



# The Paddlewheel

## Moorhead Rotary Club

Volume 104—Number 29

January 23, 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
Directorw (2025)	Tammy Finney & Jean Hannig
Directors (2026)	Nancy Hanson & Tim Hiller
RYLA Coordinator	Randy Farwell
Polio Plus Coordinator	Cindy Nolte
Program Chair	Jean Hannig
Paddlewheel Photographer/Editor	Nancy Edmonds Hanson

### January Birthdays

Dovre, Paul	January 7
Astrup, Steve	January 10
Riewer, Jon	January 14
Finney, Tammy	January 29

### Wedding Anniversaries

Johnson, Gregory & Kelley	12 years
Jan. 05 2012	

### Rotary Anniveraries

Farwell, Randy	23 years
Jan. 23 2001	
Fredericksen, Katie	1 year
Jan. 01 2023	



### Next Meeting — Tuesday, January 23

Ricot Aladin introduces us to his Professional Lunch program videos on Tuesday. John Andreasen is sergeant at arms.

### Anne Kidder describes healing grief through handcrafted memorial keepsakes

President Steve Astrup — serving triple duty as presiding officer, sergeant at arms and Rotarian of the day — welcomed members on Jan. 16.

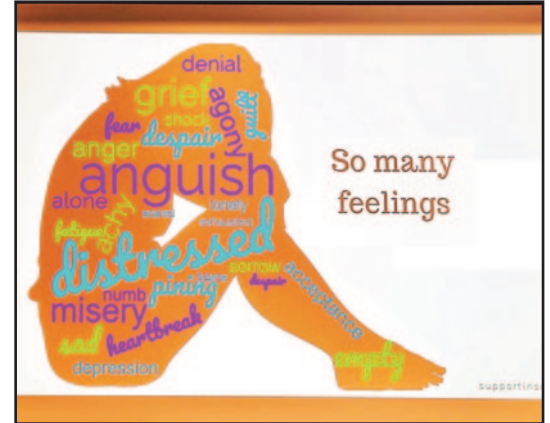
He opened the meeting with a report on Feed My Starving Children's FargoPack. Moorhead Rotarians were among 27,000 volunteers who packed a total of 9.7 million meals during the 10-day event — the largest ever in the charity's history.

### Fargo Rotary hosts Super Bowl party Feb. 11

Steve shared news of the Super Bowl party being hosted by Fargo Rotary on Super Bowl Sunday, Feb. 11, at Suite Shots. The event, beginning at 5:30, combines friends, food, fellowship and football. Members are welcome to bring family and, especially, friends who are potential members, as it will be a recruiting event. Free golf will be available outside the room, courtesy of Pro Resources in Fargo.

### Governor-Elect Kay attends conference

District 5580 Governor-Elect Kay Parries reported briefly on her attendance at Rotary's International Assembly in Orlando, Florida, Jan. 7-11. "It was the best week of my life," she said.



Photos/Jean Hannig: (Top) Anne Kidder, her late mother and one of her Kidderbug Creations. (Above) President Steve Astrup. (Below) Ricot Aladin, Steve Schaefer, and Ernie Simmons. (Below) Kay Parries, Dave Sederquist and Ernie Simmons. (Below) Bill Woods, Greg Johnson, Steve Schaefer and Eric Wilkie.





Photos/Jean Hannig: (Left) Some of Anne Kidder's Kidderbug Creations.

(Right) Violet Deilke and Anne Kidder.



### Members share 'happy dollars'

Continuing in his multi-purpose role of the day, Steve offered a video by Rotary International President Gordon McInally of Scotland. McInally shared a story of a Thai woman who offered him a beautiful sea shell in gratitude for Rotary's help after she lost her family and her home in a hurricane and tsunami. "Rotary," he said, "gave her hope" — illustrating the year's theme of creating hope in the world by working for peace and mental well-being.

Among the day's happy dollars were donations from Jean Hannig for the day's program presenter; Bill Woods for Dave Sederquist's special "hat" in the photo from the FMSC event, where Bill helped label; Steve Schaefer for son Noah's upcoming 12th birthday; Laura Lobo for her return to the club; Dave's great service experience at FMSC; and Tom Riley for Kay's report on the International Assembly, which he has also attended ... "an amazing experience."

### Anne Kidder talks of grief, remembrance

Guest speaker Anne Kidder of Fargo helps families remember their loved ones in a time of grief. Her mission to create memorial keepsakes was inspired by her own experience of losing four loved ones in four years.

She told of receiving the call that her mother was dying, but not being able to reach her in time to say goodbye. "I felt guilty that I wasn't there," she

said.

She treasured her last photo of her mother but wanted to have something more to hold onto. That wish became a handsewn teddy bear that she dressed in a nursing cape fashioned from the one her mother wore.

That became the inspiration for Kidderbug Creations. Anne sews remembrances for grieving families from clothing worn by their loved one who has died — many teddy bears, but also memory pillows from buttoned shirts and other gifts, including memory lions and elephants and a memory table topper made from men's ties. Examples of her work are displayed online at [www.KidderbugCreations.com](http://www.KidderbugCreations.com), where people can order custom-made gifts to comfort those grieving a loss.

Jean Hannig told of ordering five keepsake pillows after her brother's death, keeping one for herself and giving the other four to family members.

Anne recently established a second website, [www.supportinsorrow.com](http://www.supportinsorrow.com), where she shares resources for those who are grieving. She said told the club that feelings of grief can be triggered by many things: songs, milestones, special occasions, smells and sounds, and thoughts of lost opportunities. Grief can be expressed through a range of physical symptoms, she pointed out, like changes in sleep patterns, chest pain, stomach aches, headaches, changes in appetite and fatigue.

## Looking Ahead

### January 23

Sergeant at Arms .....John Andreasen  
Program.....Ricot Aladin, Professional Lunch

### January 30

Sergeant at Arms .....Eric Wilkie  
Program .....

### February 6

Sergeant at Arms.....Jerry Rogers  
Program .....

### February 11 — Rotary Super Bowl Party

5:30 p.m. ....Suite Shots, Fargo

### February 13

Sergeant at Arms .....Jon Riewer  
Program .....

### February 20

Sergeant at Arms .....Bob Hanna  
Program .....

### February 27

Sergeant at Arms .....Rob Remark  
Program .....Mayor Shelly Carlson & Dan Mahli,  
Moorhead City Update

### March 6

Sergeant at Arms .....Dale Hetland  
Program .....Don Kinzler, Pollinator Gardens