



# The Paddlewheel

## Moorhead Rotary Club

Volume 97—Number 24

December 5, 2017

### Welcome Our New Members!



**Patrick Lorenson**  
Ramsey State Bank



**Brett Drevlow**  
Boy Scouts



**Liz Brandenburg**  
Northwestern Bank



**Rob Mounts**  
Bremer Bank



**Roger Erbes**  
American Federal Bank



**Alex Ohman**  
Dakota Boys & Girls Ranch



**Sharon Fangsrud**  
Pianist



**Chris Volkens**  
Moorhead City Manager



**Scott Wilkie**  
Avis Rent a Car



**Brent Brandt**  
Health Equipment Recycling



**Sue Koesterman**  
Churches United for Homeless



**Coming Up Tuesday:** Jodi Boyne of Aging Minnesota brings us up to date on the state's rapidly aging population. She'll be introduced by Rotarian of the Day Nathan Johnson. Dave Sederquist is sergeant at arms, and Tammy Finney and Adam Nordin are greeters.

### MMA fighter Maria Prussia offers advice on setting and achieving goals

Tuesday's meeting opened on a tragic note. President Corey Elmer shared the devastating news that Adeline Rosenfeldt, infant daughter of member Jade Rosenfeldt and husband Steven, passed away that morning. She was born Aug. 15. "Angels danced when Adeline Marie Rosenfeldt was born," read the obituary. Her funeral was Saturday.

### Potatoes and a Party

Service chair Dale Hetland reported that 26 members packed potatoes for 5,200 Thanksgiving meals last week. He thanked them and promised, "We will do more of these in the future."

Corey noted that Dec. 5 will be a big day for Moorhead Rotary, with our regular meeting at noon and the annual holiday party, which begins with a social hour at 6 p.m. and dinner at 7 at the Moorhead Country Club. Committee chair Ron Kolb hinted, "We will have an excellent program, hosted by a top MC, said Kolb. "I won't divulge his name, but his initials are Jon Benson."

The board is looking for members to sign up for several important missions -- a new



*Photos/Russ Hanson: Anne Blackhurst, Rei Yajima and visiting Rotarians Dave Manning and Tom Riley. Jerry Rogers (across from Alex Ohman) and Dale Hetland. Speaker Mariah Prussia (center) with Heidi Olson-Fitzgerald and Gina Monson.*

hospitality committee, as well as membership, program planning and renewal of downtown Moorhead. More hands are needed just before and after meetings every week to help with set-up and take-down.

Corey added, "We are looking for our next president elect. Remember, we will all take our turn."

### Help Jerry Rogers celebrate

Heidi Olson-Fitzgerald extended an invitation to attend Dr. Jerry Roger's retirement party at Essentia Health from 4:30 to 6:30 p.m. Thursday, Dec. 14. Following the party at the clinic at 801 Belsley Blvd., friend will regroup at Dave's Southside Tavern to carry on informally.

### Sarge at Arms muses on life and pie

Sergeant at Arms Eric Johnson asked members to say a word of thanksgiving for each of us in Rotary peace and fellowship,



**Guests, 11-29-17**

Rei Yajima, exchange student

**Visiting Rotarians**

Dave Manning, FM AM Rotary  
Tom Riley, PDG, FM AM Rotary

**December Birthdays**

Lunak, Brandon	Dec 04
Andreasen, John	Dec 05
eilke, Violet	Dec 20
Ohman, Alex	Dec 20
Hanson, Nancy	Dec 24
Moore, Noel	Dec 25
onson, Gina	Dec 30

**Rotary Anniversaries**

Wright, Edgar	62 years
Dec 06 1955	
Finney, Tammy	2 years
Dec 08 2015	
Rosenfeldt, Jade	2 years
Dec 08 2015	
Baldwin, Jill	17 years
Dec 12 2000	
Nolte, Gary	29 years
Dec 13 1988	
Parries, Kay	29 years
Dec 13 1988	

*Tammy Finney, Jill Baldwin, Randy Farwell & Alma Cater. Corey Elmer & Heidi Olson-Fitzgerald. Dale Hetland.*

and to remember how we can be supportive of each other in difficult times.

Eric then offered an assessment of the relative merits of pumpkin versus pecan pie for Thanksgiving. “Was pumpkin pie even served at the first Thanksgiving? Pumpkin isn’t really a pie, is it? I declare that pecan pie is the most important Thanksgiving pie.” Wise words, indeed.

Happy dollars showered down in gratitude for Rotary-style blessings: Dale Hetland for all the Rotary Food Bank volunteers; Gina Monson for hosting international students all last weekend and for her 21st wedding anniversary; Sharon Fangsrud for the potato bag-stuffing experience with Rotarians at the Food Bank; and Dave Sederquist for not breaking anything in his family’s annual Thanksgiving touch football game.

**Pro fighter Mariah Prussia tells of career**

Rotarian of the Day Gina Monson declared that it was both pleasure and a pain to introduce our speaker. Mariah Prussia of MPX Fitness, who has a degree from MSUM and is a certified trainer, nutrition

coach, professional MMA (mixed martial arts) fighter, adjunct professor, Area Woman freelance writer ... “and she has kicked my butt in boxing,” Gina noted.

Mariah was the first sanctioned professional female fighter in the area. She described MMA — a full-contact combat sport that mixes boxing, kicking boxing, jujitsu and other sports techniques.

She recounted how, shortly after she committed to her first pro fight in February 2013, she tore her Achilles heel. “I set that date in my head, and I told my coach that I would be fighting on that date,” she said. She got off crutches in late July and went on with the Oct. 26 fight as scheduled. She lost in the first round but won in the second.

“We all have goals,” the fighter advised. “Attach feelings to your goals and speak of them in the present tense, as if you have already achieved them.

“My struggles have made my strengths.” Asked whether people are intimidated when they learn she is a MMA fighter, she smiled: “Absolutely, and sometimes I kind of like it.”

**Looking Ahead**

**December 5**

Sergeant at Arms.....Dave Sederquist  
Rotarian of the Day.....Nathan Johnson  
Program.....Jodi Boyne, Aging Minnesota  
Greeters .....Tammy Finney & Adam Nordin

**December 5**

**Rotary Christmas Party**  
6 p.m. — Moorhead Country Club

**December 12**

Sergeant at Arms.....Dave Sederquist  
Rotarian of the Day ..... Steve Schaefer  
Program.....Dr. Paul Dovre holiday message  
Greeters .....Alma Cater & Brent Brandt

**December 19**

Sergeant at Arms .....  
Rotarian of the Day .....  
Program.....Anne Kaese, tour of St. John’s Bible  
Greeters .....Violet Deilke & Scott Wilkie

**December 26 — No Meeting**  
**January 2 — No Meeting**

**January 9**

Sergeant at Arms .....  
Rotarian of the Day.....Gina Monson  
Program ....MSUM Update: Dr. Anne Blackhurst  
Greeters .....Paul Dovre & Sue Koesterman

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

President Corey Elmer  
President-Elect  
Secretary & Paddlewheel reporter David Wahlberg  
Treasurer Doreen Filler  
Past President Eric Wilkie  
Director Dale Hetland  
Director David Sederquist  
Director Tammy Finney  
Director John Andreasen  
Director Gary Gonser  
Director Troy Nellis  
RYLA Coord. Randy Farwell  
Polio Plus Coord. 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  
Meeting Reporter Teresa Joppa  
Paddlewheel Editor  
Nancy Edmonds Hanson