



The Paddlewheel

Moorhead Rotary Club

Volume 100—Number 4

January 28, 2020

New Members 2019-2020

Zach Heuring
Josh Jaster
Megan Wiesneski

Moorhead Rotary Club 970 District 5580

President Steve Schaefer
President-Elect Jerry Rogers
President Nominee 2021-2022 Gina Monson
Treasurer Emily Gess
Secretary Teresa Joppa
Past President John Andreasen

Directors (2020)

Gina Monson, Pat Gulbranson and Greg Johnson

Directors (2021)

Dave Sederquist, Kevin Heazlett and Tracey Moorhead

Directors (2022)

Tammy Finney and Steve Astrup
RYLA Coordinator Randy Farwell
Polio Plus Coordinator Cindy Nolte
Sergeant at Arms Team
Dave Sederquist, Eric Johnson & Jean Hannig

Pianist Sharon Fangsrud
Song Leaders Bill Schwandt, Bob Hanna
Photographer Russ Hanson
Paddlewheel Editor Nancy Edmonds Hanson

Rotary Exchange Student

Frida Lehtonen, Finland

Meetings are held at 11:50 a.m. every

Tuesday in Birkeland Lounge at Concordia College's Memorial Auditorium.

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



Coming Up Tuesday

Rotarian Sue Koesterman tells us about the Home4All Coalition on Tuesday. Gina Monson is sergeant at arms, and Church Hendrickson and Greg Johnson are our greeters.

Speaker Pat Metzger: How to clarify, simplify & achieve your organization's vision

President Steve Schaefer welcomed two prospective members, Dylan Connell and Cody Anderson, along with visiting Rotarian John Vanderlinden of Fargo and our exchange student Frida Lehtonen to Moorhead Rotary Tuesday. He circulated the sign-up sheet for Jan. 30's "Feed Our Starving Children" charity event, scheduled for 7 to 9 p.m. at Scheels Arena.

He also asked if there were beer and wine lovers in the group. "You're going to love Fargo Rotary's fund-raiser," he predicted, the Beer vs Wine Smashdown Feb. 6. Each guest will receive six samples of beer and six of wine, each paired with cheeses, and then vote for their favorites. Tickets — \$50 — are available at Eventbrite.com. (Search "Fargo Rotary Smashdown.")

He also mentioned that Rotary and Toastmasters have joined forces. Members of each can now attend and be welcomed at meetings of the other.

Members received information about attending the One Rotary Summit Feb. 1 beginning at 10 a.m. While it takes place in



Photos/Russ Hanson:
Gary Nolte presents Chuck Matthees with the Paul Harris +4 pin.

President Steve Schaefer.

Sergeant at Arms Jean Hannig.

Rotarian of the Day Jon Riewer.
Speaker Pat Metzger

Duluth, you can take part through the webinar. He also reminded members of the District 5580 Conference coming up in April at Madden's Resort.

Sarge Jean cites reality in cold places

Sergeant at Arms Jean Hannig shared some of the everyday realities of life in cold places like ours. Among her points: We're jealous of warmth. "Snow" is a swear word. We're living in "Frozen, The Movie." On the other hand, school may be cancelled. 40 degrees is a heat wave. And snow can be too cold, but we have to admit we love it.

Happy dollars brought smiles, too. Sue Koesterman saluted the many Rotarians who've volunteered to work at Churches United's pancake feed Thursday. She mentioned Giving Hearts Day Feb. 13 and is looking for ambassadors to promote Churches United in their churches. John Vanderlinden admitted he likes snow and notes it's colder in Alaska. Steve celebrated son Noah's 8th



Photos/Russ Hanson: Volunteers at Churches United Jan. 23 for pancake feed and lunch ...

Dale Hetland, Tammy Finney and Paul Dovre wash dishes before lunch.

Russ Hanson, Tammy Finney & Paul Dovre.

Gary Nolte, Gina Monson & Jerry Rogers.



Guests — Jan. 21

Pat Metzger, speaker
 Dylan Connell, prospective member
 Cody Anderson, prospective member
 Friday Lehtonen, exchange student

Visiting Rotarian

John Vanderlinden, Fargo

January Birthdays

Dovre, Paul	Jan 07
Astrup, Steve	Jan 10
Riewer, Jon	Jan 14
Finney, Tammy	Jan 29
Filler, Doreen	Jan 30
Belcher, Barb	Jan 31

Wedding Anniversary

Volkers, Chris & Todd	22 years
Jan 04 1998	
Johnson, Gregory & Kelley	8 years
Jan 05 2012	

Rotary Anniversaries

Schwandt, Bill	26 years
Jan 10 1994	
Gulbranson, Patrick	4 years
Jan 12 2016	
Kolb, Ronald	45 years
Jan 14 1975	
Farwell, Randy	19 years
Jan 23 2001	

birthday, and the Noltes' granddaughter Sarah made call-backs in New York. Ever-optimistic Jerry Rogers pointed out the temperature was 43 below in Calgary.

Jean wrapped up with a quote from Winston Churchill: "If you're going through hell, keep going."

Consultant encourages group to ask, "Are we where we want to be?"

Rotarian of the Day Jon Riewer introduced speaker Pat Metzger, who talked about how he became a professional speaker and implementer with EOS, the Entrepreneurial Operating Program.

"We are all capable of so much more," the Carrington, N.D., native said, "but it often takes someone to motivate you. Are you where you want

to be? What is your ultimate destination? And what is keeping you from getting there?" He himself grew up to be a teacher and coach, a career he pursued for 11 years until, in his words, he hit a brick wall. "Something was calling me," he said.

He created an online business focusing on health and wellness, then — at the advice of a performance coach from San Diego — transitioned into high-performance coaching. He gets more in depth with his health and wellness clients, as well as into business and personal achievement. He now works with businesses who are forced to use the staff they have, and need training to get the best results.

EOS is a proven system, he said, that lays groundwork to "keep things simple ... not losing track of goals, methods and tools." He recommends the book *Traction* for an overview.

Looking Ahead

January 28

Sergeant at Arms.....Gina Monson
 Program..Sue Koesterman, Home4All Coalition
 Greeters...Chuck Hendrickson & Greg Johnson

January 30 – Volunteer Opportunity

"Feed My Starving Children" food packing
 Scheels Arena.....7-9 p.m.

February 4

Sergeant at Arms.....Ernie Simmons
 Program.....Steve Moore, Moorhead
 Strategic Vision/Plan
 Greeters.....Dale Hetland & Sue Koesterman

February 11

Sergeant at Arms.....Josh Jaster
 Program..Holly Anderson, Shelter Box Initiative
 Greeters.....Stacey Ackerman & Ron Kolb

February 18

Sergeant at ArmsEric Johnson
 Program....Carrie Leopold, Inspire Innovation Lab
 Greeters.....Chris Andreasen & Pat Lorenson

February 25 — no regular meeting

March 3

Sergeant at Arms.....Dave Sederquist
 Program...."Hearing Loss: the Silent Epidemic,"
 Ross & Monique Hammond
 GreetersJohn Andreasen & Brandon Lunak

March 10

Sergeant at Arms.....Bill Craft
 Program.....Member talks
 GreetersSteve Astrup & Chuck Matthees

March 17

Sergeant at Arms.....Megan Wiesneski
 ProgramExchange student Frida Lehtonen
 GreetersJill Baldwin & Gina Monson

March 24

Sergeant at ArmsJean Hannig
 Program "Memory Cafe," Deb Kaul
 GreetersBarb Belcher & Tracey Moorhead

March 31

Sergeant at Arms.....Zach Heuring
 Program..NDSU's "Engineers without Borders,"
 Alena Pringle
 GreetersJon Benson & Cindy Nolte

Moorhead RotaryShirts — Order Yours Now!



Moorhead Rotary is getting ready to order embroidered shirts for members of our club. The cost is \$25, including shipping.

All shirts are 65% polyester/ 35% cotton and are machine washable. They will be embroidered with the simplified Rotary logo with white lettering and a gold emblem.

The men's design is a navy blue golf shirt with a button placket and color. Women's shirts — also navy blue — have an open v-style placket.

The club shirts come in sizes from XS to 4XL. You can find the size that fits best from samples that will be available at Tuesday's meeting.

Orders will arrive in about two weeks.

Note: Colors shown in these photos are not exact.