



# The Paddlewheel

## Moorhead Rotary Club

Volume 95—Number 33

February 28, 2017

Moorhead Rotary  
Chartered May 1, 1921  
Club 970  
District 5580

President Lynne Kovash  
 President-Elect Corey Elmer  
 Secretary & Paddlewheel reporter  
 Teresa Joppa  
 Treasurer Doreen Filler  
 Past President Eric Wilkie  
 Director Russ Hanson  
*club administration, photos*  
 Director Dale Hetland  
*past president & advisor*  
 Director Jon Benson  
*past president & advisor*  
 Director Jill Baldwin  
*fund-raising, inc. Travel Raffle*  
 Director Tammy Finney  
*public relations & promotion*  
 Director Kay Parries  
*past president & advisor*  
 Director David Sederquist  
*fund-raising & projects*  
 RYLA Coord. Randy Farwell  
 Polio Plus Coord. Cindy Nolte  
 Sergeant at Arms Team  
 Dave Sederquist, Eric Johnson,  
 Mike Hulett & Jean Hannig  
 Pianist Sharon Fangsrud  
 Song Leaders Bill Schwandt,  
 Bob Hanna, John Andreasen  
 Photographer Russ Hanson  
 Meeting Reporter Teresa Joppa  
 Paddlewheel Editor  
 Nancy Edmonds Hanson

*The Moorhead Rotary board of directors meets the second Tuesday of each month.*

International President  
 John Germ, Chattanooga, TN  
 District 5580 Governor  
 Herb Schmidt, Fargo  
 District 5580 Vice Governor  
 Gary Nolte  
 Assistant District Governor  
 Kay Parries, Moorhead  
 District Governor-Elect  
 Craig Lochery  
 District 5580 Polio Coordinator  
 Cindy Nolte  
 End Polio Now Zone 28 Coord,  
 Gary Nolte

**Other F-M Rotary Clubs**  
 Monday: FM/PM Rotary  
 5:30 p.m., Lucky 13 Pub  
 Monday: Fargo West Rotary  
 Noon, Holiday Inn  
 Wednesday: Fargo Rotary  
 Noon, Radisson  
 Thursday: FM/AM Rotary  
 7 a.m., Ramada Plaza

*If you attend meetings of any of these clubs, just check in. We have a reciprocal agreement.*

**Moorhead Rotary**  
P.O. Box 72  
Moorhead, MN 56561



**This week's meeting:** Our speaker, Teresa Lewis, will share her insights into "Finding Peace through the Seven Mindsets." Rotarian of the Day Barb Belcher will introduce her. Jon Benson serves as sergeant at arms.

### Life 95 FM's Teresa Lewis shares keys to happiness, success and contentment

President Lynne Kovash welcomed members including our newest colleague, Ray Gresheim, and visiting Rotarians Cheryl Knudson, Jay Schmallen and Larry Boulger.

She announced that the board has approved a new project, selling top-quality Minnesota-grown Honeycrisp, Tango and Sweet 16 apples. More information will be forthcoming.

Lynne also said the club is looking for a new secretary upon the pending resignation of Teresa Joppa. She noted that the cost of the secretary's meals and dues is covered by the club.

### Sergeant at arms levies pancake fines

Sergeant at Arms Dave Sederquist shared some facts from Rotary history, as well as bits about the U.S. presidents. He fined members who did not attend the Fargo Kiwanis Pancake Feed last Saturday.

Happy dollars saluted Stacey Ackerman's job promotion, winter travels, and make-up sessions in Chicago and on South Padre Island.



*Photos/Russ Hanson: Tracy Moorhead, Doreen Filler, Paul Dovre, Violet Deilke, guest Cheryl Knudson and Randy Farwell. President Lynne Kovash. Rotarian of the Day Barb Belcher. Speaker Teresa Lewis, a morning co-host on Life 95 FM radio, presented a talk on "Finding Peace through the Seven Mindsets" for a happy, successful, content life.*

### Lewis shares research identifying qualities that lead to happiness and contentment

Rotarian of the Day Barb Belcher introduced our speaker, Teresa Lewis. Teresa co-hosts a morning program on Life 95 FM radio. A writer and motivational speaker, she addressed "Finding Peace through the Seven Mindsets," a set of principles that have been determined to help people lead happy, content, successful lives.

She explained that happiness is not based on where you grew up or your economic advantages. Instead, what researcher have

The Board of Directors has received a membership application from Joel Paulsen, sponsored by Corey Elmer. He is an engineer at Bolton-Menk and the new Ward 3 representative on the Moorhead City Council. He will be welcomed into membership after the seven days allowed for comments.



*Kay Parries and Anne Blackhurst greet Josh Frost. Sergeant at Arms Dave Sederquist. John Andreasen leads us in song.*

**Guests Feb. 21**

Teresa Lewis, speaker  
FES Erhard Hochörtler

**Visiting Rotarians**

Jay Schmallen, Fargo West  
Cheryl Knudson, Fargo Rotary  
& District 5580 Vision co-chair  
Larry Boulger, Fargo Rotary

**Reported Make-Ups**

Violet Deilke, South Padre Island  
John Andreasen, Chicago

**February Birthdays**

Suomala, Paul	Feb 01
Thomason, Matthew	Feb 12
Beaton, Tim	Feb 17
Elmer, Corey	Feb 23
Sederquist, David	Feb 23
Johnson, Eric	Feb 28

**Rotary Anniversaries**

Cater, Alma	29 years
Feb 02 1988	
Elmer, Corey	14 years
Feb 11 2003	
Frost, Josh	4 years
Feb 12 2013	
Moore, Noel	18 years
Feb 23 1999	

found matter most is “mindset” — and that most people not only fail to pursue these habits, but act in the opposite manner.

She asked members to cross their arms, then take note of how comfortable it was. “Now do it differently,” she instructed. “Are you able to do that without thinking? Does it feel right ... feel natural?”

“Knowing and doing are two different things,” she stressed. “We know these mindsets make sense, but still don’t always follow them.”

She emphasized: Everything is possible, including peace. Think passion first; get behind a cause and don’t be indifferent. We are all connected (in our club, families, professions and communities). And each of us must be 100 percent accountable — for what goes wrong, but also for everything that goes right.

“Don’t wait to be happy,” she urged us “Choose to be happy now — content with all your choices. You’re free to choose every day, as well as to let go of what weighs you down.”

The mindsets she discussed include:

- An attitude of gratitude for what you have right now.
- Live to give — give back, give the world your best self, and give to yourself in alignment with your goals.
- The time is now. Take action! Don’t worry about yesterday or tomorrow. Instead, take inspired action now. Take that step!

Finally, she inspired us with one final thought: “Light up the room when you walk in ... not when you leave.”

**Looking Ahead**

**Tuesday, Feb. 28**

Sergeant at Arms .....Jon Benson  
Rotarian of the Day: .....Russ Hanson  
Program: .....Jeff Herman, CEO,  
Prairie St. John’s, “Mental Health Services”  
Greeters: .....Jon Benson & Neil Qualey

**Tuesday, March 7**

Sergeant at Arms .....Eric Wilkie  
Rotarian of the Day: .....Sam Wai-  
Program: .....Linda Boyd, FM Symphony,  
“PDQ Bach from Silly to Slapstick”  
Greeters: .....Lisa Borgen & Jon Riewer

**Tuesday, March 14**

Sergeant at Arms .....Jon Riewer  
Rotarian of the Day .....Gary Nolte  
Program .....Tom Riley, archeologist  
Greeters: .....Tim Beaton & Kay Parries

**Tuesday, March 21**

Sergeant at Arms .....Jean Hannig  
Rotarian of the Day .....Russ Hanson

Program .....Phil Holtan, “DNA Research for Deep Family History”  
Greeters: .....Barb Belcher & Jerry Rogers

**Tuesday, March 28**

Sergeant at Arms .....Eric Johnson  
Rotarian of the Day .....Randy Farwell  
Program.....Heather Johnson, Better Business Bureau of Minnesota & North Dakota  
Greeters: .....Alma Cater & Steve Schaefer

**Tuesday, April 4**

Sergeant at Arms .....Troy Nellis  
Rotarian of the Day .....Kay Parries  
Program.....Gary Nolte, 2017 Haiti Trip  
Greeters: .....Bill Craft & Bill Schwandt

**Tuesday, April 4 — 7 p.m.**

Recital with a Cause, First Lutheran Church

**Tuesday, May 2 — 5-7:30 p.m.**

Visioning Session, conducted by Cheryl Knudson  
Probstfield Education Center, Moorhead  
Dinner will be served.