



# The Paddlewheel

## Moorhead Rotary Club

Volume 103—Number 24

December 13, 2022

### Moorhead Rotary Club 1405 District 5580

President David Sederquist  
President-Elect Steve Astrup  
President Nominee  
Treasurer Emily Gess  
Secretary Teresa Joppa  
Past President Gina Monson

Directors (2023) Chris Andreasen, Greg Johnson & Steve Schaefer  
Directors (2024) Tracey Moorhead, Ernie Simmons & Megan Wiesneski  
Director (2025) Tammy Finney  
RYLA Coordinator Randy Farwell  
Polio Plus Coordinator Cindy Nolte  
Program Chair Jean Hannig  
Paddlewheel Editor Nancy Edmonds Hanson

### Committees

### December Birthdays

Lunak, Brandon Dec 04  
Andreasen, John Dec 05  
Deilke, Violet Dec 20  
Hanson, Nancy Dec 24

### Wedding Anniversaries

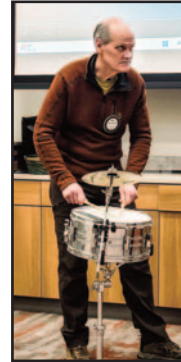
Sederquist, Dave & Jane  
Dec 08 1984 38 years

### Rotary Anniversaries

Finney, Tammy 7 years  
Dec 08 2015  
Nolte, Gary 34 years  
Dec 13 1988  
Parries, Kay 34 years  
Dec 13 1988

### Meetings

Tuesdays — noon  
Moorhead Schools Operations  
Center, 1401 30th Ave. S.



Photos/Nancy Hanson: Deb Kaul explained the mission of the Memory Cafe. (Above) While Dave Sederquist performs a drum riff, Jean Hannig and Dale Hetland announce December's winners of the Travel Raffle.

### Coming Up Tuesday, December 13

Dr. Paul Dovre shares his annual Christmas message at our meeting Tuesday. Cindy Nolte is sergeant at arms.

### Director Deb Kaul tells story of Memory Cafe of the Red River Valley

President Dave Sederquist welcomed Moorhead Rotarians to their meeting Dec. 6 with proof that he's still keeping his pledge to help the environment by biking to meetings, despite the challenges thrown up by December weather.



He saluted Rotary's Disease Prevention and Treatment Month with a video about polio and its prevention. It primarily afflicts children 5 years old and younger. Rotarians have raised and contributed over \$2.1 billion in the effort to eradicate the crippling and deadly disease. The "plus" in Polio Plus refers to the Vitamin A that's given with the vaccine, along with other healthy steps like clean water and antimalarial drugs.

Rotarian wins trip for second time

Dale Hetland and Jean Hannig announced December's winners of Travel Raffle prizes. The top prize, a trip to be chosen by the ticket-holder, was awarded to Marilyn Woods, who purchased her ticket from husband Bill. It's the second time the couple will see the world on a Rotary trip.

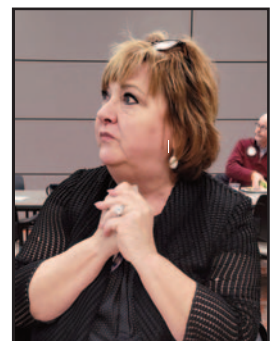
### Rotary Christmas Party — December 15

Join your fellow Rotarians at the home of Gary and Cindy Nolte Thursday for our annual Christmas gathering. It begins at 5:30 p.m. at 117 38th Ave. Circle S. ... food, fun and fellowship!



(Above) Sergeant at Arms Jon Benson. Steve Schaefer

(Below) Tracey Moorhead. Violet Deilke.





Greg Johnson.

David Tranby.

Pledging allegiance.



**Other F-M Rotary Meetings**

- 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

Erick Wilkie sold the second-place winning ticket to Deidre Norton of Thief River Falls, who'll receive \$200 cash. Third place, a \$100 dining certificate for Rustica, was won by Sam Evans of Grand Rapids, Minnesota, who bought his ticket from Jean Hannig.

Members were reminded to call Gary and Cindy Nolte about plans to attend the Christmas party Thursday, Dec. 15, at their home. Jon Riewer mentioned his committee is meeting soon to select winners of the 4-Way Test essay contest.

Dave reminded members that the new membership fee schedule has been emailed. "Be sure to read it," he urged. He also noted that our Dec. 13 meeting is the last before a holiday break on Dec. 20 and 27 and Jan. 3.

**Sarge Jon offers ways to beat holiday stress**

Sergeant at Arms Jon Benson addressed ways to beat holiday stress, including developing a clear picture of the holiday experience you want, as well as setting boundaries, focusing on what you can control, being attentive to others' needs, and remembering, "You can just say no."

He went on to gather happy (holiday) dollars. Jerry Rogers' donation was in honor of Deb Kaul and the Memory Cafe. Gary Nolte described a humorous (and profitable) trip through a drive-through with a cashier who couldn't make change.

Bob Hanna saluted those who are caregivers for loved ones with dementia. Steve Schaefer applauded Emily Gess for giving him a ride, while her dollar reflected on being a too-busy young mother at Christmas.

**Memory Cafe founder says worst part is isolation after dementia diagnosis**

Eric Wilkie introduced Deb Kaul, executive director of the Memory Cafe of the Red River Valley. Deb, a registered nurse, told of her journey to found the local program after caring for both of her parents through several forms of dementia.

"People with memory loss are often forgotten but also neglected, mostly because we don't know how to interact with them. Friends and family disappear," she said. "Dementia caregivers are unique. With other illnesses, their friends and family chip in to help in many ways ... but not with memory issues. We need to educate the community — the family and friends — about how to support them."

Memory Cafe holds gatherings for caregivers and their loved ones every Wednesday, alternating between Bethel Church, the Hjemkomst Center and its own Live, Laugh & Love Center in Fargo. Average attendance, she said, is 63, including caregivers, volunteers and those with memory issues. More information on participating in their free programs is at [www.memorycaferrv.org](http://www.memorycaferrv.org).

**Looking Ahead**

**December 13**

Sergeant at Arms .....Cindy Nolte  
Program .....Paul Dovre's Christmas message

**December 20 — No Meeting**

**December 27 — No Meeting**

**January 3 — No Meeting**

**January 10**

Sergeant at Arms .....  
Rotarian of the Day ..... Violet Deilke  
Program.....Paula Senn,  
Soul Solutions Recovery

**January 17**

Sergeant at Arms .....  
Rotarian of the Day ..... Jon Benson  
Program .....Marty Douglas,  
Service Dogs for America

**January 24**

Sergeant at Arms .....  
Rotarian of the Day ..... Chris Andreasen  
Program.....Jana Bruschwein,  
Peace Academy

**January 31**

Sergeant at Arms .....  
Rotarian of the Day ..... Randy Farwell  
Program.....Jakelle Hoffman,  
Ronald McDonald House