



The Paddlewheel

Moorhead Rotary Club

Volume 101—Number 21

November 24, 2020

Moorhead Rotary Club 970 District 5580

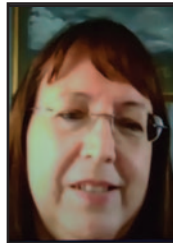
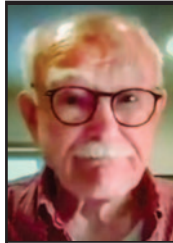
President Jerry Roger
President-Elect Gina Monson
President Nominee 2021-2022
David Sederquist
Treasurer Emily Gess
Secretary Teresa Joppa
Past President Steve Schaefer

Directors (2020) Ernie Simmons,
Pat Gulbranson and Greg Johnson
Directors (2021) 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
Program Chair Jean Hannig
Pianist Sharon Fangsrud
Song Leader Bob Hanna
Photographer Russ Hanson
Paddlewheel Editor
Nancy Edmonds Hanson

2020 Committees

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



Grieving parents comforted by Hopeful Hearts nonprofit, say Burgard & Sorum

President Jerry Rogers welcomed 19 Moorhead Rotarians Tuesday, Nov. 17, along with guest speakers Jen Burgard and Kayla Sorum of Hopeful Hearts. After hearing the Star-Spangled Banner, he tapped trivia master Brent Brandt. In honor of the upcoming Thanksgiving holiday, he quizzed members of trivia related to the 1987 movie "Planes, Trains and Automobiles," the John Hughes film he called the "best Thanksgiving movie ever."

Sarge Paul: Remedies for outrage & anger

Sergeant at Arms Paul Dovre pointed to the definition of that term — "rule enforcers, peacekeepers and provocateurs." In that spirit, he directed attention to the article in the current issue of the Rotarian magazine about anger directed at the media. Citing the movie "Network," he asked, "Why do we let others provoke our rage and anger ... particularly the media?" Instead, he said, "What is we looked at our anger and tried better to understand it, and to remedy the pain we hold?"

He assured members that we can each bring our anger and pain into the light, then confront it and find constructive rather than destructive ways to

remedy it.

He offered the first five happy dollars himself in honor of the Moorhead High Spuds football team, undefeated this year and headed for the playoffs. In the same vein, John Andreasen — who logged in from Chicago — shared his happiness that the Minnesota Vikings had beaten the Chicago Bears the night before.

Steve Schaefer celebrated his daughter's new job in the Hamline University financial aids office. Jean Hannig contributed with thanks that she has tested negative for Covid-19, despite some family members' positive results.

Brent saluted Churches United's new hot lunch service. While hot noon meals have been discontinued at the shelter as a Covid precaution, they are now being served by volunteers at Trinity Lutheran Church ... when, Gary added, his daughter Angie was working the lunch line that day.

'Comfort bags' and encouragement provided for parents who have lost babies

Rotarian of the Day Dale Hetland introduced our guests, Jen Burgard and Kayla Sorum of the Hopeful Heart Project. The two were drawn together in 2017 by the shared experience of losing a

Guests 11/17

Jen Burgard and Kayla Sorum, Hopeful
Hearts

November Birthdays

Hetland, Dale	Nov 03
Matthees, Charles	Nov 08
McLaman, Rod	Nov 08
Koesterman, Sue	Nov 19
Nolte, Gary	Nov 28

Wedding Anniversaries

Farwell, Randy & Sherri	Nov 02 1991	29 years
Benson, Jon & Jessica	Nov 11 2002	18 years
Monson, Gina & Dave	Nov 30 1996	24 years

Rotary Anniversaries

Rogers, Jerry	35 years
Nov 05 1985	
Woods, William	16 years
Nov 05 2004	
Hanson, Russ	13 years
Nov 06 2007	
Hanna, Bob	32 years
Nov 08 1988	
Moorhead, Tracey	28 years
Nov 10 1992	8 years
Nov 18 2012	
Koesterman, Sue	3 years
Nov 19 2017	
Riewer, Jon	17 years
Nov 25 2003	
Tranby, Dave	34 years
Nov 25 1986	

newborn child.

"We were two strangers who quickly became friends, and it all started with a simple coffee date in November 2017 to talk about two of our greatest loves, Hope and Henry," Jen said. "our babies were born just seven weeks apart ... and our lives were shattered the day we died."

That was the first day of the new reality that, though their babies had died, somehow they still had to go on. "Even though we each knew we needed to recover physically and emotionally, there was no guide to doing so — no direction, no clear path," she said. "We both asked ourselves and others why there wasn't more help. Why there wasn't more specific support? We knew we were far from the first mothers this had happened to, and sadly even further from the last."

They started with "Hope Gifts" to comfort parents suffering loss. The gifts are a collection of self-care items procured by two loss moms designed to provide comfort and promote the importance of healing. "We want these parents to know right

away that they are not alone and that they will keep surviving s- even on the hardest, most difficult days," the women explained.

They offered bereaved parents a much-needed opportunity to talk about their experiences and interact with others who understood their pain. The project has grown to include classes on coping with out-of-order deaths.

Hopeful Hearts has two doulas who can provide guidance and support un these difficult circumstances. They also refer parents to other resources that may help in their time of need, including organized support groups and counseling.

Their nonprofit organization is supported by donations, including participation in Giving Hearts Day in February.

Parents are referred to them by word of mouth. Information on what they do is also offered by local hospitals. Their "care packages" can also be requested on their website, hopefulheartproject.org.

Looking Ahead

November 24 — No meeting

December 1 ... Zoom

Sergeant at ArmsSue Koesterman
Rotarian of the Day.....Steve Astrup
Program.....Joel Friesz, LSS Restorative Justice

December 8 ... Zoom

Sergeant at ArmsJon Benson
Rotarian of the DayBob Hanna
Program.....Community Peace-Building
and Conflict Prevention, Christian Harris,
former Rotary Peace Scholar in Libya

December 15 ... Zoom

Sergeant at ArmsGary Nolte
Rotarian of the Day.....Ernie Simmons
ProgramPaul Dovre's annual
Christmas message

December 22 — No meeting

December 29 — No meeting