



The Paddlewheel

Moorhead Rotary Club

Volume 98—Number 16

October 16, 2018

Welcome New Members!

Kevin Heazlett
American Crystal Sugar

Rob Remark
JLG Architects

Matt Hallaway
Oak Grove High
School

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

President John Andreasen/Troy Nellis
Dave Sederquist/Corey Elmer
President-Elect Steve Schaefer
President Nominee 2020-2021
Jerry Rogers
President Nominee 2021-2022
Gina Monson
Treasurer Doreen Filler
Secretary TBD
Past President Corey Elmer

Directors (2018)

Eric Wilkie, Dale Hetland, Gina
Monson & Brent Brandt

Directors (2019)

Tammy Finney, John Andreasen
& Brett Drevlow

Directors (2020)

Jerry Rogers, Troy Nellis & 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,
Mike Hulett & Jean Hannig

Pianist Sharon Fangsrud

Song Leaders Bill Schwandt,

Bob Hanna, John Andreasen

Photographer Russ Hanson

Paddlewheel Editor

Nancy Edmonds Hanson



Coming Up Tuesday

Moorhead Rotarian Rob Remark of JLG Architects presents Tuesday's program on the Teddy Roosevelt Presidential Library proposed for Medora, N.D. Jerry Rogers is sergeant at arms, and Bill Craft and Joel Paulsen are greeters.

Chiropractic Sports Specialist discusses health impact of CrossFit fitness routine

President John Andreasen welcomed members to Tuesday's meeting with a chance to be a winner. Violet Deilke and Nathan Johnson of the Travel Giveaway committee drew names of the first two members to win incentive prizes for selling their first four raffle tickets — \$100 dining certificates for Rustica. Violet reminded, "There are more prizes coming! Get your travel tickets sold to qualify!"

Members voted on the site for future meetings at the Hjemkomst Center, choosing between the main floor meeting room and the larger area in the lower level. A large majority deemed the downstairs room a better choice due to lower cost and more convenient access to the equipment and flags used during meetings.

Members celebrate news with 'happy \$\$'

Sergeant at Arms Dave Sederquist touched off a flurry of good news with his call for "happy dollars."

Mike Hulett celebrated his present snowbird status as winter arrives early. Other donors and their announcements: Jean Hannig, for a weekend of fun with all 16 of District 5580's exchange students; Gary Nolte and Eric Johnson for the Concordia



Photos/Russ Hanson: Travel Giveaway committee members Violet Deilke and Nathan Johnson draw names of the first two sales prize winners. Brent Brandt leads the club in "Sidewalks of New York." Rotarian of the Day Steve Astrup introduces Karla Wolford of EHP CrossFit..

homecoming parade; Brent Brandt and Violet for booming raffle ticket sales, with 15 earning you a gourmet wine dinner at Sam Wai's house;

Emily Gess, for plans with her husband to celebrate their 10th anniversary in Vermont; Kay Parries, for the success of the dinner with District Governor Blaine Johnson on Oct. 4; Brett Drevlow, for coverage of the club's dictionary project in the Moorhead Extra, as well as a new Cub Scout troop;

Jade Rosenfeldt, for her and her husband's 12th anniversary trip to Europe and the long weekend with other parents who've lost children; Steve Schaefer, for his two Scouts popcorn sales and weeks of travel with students; Gina Monson, in honor of our exchange students; and Stacey Ackerman, for her safe return after traveling to Bolivia with her daughter for Mano a Mano.



Photos/Russ Hanson: President John Andreasen. Sergeant at Arms Dave Sederquist. Karla Wolford chats with Scott Greelis. Matt Hallaway and Jade Rosenquist. (Left) Steve Schaefer and Tracey Moorhead.



EHP CrossFit founder talks of benefits

Rotarian of the Day Steve Astrup introduced our speaker, sports chiropractor Karla Wolford. She is CEO and owner of EHP Crossfit, which has just relocated to 1400 25th St. S. in the Moorhead Industrial Park.

A graduate of Concordia College, Karla participated in three sports on campus. She had just completed a course in sports medicine at chiropractic school in 2013 when she established CrossFit. She had recovered from a possibly paralyzing snowboard accident; after a year of intense therapy, she recovered fully.

Karla had tried lots of running before she discovered CrossFit. "More people are involved in CrossFit around the world than in soccer," she said, "with 350,000 people competing last year."

At 34, Karla was named "fittest doctor in the world." Her specialty is sports medicine. She has worked with USA beach volleyball Olympians for the past nine years, traveling with the team and serving as a constant resource. Their travels have taken her to St. Lucia, Switzerland, South Africa, Brazil and China. She has also worked with the US weight-lifting team.

She credits Jim Loehr's book *The Only Way to Win: How Building Character Drives Higher*

Achievement and Greater Fulfillment in Business and Life. "It helped me set goals and line up my priorities," she asserted. "It helped me find my way home."

CrossFit workouts are based on functional movements reflecting the best aspects of gymnastics, weightlifting, running, rowing and more. The empowerment program, she said, helped her gain the confidence to start her own chiropractic practice and her business.

Karla credits the intense regimen for aiding in her recover from the effects of a sexual assault at age 25. Its Women's Empowerment program — the focus of a special daylong event Nov. 10 — is designed to help women recovering from sexual and domestic violence and recovery from addiction.

EHP CrossFit offers several different paths to fitness, including programs for teens, children from 6 to 12, and "littles" (3 to 5 years old). There are adaptive classes for those with disabilities and Longevity, a program for those 55 and up. BaseCamp is available for newcomers, while BootCamp's six-week schedule helps clients get back into regular exercise and a healthy routine.

More information on EHP CrossFit is available online at ehpcrossfit.com.

October Birthdays

Wai, Samuel	Oct 03
Mounts, Rob	Oct 08
Hanson, Russ	Oct 23
Johnson, Gregory	Oct 28
Kolb, Ronald	Oct 29

Wedding Anniversaries

Gess, Emily & David	Oct 04 2008	10 years
Hulett, Michael & Janie	Oct 04 1985	33 years
Elmer, Corey & Brenda	Oct 05 1996	22 years
Wright, Edgar & Virginia	Oct 09 1954	64 years
Moore, Noel & Thomas	Oct 12 1996	22 years
Hannig, JeanJeff	Oct 24 1972	46 years

Rotary Anniversaries

Andreasen, John	26 years
Oct 01 1992	
Suomala, Paul	22 years
Oct 01 1996	
Johnson, Eric	6 years
Oct 02 2012	
McLaman, Rod	36 years
Oct 05 1982	
Benson, Jon	11 years
Oct 09 2007	
Volkers, Chris	1 year
Oct 17 2017	
Donabauer, Brad	5 years
Oct 22 2013	
Johnson, Nathan	2 years
Oct 25 2016	

Looking Ahead

October 16

Sergeant at Arms.....Jerry Rogers
Rotarian of the Day.....Steve Astrup
ProgramRob Remark, JLG Architects —
Teddy Roosevelt Presidential Library
Greeters.....Bill Craft & Joel Paulsen

October 23

Sergeant at Arms.....Dave Sederquist
Rotarian of the Day.....Steve Astrup
ProgramRep. Colin Peterson
Greeters.....Violet Deilke & Neil Qualey

October 30

Sergeant at ArmsEric Johnson

Rotarian of the Day.....Steve Astrup
ProgramSteve Smith, YMCA executive director
GreetersPaul Dovre & Jon Riewer

November 6

Sergeant at Arms.....Jade Rosenquist
Rotarian of the Day.....Steve Astrup
Program.....American Crystal Sugar
GreetersBrett Drevlow & Jerry Rogers

November 13

Sergeant at Arms.....Bill Schwandt
Rotarian of the Day.....Steve Astrup
ProgramDilworth mayor Chad Olson
GreetersCorey Elmer & Jade Rosenquist