



*Celebrating 43 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*



**SEPTEMBER 28, 2022**

**SPECIAL NOTE:**

**ROTARY MEETING WILL BE HELD AT  
ROTARY NATURE PRESERVE**

**PROGRAM:** Off site meeting at Rotary Park  
Connie Taillon, Rotary Nature Preserve  
Habitat Project Field Trip

**CHAIR:** Bob Timmons

**INVOCATION:** Bill Rust

**WRITER:** Mark Sather

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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**

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

**ANNOUNCEMENTS**  
**#IMAGINE ROTARY**

**#Rotary:** Bob Timmons shared Med-  
ford WI Morning Club celebrating Oc-  
toberfest!

**Paul Harris Awards – Curt Akenson**  
presented Paul Harris awards to **Carol  
Nelson (2<sup>nd</sup>), Paul Keleher (2<sup>nd</sup>), John  
Channon (3<sup>rd</sup>), and Pam Bowers (7<sup>th</sup>)**.  
Interested in finding out more about  
Paul Harris Awards and the Rotary In-  
ternational Foundation? Contact Curt!

Members of our **Satellite Club** invite  
morning Club members to join them for  
a social on November 3<sup>rd</sup> at 6:00 PM, at  
the Pool Atrium, White Bear Country  
Inn. Steve Griffith indicated he will  
have more information and reminders at  
a later date but asked that we put this on  
our calendars now.

**Hello from Koya!** He is settling in at  
White Bear Lake High School and find-  
ing people very kind and helpful. He is  
having good experiences and looking  
forward to a football game this week-  
end!

**Reminder:** The September 21 meeting will be a “field trip” at Rotary Nature Pre-  
serve (4840 White Bear Parkway), where Connie Taillon and others from the City  
of White Bear Lake, will talk with us about our habitat restoration partnership with  
the City. **PARKING:** There is no parking on White Bear Parkway and limited  
parking at the Preserve – please leave spots there for easier access for those with  
mobility issues. Parking is available across the street at Taymark – please use the  
lot on the east side of their building only!

**Mark Sather** announced that the final dedication of the Saputo Station, which was  
constructed by WBL Rotarians, will be held on October 6<sup>th</sup> at 3:00 PM at Bellaire  
Park. Signs will be installed and recognitions made on the completion of the shel-  
ter.

(...and by the way, Mark wanted it known that Tim Geck had finally – after 15  
years – made good on his promise of a steak dinner for those who worked on  
Rotary Park!)

**ACADEMIC ACHIEVER ADS**

Sponsors are needed for the Academic Achiever ads for this school year. The cost to  
sponsor is \$110 and is billed to your Rotary account. Your name/company name will  
appear in the White Bear Press as a sponsor for a student who has been recognized  
by the school as an Academic Achiever. We are looking for 22 sponsors for the local  
schools. Contact Dale Grambush for the Vocational Team (dale@grambush.com)

**STRIVE RACES**

**Run for the Apples**  
**Saturday, October 22, 2022**  
**5 mile, 1/3 mile kids fun run**  
Held at Jacobson's Pine Tree Orchard in  
White Bear Lake. Course is on the trails  
through the orchard, strawberry fields  
and pumpkin patch. \$35-45 registration  
includes long sleeve event  
t-shirt.

**Kowalski's STRIVE 10 Miler & 5K**  
**Sunday, November 5, 2022**  
**10 miles around beautiful White Bear  
Lake or 5K**  
\$25-\$35 registration includes long sleeve  
event t-shirt

Contact Dale: dale@grambush.com



**IMAGINE  
ROTARY**

PROGRAM FROM MEETING OF 9/21/22:

RURAL HEALTH CARE IN SIERRA LEONE  
Improving health and nutrition for women and children in Sierra Leone  
Carol Nelson

The Rural Health Care Initiative (RHCI) was founded in 2011. Carol has been involved since 2012 as a fundraiser, board chair, volunteer director, and currently program director. The organization was founded by Alice Karpeh, who was born in Sierra Leone and was working at Boynton Health Center at the University of Minnesota, which is where Carol met her and learned about the project. It was Alice’s dream to return to her village to help with child and maternal health. She and other friends in Minnesota started RHCI, a humanitarian organization working on development in the health care sector of rural Sierra Leone with a focus on maternal and child health. Sierra Leone is in West Africa, and with 8 million people, is about the size of South Carolina. The country was a British colony from the 1800s to 1961, and ongoing extraction of minerals has depleted the wealth of the country. There was a devastating civil war from 1992-2002, which destroyed the infrastructure and contributed to even more poverty. Then in 2014-2015, Ebola struck, killing many, including 10% of the health care workforce. Since then, the country has developed into a peaceful democracy with a president and parliament and, importantly, no guns! It is a young country, with an average age of 18 and a life expectancy of 55. Maternal mortality is 1:31 (compared to 1:3,000-4,000 in the U.S.) and one in eight children do not reach age 5. RHCI works in the Tikonko Chiefdom (similar to a county), an area of about 25,000 people and 70 villages. RHCI partners with rural communities there, focusing on four areas: (1) rural health system redevelopment (providing medical resources, training health care workers, providing transportation, motor-bike outreach clinic, family planning, and support to public health workers), (2) birth waiting homes; (3) child health and malnutrition outreach clinics, and (4) food security and agriculture. Two birth waiting homes are available for expectant mothers who stay at the home the last few weeks before the end of their pregnancy, learning about nutrition and childcare; they are taken to local health centers or government hospital for the birth, return to the waiting home with their child to recover and are then driven back to their village. In addition to maternal and child health, RHCI addresses malnutrition, malaria, and other critical illnesses at two primary locations, with a staff of 16 full time and 60 part time workers and a modest budget of around \$250,000. White Bear Lake Rotary has contributed to the program for the past few years. This is a small program with a big impact! Visit: [RHCI](#).

A TASTE OF AFRICA – October 2<sup>nd</sup> - Celebrate 10 years of RHCI at their 5th annual Taste of Africa fundraising event. Experience African culture first hand through African cuisine, dance and drum entertainment, silent auction and photos for a better understanding of the Sierra Leone culture served by RHCI.

Week of the Week: Jackie Reis

THOUGHT OF THE WEEK:  
“Leaves are falling; Autumn is calling”  
  
- Author Unknown

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:  
October 5:  
PROGRAM: Brent Peterson,  
St Croix Historical Society, on Bud Fowler,  
black baseball icon  
CHAIR: Bob Timmons  
CLASSIFICATION: None  
INVOCATION: Steve LaLiberte  
WRITER: Jim Rathburn  
  
October 12:  
PROGRAM: Meg Robertson & Abby Roza  
Library Services & Equity for Ramsey  
County Inmates  
CHAIR: Bob Timmons  
CLASSIFICATION: None  
INVOCATION: Rich Ramsay  
WRITER: Dick Galena  
  
October 19:  
PROGRAM: Keith Henry  
HIV Research Project  
CHAIR: Carol Nelson  
CLASSIFICATION: John Wayne Barker  
INVOCATION: Bob Gehrke  
WRITER: Jackie Reis  
  
October 26: Sif Jensen, Human Library Project

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 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 meet-  
ing (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-Elect . . . .Ashley Filipovich  
Past President . . . . Mike Lovett  
Treasurer . . . . . Kevin Donovan  
Secretary . . . . . Derrek Skeie  
Exec. Secretary . . . .Marlyce Paulson  
Public Image . . . . . Dale Grambush  
Rotary Foundation. .Curt Akenson  
Community Service. John Channon  
Vocational Service .Ryan Boog  
Club Service .....Craig McNulty  
Membership .....Greg 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