



# The Paddlewheel

## Moorhead Rotary Club

Volume 101—Number 51

June 15, 2021

### Moorhead Rotary Club 970 District 5580

President	Jerry Roger
President-Elect	Gina Monson
President Nominee	David Sederquist
Treasurer	Emily Gess
Secretary	Teresa Joppa
Past President	Steve Schaefer

Directors (2022)	Chris Andreasen & Steve Schaefer
Directors (2023)	Tammy Finney & Steve Astrup
Directors (2024)	Tracey Moorhead, Ernie Simmons & Megan Wiesneski
RYLA Coordinator	Randy Farwell
Polio Plus Coordinator	Cindy Nolte
Sergeant at Arms Team	Dave Sederquist, Eric Johnson & Jean Hannig

Program Chair	Jean Hannig
Pianist	Sharon Fangsrud
Song Leader	Bob Hanna
Trivia Master	Brent Brandt
Photographer	Russ Hanson
Paddlewheel Editor	Nancy Edmonds Hanson

### June Birthdays

Brandt, Brent	Jun 01
Baldwin, Jill	Jun 09
Farwell, Randy	Jun 18
Joppa, Teresa	Jun 27

### Wedding Anniversaries

Dovre, Paul & Mardy	Jun 03 1958
63 years	
Qualey, Neil & Carmen	Jun 15 1968
53 years	
Wai, Sam & Coralie	Jun 20 1976
45 years	
Tranby, Dave & Sharon	Jun 22 1974
47 years	

### Rotary Anniversaries

Deilke, Violet	25 years
Jun 04 1996	

### Meetings

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

### Participate via Zoom:

<https://us04web.zoom.us/j/742305775?pwd=V0ZTMVl1NldkY2xMbnlHNEdPdIRxdz09>  
Meeting ID: 742 305 775  
Password: 630851



Photos/Russ Hanson: Meeting at Moorhead Schools Ops Center. (Right, from top) Sergeant at Arms Teresa Joppa. Rotarian of the Day Jon Riewer. Speaker Adam Martin, founder of F5 Project.

### Coming Up Tuesday

We'll hear a Rotary International convention presentation at this week's meeting, "Living Beyond Yourself." Jon Benson is sergeant at arms, and Jean Hannig is Rotarian of the day.

### F5 Project founder Adam Martin describes his work helping felons get lives on track

President Jerry Rogers opened Moorhead Rotary's June 8 meeting on a high note: The group sang the "Star Spangled Banner" accompanied by a video filmed in the commons at Moorhead High School.

### Want to help sponsor Golf Scramble?

Dave Tranby shared information about the FM Rotary Foundation's 12th annual golf scramble coming up on Tuesday, July 27, at the Moorhead Country Club. The event begins with a shotgun start at 1:30 p.m., with dinner and awards immediately after the game.

Proceeds of past scrambles have helped support projects like the Miracle Field and universal playgrounds at Agassiz School and TNT Fitness. This one may benefit the Natural Playground to be built near downtown Moorhead.

A registration form is attached to this Paddlewheel





Photos: Rotarians Brent Brandt (left) and Brandon Lunak (center, black shirt) with F5 project members.

Dale Hetland, Dave Tranby, Bill Woods; (front) Randy Farwell and guest.

Eric Wilkie and Brent Brandt.



and can also be downloaded from ClubRunner. A foursome and hole sponsorship is \$600; the foursome alone is \$500, and sponsorship is \$150. The entry fee for an individual golfer is \$125.

**Martin: 'I need to be Good Samaritan'**

Rotarian of the Day Jon Riewer introduced our speaker, Adam Martin, who told of how he came to found the F5 Project. The project works with felons who have completed their sentences, helping them find a place to live and employment, as well as mentors to help them establish productive, healthy lives in the community.

Adam described his background and childhood, and how that influenced his early adult life. His parents met in a treatment program, so he joked, "I was jinxed from the beginning." He started drinking in seventh grade.

He was repeatedly convicted of criminal offenses throughout his teens and 20s and sentenced five times to jail. "I sobered up at age 31," he said. To do it, he told the group, "I had to be in a place where there were people to help me. They were always there, but I had to be ready."

Adam emphasized that rehabilitation and grace work better than mandating morals. The support of his sponsors turned him around ... "and so," he added, "I pay it forward. To stay sober, I need to be a Good Samaritan every day." Then he pointed out, "The Samaritan expected nothing in return. Neither do I."

F5 has established several houses for ex-offenders, taking almost all of those who show up and ask for help. The motto is, "You show up. We take care of you." F5 helps them get jobs, find the household goods they need, or help in other ways. Adam said, "We wait for them to tell us what they need."

Two F5 Project veterans, Sergio and Lenard, told their stories. In 1995, at age 18, Sergio was sentenced to 29 years for drugs, guns and gang activities. "I went in bitter," he told us. After 25 years in prison, he was released and got involved with the program. He had only a 6th grade education, no drivers license and no job. He enrolled in classes and lived in an F5 facility.

Now he is a life coach, helping others with similar challenges. "I learn from others and grow," he said.

Lenard, a father of three from Chicago, grew up around drugs and gangs. His father was a heroin user, and he went down the same path. After his mother moved to Minnesota when he was 13, he didn't change. He was in and out of jail until finally he faced a 10-year sentence. "I started thinking about my kids," he said, and finally figured out who he was. "I decided to be a good dad," he said. Now, after taking classes and getting his life in order, he is involved in their lives.

"I am trying to be a good example," he said, and to change the world one person at a time."

**Looking Ahead**

**June 15**

Sergeant at Arms .....Jon Benson  
 Rotarian of the Day .....Jean Hannig  
 Program ..... "Living Beyond Yourself,"  
 Rotary Convention Speaker

**June 22**

Sergeant at Arms .....Gary Nolte  
 Rotarian of the Day .....Teresa Joppa  
 Program .....Christine Holland, River Keepers

**June 29**

Sergeant at Arms .....Jean Hannig  
 Passing of the Gavel and Club Social

**July 27 — Rotary Golf Tournament**

1:30 p.m. ....Moorhead Country Club