



# The Paddlewheel

## Moorhead Rotary Club

Volume 98—Number 36

March 12, 2019

### Welcome New Members!

**Kevin Heazlett**  
American Crystal Sugar

**Rob Remark**  
JLG Architects

**Matt Hallaway**  
Oak Grove High School

**Chris Andreasen**  
Pathways

**Ernest Simmons**  
Concordia Prof. Emeritus

**Abby Gold**  
NDSU Dept./Public Health

*Moorhead Rotary  
Chartered May 1, 1921  
Club 970  
District 5580*

President John Andreasen  
President-Elect Steve Schaefer  
President Nominee 2020-2021  
Jerry Rogers  
President Nominee 2021-2022  
Gina Monson  
Treasurer Emily Gess  
Secretary Teresa Joppa  
Past President Corey Elmer

Directors (term expires 2018)  
Eric Wilkie, Dale Hetland, Gina Monson & Brent Brandt

Directors (2019)  
Tammy Finney, John Andreasen & Brett Drevlow

Directors (2020)  
Jerry Rogers & Pat Gulbranson

Directors (2021)  
Emily Gess, Dave Sederquist & Rob Mounts

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, Brent Brandt

Photographer Russ Hanson  
Paddlewheel Editor  
Nancy Edmonds Hanson

**Moorhead Rotary**  
**P.O. Box 72**  
**Moorhead, MN 56561**



### Coming Tuesday

We'll hear about what's coming up at next week's Fargo Film Festival at this week's meeting. Chuck Hendrickson and Rob Mounts are greeters Tuesday. **Don't forget the club social** coming up Thursday at Legends Sports Bar, 803 Belsly Boulevard, 4:30-7:30 p.m.

### FM Ambulance medic shows how anyone can save a life using hands-only CPR

Dave Sederquist, standing in for the vacationing John Andreasen, welcomed members Tuesday. Secretary Teresa Joppa coached members on the new ClubRunner app available for smartphones, a blue box with the letters CR in the middle. It can be downloaded free onto your phone. To launch the app and reach our site, enter [firstname/lastname] plus password "1335."

In addition to our regular meeting March 12, the club hosts a member social from 4:30 to 7:30 p.m. Thursday, March 14, at Legends Bar, 803 Belsly Boulevard. Pizza will be provided, but members are on their own for beverages.

### Top ticket-holder heads to Nashville

Nathan Johnson and Violet Deilke of the Travel Raffle Committee did the honors announcing March's giveaway winners.

A ticket purchased from Barb Belcher will take her customer Megan Witzschreiber to Nashville in June. Russ sold Mary Schauer the second-place ticket, good for \$200 in cash. Greg Johnson's wife Kelly nabbed the \$100 dining certificate for Rustica.



*Photos/Russ Hanson: Acting president Dave Sederquist. Travel committee members Nathan Johnson and Violet Deilke. Sergeant at Arms Brent Brandt.*

*(Above) Kristi Engelstad of F-M Ambulance Service demonstrates hands-only CPR, a life-saving technique anyone can use effectively while waiting for first responders.*

### District Conference coming to Minot

The Minot Rotary Club is hosting the 2019 District 5580 Conference April 25-27 with the theme "Honoring Our Roots — Embracing Our Future." It features not only traditional Rotary events, but also family and youth-focused programming.

Lodgings and most events are at the Grand Hotel, 1505 N. Broadway, with registration due by April 10. A special roomrate is available through March 25 with code BO3Y18; call 800-735-4493. More details and online registration forms are available on the District 5580 webpage: [rotary5580.org](http://rotary5580.org)



Photos/Russ Hanson: Kay Parries. Greeters Tracey Moorhead and Kevin Heazlett. Secretary Teresa Joppa, Nathan Johnson and Tammy Finney.

**Guest 03/05**

Andrea Wright, Pathways, guest of Chris Andreasen

**March Birthdays**

- Wilkie, Scott Mar 11
- Rogers, Jerry Mar 13
- Wilkie, Eric Mar 13
- Volkers, Chris Mar 18
- Ackerman, Stacey Mar 20
- Hendrickson, Chuck Mar 23

**Rotary Anniversaries**

- Wai, Samuel 18 years  
Mar 01 2001
- Filler, Doreen 5 years  
Mar 11 2014
- Belcher, Barb 6 years  
Mar 19 2013
- Lunak, Brandon 2 years  
Mar 28 2017

**Happy dollars: conference & vacations**

Sergeant at Arms Brent Brandt shared a quick bit of celebrity news and trivia before the weekly call for happy dollars. Kay Parries was first to take the floor, highlighting the upcoming District 5580 Conference in Minot April 27-29; she’s going, along with Gary and Cindy Nolte, and urged others to consider making the trip.

Chris Andreasen announced he’s traveling to Guatemala with a contingent of Rotarians. Other happy news: The Noltes are back from vacation, and Abby Gold offered a dollar in honor of the Moorhead Spuds first girls’ lacrosse team.

**Kristi Engelstad: You can save a life with simple hands-only CPR technique**

When someone collapses and stops breathing, whatever the cause, even untrained bystanders can make all the difference and save a life.

That’s the message of Kristi Engelstad, outreach coordinator with the F-M Ambulance Service. She said statistics show that the F-M area lags behind national averages in stepping forward when an emergency occurs, perhaps because so many don’t know how to help. Thanks to a grant from the American Heart Association, she has been campaigning since Christmas to teach area residents the new hands-only technique ... a way

to keep blood circulating in a victim who has stopped breathing long enough for first responders to arrive and take additional life-saving measures.

After a victim stops breathing, his or her blood still has enough oxygen to support life for about 10 minutes, she explained. The hands-only technique involves pumping the center of the chest as hard as possible about 100 beats per minute, the same rhythm as the songs “Stayin’ Alive” or the kids’ viral hit “Baby Shark.” Call 911 first, she cautioned -- and only then take other measures.

She told of her own cousin Kadie Stoltz, just 35, who experienced cardiac arrest last November while at home with her 4-year-old twins and 8-year-old daughter Sloan. The alarmed girl called her aunt on Facetime, who told her to go next door for help. She came over and performed CPR until emergency personnel got there. Kadie was shocked with a defibrillator three times before her heart started again.

Kristi noted that statistics show that only 34 percent of area residents who have cardiac arrest in locations without medical personnel receive the immediate intervention that could save their lives until the pros arrive. She urged members to get involved in teaching at least five acquaintances the hands-only CPR intervention. She offered kits to help members spread the life-saving word.

**Looking Ahead**

**March 12**

Sergeant at Arms .....  
 Rotarian of the Day .....  
 Program ..... Fargo Film Festival  
 Greeters..... Chuck Hendrickson & Rob Mounts

**March 14 — Club Social**

Legends Sports Bar, 803 Belsly Blvd...4:30-7:30 p.m.  
 Pizza provided, beverages on your own

**March 19**

Sergeant at Arms ..... Dan Stauffer  
 Rotarian of the Day ..... Gary Nolte  
 Program ..... Report on 5-Club Project  
 Greeters..... Dale Hetland & Adam Nordin

**March 26**

Sergeant at Arms .....  
 Rotarian of the Day .....  
 Program ..... Member Talks by 3 Rotarians  
 Greeters..... Dale Hetland & Adam Nordin

**April 2 – 10th Annual Recital with a Cause (No noon meeting)**

Bethesda Lutheran Church, Moorhead .....7 p.m.

**April 9**

Sergeant at Arms .....  
 Rotarian of the Day..... Jean Hannig  
 Program... Puerto Rico Project — Gary & Cindy Nolte  
 Greeters ..... Greg Johnson & Kay Parries