



The Paddlewheel

Moorhead Rotary Club

Volume 106—Number 18

October 28, 2025

Moorhead Rotary Club 1405 District 5580

President Tim Hiller
President-Elect
President Nominee
Treasurer Dave Sederquist
Secretary Teresa Joppa
Past President Steve Astrup

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

October Birthday

Johnson, Gregory October 28

Wedding Anniversary

Hannig, Jean and Jeff 53 years
Oct. 24 1972

Rotary Anniversaries

Andreasen, John 33 years
Oct. 01 1992
Benson, Jon 18 years
Oct. 09 2007
Andreasen, Christopher 7 years
Oct. 23 2018
Simmons, Ernest 7 years
Oct. 30 2018



No Regular Meeting on Tuesday, October 28

There's no regular noon meeting this Tuesday! It's our second Service Day, with volunteers serving lunch at Churches United's Micah's Mission.

We'll resume regular noon meetings on Nov. 4, when we'll also announce the first winners of the 2025-26 Travel Raffle. Be sure to get your sold tickets and money to Dale Hetland.

Author Laetitia Mizero Hellerud retells story of coming to Fargo as African refugee

President Tim Hiller welcomed Moorhead Rotarians to their Oct. 21 meeting, reminding us that there will be no noon meeting on Oct. 28. Instead, four club volunteers will be at Churches United's Micah's Mission, serving lunch to shelter guests and visitors.

Kay Parries told the club that she and other members would be in Duluth later in the week for District 5580's annual conference.

Travel Raffle chair Dale Hetland reported that tickets turned in so far have exceeded the cost of the prizes in the annual giveaway. "From here on, it's all profit," he said. Since there won't be a Tuesday meeting on Oct. 28, he urged members to get their ticket sales to him as soon as possible. The first of eight drawings for trips, cash and dinner certificates is scheduled for Nov. 4.

Sarge Chris discusses multi-club collaborations

Sergeant at Arms Chris Andreasen reflected on service projects that cross the lines between clubs and districts, multiplying Rotary energy to accomplish good works in the U.S. and the world.



Photos/Nancy Hanson: (Top) President Tim Hiller. Author Laetitia Mizero Hellerud. Dale Hetland wins weekly raffle!

(Above) Cindy Nolte, Kay Parries, Dale Hetland and Dave Sederquist.

(Below) Steve Astrup. Treasurer Dave Sederquist reviews raffle payments and tickets.





Photos: Sergeant at Arms Chris
Andreasen.

Jean Hannig.

Steve Schaefer.

Secretary Teresa Joppa.



He moved on with a request for members to share good news with “happy dollars.” Steve Schaefer reported that his family’s guest, exchange student Ana, is “spoiling” them with her excellent baking. After others reported sports successes and other positive developments, Chris himself tossed in a happy dollar in honor of Dale and all the work he has done to organize this year’s Travel Raffle.

Speaker Laetitia Mizero tells grueling story of rebuilding her life in America

Chris introduced Laetitia Mizero Hellerud, who joined us for the second time. In August, she introduced us to the Jeremiah Program, which she manages. This time, she was invited back to talk about her tumultuous background as a refugee from the devastating civil war in her native Burundi.

She fled her native land with her sibling during the civil war with neighboring Rwanda, during which the Tutsi people massacred 300,000 members of her family’s Hutu tribe. Her paternal grandfather, who had run for president of Burundi, was murdered by the opposing tribe along with his wife. Then a young married woman, Laetitia fled with her baby. Her father refused to leave and start over, and her mother remained to care for her own mother.

Laetitia said, “I was a refugee four times.” She fled first to Rwanda, then another West African nation, then to France, and — at the age of 29 — finally arrived in North Dakota.

Now a U.S. citizen, she decided to tell much of her story in her book, *Being at Home in the World*. Published in 2017, it draws on her experiences as she discussed what she terms “cross-cultural leadership lessons to guide your journey.” It includes chapters with life lessons drawn from the challenges and resiliency shown in her own story. Among their titles: “Believe in yourself and you will find a way.” “Building character through adversity.” “Love and Belonging are at the heart of significance and meaning.”

A page-one quote from Pericles sums up her message: “Those who can truly be accounted brave are those who best know the meaning of what is sweet in life and what is terrible, and then go out, undeterred, to meet what is to come.”

Hetland snags winning card

Our weekly raffle was down to just three remaining cards when Dale Hetland won the opportunity to draw one.

He pulled the nine of spades!

Looking Ahead

October 28 — Rotary Service Day

November 4

Sergeant at ArmsJon Riewer
ProgramAmy Longtin, Tech4Kids

November 11—Tour of Heather House

HIA Hospice

November 18

Sergeant at ArmsRob Remark
ProgramDayna Del Val,
“Discover Your Spark”

November 25

Sergeant at ArmsJean Hannig
ProgramAndreasen Family

December 2

Sergeant at ArmsBrandon Lunak
ProgramErin Shapiro, Plains Art Museum

December 9

Sergeant at ArmsDave Sederquist
ProgramMPD Chief Chris Helmick

December 16

Sergeant at ArmsCinty Nolte
ProgramPaul Dovre’s Christmas Message

December 23 — No Meeting

December 30 — No Meeting

January 6

Sergeant at Arms
ProgramTravis Christopher,
Sanford Peltier Lodge