



*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*



**April 13, 2022**

**PROGRAM:** Operation Pollination, Chris Stein

**CHAIR:** Leo Schuch

**INVOCATION/INSPIRATION:** Bill Rust

**CLASSIFICATION:** Ellen Fahey

**MERCHANT MINUTE:** Cindy Kirn,  
Sass-A Unique Boutique

**WRITER:** Mark Sather

\*\*\*\*\*

**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 Rotari-**  
**an friends.**

**ANNOUNCEMENTS**

**Rob Weber** thanked all volunteers who helped with another successful STRIVE race on April 2, and **Ken Baltzer** thanked all the race sponsors as well as **Rob and Dale** for their efforts.

**Visioning Survey: Bob Timmons** encouraged everyone to complete the online survey for the Strategic Vision Session on April 18 and 21. Each club member should fill out the electronic survey which can be found on the e-bulletin.

**Kate Christopher** provided an update on her husband's recent heart surgery and, together with **Greg Bartz**, urged us to "listen to our heart".

**Kevin Donovan** reported that 26 Rotarians and friends attended a Sunday performance at the MN History Theater of the play "Parks", based on the early years of Gordon Parks and his life in St. Paul. He commented how interested we were to hear the lead actor commenting that "joining Rotary" was one of the expectations of growing up. During the talk with the actor and one of the writers after the play, we learned the line truly was part of the script, not included for our benefit! Kevin also announced an exhibit, "Healing the Breach", featuring AHHA!, a group of Black artists from Minneapolis and St. Paul, would be opening at the White Bear Art Center April 25, with a reception the evening of May 17. Rotary, along with the Art Center and Many Faces, is one of the sponsors of the exhibit, which runs until June 9.

**CLASSIFICATION: Rita Pechmann**

Rita was born and grew up in Rochester, MN, graduated from the University of Wisconsin-Stout and later from the graduate school of banking at the University of Wisconsin-Madison. Rita started her career as a bank examiner, a job held during the depression by her grandfather. In 1985 she joined a bank which changed hands a number of times, and then 14 years ago joined Lake Avenue Bank, which is soon to become Royal Credit Union, where she enjoys her role as a business banker working with community small businesses. Rita's first community involvement was with the St. Paul Jaycees. Over the years, she has been an active volunteer; in addition to Rotary, she has chaired the White Bear Chamber of Commerce, and has been involved in Kiwanis and her church among others. Rita is married to Joe, a contractor, and they have three daughters and two granddaughters. In December 2020, the furnace in their home blew up, essentially destroying their house; they are now "down-sizing" and building a new home in Blaine. But what they really enjoy is their cabin, a place where all the family can gather.

**PRESENTATIONS:**

**Jim Rathburn and Darrell Stone** presented Cara Anderson, operations coordinator for the Hugo Good Neighbors Food Shelf, with a donation from the Community Service Committee. Rotary volunteers also recently prepared Easter meal packs for 40 families served by the Food Shelf.

**Mark Sather** recognized Jo Emerson, former White Bear Lake mayor, for her 40-years of public service, including three consecutive terms as mayor, and volunteer and elected roles at the local, regional and even international levels. On behalf of our Club, Mark presented Jo with a Paul Harris Fellow.

**MEETING GUESTS:**

**Julie Pfab**, Director of Community Services for Lyngblomsten, attended along with our speaker for the morning.

**Chris Streif Oji** introduced her guest, Deb Beloyed, a member of the White Bear Lake School Board and of the White Bear Lake Educational Foundation.

**Greg Bartz** introduced Roger Humphrey, back for another visit, who described a sailing trip with a Russian friend of Greg, two people from the United Kingdom, one from Belarus, and he and his son, shortly before war broke out in Ukraine.

**NEWS FROM COMMUNITY  
SERVICE TEAM**

Merrick's Bowl-A-Thon is back. Fun morning of donuts, door prizes, bowling, raffles, and pizza. Sunday, May 15, 2022 9-11:30 a.m. at Flaherty's Arden Bowl. Community Service is sponsoring a team! **Rita Pechmann** will follow up with details.

**COMMUNITY VOLUNTEER  
OPPORTUNITY  
HELP TO RESCUE FOOD**

The White Bear Food Shelf needs regular and substitute drivers for the Food Rescue program. This would be in the A.M. and helping to rescue food from local restaurants for re-distribution at the Food Shelf. For more information, contact [deb@whitebearfoodshelf.org](mailto:deb@whitebearfoodshelf.org)

PROGRAM FROM MEETING OF 4/6/22:

Derrek Skeie introduced Carolyn Klaver, Community Dementia Care Specialist with 2<sup>nd</sup> Half with Lyngblomsten.

Carolyn explained that dementia is a neuro-degenerative disease that includes Alzheimer’s, a brain disease that causes a slow decline in memory, thinking, and reasoning skills. The goal for individuals with this disease is to be able to experience quality of life through intentional planning. Using a report from the Alzheimer’s Association, Carolyn described the 10 early signs and symptoms of Alzheimer’s and how they are different from typical age-related changes. (A full description of these can be found at [https://www.alz.org/alzheimers-dementia/10\\_signs/](https://www.alz.org/alzheimers-dementia/10_signs/) )

- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgement
- Withdrawal from work or social activities
- Changes in mood or personality

Carolyn described several resources offered by 2nd Half with Lyngblomsten such as the Memory Collective, an online enrichment class for adults with memory loss, The Gathering group respite, and support for family caregivers.

Carolyn’s presentation offered us a powerful reminder that we are all getting older as are those around us and that being aware and understanding and responding respectfully is important.

Writer of the week: Jackie Reis

THOUGHT OF THE WEEK:  
“It’s a good world when there’s a Rotarian on every corner”  
-Quote heard at STRIVE Race, 4/2/22

- 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:

April 20:  
PROGRAM: Fast for Hope, Rick Heidick  
CHAIR: Pam Tschida  
INVOCATION/INSPIRATION: Rich Ramsay  
CLASSIFICATION: Jackie Reis  
WRITER: Jim Rathburn

April 27:  
PROGRAM: Taste Team Leads; Preparing for Taste of White Bear Lake 2022  
CHAIR: Ashley Filipovich  
INVOCATION/INSPIRATION: Carol Nelson  
CLASSIFICATION: Outgoing Youth Exchange Student Presentation  
WRITER: Carol Nelson

May 4:  
PROGRAM: TBD  
CHAIR: TBD  
INVOCATION/INSPIRATION: Bill Eaves  
CLASSIFICATION: Chuck Sandstrom  
WRITER: Dick Galena

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

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  
2021-22 Officers/Directors  
*President..... Michael Lovett*  
*President-Elect ... Bob Timmons*  
*Past President .... Pat McClernon*  
*Treasurer ..... Ashley Filipovich*  
*Secretary ..... Kevin Donovan*  
*Exec. Secretary ... Marlyce Paulson*  
*Public Image ..... Kevin Donovan*  
*Bob Timmons*  
*Rotary Foundation. Curt Akenson*  
*Community Service. Darrell Stone*  
*- John Channon*  
*Vocational Service .Derrek Skeie*  
*.Ryan Boog*  
*Club Service ..... Pam Tschida*  
*.Craig McNulty*  
*Membership .....Greg Bartz*  
*. Miriah VanDuuren*  
*International .... Patty Hall*  
*. Fred Treiber*  
*Equity & Inclusion....Jackie Reis*  
*.Kevin Donovan*  
*Youth Exchange .. Tim Wald*  
*Bulletin Writers ... Mark Sather*  
*Darrell Stone*  
*Dick Galena*  
*Bob Timmons*  
*Jim Rathburn*  
*Jackie Reis*  
*Carol Nelson*  
*Invocations .... Rich Ramsay*  
*Bill Rust*  
*Bob Gehrke*  
*Steve LaLiberte*  
*Rita Pechmann*  
*Bill Eaves*  
*Art Hancock*  
*Carol Nelson*