide attempt Jim stabilized, with the help of a supportive family and various therapies. Mindy mentioned that suicide is the 10th most common cause of death in our country and that 193 billion dollars in earnings is lost each year to the disease of mental illness. She advocates educating yourself about mental illness. Talking to others is essential as well as learning how to function in a support role when your family is affected by mental illness. The National Alliance on Mental Illness is a valuable organization which Mindy has been associated with. She warned that you can have a great family, money, and great support but that mental illness can still be a difficult problem to overcome.

Writer of the week: Darrell Stone

Thought of the week:

“Patriotism is supporting your country all the time and your government when it deserves it.”

Mark Twain

ROTARY FOUR-WAY TEST:

- ⇒ Is it the truth?
- ⇒ Is it fair to all concerned?
- ⇒ Will it build good will and better friendships?
- ⇒ Will it be beneficial to all concerned?
- ⇒ IS IT FUN???

UPCOMING MEETINGS:

July 13:
PROGRAM: Rotary Nature Preserve
Connie Taillion
CHAIR: Ken Baltzer
INVOCATION/INSPIRATION: Rita Pechmann
CLASSIFICATION: Rod Oakes
WRITER: Mark Sather

July 20:
PROGRAM: Chris Kost, Update on YMCA
CHAIR: Pat McFarlane
INVOCATION/INSPIRATION: Art Hancock
CLASSIFICATION: Fred Treiber
WRITER: Dick Galena

July 27:
PROGRAM: TBA
CHAIR: TBA
INVOCATION/INSPIRATION: Carol Nelson
CLASSIFICATION: Pam Tschida
WRITER: Carol Nelson

MAIL OR PHONE CLUB NEWS TO THE
WBL ROTARY OFFICE:
MARLYCE PAULSON
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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

WBL ROTARY TEAM MEETINGS—
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 Friday, 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 3rd Tuesday of month, 7:30 a.m.
PUBLIC IMAGE TEAM: Meets 3rd Thursday, 8:30 a.m.
VOCATIONAL SERVICE TEAM: Meets 1st Thursday of month, 7 am

2022-2023 Officers/Directors

President..... Bob Timmons
President-ElectAshley Filipovich
Past PresidentMike Lovett
Treasurer Kevin Donovan
Secretary Derrek Skeie
Exec. SecretaryMarlyce Paulson
Public Image Dale Grambush
Rotary Foundation. .Curt Akenson
Community Service. John Channon
Vocational Service .Ryan Boog
Club ServiceCraig McNulty
MembershipGreg Bartz
International Janelle Erickson
Equity & Inclusion....Jackie Reis
Youth Exchange . . Tim Wald
Bulletin Writers . . . Mark Sather

Darrell Stone
Dick Galena
Jim Rathburn
Jackie Reis
Carol Nelson
Invocations Rich Ramsay
Bill Rust
Bob Gehrke
Steve LaLiberte
Rita Pechmann
Bill Eaves
Art Hancock
Carol Nelson