



# The Paddlewheel

## Moorhead Rotary Club

Volume 105—Number 33

March 18, 2025

### Moorhead Rotary Club 1405 District 5580

President Steve Astrup  
President-Elect Tim Hiller  
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  
Directors (2025) Tammy Finney & Jean Hannig  
Directors (2026) Nancy Hanson & Tim Hiller  
RYLA Coordinator Jon Riewer  
Polio Plus Coordinator Cindy Nolte  
Program Chair Jean Hannig  
Paddlewheel Photographer/Editor Nancy Edmonds Hanson

### March Birthdays

Rogers, Jerry March 13  
Wilkie, Eric March 13

### Rotary Anniversary

Riley, Thomas 32 years  
Mar. 01 1993  
Lunak, Brandon 8 years  
Mar. 28 2017



### Tuesday, March 18

Kory Wolden gives us insight into Fargo-Moorhead's Family Health Care at this week's meeting. Eric Wilkie is up for sergeant at arms.

### Brianna Gibbons tells story of BIO Girls Moorhead group for 2nd to 6th graders

President Steve Astrup welcome Moorhead Rotarians at noon March 11, along with guest LeiLei Bao of Fargo. He shared several announcements, including the MHS Spuds' triumph in the Minnesota state hockey tournament — something that certainly wasn't news to the club's quota of major hockey fans.

Other announcements included reminders that the Rotary International service mission to Guatemala departs the week of March 17, and the Recital with a Cause is May 1. Kay Parries distributed donation materials to members. She noted that topping last year's remarkable total will be a challenge — since it occurred during the District 5580 conference here — but the recital committee is still working to keep the numbers high, including requests for support to the other clubs in the region.

Jean Hannig announced that the documentary film "Speak," exploring the world of high school speech, will open the Fargo Film Festival. Tickets go on sale at 10 a.m. Tuesday, March 25. Rotarian Steve Schaefer's son Sam is featured in the production.

She also revealed that the club has been assigned a boy from Brazil as next year's exchange student. She is now on the hunt for three families to host him for the 2025-26 school year.



*Potos/Nancy Hanson: Brianna Gibbons (top and above) talked about BIO Girls. Kay Parries. (Below) Sergeant at Arms Rob Remark. (Bottom) President Steve Astrup.*





Photos: Jean Hannig.

Greg Johnson and Bill Woods.

Dale Hetland.

Guest Rotarian LeiLei Bao.



## Sarge Rob remarks on St. Louis visit

Sergeant at Arms Rob Remark took to the podium to share highlights of his recent visit to St. Louis from an architect's perspective. Then he turned to happy dollars.

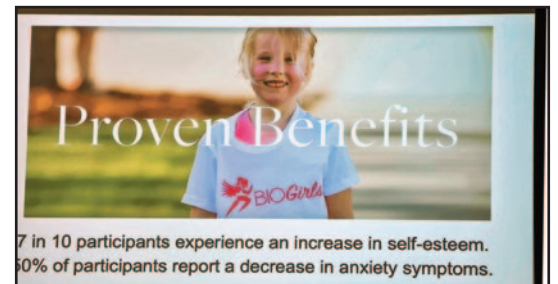
Dale Hetland led off with the news that his wife's book, release just last week, immediately went to No. 1 in its category on Amazon. He also noted that his son completed a 60-mile cross-country race and still made it into the top 10, despite many setbacks and challenges.

Jerry Rogers noted that this year's Herb Brooks Awards for both boy and girl hockey players went to Moorhead Spuds at this year's state hockey tournament. Speaker Brianna Gibbons' contributed a happy dollar in honor of Nancy's story about her in last week's FM Extra newspaper. LeiLei Bao said she's excited to be our program on May 6, and Bill Woods tossed in a dollar "just because."

## BIO Girls seeks to build girls' self-esteem

Rob introduced Brianna of BIO Girls, who works by day at Habitats for Humanity and has volunteers with the girls' program since 2020. After working at other locales, she is the site director for a new session at Lutheran Church of Christ the King.

BIO, she explained, stands for "beautiful inside and out." Established in 2013 by Missy Heilman of Fargo, it now includes 105 site locations across the Dakotas, Minnesota, Wisconsin and Iowa. More than 3,000 girls in grades 2 through 6



participate each year.

"Six out of 10 girls battle with low self-esteem," she said, "and seven out of 10 participants experience anxiety." After the program, research has shown that at least 50% experience a decrease in anxiety."

Each Thursday evening session of the 10-week program includes devotions, a lesson and a mantra for the week. Then the girls train together for a 5K run that includes all the BIO Girl participants and other young women in the middle of May.

More information: [BIOgirls.org](http://BIOgirls.org).

## Looking Ahead

### March 18

Sergeant at Arms .....Eric Wilkie  
Program .....Kory Wolden, Family Health Care

### March 25 — Club Social (TBA)

### April 1

Sergeant at Arms .....  
Program ....Gary Nolte, Salvaging New Orleans

### April 8

Sergeant at Arms .....  
Program ....Markus Krueger, Indigenous History

### April 15

Sergeant at Arms .....  
Program .....Don Kinzler,  
Edibles in the Landscape

### April 22

Sergeant at Arms .....  
Program .....

### April 29 — TBA

Sergeant at Arms .....  
Program .....