

Rotary



Club of Mt. Shasta

Club Leaders



Doug Carter
President



Thomas F. Stienstra
President-Elect



Gary L. Bostwick
Secretary



Lorinda Forrest Meyer
Secretary



Shayna Cassidy
Treasurer-Elect



Audra Beylik
Public Relations Chair



Kenneth Brummel-Smith
Membership Chair



Mark A. Foster III
Rotary Foundation
Chair



Kathy L. Morter
Community Service
Chair



Linda Stremel
Youth Services Chair



Heather Maria Solus
iPast President



Heather Maria Solus
Assistant Governor

Mt Shasta Rotary Meeting 02-24-2021

Wednesday, February 24, 2021

Call to Order & Welcome
Pledge of Allegiance

Guests/Visiting Rotarians:

Dr. Hannah Durbin, D.C. office at Doctors Park in Mt. Shasta. Phone 530-408-0177, 2nd visit

Announcements: Mike Mondeau got married on Sunday 2/21/2021

Mark F, Donna, Doug and Ken attended District meeting. Ken reported on the event. District grants are available. He feels we should report on our district grants monthly to the club. They want to make sure our club has a polio warrior and that there is a polio plus society, similar to PH society. Rotarians can dedicate some or all of your PH money to Polio plus for the PP society.

RI has a peace fellowship. Ken will put together information and will send out to members. As Mark said, we have district grants available. If we don't spend the funds we will lose it. Ken will present a grant opportunity at the next board meeting.

There are global grants available without limits. There is \$286K available in total. A lot of the info about grants can be managed through DacDB. Ken will look into this to see what is involved. Ken and Donna will meet with John Dwyer, head of district grant processing.

Ken will send out a copy of the new member orientation packet for review and to learn how you can help orient new members.

Donna participated in the meeting and explained how they made it different and interesting. People told their stories which made it more personal. The event was recorded and will be posted on the District website.

Rhianna Ranshaw was accepted for an internship as a Rotary Peace Fellow in Tapai, where she went on a student exchange through our club.

Thought of the Day: AI S - Perspective - on TV a woman was interviewed in her home in London about hardships by COVID-19. wearing a mask, homeschooling, not going to a restaurant and other issues. In 1942 Germany bombed London day and night for 57 consecutive days. 45,000 people killed and double that injures. People got up from the rumble and went to work not knowing what they would come home to. Perhaps we should not be complaining.

Program - Students of the Month:

Gibson Wizner, 7th grader at Sisson. She thanked the club. Was born in Redding, lives part time in Weed with her dad and Mom in Mt Shasta, She is passionate about anatomy and history. Least favorite subject is math. She enjoys hiking with her mom and running with her stepmom. She hunts and fishes with her dad. Horses are a big part of her life. She's been taking riding lessons. She'd like to become a large animal veterinarian. She'd also like to live on a farm-to-table ranch one day.

Laine Slabbinck is a junior at Mt Shasta High School. She was born in Sacramento. She says she thrives in math. She loves singing and dancing and positive relationships. She is leaning towards becoming a teacher. Her mom is her most influential person. She learns she can make her way past any challenge.

Drew Hering junior from Mt Shasta High School. He was born in Mt Shasta, lived in McCloud, then moved back to MT Shasta at age 10. He teaches XC ski lessons at the Nordic Center. In his free time, he enjoys skiing or going on runs and hikes in the area. Fav subjects are psychology and history He is exploring engineering, entrepreneurship and finance as college majors. He hopes to get a scholarship through track.

Vocational Talk: Linda Stremel

Linda Stremel is recently retired. She feels it is important to follow your interests when considering a career. Ask yourself what you like. When you are with other people are you outgoing? Do you

take a leadership role? How are you with family, friends and people you don't know? List what types of things you like to do for fun. What makes you feel good, important. What are your priorities in life?

Linda was born in Chico. At that time Chico was a farming and university community. Life was simple back in the 50's. They moved to a farm where her father was an almond farmer. They had horses. She got to try lots of different things. She rode and competed with horses, took pack trips with horses. She wasn't a star at anything, but tried everything in outdoor sports. In school she loved science. She wasn't one of the smartest people in school, but she was chosen by her biology teacher to watch one of the first heart transplants. This teacher must have known she would go into the medical field. She loved anatomy and physiology. She didn't know what she wanted to be. At one point she thought she would be a science teacher.

One time camping at Yosemite, her mom was talking to their neighbor, and her daughter was going to school to be a physical therapist. Linda didn't know what that was, but realized it could be her. She ended up going to UC Davis. They have an excellent science department. She met her husband there. After school she became a substitute teacher. The kids ate her alive, she found it tough. One day she got a call from Winters and subbed in a small elementary school. After school she went to the teacher and said she wanted to teach there. While she loved the teaching she realized she wanted to work one-on-one rather than in groups.

After her hub graduated from vet school, they moved to L.A.. She got a job as a PT assistant. She has worked in hospitals, had her own private practice, and did home health. She also worked with handicapped children. Within the field of PT she has had a lot of variety. At the hospital they outgrew the department and moved. She had the opportunity to remodel different buildings.

Carol and she designed the Wellness Center on Lassen Avenue and they added the fitness center later. During the course of her career with Mt Shasta Physical Therapy she has had a lot of varied experiences. Her priorities in her life were her family PT, and health, but she felt she was being pulled apart by all these other activities. One of her priorities in life is service to Mt. Shasta and to the world. Rotary for her is an opportunity to network. Owning a business can be lonely. You can't tell everyone at work how you are doing since you are the boss. When you go to Rotary you are all equals, and it offers credibility in the community. She also enjoys serving the youth in our community. She encouraged people to continue to look for unique opportunities in life that fulfill your interests. In closing, being a PT and serving people, she felt it wasn't supposed to happen in the same head to be a business person. She is proud of the fact she has been able to put the patient first.

Happy Bucks:

Linda \$5 to welcome the Castle's, Logan's parents

\$10 his son Dan tied the knot on Saturday - family is excited about new daughter-in-law, Janice - great addition to the family

Pat Titus - His mother passed away this fall. She left a charitable trust for the YMCA. Pat thought it would be cool to push it forward to Rotary. He will write a check each year to Rotary.

Ken \$10, \$5 for seeing Hannah again, \$5 after the foundation day experience he found out there is a Rotary Club in Playa Coronado in Panama. It is near the village he goes to for medical mission trips. He wants to put our club and Playa coronado together.

Gary - \$10 \$5 for each vaccination he and Cindy are getting tomorrow

Doug \$20 - made arrangements two days ago to make his final mortgage payment.

Marble Game: Gary B did not draw the blue marble. Ken has decided to donate his recent winnings to the Rotary International Fund, specifically Polio Plus

Birthdays

No Birthdays Found

Wedding Anniversaries

No Wedding Anniversaries Found

Years of Service

No Years Of Service Found

Club Meeting

Mt. Shasta

Meets at Normally, Mt. Shasta Resort. Currently via Zoom. Contact us at mtshastarotary@gmail.com for link to join a meeting.

1000 Siskiyou Lake Boulevard

Mt. Shasta, CA 96067

Time: Wednesday at 12:30 PM