



RIB

# Rotary in Bloomington

Bloomington Noon, October 28, 2024

**Noon Meetings Two Weeks Per Month, Mondays at the Hilton, France Ave & 494 Social Events and Club Service - See Calendar**

### Mission

The Bloomington Noon Rotary Club unites leaders to improve our community and the world through service and philanthropy.

### 2024-2025 Officers:

#### President:

**Dwayne Lowman**

**Phone: 952-270-3691**

[dwayne.lowman1@gmail.com](mailto:dwayne.lowman1@gmail.com)

#### Board Meetings - Monthly:

Fourth Mondays, 11:00 AM, Hilton

#### President Elect:

Kurt Hagen

#### Vice President:

open

#### Treasurer:

Bob Erickson

#### Sergeant at Arms:

Lori Rebers

#### Program Chair:

Sara Kleinsasser Tan

#### Past President:

Laura Schultz

#### District Governor:

Sharon Bloodworth

#### Executive Secretary:

Kathy Koehler

**952-250-0476**

[kkoehler53@frontiernet.net](mailto:kkoehler53@frontiernet.net)

**Directors:** Adam Johnston, Jim Mortenson, Terry Stirewalt, Chris Aldrich, Jane Fenton, Lori Rebers, Valeria Camboni Miller, David Drummond, Lee Mosher,

**Mailing Address:** P.O. Box 20300  
Bloomington, MN USA 55420

## November 4 Preview: “Aging Successfully—Learning How to Optimize Your Lifespan” Guest: Rotarian Chris Farris, RN, PHN

There are many keys to longevity and better health that are totally within our control. We'll discuss predictors of a long life and learn why people who live in the Blue Zones live much longer than those of us who don't...



**Chris Farris** is an elder-care consultant and public-health nurse. She also supports senior families and educates the community on senior-care needs. Chris is on the board of directors for Vital Aging Network, a nonprofit organization that is based in Minnesota. She serves as an active Rotarian in Apple Valley, MN, and as a volunteer consultant for Burnsville, MN, YMCA's ForeverWell Program, which focuses on senior wellness. As an Ambassador for the Apple Valley Chamber of Commerce, Chris helps connect resources for new business members and the community. Joining Carlsbad Rotary in California in 1988, Chris was one of the first female Rotarians after the U.S. Supreme Court mandated that women be allowed entrance. She joined Apple Valley Rotary in 2014.

Chris believes one of her biggest career, and personal, accomplishments was helping to get smoking banned from airplanes while volunteering with the California American Lung Association. In 1987, California was the first state to ban smoking. In 1990, it was mandated federally.

**Zoom is now available for our Monday Hilton meetings.** Meeting ID: 243 737 0314 Passcode: 4waytest Link: <https://us02web.zoom.us/j/2437370314?pwd=azZHeENQd2poLzY2VzBDZi9RNldlNQT09&omn=81223847594>

## November 7 Preview: “Community Service at VEAP”

**Our monthly Club Service project at VEAP is set for Thursday, November 7, between 2:15 and 5:00**

**RSVP your Availability with Dwayne Lowman at [dwayne.lowman1@gmail.com](mailto:dwayne.lowman1@gmail.com)**

Up to 8 Rotarians can volunteer their time at VEAP for the afternoon to help along side others from VEAP with food packing (sorting, breaking down items, repackaging) in the Pantry or helping clients with their shopping so clients are able to pick the variety of items that they need. Join for whatever time you have available from 2:15 to 5:00 PM.

**Sign up: Email [dwayne.lowman1@gmail.com](mailto:dwayne.lowman1@gmail.com) with the times you are planning to come. Volunteer Today!**

**Address: 9600 Aldrich Avenue, Bloomington  
Enter on the West side, Volunteer door.**



**November 14 Preview: Veterans Day Luncheon**  
**Sign up via your Club Runner Invite!**

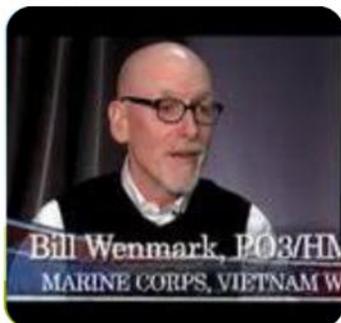
Join the Rotary Clubs of the Southwest Metro as we

**PAY TRIBUTE TO OUR VETERANS**

**VETERANS DAY LUNCHEON**

**Featuring the Rotary Brass Quintet**

Featured Speaker:  
Bill (Doc) Wenmark



Featured Emcee:  
Mark Shockey



**Thursday**  
**November 14, 2024**

**11:15 am: Registration**  
**11:30 am - 1:30 pm: Lunch & Program**

**Edina Country Club**  
**5100 Wooddale Ave**  
**Edina, MN 55424**

**\$30 for Rotarians & Guests**  
**Register by November 6**  
**through your local club**

Sponsored by the Rotary Clubs of: Bloomington Noon, Edina Morningside, Edina Noon, Eden Prairie AM, Eden Prairie Noon, MN Pride, MN Veterans, and South Minneapolis Metro PM



## Our Recent Meetings...

On October 28th, Rotarian **Becky Amble** shared **How to use AI**. The concept of Artificial



Intelligence was not new to us, but learning the many ways it can be used and is being used surprised many of us. Becky is a leader in Strategic Marketing and Artificial Intelligence, soon to be a Certified AI Consultant. Becky helps people to identify how they can use AI. She called it “AI-ifying”. She has multiple books available and YouTube videos to help people learn to use AI.

We see AI being used everywhere now. Most of us are a little slow in implementing this tool because the concept can overwhelm us with its many possibilities. We are also hesitant because it appears to override the human experience, and we are resistant to this kind of change. We still have

no concept of the impact AI will have on our everyday lives.

AI is a transformative tool. It is being used in business in a number of ways to assist people in their work load; help businesses save implementation expenses; and help streamline workflow. Businesses using it are experiencing faster growth.

Becky introduced us to some examples of Chatbots, Large Language Models; media creation; and how one can personalize AI to represent themselves. She provided several examples of AI software currently available and how it might be used in our work settings. One example would be creating a series of prompts or notes on a subject then asking ChatGPT to write a coherent paragraph based on these prompts. It appears that a skill we will need in the future is being able to identify the bones of a subject or project, articulate them, and then ask AI to fill in the body. Once filled in, we will need to be able to clarify and refine details and assure that our information is accurate.

Becky showed us video creation using an avatar. She showed us how AI can translate anything you might want to say in a video into any language and make it look like you are really talking in that language. She listed several software programs currently available like ChatGPT, CoPilot, Jasper, Synthesia, VEED.ID, Zap and many others.

### Distinguished Guest

Rotarian **Jimmy Bates**, Ketchum/SunValley Rotary, Right Coast Medical, Recently moved here

**Happy Bucks...** **Eric Melbye** was just happy to be back at a meeting. **Don Stiles** honored our speaker. **Terry Stirewalt** celebrated a great motorcycle riding season which he plans to keep up. **Becky Amble** just returned from a trip to the Panama Canal. Our guest, **Jimmy Bates**, celebrated his wife’s birthday. **Karen Nordstrom** was happy to see **Diann Kirby** back. **Debbie Belfry** shared a touching story about wearing your Rotary Pin all the time because Rotarians jump in to assist others when they find there is a need. **Deb Newman** shared how **Becky Amble** used ChatGPT to help her with a 700 word article on her career that she needed. **Lori Rebers** thanked all who helped with set up while she was in Ireland traveling. And, **Dwayne Lowman** thanked those who stepped in for him last week.

**Sara Tan** wants all to know that the *Sold Out* Bloomington Symphony Orchestra concert set for November 17 at 2:00 PM will be available for \$15.00 as a Livestream and Video on Demand Concert. Purchase to watch on this link: <https://bloomingtonsymphony.org/2024/10/25/livestream/>.



**Laura Schultz** and **Debbie Belfry** were awarded Blue Ribbons for their elevator speech at the recent District Conference Boot Camp. (photo) **Don Stiles** also attended.

### October Birthdays

- 01 Larry Lee
- 17: Jim Casserly
- 19 Mary Kurth

### October Anniversaries

- 13 Deb Newman 16 yrs
- 14 Kari Thompson 5 yr
- 16 Don Stiles 23 yrs
- 19 Kellie Lowman 9 yrs
- 30 Adam Johnston 23 yrs

### Recent Program Recordings...

07/22/24 - “**DG Sharon Bloodworth**” - <https://youtu.be/HrGiZiXdqZ0>

08/12/24 - “**Bravo Zulu House**” – <https://youtu.be/r6GqhNh8pPE>

08/26/24 - “**International Village Clinic**” – <https://youtu.be/J22Vgoy1SWc>

09/09/24 - “**Wilderness Inquiry**” - <https://youtu.be/O2AHZBdbK1s>

09/23/24 - “**Human Trafficking and How is Rotary Helping to Stop It**” - <https://youtu.be/FOwZ45Uwzoc>

These and other Rotary programs are also available to stream on the city website here: <https://reflect-bcit.cablecast.tv/CablecastPublicSite/search?channel=2&query=rotary>

## Upcoming Meetings -

- Black Denotes In Person Meeting At the Hilton Hotel**
- Blue Denotes Club Service, Meet and Greet, or a Vocational Event**
- Red Denotes No Meeting at the Hilton**
- Green Denotes a planned Zoom Meeting**

- Nov 4: Monday **"Aging Successfully"** Guest: Chris Farris zoom available
- Nov 7: Thursday **"Community Service at VEAP"** 2:15 to 5:00 PM [Email Dwayne to Volunteer](#)
- Nov 14: Thursday **"Veteran's Luncheon"** 11:30 Edina Country Club
- Nov 21: Thursday **"Meet and Greet"** Hilton Hotel, Olive Lounge, 5:00 PM
- Nov 25: Monday **"Indiana Jones and the Secret Serum"** Rotarian Tim Mulcrone zoom available
- Dec 2: Monday **"Indoor Air Hazards"** Daniel Tranter, MN Department of Health
- Dec 5: Thursday **"Community Service at VEAP"** 2:15 to 5:00 PM [Email Dwayne to Volunteer](#)
- Dec 9: Monday **"Jefferson Athletic Foundation"** Rotarian Eric Dallmann and Tania Ishaug
- Dec 12: Thursday **"Bloomington Rotary Holiday Party"** Minnesota Valley Country Club 5:00 to 7:30

## Calendar of Events - SAVE the following DATES on your calendar!

- Nov 7: Thursday **"Community Service at VEAP"** 2:15 to 5:00 PM  
[Email Dwayne to Volunteer](#)
- Nov 8: Friday **"VEAP's 50th Golden Gala"** Radisson Blu [veap.org/gala-2024](http://veap.org/gala-2024)
- Nov 14: Thursday **"Veteran's Luncheon"** 11:30 AM at Edina Country Club, Invite a Veteran as your guest and register through your Club Runner invite. See Page 2 RIB.
- Nov 25: Monday **"Club Board of Directors Meeting"** Hilton Hotel 11:00 AM
- Dec 2 and 9: **Monday Noon Meetings at the Hilton.** Mark this change on your calendar.
- Dec 5: Thursday **"Community Service at VEAP"** 2:15 to 5:00 PM [Email Dwayne to Volunteer](#)
- Dec 7: Saturday **"Salvation Army Bell Ringing"** 11:00 to 5:00 Lunds & Byerly's  
98th Street and Normandale Boulevard. **SAVE THE DATE**
- Dec 12: Thursday **"Bloomington Rotary Holiday Party"** Minnesota Valley Country Club 5:00 to 7:30

- The Four-Way Test*
1. *Is it the TRUTH?*
  2. *Is it FAIR to all concerned?*
  3. *Will it build GOODWILL and BETTER FRIENDSHIPS?*
  4. *Will it be BENEFICIAL to all concerned?*

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## Photos from our Meet and Greet

We had a great turnout for our Meet and Greet meeting on Thursday, October 24. Good food and good conversations are always the highlights of these gatherings.



Web Addresses:  
Bloomington Noon Rotary  
[www.bloomingtonrotarymn.org](http://www.bloomingtonrotarymn.org)  
Rotary International  
[www.rotary.org](http://www.rotary.org)  
Rotary District 5950  
[www.rotary5950.org](http://www.rotary5950.org)  
Find a Local Club  
Club Directory & Contacts | District 5950  
[clubrunner.ca](http://clubrunner.ca)  
ClubRunner

<https://portal.clubrunner.ca/3537>

Shop the internet through:

<http://smile.amazon.com/ch/41-1649217>

"Like" us on [Facebook](#) and "Join" our group on [LinkedIn](#). In both cases the search keyword is "Bloomington Noon Rotary MN"



## *Bloomington Rotary Holiday Party*

*When: Thursday, December 12th, 5:00 PM to 7:30 PM*

*Where: Minnesota Valley Country Club  
6300 Auto Club Road, Bloomington, 55438*

*Who: Everyone invited. This is a family event.*

*What: Holiday Social. Heavy Appetizers. Cash Bar*

*Cost: \$35.00 Adults, \$10.00 Children*

*RSVP: Use your Club Runner invite  
(sent out by Kathy Koehler on Oct. 29)*

*Dress: Your Choice...Business Casual to  
your favorite Holiday Party Outfit*