



# The Paddlewheel

## Moorhead Rotary Club

Volume 105—Number 21

December 10, 2024

### Moorhead Rotary Club 1405 District 5580

President Steve Astrup  
President-Elect  
President Nominee  
Treasurer Dave Sederquist  
Secretary Teresa Joppa  
Past President Dave Sederquist

Directors (2023) Chris Andreasen, Greg Johnson & Steve Schaefer  
Directors (2024) Tracey Moorhead, & Ernie Simmons  
Directors (2025) Tammy Finney & Jean Hannig  
Directors (2026) Nancy Hanson & Tim Hiller  
RYLA Coordinator Jon Riewer  
Polio Plus Coordinator Cindy Nolte  
Program Chair Jean Hannig  
Paddlewheel Photographer/Editor Nancy Edmonds Hanson

### November Birthdays

Lunak, Brandon December 4  
Andreasen, John December 5  
Deilke, Violet December 20  
Hanson, Nancy December 24

### Anniversaries

Sederquist, Dave and Jane 40 years  
Dec. 08 1984

### Rotary Anniversaries

Nolte, Gary 36 years  
Dec. 13 1988  
Parries, Kay 36 years  
Dec. 13 1988  
Finney, Tammy 9 years  
Dec. 08 2015  
Aldrich, Alexander 1 year  
Dec. 05 2023  
Schmitke, Josh 1 year  
Dec. 05 2023



### Holiday Social — Tuesday, December 10

In place of our regular noon meeting, we'll gather at Gary and Cindy Nolte's house at 5 p.m. for fun, fellowship and holiday goodies, weather permitting :-)  
Their address: 117 38th Ave. Circle S.

### Professional organizer Joan Windus offers tips on getting ready to downsize

Opening Moorhead Rotary's regular meeting Dec. 3, President Steve Astrup and Cindy Nolte reminded members that Tuesday, Dec. 10, will be special: She and Gary are hosting the club's (mostly) annual holiday social at 5 p.m. at their home at 117 38th Ave. Circle S. (The frequency is set at "mostly," since their gathering in 2023 was cancelled because of the weather ... then rescheduled and cancelled due to weather ... then rescheduled and cancelled yet again. The upcoming week's weather advisory appears to be favorable as of the Paddlewheel's presstime.)

### December travel winners announced

Travel Raffle committee chair Dale Hetland revealed winners of December's prize drawings. Paul Dove sold the third-place winning ticket to Kevin Kopperud; he'll receive a \$100 dining certificate for Rustica. Jon Riewer's customer, Sue Haugland of Detroit Lakes received second prize, \$200 in cash. The winner of the trip of her choice for two is Barb Matthees, thanks to the ticket she bought from Chuck.

### Sarge Brandon highlights movie's lessons

Sergeant at Arms Brandon Lunak chose to focus his comments on many Rotarians' favorite



*Photos/Nancy Hanson: Joan Windus of Change Is Good talks about downsizing.*

*Dave Sederquist greets Dale Hetland's announcement of December Travel Raffle winners with a flourish.*

*President Steve Astrup.*

*Sergeant at Arms Brandon Lunak.*





holiday ritual, the annual viewing of “It’s a Wonderful Life.” He detailed ten take-aways from the 1946 movie: 10) All you can take with you is what you’ve given away. 9) No man is a failure who has friends. 8) Your life has purpose. 7) Doing the right thing can be hard, but it doesn’t go unrewarded. 6) Life doesn’t always go as planned, but there’s still good in it. 5) Perspective changes everything. 4) The only one really judging you is yourself. 3) Don’t compare yourself to others. 2) True wealth isn’t always money. 1) Count your blessings; be thankful every day for the little things.

Then he asked for happy dollars — and got them. Jon Benson expressed happiness for his message, and Kay Parries for the day’s speaker. Tom Riley noted that the movie was a box-office failure at its release; not until 1979, when its copyright ran out, did it become a hit when shown on television. Jean Hannig applauded the MHS musical “Big Fish.” Dale Hetland was delighted the Gophers beat Wisconsin.

### Windus helps pare down housefuls of ‘stuff’

Brandon introduced speaker Joan Windus, whose company Change Is Good helps homeowners — mostly elders — downsize their mountains of belongings in preparation for a move to more manageable living quarters. Joan and her staff assist in deciding what to move into their new residences and what to shed, while retaining what’s most meaningful.

Joan shared ten tips, both humorous and true:

1. You don’t need three crockpots.
2. You don’t have to save every gift bag.

3. You don’t need those shelves of coffee mugs that never get used.

4. Take a picture of memorabilia and souvenirs, then send them out the door for another to enjoy.

5. Trust the dust! If you haven’t used something in a year or two, let it go.

6. You don’t need to keep all your Tupperware, high heels or fur coats forever.

7. Start organizing early! If you leave it too close to your move, you’ll get decision-making paralysis and end up taking it with you.

8. Don’t worry. We (Change Is Good) bring the muscle.

9. It doesn’t get any easier as you get older.

10. Don’t worry. You’ve got this ... and you do have help.

She recommended starting the downsizing process by choosing just one room or location. “Set the timer for half an hour or so — no more than two,” she counseled. “Then gift, donate and recycle.” She keeps an eye on what area nonprofits are in need of, and can suggest charities that need what you want to give away. She and her staff also help with finding resellers, like Heirlooms, or even organizing rummage sales.

An important part of her service, she said, happens at the other end of the move. She and her crew organize their clients’ belongings in their new homes so that they’re familiar and ready to use when they arrive.

## Looking Ahead

### December 10 — Holiday Social

Gary & Cindy Nolte host a holiday social at their home, 117 38th Ave. Circle S. ....5 p.m.

### December 17

Sergeant at Arms.....Cindy Nolte  
Program .....Paul Dovre’s Christmas Message

### December 24 — No Meeting

### December 31 — No Meeting

### January 7

Sergeant at Arms .....  
Program .....Ernie Simmons, AI in the Future