



The Paddlewheel

Moorhead Rotary Club

Volume 102—Number 46

May 24, 2022

Moorhead Rotary Club 1405 District 5580

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

Directors (2022) & Steve Schaefer	Chris Andreasen
Directors (2023) & Steve Astrup	Tammy Finney
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

May Birthdays

Andreasen, Christophe	May 02
Gess, Emily	May 04
Hannig, Jean	May 09
Tranby, Dave	May 14
Moorhead, Tracey	May 27

Wedding Anniversaries

Joppa, Teresa & Richard Norwig	May 05 1990	32 years
Hanna, Bob & Zue Zan	May 22 1982	40 years
Matthees, Charles & Barbara	May 26 1979	43 years
Schaefer, Steve & Terese	May 30 1992	30 years

Rotary Anniversaries

Gess, Emily	5 years
May 02 2017	
Monson, Gina	13 years
May 05 2009	



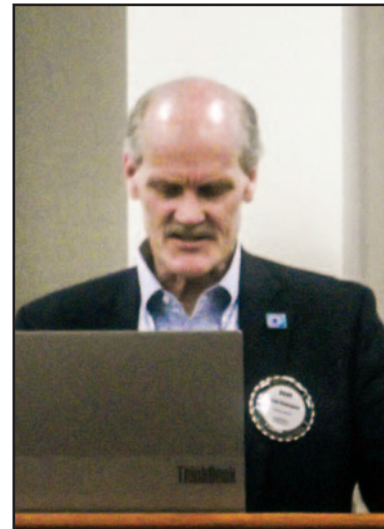
Sarah Charelain-Gress, executive director of The Lotus Center, discussed the program's approach to harm reduction and recovery.

Coming Up Tuesday, May 17

Mayor Shelly Carlson and City Manager Dan Mahli are our guest speakers Tuesday. Eric Wilkie takes his turn as sergeant at arms, and Jerry Rogers is Rotarian of the day.

Director of Lotus Center explains harm reduction approach to treating addiction

President-Elect Dave Sederquist welcomed Moorhead Rotarians — both in person and online — to Tuesday's meeting, along with guest speaker Sarah Chatelain-Gress, executive director of The Lotus Center in Moorhead.



Photos/Gary Nolte:

President-Elect Dave Sederquist.

Sergeant at Arms Chris Andreasen.

The meeting began with Dave's word of the day: zeitgeist, the defining spirit or mood of a particular period of history as shown by the ideas and beliefs of the time. Members celebrated May birthdays and anniversaries before viewing a video presented by the president of the club in Ely, Minnesota. He detailed his group's program of public relations and image-building, including support of city benches, the Fire Department, picnic tables in the local park, and benches and tables as part of a veterans memorial. "All these things helped drive our membership and donations," he said, "leading to more projects."

Moorhead Rotary's RYLA winners announced

Randy Farwell, who has chaired the club's RYLA committee for more than 10 years, announced that



Rotarian of the Day Eric Wilkie.

Randy Farwell & Jon Riewer.

Meetings

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

Participate via Zoom:

<https://us04web.zoom.us/j/742305775?pwd=V0ZTMV11NldkY2xMMnlHNEdPdIRxdz09>
Meeting ID: 742 305 775
Password: 630851

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



five students are being sponsored by our club this summer. They include three from Moorhead, one from Hawley, and a fifth from Lake Park whose interest was developed by Gina Monson. That young man is the late Bob Leiseth's grandson ... who learned about the opportunity while attending our centennial dinner.

Rotary exchange student to come soon

Our club is again sponsoring an exchange student through Rotary International. Sergio from Chile arrives in August. Host homes are needed!

Sarge Chris educates on LGBTQIA Day

Sergeant at Arms Chris Andreasen noted that May 7 was LGBTQIA Day, the day the courts made homosexual marriage legal. He pointed to Rotary's commitment to diversity and inclusion, explaining the acronym stands for lesbian, gay, bisexual, transgender, questioning, intersex and asexual individuals.

Chris himself offered the first of the day's happy dollars for the birth of his second child and a professional step forward — his program Pathways' sale to the board of Trinity Lutheran. Dave told of a hike that was "very wet and very

adventurous." Eric Wilkie shared good wishes with new president Dave and for our speaker, who he said "is doing great work in the community." Dave Tranby shared that he and his wife welcomed their Colorado son, who came to Moorhead for his birthday.

What is 'harm reduction'? Sarah explains

Rotarian of the Day Eric Wilkie introduced Sarah Chatelain-Gress, who with partners saw the need for a new treatment center for addiction recovery. The Lotus Center. Sarah and her staff provide intensive and low-intensive therapy services to those recovering from substance abuse.

The Lotus Center takes a different route to helping substance users recover from their alcohol or drug habits than most addiction recovery programs. Its staff of licensed addiction counselors ask clients what they want to achieve, rather than dictates a hard-and-fast goal of complete abstinence.

"We don't care what you're using or how much you use right now," she explains. "We want to know why you use it. Addiction is a coping mechanism. Once we understand the reasons, we can deal with it. Substance abuse is a chronic, long-term disease. Ninety days of treatment isn't enough. Recovery is a life-long process."

Looking Ahead

May 24

Sergeant at ArmsEric Wilkie
Rotarian of the DayJerry Rogers
ProgramMayor Shelly Carlson & City
Manager Dan Mahli

May 31

Sergeant at ArmsEmily Gess
Rotarian of the DayDave Sederquist
ProgramRolland Ellendu, Ellendu Recycling

June 7 — Service Project

June 14

Sergeant at ArmsTim Hiller
Rotarian of the Day..... Dave Tranby
ProgramAbe Tamayo, Salvation Army

June 21

Sergeant at ArmsGary Nolte
Rotarian of the Day Steve Schaefer
Program.....Sarah Solheim, Gooseberry Players

June 28

Sergeant at Arms Jean Hannig
Rotarian of the Day Chris Andreasen
Program.....Deb Dawson,
African Soul/American Heart

July 26 — FM Rotary Foundation Golf Scramble

1:30 p.m.Moorhead Country Club

Rotary
Foundation



of Fargo
Moorhead

13th Annual Golf Scramble

Tuesday July 26, 2022 – Moorhead Country Club

Shotgun Start: 1:30 pm – Dinner and awards: Immediately following

Registration begins at 12:30 and Includes:

Greens fees, cart, driving range, dinner and awards

Golf and Sponsorship Opportunities:

Foursome with Hole Sponsor:	\$650
Foursome:	\$500
Hole Sponsor:	\$200
Individual Golfer:	\$125

Register online at: [**FM Rotary Foundation Golf Scramble**](#)

There are five Rotary Clubs in Fargo-Moorhead, and we often work together on community projects that require more resources, more volunteer hours, and more funding than an average club project. In 2007, the FM Rotary Foundation, a 501(c)3 non-profit organization, was formed as a mechanism of the five clubs to tackle larger projects together. The first project was the Rotary Centennial Universal Playground at Lindenwood Park in Fargo.

Since that time the FM Rotary Foundation has funded projects including the Moorhead Miracle Field, universal playgrounds at TNT Fitness and Agassiz School, Project English, provided safe transportation for new Americans (through Charism), facilities at Gigi's Playhouse and many other local projects. The FM Rotary Foundation also funds International Projects in Guatemala, Honduras, Bolivia, India, Chad, Kenya, Ethiopia, the Congo, Tanzania and other countries around the globe!

Proceeds from the 2022 FM Rotary Foundation Golf Scramble will used to help fund out newest project, the FM Rotary Natural Playground!!

If you are interested in sponsoring and/or playing in the event, please contact Dick Larson at larsonpilot@yahoo.com or Jay Borland (701-552-1289) at borland927@gmail.com