



# The Paddlewheel

## Moorhead Rotary Club

Volume 93—Number 45

May 26, 2015

Moorhead Rotary  
Chartered May 1, 1921  
Club 970  
District 5580

President Jon Benson  
President-elect Eric Wilkie  
Secretary Teresa Joppa  
Treasurer Doreen Filler  
President-nominee  
Past President Cindy Nolte

Director, 2014, Rotary Foundation Gary Nolte  
Director, 2014, Administration Russ Hanson  
Director 2014, Community Service Dave Wahlberg  
Director, 2014, New Generation Eric Wilkie  
Director, 2015, Club Service Jill Baldwin  
Director, 2015, International Service Eric Johnson  
Program Chair Russ Hanson  
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 Gary C.K. Huang, Taipei  
District 5580 Governor Jim Ozburn, Dickinson  
Assistant District Governor Kay Parries, Moorhead  
District Governor-Elect Craig Loughery, Ely  
District Governor-Nominee Herb Schmidt, Fargo  
Foundation/Polio Plus Society/Polio Plus Gary Nolte, Moorhead

**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:** Gary Nolte, our club's Rotary Foundation director and an expert on Rotary charities, has titled his program "How To Write a Check." Riley Rude and Brad Donabauer are greeters, and Eric Johnson is sergeant at arms.

### Prairie St. John's therapist offers tips for everyone in dealing with stress

Past president Cindy Nolte welcomed Moorhead Rotarians and their guests, including Moorhead Fourth Ward council member Chuck Hendrickson and Dorothy Suomala, wife of member Paul Suomala.

### Rotary Ride back for 3rd year in September

Chuck Matthees will be meeting with representatives of the other four F-M Rotary clubs May 28 to lay plans for the third annual Rotary Ride, slated for Sept. 12. Sponsored by the Rotary Foundation of Fargo-Moorhead, the fund-raiser offers 11-, 35- and 45-mile routes plus a Metric Century. Proceeds benefit the Rotary Miracle Field, Agassiz Accessible Playground and GiGi's PlayHouse.

**Nepal Challenge**  
Bring your checkbook Tuesday to help our club send two Shelter Boxes to the earthquake victims of Nepal! Our goal is \$2,000. Each Shelter Box includes a tent, cooking stove & equipment, tools, blankets, water purification kit and other supplies. Contributions of \$100 or more will be matched with Paul Harris Points.  
If you can't attend Tuesday, please mail your check (made out to "Shelter Box") to Gary Nolte, 117 38th Ave Circle, Moorhead MN 56560.



Photos: Past President Cindy Nolte fills in for Jon Benson. Corey Elmer & Vern Goodin buy their weekly raffle tickets. Gary Nolte shows off the new style of concrete form to be used by Habitat for Humanity volunteers for the foundation of the newest house, with volunteers needed to help with the foundation June 5. Speaker Ruth Denton-Graber, a therapist in outpatient services at Prairie St. John's in Fargo.

### Habitat needs volunteers to lay foundation

Gary Nolte informed members about two more ways they can make a difference — the club's Nepal Challenge (see box at left) and the next Habitat for Humanity building project. Starting on June 5, volunteers with all kinds of skills are needed, from experience in construction to the simple willingness to learn, pitch in and do what's needed. If you're interested, talk to him Tuesday. He's hoping to see 10 helpers from our club.

### Happy Dollars pour in

Sergeant at Arms Mike Hulett collected a bumper crop of "happy dollars," thanks to several members celebrating

## Guests, May 19

Chuck Hendrickson, 4th Ward councilman, guest of Corey Elmer  
 Dorothy Suomala, wife of Paul Suomala  
 Ruth Denton-Graber & Monica McConkey, speaker & guest



Photos: Sergeant at Arms Mike Hulett. Ed Wright & Jon Andreasen. Corey Elmer, guest Chuck Hendrickson & Dave Wahlberg.

## May Birthdays

Hannig, Jean	May 09
Skatvold, Paul	May 11
Tranby, David	May 14
Moorhead, Tracey	May 27

## Wedding Anniversaries

Joppa, Teresa & Norwig, Richard	
May 05, 1990	25 years
Goodin, Vern & Helen	43 years
May 20, 1972	
Hanna, Bob & Zue Zan	
May 22, 1982	33 years
Matthees, Charles & Barbara	
May 26, 1979	36 years
Schaefer, Steve & Terese	
May 30, 1992	23 years
Fangsrud, Sharon & Butch	
May 31, 1980	35 years

## Club Anniversaries

Swenson, Robert	21 years
May 01, 1994	
Monson, Gina	6 years
May 05, 2009	

anniversaries — Sharon Fangsrud and husband Butch, who'll reach 25 years this month; Vern and Helen Goodin, who are passing the 43rd mark, and Bob Swenson with an anniversary of a different stripe, his 21st as a Rotarian. Paul Holtan's son-in-law earned his PhD from Kansas University; 50-year Moorhead Rotarian rejoined us after wintering in Florida; and Sam Wai toasted timely rain for sugar beets.

### Therapist Ruth Denton-Graber shares tips to help everyone deal with stresses in life

Ruth Denton-Graber, an outpatient therapist with Prairie St. John's in Fargo, says that the same techniques she teaches to those in crisis can help all of us cope with challenges in our lives. Her therapy involves DBT, or

“dialectic behavior therapy.” It combines four elements:

- Being fully aware and present in this one moment
- How to tolerate pain in difficult situations, not change it
- How to ask for what you want and say no while maintaining self-respect and relationships with others
- How to change emotions that you want to change



Ruth signs the book donated to the library in her honor.

The goal is to find the area in which logic and emotion overlap — the so-called “wise mind.”

## Upcoming Meetings: Programs and Assignments

### Tuesday, May 26

Sergeant at Arms .....Eric Johnson  
 Program: .....Gary Nolte, “How To Write a Check,” program on Rotary Foundation  
 Greeters.....B Donabauer & R Rude

### Tuesday, June 2

Sergeant at Arms:.....Mike Hulett  
 Program: ...Tammy Finney, editor of F-M Extra  
 Greeters: .....P Dovre & S Schaeffer

### Tuesday, June 9

Sergeant at Arms: .....Eric Johnson  
 Programs: Barb Stanton, Prairie St. John's, new autism program for children & adolescents  
 Greeters:.....C Elmer & J Schaffer

### Tuesday, June 16

Sergeant at Arms:.....Dave Sederquist  
 Program: Matt Froelich, NDSU Center for Nanoscale Science & Engineering  
 Greeters: .....R Farwell & B Schwandt

### Tuesday, June 23

Sergeant at Arms: .....Eric Wilkie  
 Rotarian of the Day: .....Jon Benson

Program: .....Moorhead Rotary Club Planning Session led by fellow Fargo Rotarian Leanne Wolff  
 Greeters:.....D Filler & D Stenerson

### Tuesday, June 30

Sergeant at Arms: .....Mike Hulett  
 Rotarian of the Day: .....Russ Hanson  
 Program: .....Tour of Hjemkomst gardens & Stav Church led by Rotarian Ron Hagemann  
 Greeters: .....J Frost & P Suomala

### Tuesday, July 7

Sergeant at Arms: .....Eric Johnson  
 Rotarian of the Day: .....Russ Hanson  
 Program: Tour of historic Probstfield Farm by Rotarian Ron Hagemann  
 Greeters: .....V Goodin & B Swenson

### Tuesday, July 14

Sergeant at Arms:.....Dave Sederquist  
 Rotarian of the Day: .....Violet Deilke  
 Program: .....Leann Wallin, Moorhead Police community policing coordinator, Citizens Police Academy  
 Greeters:.....R Hagemann & D Tranby