



The Paddlewheel

Moorhead Rotary Club

Volume 100—Number 10

March 10, 2020

New Members 2019-2020

Zach Heuring
Josh Jaster
Megan Wiesneski
Dylan Connell

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

Several member talks are scheduled for this week. Bill Craft is sergeant at arms, and Steve Astrup and Chuck Matthees are our greeters.

Speaker warns: 'Take care of your ears!'

President Steve Schaefer welcomed members and guests, including a visiting Rotarian from Kentucky who is teaching at Davies High School and our speaker, Monique Hammond, along with her husband Ross.

Register now for District 5580 Conference

He reminded members of registration for the 2020 District 5580 Conference at Madden's in Brainerd, Minnesota, April 23-26. Organized around the theme "Roaring into the '20s," the host committee is planning committee is planning an exciting mix of education, service above self, and fun, including a golf tournament, cigar-rolling class, family fun night, wine and whiskey tasting, and a guided painting event. To register online, go to rotary5580.org. A downloadable registration form is available on Clubrunner.

Announcing Golf Outing, Peace Fellowship

Dave Tranby announced that the annual Five-Club Rotary Golf Outing has been scheduled for 1:30 p.m. July 28 at the Moorhead Country Club. Registration forms will be coming closer to the date.

District 5580 is now collecting applications for the 2020 Rotary Peace Fellowship. The deadline is May 31. A downloadable copy of the application is available on our page in Clubrunner.

Symptoms of Typical Hearing Loss

- Sound Dullness/Ear Fullness
- Not Understanding Speech in Noise
- Miscommunication on/off Job
- Tinnitus



Photos/Tammy Finney

President Steve Schaefer

Sergeant at Arms Dave Sederquist

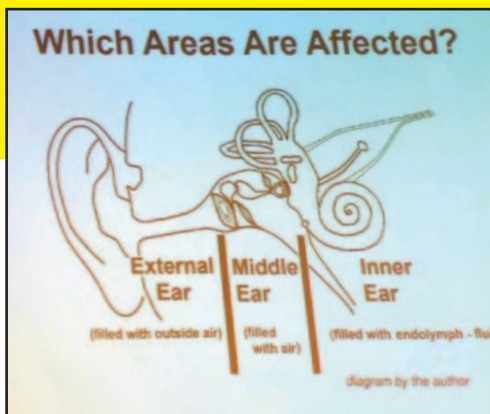
Rotarian of the Day Jerry Rogers

(Left) Speaker Monique Hammond

Members find plenty to be happy about

After urging members to take a look at several interesting articles in the March Rotarian magazine, Sergeant at Arms Dave Sederquist levied a friendly fine: those who are sitting without new tablemates had to pay up.

Happy dollars rolled in, welcoming Cindy Nolte back after her recovery and Jerry Rogers from two weeks in South Carolina and Alabama. Gary Nolte saluted the MHS choir for its concert at Trinity Lutheran Church. Emily applauded her sister, who was having



Photo/Tammy Finney

Guest Brent Brandt leads the group in "Take Me Out to the Ball Game"

Guests — March 3

Monique and Ross Hammond, speakers
Brent Brandt

Frida Lehtonen, exchange student

March Birthdays

Rogers, Jerry	Mar 13
Wilkie, Eric	Mar 13
Volkers, Chris	Mar 18
Ackerman, Stacey	Mar 20
Hendrickson, Chuck	Mar 23

Rotary Anniversaries

Wai, Sam	19 years
Mar 01 2001	
Filler, Doreen	6 years
Mar 11 2014	
Belcher, Barb	7 years
Mar 19 2013	
Lunak, Brandon	3 years
Mar 28 2017	

a baby at that very moment (but not at the meeting). Steve Schaefer celebrated the school musical "Shrek."

March travel raffle winners unveiled

Travel raffle committee member Zach Heuring shared the big news of the month — March winners of the travel raffle.

Randy Farwell sold the winning ticket for a trip to Lake Tahoe to Brad Thom. Violet Deilke's ticket won Lori Bachman \$200 in cash, and Steve Schaefer's purchasers, Amy and Keith Vogt, won a \$100 dining certificate.

Some hearing loss is avoidable

Rotarian of the Day Jerry Rogers introduced Monique Rogers, who — due to a sudden hearing loss — has taken on a mission to share information about avoiding hearing loss. Originally trained as a pharmacist, Monique was forced to find a new direction after losing her hearing because of a very loud, sudden noise at a church event. She has written a book about her experience, *What Did You Say?: An Unexpected Journey into the World of Hearing Loss*.

"I lost my hearing in just four hours after a very loud, unexpected noise at a church fundraiser," she told the club. Since she couldn't understand customers or colleagues at the pharmacy, she turned to Plan B. Her new passion is to educate people about hearing loss, which is irreversible and

can in many cases be avoided.

Hearing loss is an issue at every age. She said one in five people, from age 12 and on up, has significant deficits. "It's a communication issue at every age. It affects your education, your profession and your quality of life," she said.

She focused on noise-induced hearing loss, defined as an accelerated and premature loss. "It's entirely controllable," she said. Normal conversation measures at 60 decibels. According to the CDC, danger begins at 85 decibels maintained for eight hours. Many familiar activities exceed that: truck traffic (90 db for 2 hours), motorcycles (100 db for 15 minutes), a power saw (110 db for 90 seconds), a siren or a concert (120 db for 9 seconds), and a single shot from a gun (140-165 db).

She pointed out that tinnitus, a persistent ringing or buzzing in the ear, is often a sign of hearing loss and a red flag for a developing problem.

She explained the physics of how organs in the ear transmit sound to the nerves and then the brain. None of the cells in the cochlea can rejuvenate themselves; any injury is permanent. As a sound wave gets louder, it creates more pressure on the cells.

"Even as high-tech as they are now, hearing aids can do only so much," she told the group.

Her book includes information on causes of and types of hearing loss, audiology tests, hearing instruments and listening devices and resources.

Looking Ahead

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
Greeters.....Barb Belcher & Tracey Moorhead

March 31

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

April 23-26 — District Conference, Brainerd

To register, go to www.rotary5580.org

July 28 — F-M Rotary Golf Tournament