



# The Paddlewheel

## Moorhead Rotary Club

Volume 104—Number 30

January 30, 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 30

Mary Aldrich of Minnkota Recycling joins us this week to talk about collecting paper, plastic, aluminum and tin discards and putting them to new uses. Eric Wilkie is sergeant at arms.

### ‘Professional Lunch’ founder talks about networking for professional growth

President Steve Astrup opened the Jan. 23 meeting with news of the F-M Rotary Super Bowl party planned for Feb. 11 at Suite Shots. He asked for volunteers to set up the club’s table and display. While primarily intended for fellowship and fun, the 5:30 event will also be an opportunity to invite family and potential new members to meet Rotarians and learn more about joining us.

He also noted that a service trip to Guatemala is coming up. Those interested in taking part may call Jean Hannig or Heather Ranck.

### Gov.-Elect Kay brings good news for 2029

Kay Parries reported briefly on her attendance at the Rotary International Assembly in Orlando — which she’ll cover in greater detail Feb. 13. She said the big news announced there was that Minneapolis has won its bid to be the site of the 2029 international conference.

### Sarge John talks about the big picture

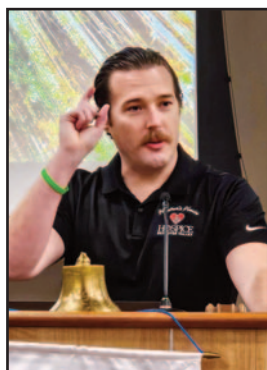
Sergeant at Arms John Andreasen stretched members’ mental images of the scope of Rotary International in his brief remarks. He observed that if each of the clubs around the world were



*Photo/Teresa Joppa (above): Ricot Aladin of Professional Lunch. Photos/Nancy Hanson: Ricot, Chris Andreasen & Alex Aldrich. Cindy Nolte, Dave Tranby and Violet Deilke.*



Photos: President Steve Astrup.  
 District Gov.-Elect Kay Parries.  
 Jon Riewer and Ernie Simmons.  
 Sergeant at Arms John Andreasen.



represented by one individual, they would fill the FargoDome two times over. He noted that the original U.S. and global service club promotes peace, education, health care initiatives like Polio Plus and conservation of natural resources. Rotary also assists with disaster response.

He also urged members to be sure to take care of their physical health, “as you never know when you will be called on to help someone else.”

Jean Hannig was the first to respond to his call for happy dollars, telling of her attendance at the Youth Exchange Weekend. Five international students are currently in the district, while four regional youth are preparing to go overseas next year. Teresa told about her trip last week to Hawaii.

**Guest speaker Ricot Aladin tells of making professional contacts, broadening outreach**

Jean Hannig introduced Ricot Aladin of the organization he calls Professional Lunch — an expression, he said, of his gratitude for the education and opportunities he has enjoyed since emigrating from Haiti. One of eight children, he was raised by parents who only attended school through the fifth grade, but pledged all their offspring would graduate high school.

He emigrated to the United States to pursue his

education. After attending M State and Minnesota State University Moorhead, he received his master’s degree from North Dakota State University.

In his first job, he discovered he was well trained in technical parts of his job, but not in its social and professional aspects. “A friend teased me that he would tell him how to handle this or that if I bought him lunch. So I did,” Ricot told the group.

That was the genesis of Professional Lunch. He now records lunchtime conversations with a variety of experts whom he approaches to answer questions and help him develop his skills. “Then the question became, ‘How to I make this knowledge available to other young people?’” he said.

The result: [www.ProfessionalLunch.com](http://www.ProfessionalLunch.com). There he shares a career-focused podcast based on his conversations with accomplished professionals.

He also has begun connecting professionals to create new opportunities. He sponsors an expert panel at Professional Lunch’s “lunch of the year,” as well as workshops. Last summer he launched a new “lunch and learn” program.

He said, “We need partners for our mentoring platform,” inviting Rotarians to help by volunteering and sharing office resources.

**Looking Ahead**

**January 30**

Sergeant at Arms .....Eric Wilkie  
 Program .....Mary Aldrich, Minnkota Recycling

**February 6**

Sergeant at Arms.....Jerry Rogers  
 Program .....Violet Deilke, Heart of Clay

**February 11 — Rotary Super Bowl Party**

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

**February 13**

Sergeant at Arms .....Jon Riewer  
 Program .....Kay Parries, Rotary Int’l Assembly

**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 5**

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

**March 12**

Sergeant at Arms .....Dale Hetland  
 Program .....Anna Sather, Farm in the Dell

**March 19**

Sergeant at Arms .....Alex Aldrich  
 Program .....4-Way Test Essayists