



# The Paddlewheel

## Moorhead Rotary Club

Volume 95—Number 16

October 25, 2016

Moorhead Rotary  
Chartered May 1, 1921  
Club 970  
District 5580

President Lynne Kovash  
President-Elect Corey Elmer  
Secretary Teresa Joppa  
Treasurer Doreen Filler  
President-nominee Corey Elmer  
Past President Jon Benson  
Director Russ Hanson  
Director Dale Hetland  
Director Jill Baldwin  
Director Tammy Finney  
Director David Sederquist  
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:** District 5580 Governor Herb Schmidt joins us for his annual visit Tuesday. Jean Hannig is sergeant at arms, and Tammy Finney and Matt Thomason are greeters of the day.

### Speaker explains why mental health services are important to students in K-12 schools

Moorhead Rotarians joined in a heartfelt rendition of "Red River Valley" to bid farewell to longtime member and former president George Davis. Sergeant at Arms Dave Sederquist cited George's "bright eyes and sweet smile" as gifts that will be missed after his move to Northfield, Minn.

### Rotary Foundation focuses on six areas

Sergeant at Arms Dave Sederquist reviewed the six areas of focus for the Rotary Foundation:

- Peace and conflict prevention/resolution
- Disease prevention and treatment
- Water and sanitation
- Maternal and child health
- Basic education and literacy
- Economic and community development

These causes have been identified to maximize our global and local impact.

After fining members who neglected to wear their Rotary pins or colors (blue and yellow), he called for Happy Dollars. Among causes worth celebrating: Moorhead High School's upcoming



Photos: Talking Travel Raffle tickets with Jon Riewer and Josh Frost. President Lynne Kovash and exchange student Erhard Hochörtler. Sergeant at Arms Dave Sederquist. Rotarian of the Day Dave Tranby and his daughter, our speaker Kelly Gast. Jill Baldwin bids George Davis (of the "bright eyes and sweet smile") best wishes on his upcoming move.



theatre production (in which Erhard plays a big role); the Red River of the North; Bob Swenson's attendance and turn as a greeter; and pheasant hunting.

Dave wrapped up with a quote from a child describing the world's greatest mom: "She could make broccoli taste like ice cream."

### Schoolchildren need mental health support

Rotarian of the Day Dave Tranby introduced our speaker, Kelly Gast of Solutions Behavioral Healthcare ... who happens to be his daughter.



**Guests, October 18**

FES Erhard Hochörtler  
 Kelly Gast, Solutions Behavioral Health Care  
 Sharon Tranby, guest of Dave Tranby  
 Rachel Borgen, guest of Violet Deilke

**Reported Make-Ups**

Travel Giveaway Committee, Oct. 14

**October Birthdays**

Wai, Samuel Oct 03  
 Hagemann, Ron Oct 21  
 Hanson, Russ Oct 23  
 Johnson, Gregory Oct 28  
 Kolb, Ronald Oct 29

**Anniversarie**

Hulett, Michael & Janie Oct 04 1985  
 31 years  
 Elmer, Coreyl & Brenda Oct 05 1996  
 20 years  
 Wright, Edgarl & Virginia Oct 09 1954  
 62 years  
 Moore, Noell & Thomas Oct 12 1996  
 20 years  
 Filler, Doreenl & Ken Oct 22 1994  
 22 years  
 Hannig, Jeanl & Jeff Oct 24 1972  
 44 years

**Rotary Anniversaries**

Andreasen, John Oct 01 1992 24 years  
 Suomala, Paul Oct 01 1996 20 years  
 Johnson, Eric Oct 02 2012 4 years  
 McLarman, Rod Oct 05 1982 34 years  
 Benson, Jon Oct 09 2007 9 years  
 Donabauer, Brad Oct 22 2013 3 years

Kelly and her nonprofit organization work with Moorhead public schools to offer mental health services for children. A Concordia graduate, the Moorhead native earned her PhD in social work at the University of Minnesota.

“Children’s mental health needs impact many around them — families, teachers and other students,” she said. “Schools are increasingly seeing aggressive and violent behaviors.”

Childhood experiences are directly linked to later life, she explained. That includes their social, emotional and cognitive impairments as well as physical and mental health consequences. The average life expectancy in the US is 80, but children with mental health issues face a much shorter life span — 60.

“We spend lots of time and money combating smoking, which shortens your lifespan by 10 years,” Kelly said. “Yet we don’t invest nearly enough in parenting skills, avoiding drugs and alcohol while

pregnant or combating domestic abuse.”

Good mental health enables children to form and maintain relationships, regulate their emotions, and learn and explore their environments. A mental health liaison is assigned to each Moorhead school.

Solutions offers an 18-week “positive parenting” program, Kelly said, because interventions with the children themselves only improve their behaviors 50 percent. If they involve the parents and teachers, that improvement can be boosted to 80 percent.

“If the child behaves better in class, then the parent is called to school less often, misses less work and experiences less stress,” she explained. “They can work more, and society has to contribute fewer tax dollars to support them.”

She shared lessons learned from her work with children: Parents need support. Intervention works best at the earliest possible point. Having a common goal and words to describe it helps everyone.

**Upcoming Meetings: Programs and Assignments**

**Tuesday, Oct. 25**

Sergeant at Arms ..... Jean Hannig  
 Program ..... District Governor Herb Schmidt  
 Greeters ..... Tammy Finney & Matt Thomason

**Tuesday, Nov. 1**

Sergeant at Arms ..... Eric Johnson  
 Program .....  
 Greeters ..... Josh Frost & Dave Tranby

**Tuesday, Nov. 8**

Sergeant at Arms ..... Tim Beaton  
 Program .....  
 Greeters ..... Pat Gulbranson & David Wahlberg

**Tuesday, Nov. 15**

Sergeant at Arms..... Dave Sederquist  
 Program .....  
 Greeters ..... Bob Hanna & Sam Wai

**Tuesday, Nov. 22**

Sergeant at Arms ..... Mike Hulett  
 Program .....  
 Greeters..... Jean Hannig & Bill Woods

**Tuesday, Nov. 29**

Sergeant at Arms .....  
 Program .....  
 Greeters ..... Chuck Hendrickson & David Keller