



# The Paddlewheel

## Moorhead Rotary Club

Volume 103—Number 29

January 17 2023

### 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

### January Birthdays

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

### Wedding Anniversary

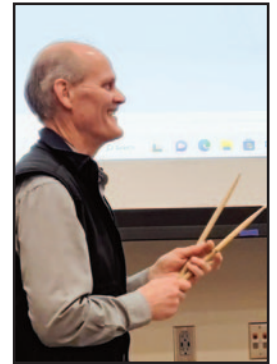
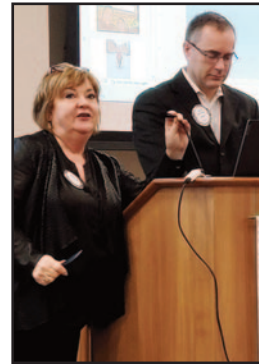
Johnson, Gregory & Kelley 11 years  
Jan 05 2012

### Rotary Anniversary

Farwell, Randy 22 years  
Jan 23 2001

### Meetings

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



### Coming Up Tuesday, January 17

Marty Douglas joins us this week to talk about Service Dogs for America. Jon Benson is Rotarian of the day.

### Addiction counselor Patti Senn explains Soul Solutions' approach to recovery

President Dave Sederquist welcomed Moorhead Rotarians and guests to their first meeting of 2023. Among the guests: former president Gina Monson, exchange student Sergio and Katie Fredrickson of Churches United for the Homeless, who will share the organization's new corporate membership with Sue Koesterman.

The meeting began with a drum flourish as travel raffle committee members Dale Hetland and Violet Deilke announced the third group of winners of the current year. Jon Benson sold the third-prize ticket for a \$100 Rustica dining certificate. Second prize of \$200 cash went to Dave Wong, a Detroit Lakes Rotarian who purchased from Jean Hannig. The trip winner was Rotarian Bill Craft, who brought the lucky ticket himself.

### Opportunities and announcements

President Dave told members that the club's holiday party — sidetracked by a blizzard in December — may be rescheduled. One possibility is celebrating Fat Tuesday together on Feb. 21.

He also announced that Feed My Starving Children, the global program to provide meals to the hungry in 70 countries around the world, is looking for volunteers to pack food in Fargo from Feb. 1 to 4. Moorhead Rotary has participated in



Photos/Nancy Hanson: Patti Senn of Soul Solutions Recovery Center. Travel raffle members Violet Deilke and Dale Hetland. Dave Sederquist, Erik Wilkie. Cindy Nolte and Kay Parries. Gina Monson and Gary Nolte. Teresa Joppa and Chris Andreasen. Eric Wilkie and Steve Schaefer.

**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



the past, when local volunteers assembled more than a million portions, and has been invited to participate again. Our work would be in the two-hour time slot beginning at 3 p.m. on Friday, Feb. 3. Dave asked those willing to volunteer to talk to him now.

The five local Rotary clubs are putting together a Super Bowl party to be held at the Fargo VFW. "It will be a good time to invite potential members," Dave hinted.

He also reminded the group that Senior Active members now are not charged in advance for their meals, but can volunteer to pay on the days that they eat lunch. There's a box by the door in which they can deposit their payment (\$12 per meal). If they prefer, they can also continue to be billed.

**Sarge Eric calls for happy dollars**

After sharing a selection of new year resolutions that have missed their mark, Sergeant at Arms Eric Wilkie opened the floor for happy dollars. He led off with a donation in honor of speaker Patti Senn and her organization — "and the wonderful work they're doing." Dave Sederquist pointed to the MSUM basketball team's great season and upcoming game.

Jean Hannig's happy dollar was earmarked for a fine Christmas spent with her new grandbaby. Sergio shared thanks for allowing him to visit his sister over Christmas. Gary reflected on seeing those same Feed My Starving Children meals being distributed during mission trips to Haiti. Paul Dove announced that he had become a great-grandparent — a change in status that Gary and

Cindy Nolte, too, have recently achieved.

**Soul Solutions seeks to help people in recovery transition for the long term**

Rotarian of the Day Violet Deilke introduced Patti Senn, the licensed addiction counselor who in December 2021 opened the doors of Soul Solutions Recovery Center in Fargo.

The young nonprofit provides services for individuals and families affected by substance-use disorders. In addition to helping them transition from short-term treatment to long-term recovery, the center's staff work with their families — whom research shows are associated with higher rates of abstinence, lower rates of relapse, and improved engagement in the recovery process.

Soul Solutions's family program is the only one in the region that specifically addresses the needs of family members and other loved ones, providing support, education and guidance.

The outpatient and partial hospitalization program works with people who use a variety of drugs, from alcohol to opioids. According to Senn, 9% of North Dakota adults (18 and up) have had a substance use disorder in the past year. The state has a higher rate of binge drinking — one in three people — than the national average of 26.5%.

Excessive alcohol use alone costs North Dakota \$487,000,000 in health-care costs. Research also shows that every person's addiction affects an average of five other people. For more information on the program, go to [www.soulsolutions.org](http://www.soulsolutions.org).

**Looking Ahead**

**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

**February 7**

Sergeant at Arms .....  
 Rotarian of the Day ..... Il  
 Program .....

**February 14 — No Meeting**