

Moorhead Rotary Club 1405 District 5580

Directors (2023) Chris Andreasen, Greg Johnson & Steve Schaefe Directors (2024) Tracey Moorhead, & Ernie Simmons Directorw (2025)

President President-Elect President Nominee

Treasurer Secretary

Past President

& Jean Hannig Directors (2026)

& Tim Hiller **RYLA** Coordinator

Program Chair

Schaefer, Steve

Simmons, Ernest

Hanna Bob

Nolte, Cindy

Polio Plus Coordinator

Paddlewheel Photographer/Editor

September Birthdays

Wedding Anniversaries

Andreasen, John & Carol

Sep 02 1972

Deilke, Violet & Karl

Sep 12 1975

Hetland, Dale & Ruth

Sep 01 1990

Sep 08 2015

Sep 21 2015 Erbes, Roger

Sep 09 2017

Sep 18 2018

Sep 21 2022

Nordin, Adam

Shockley, John

Remark, Rob

Hiller. Tim

**Rotary Anniveraries** 

Steve Astrup

Dave Sederguist

Dave Sederguist

Tammy Finney

Nancy Hanson

Randy Farwell

Cindy Nolte

Jean Hannig

September 1

September 13

September 15

September 19

51 years

48 years

33 years

8 years

8 years

6 years

5 years

1 year

Nancy Edmonds Hanson

Teresa Joppa

# The Paddlewheel

## **Moorhead Rotary Club**

Volume 104—Number 13

September 26, 2023















Photos/Nancy Hanson: Jan Nelson of HeartSprings Community Healing Center

President Steve Astrup. Rotarian of the Day Tim Hiller.

Sergeant at Arms Ernie Simmongs. Ernie and Jerry Rogrs.

Travel Raffle committee chair Dale Hetland. Cindy Nolte and Dave Tranby

### Coming Up Tuesday, Sept. 26

Historian Markus Krueger of the Historical & Cultural Society of Clay County talks about "Clay County and the Atom Bomb" at this week's meeting. Bill Woods is sergeant at arms, and Chris Andreasen is Rotarian of the day.

#### HeartSprings founder Jan Nelson tells of therapies that offer hope

President Steve Astrup welcomed Moorhead Rotarians, guest John Vanderlinden of Fargo West Rotary and speaker Jan Nelson to the club's Sept. 19 meeting.

Jean Hannig volunteered to serve as the club's second rep on the five-club planning committee for the 2024 District 5580 conference in Fargo.

Travel Give-Away tickets are ready to go

Travel raffle committee chair Dale Hetland announced that tickets for the 2023-24 fund raiser are ready, along with a flyer detailing the 10 great trips from which the seven monthly firstprize winners will be able to choose. He said those who have bought tickets in prior years will receive promotional postcards, which are being prepared by Eric Wilkie. Members can pick up

**Moorhead Rotary** 

P.O. Box 72

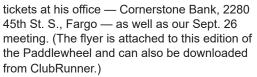


Photos: Brandon Lunak

Guest John Vanderlinden of Fargo West Rotary offers "happy dollars."

Steve Schaefer.

Dale Hetland, Brandon Lunak & Kay Parries.



#### Sarge Ernie describes lovely Singapore

Sergeant at Arms Ernie Simmons shared his memories of Singapore, where the Rotary international convention will be staged in 2024. His call for "happy dollars" was answered by Steve Schaefer, who's likely to visit that city and other nations soon to recruit future Cobbers, and Gary Nolte, who visited there in 1965 while in the Navy. Kay's dollar was for her opportunity to attend the convention.

John Vanderlinden saluted the progress of the Rotary Natural Play Hill, for which he's about to write a second check for \$300,000 to contractor Gast Construction. Jean Hannig's buck honored speaker Jan Nelson, while Dave Sederquist applauded the work of President Steve. HeartSprings — bringing hope since 2008

Rotarian of the Day Tim Hiller introduced Jan Nelson, who has led HeartSprings Community Healing Center since founding it 16 years ago. An occupational therapist who has worked in a variety of settings for 36 years, she started the holistic program for individuals with brain injuries ... but was forced to reshape the program by the COVID-19 pandemic of 2020.

"We continue to work with people with Parkinnson's disease, multiple sclerosis and related conditions, but on a one-on-one basis," she explained. HeartSprings addresses many sides of those life-altering conditions: movement, emotions, stress and nutrition, all of which play a part in their conditions. She said, "Many of those issues start in your gut with your diet." Music, too, has been demonstrated to help, as research indicates it helps people with mild cognitive impairment.

For more information on her upcoming Parkinson's retreat Sept. 29-0ct.1, go to *www.heartspringscenter.org*.

#### September 26

Sergeant at Arms ...... Bill Woods Rotarian of the Day .....Chris Andreasen Program .....Markus Krueger, "Clay County and the Atomic Bomb"

#### October 3

Sergeant at Arms ...... Rotarian of the Day .....Dave Sederquist Program ..Don Kinzler, "How To Move a House"

#### October 10

Sergeant at Arms	
Rotarian of the Day	Carmen Escobar
ProgramMegan Krueger	, Moorhead Library

#### October 17

Sergeant at Arms	
Rotarian of the Day	Violet Deilke
Program	Daria McMillan, Unseen

#### Looking Ahead

#### October 24

Sergeant at Arms	
Rotarian of the Day	Jon Benson
ProgramRich Le	ntz, Mission in Bolivia

#### October 31

Sergeant at Arms	
Rotarian of the Day	Jon Riewer
PrgramBrenna Gerha	rdt, Humanities ND

#### November 7

Sergeant at Arms	
ProgramKelly Krenzel, Hope Bloor	ns

#### November 14

Sergeant at Arms
ProgramRandy Farwell, RYLA Report