



The Paddlewheel

Moorhead Rotary Club

Volume 104—Number 27

January 2, 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

Director (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

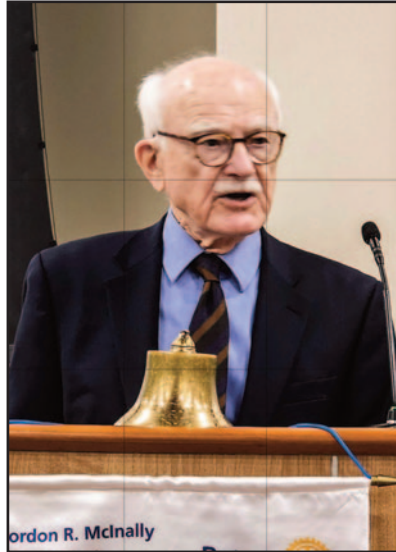
Dovre, Paul January 7
 Astrup, Steve January 10
 Riewer, Jon January 14
 Finney, Tammy January 29

Wedding Anniversaries

Johnson, Gregory & Kelley 12 years
 Jan. 05 2012

Rotary Anniversaries

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



ordon R. McNally



No Meeting — Tuesday, January 2

We'll see you next week — January 9.

- In the meantime, don't forget to sign up for a volunteer shift for Feed My Starving Children, either Thursday, Jan. 11, or Saturday, Jan. 13.

Paul Dovre's annual message: What do you expect to get for Christmas?

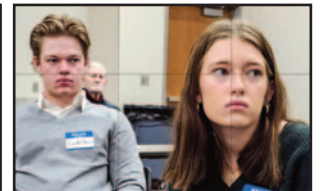
Moorhead Rotarians gathered with family and guests Dec. 16 for their final meeting of the year. Among those welcomed by President Steve Astrup: Former member Don Myrvik and his wife; Jon Benson's mother Kathy and children Gabe and Nora; Gary and Cindy Nolte's daughter Sophie; Fargo Rotarian Heather Ranck; and German exchange student Ansgar Disselbeck.

Rotary Play Hill needs \$140,000 to finish

Heather Ranck updated the club on the fundraising and construction progress at the Rotary Play Hill on First Avenue North downtown. She said just \$140,000 is needed to fund the last five features. She showed off one of the engraved pavers that will recognize donors in the park's plaza — earmarked for those giving \$500 or more.

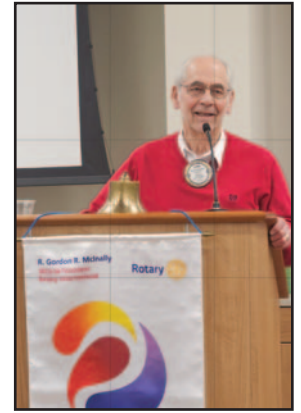
Sarge Cindy focuses on mental health

Sergeant at Arms Cindy Nolte reminded the club



Photos/Nancy Hanson/ Dr. Paul Dovre. Heather Ranck. Exchange student Ansgar Disselbeck. Gary Nolte and daughter Sophie. Former member Don Myrvik and wife with Dale Hetland. Jon Benson's guests, mother Kathy and kids Gabe and Nora. (Below) Heather Ranck.





“Being happy doesn’t mean everything is perfect, but that you have decided to look beyond the imperfect.”

— Charles Schulz
as quoted by Paul Dovre

of Rotary’s focus on mental health. Among the factors important for good mental and brain health, she said, are sleep, daily exercise, social interaction, managing stress and eating a healthy plant-based diet.

Among many who responded to her call for happy dollars were Teresa Joppa, whose daughter Lydia has graduated from the police academy and has joined the Lakewood, Colo. force; Tom Riley, who told of the Northern Plains Botanical Garden’s February tour; Don Myrvik, with appreciation for his past membership; Kay Parries, who thanked Heather for her work on the Play Hill and service as assistant governor; and Cindy herself, who invited all to attend the Christmas party she and Gary have planned.

Dovre talks of expectations, then & now

After Cindy’s introduction, Paul Dovre shared both his final visit with the late Ernie Mancini. “I told him, ‘It’s OK to let go,’” he remembered. “But Ernie, of course, said, ‘But I’m not ready.’”

Paul’s theme was our expectations of what we’ll get for Christmas. He noted that today, two-thirds of the world’s nations are governed by authoritarians: “Is democracy on the wane? This is not what we expected.

“God gave Adam and Eve free will,” he said. “Sometimes we use our freedom well — at other times, not.

“What are we expecting this year?” he asked. “Peace and goodwill? Common sense and fair politics? An equitable society? Heaven on earth? None of these are likely, so”

Paul went on to name three things we can expect: Pardon, presence and purpose. Christ brought pardon for our mistakes. He shows us the presence of God in joy, in anguish and in sickness.

The third gift, he says, is purpose. “So love your neighbor. Heal the sick. Stand for justice. Feed and house the homeless. Care for the old and the young. Seek out the lonely. Be a role model. And live out Rotary’s 4-way test.”

Photos/Nancy Hanson: President Steve Astrup. Sergeant at Arms Cindy Nolte. Paul & Mardy Dovre. Greg Johnson. John Andreason.

(Below) Steve Astrup. John and Chris Andreason (with Kay Parries, Tom Riley and Dave Tranby). Steve with German exchange student Ansgar Dissselbeck.

