



The Paddlewheel

Moorhead Rotary Club

Volume 104—Number 13

September 26, 2023

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
 Directorw (2025) Tammy Finney & Jean Hannig
 Directors (2026) Nancy Hanson & Tim Hiller
 RYLA Coordinator Randy Farwell
 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

Wedding Anniversaries

Andreasen, John & Carol 51 years
 Sep 02 1972
 Deilke, Violet & Karl 48 years
 Sep 12 1975
 Hetland, Dale & Ruth 33 years
 Sep 01 1990

Rotary Anniversaries

Nordin, Adam 8 years
 Sep 08 2015
 Shockley, John 8 years
 Sep 21 2015
 Erbes, Roger 6 years
 Sep 09 2017
 Remark, Rob 5 years
 Sep 18 2018
 Hiller, Tim 1 year
 Sep 21 2022



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 first-prize 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

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

President Steve Astrup. Rotarian of the Day Tim Hiller.

Sergeant at Arms Ernie Simmonds. Ernie and Jerry Rogrs.

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



Photos: Brandon Lunak.

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

Steve Schaefer.

Dale Hetland, Brandon Lunak & Kay Parries.



tickets at his office — Cornerstone Bank, 2280 45th St. S., Fargo — as well as our Sept. 26 meeting. (The flyer is attached to this edition of the Paddlewheel and can also be downloaded from ClubRunner.)

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 Parkinson'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-Oct.1, go to www.heartspringscenter.org.

Looking Ahead

September 26

Sergeant at Arms Bill Woods
 Rotarian of the DayChris Andreasen
 ProgramMarkus Krueger, "Clay County and the Atomic Bomb"

October 3

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

October 10

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

October 17

Sergeant at Arms
 Rotarian of the DayViolet Deilke
 ProgramDaria McMillan, Unseen

October 24

Sergeant at Arms
 Rotarian of the DayJon Benson
 Program.....Rich Lentz, Mission in Bolivia

October 31

Sergeant at Arms
 Rotarian of the DayJon Riewer
 ProgramBrenna Gerhardt, Humanities ND

November 7

Sergeant at Arms
 Program.....Kelly Krenzel, Hope Blooms

November 14

Sergeant at Arms
 ProgramRandy Farwell, RYLA Report