



The Paddlewheel

Moorhead Rotary Club

Volume 105—Number 10

September 10, 2024

Moorhead Rotary Club 1405 District 5580

President Steve Astrup
President-Elect
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

September Birthdays

Schaefer, Steve September 1
Hanna, Bob September 13
Nolte, Cindy September 15
Simmons, Ernest September 19

Anniversaries

Andreasen, John & Carol 52 years
Sep. 02 1972
Deilke, Violet & Karl 49 years
Sep. 12 1975
Hetland, Dale & Ruth 34 years
Sep. 01 1990

Rotary Anniversaries

Nordin, Adam 9 years
Sep. 08 2015
Shockley, John 9 years
Sep. 21 2015
Erbes, Roger 7 years
Sep. 09 2017
Remark, Rob 6 years
Sep. 18 2018
Hiller, Tim 2 years
Sep. 21 2022



Emily Jones, the founder of Creative Spirit Counseling.

Coming Up Tuesday, September 10

Sky Purdin tells us about Jasmin Child Care, designed to fit working parents' hours and needs. Tim Hiller is our sergeant at arms.

Counselor discusses out-of-the-box approach to trauma therapy

Emily Jones, the founder of Creative Spirit Counseling, joined Moorhead Rotarians Tuesday, Aug. 27, to discuss her approach to counseling adolescents and adults who have experienced trauma and personality disorders.

President Steve Astrup kicked off the meeting with a series of announcements. Former Rotarian Brent Brandt sponsored a free Movie Night at the Fargo Theater that Thursday.

David Tranby hinted that an announcement was forthcoming about a golfing event sponsored by the FM Rotary Foundation. Details emerged in the following days. The 15th annual golf scramble will be hosted, not at the Moorhead Country Club as in past years, but at Suite Shots in Fargo. The event is scheduled for Monday, October 14. Following lunch at 12:30, game play is scheduled from 1:30 to 3:30. A registration form is attached to this week's Paddlewheel email, and can also be found on ClubRunner.

Jean Hannig noted that our Austrian exchange student, Ellie Zimmerman, was welcomed to Moorhead High by Supt. Brandon Lunak. Jean also presented a Brazilian Rotary club flag to President Steve; she received it at a recent meeting of Rotary exchange directors.



Photos/Nancy Hanson: (Top) Jean Hannig presented President Steve Astrup with a Rotary flag brought home from her meeting with exchange officials. (Center) Jon Benson. Tim Hiller. (Below) Kirk Scott and Alex Aldrich. Greg Johnson.





Photos: Ernie Simmons.
Dale Hetland.
Speaker Emily Jones.

President at the podium.



Sarge Jean queries on school trivia

Stepping into her role as the day's sergeant at arms, Jean — "the jocular Jean," according to the president — shared historical school trivia. Among her revelations: A regular graphite pencil can draw a line 35 miles long. Crayola says its blue crayon is kids' favorite. School buses have been yellow since 1939.

Happy dollars streamed in for members' kids returning to school. Ernie Simmons, sporting a broken arm in a sling, ironically expressed appreciation that the law of gravity still works. Bill Woods continued paying on his birthday "debt," and Dale welcomed the return of Gophers and Bison football.

Therapist Emily Jones tells of helping patients who are 'outside mainstream'

Counselor Emily Jones, a native of Kentucky, found her way to Fargo-Moorhead by marrying an active duty soldier who, after retiring from the Army, wanted to return to his home state of North Dakota. They have two sons, one at UND, the other at Sheyenne High School.

A licensed social worker, she started her local career at Sanford Health, working in mental health counseling and the emergency room. She went on to practice at Prairie St. John's and elsewhere before founding her own practice in 2019.

The goal of Creative Spirit Counseling, she explained, is "to help those outside the mainstream who don't fit well elsewhere." Addressing post-traumatic stress disorder is



especially personal to her because her husband developed the condition during his military service.

"I felt a call to be able to do more than other counseling services," she said. Her favorite job prior to going on her own was in the ER ... but, she said, "bureaucracy was in the way of getting people from one place of help to another."

Creative Spirit Counseling has grown from just Emily to a staff of seven. Among their specialties are treating trauma and personality disorders. Emily herself is trained in trauma-focused cognitive behavioral therapy and EMDR — eye movement desensitization reprocessing.

Other members of her staff also specialize in treating people with addiction and severe mental illness; internal family systems; sense of self, and life transitions. Along with TF CBT and EMDR, their services include dialectical behavioral therapy. Creative Spirit Counseling's patients range in age from as young as 5 through adulthood.

More information: creativespiritcounseling.com

Looking Ahead

September 10

Sergeant at ArmsTim Hiller
ProgramSky Purdin, Jasmin Child Care

September 17

Sergeant at ArmsErnie Simmons
ProgramBruce Hanson, Heart of Clay

September 24

Sergeant at ArmsBill Woods
ProgramErnie Simmons, "All in the Future"

October 1

Sergeant at ArmsJohn Andreasen
Program

October 8

Sergeant at ArmsEric Wilkie
Program

October 15

Sergeant at ArmsJean Hannig
ProgramJoan Windus, Change Is Good