

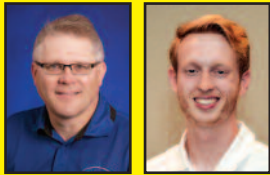
The Paddlewheel

Moorhead Rotary Club

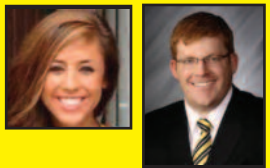
Welcome Our New Members!

Volume 97—Number 35

February 13, 2018



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



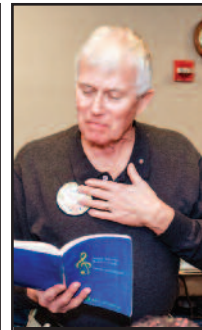
Scott Wilkie
Avis Rent a Car
Brent Brandt
Health Equipment Recycling



Sue Koesterman
Churches United for Homeless
Chris Alstrup
Bell Bank



Dan Stauffer
Retired



Coming Up Tuesday: Katie Ralston of the Greater F-M Chamber discusses its Young Entrepreneur Academy. Brent Brandt is sergeant at arms and Gina Monson, Rotarian of the Day. Bob Hanna and Brandon Lunak are greeters.

Business coach Rick Holmberg offers advice on 'proceed, exceed, succeed'

President Corey Elmer welcomed former Rotarian Dan Stauffer back to the club. He introduced several announcements:

- Scott Holdman of Dakota Medical Foundation stopped by to remind everyone of Giving Hearts Day Thursday. Last year it raised more than \$10 million for area nonprofits.
- Dale Hetland thanked members for volunteering to help pack meals for Feed My Children on Saturday. We reached our goal!
- The club will dispense with its regular noon meeting on Feb. 27. Instead, we'll gather at Junkyard Brewing in Moorhead for a member social with beverages, pizza and tours.
- John Andreasen sent a long-distance reminder of the Recital for a Cause – coming up April 3.
- Corey reiterated that we're still looking for a president-elect as well as one member to serve on the board of directors.

Gary Nolte, Teresa Joppa sell February's winning tickets in Travel Giveaway

Pat Gulbranson and Alma Cater presented February's Travel Giveaway winners. Teresa Joppa sold tickets to winners of both second and third place -- \$200 cash for Tim Hoshal of Nashwauk, Minn., and a \$100 dining certificate for Rustica to Serena Vergin, her boss, of Benson, Minn.



Photos/Russ Hanson: Dave Wahlberg, Corey Elmer, Teresa Joppa and Tim Beaton greet members. President Corey. Gary Nolte leads singing. Pat Gulbranson and Alma Cater announce the month's lottery winners. Sergeant at Arms Tim Beaton. Business Coach Rich Holmberg.

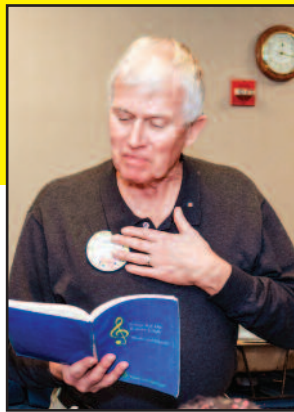
Past district governor Keith Brokke of Dent, Minn., won first place, airfare and four nights in the Napa Valley in May. Gary Nolte sold his ticket.

Sergeant at Arms Tim loves February

Tim Beaton, our first-time sergeant at arms, referred back to Giving Hearts Day, which makes its 11th annual appearance this week. "Give from the heart," he advised.

He noted that February is the month most associated with love and presidents. He schooled members in its correct pronunciation – FEB-ru-airy.

Calling for happy dollars, he recognized Dave Sederquist, whose contribution was in honor of guests Troy and Diane DeLeon, owners of the beloved downtown Moorhead Dairy Queen. Alma's happy dollar reminded men of Valentine's Day just around the corner. "As a florist, I know how many forget until the last moment," she said. Jean Hannig was elected secretary of the board of the Central States Rotary Youth Exchange Board last weekend in Chicago. Steve Schaefer offered a dollar for a student whom he just met who plans to start a Roteract Club. Anne Blackhurst celebrated



Guests, 02-06-18

Rick Holmberg, 2 Levels Up Coaching, speaker
 Troy & Diane DeLeon, guests of Violet Deilke
 Dan Stauffer, guest of Russ Hanson
 Scott Holdman, Giving Hearts Day

Reported Make-Ups

Jean Hannig, Rotary Youth Exchange
 Central States Board mtng,

February Birthdays

Suomala, Paul Feb 01
 Beaton, Tim Feb 17
 Elmer, Corey Feb 23
 Sederquist, David Feb 23
 Johnson, Eric Feb 28

Rotary Anniversaries

Cater, Alma 30 years
 Feb 02 1988
 Elmer, Corey 15 years
 Feb 11 2003
 Moore, Noel 19 years
 Feb 23 1999

*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 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

Scott Holman speaks on Giving Hearts Day. Gary Nolte leads singing. Rotarian of the Day Violet Deilke. Chris Astrup & Jon Riewer.

the MSUM women’s basketball team’s string of successes: “You should see a game,” she urged. “I can even get you a free ticket.”

Success coach offers tips on strategies to self-management your habits

Rotarian of the Day Violet Deilke introduced speaker Rick Holmberg, owner of 2 Levels Up Coaching. Since 1998, he’s been coaching business clients in how to produce behavioral changes in self-awareness, self-management, social awareness and relationship management.

He said that of the 200,000 words in the English language, only three end in the syllable “-ceed” – proceed, exceed and succeed.

He related “proceed” to individuals’ goals or bucket lists that never seem to get translated into goal-directed actions. “The hard part is getting started,” he said. Try the two-minute drill: Do what you are procrastinating on for just two minutes. “Inevitably, people go much longer once they get started,” he said.

Addressing “exceed,” he advised not to “put limits on your limits.” People fall into two categories, he said: feelers, who do something when they feel like it, and doers, who start when they need to.

As for “succeed,” he noted that all define success in their own terms. If you are in sales, you know how many calls you need to make your appointments and how many appointments you need to make a sale.

“Self awareness and self management are two factors I look for when I think about the kinds of people I can work with,” the success coach said.

“I look for people who are already really good at what they do but see there is an area where they could do better.

The loot just keeps piling up

At raffle time, Sue Koesterman drew the eight of diamonds – not the winning card. The pot grows.

‘Feed My Children’ Volunteer Project



Looking Ahead

February 13
 Sergeant at ArmsBrent Brandt
 Rotarian of the Day.....Gina Monson
 Program.....Young Entrepreneur Academy,
 Katie Ralston, Greater F-M Chamber
 GreetersBob Hanna & Brandon Lunak

February 20
 Sergeant at ArmsEric Johnson
 Rotarian of the DayJean Hannig
 Program.....Jean Hannig, “Rotary Goals”
 GreetersDale Hetland & Adam Nordin

February 27 — Club Social
 Junkyard Brewing Company4:30-7:30 p.m.

2018 Rotary District Conference



Thunder Bay, Ontario | April 25-29

This excitement-filled Rotary Conference experience will fuel your passion for Rotary and the positive impacts we are making locally and abroad. Beautiful Thunder Bay, Ontario is located 4.5 hours north east of Duluth, MN. Enjoy the drive and fellowship with Rotarians while traveling in the comfort of a chartered bus.

Departure date:
Wednesday
April 25

Conference dates:
Thursday – Saturday
April 26-28

Return date:
Sunday
April 29

Cost per Person: \$163
(if all 56 seats are filled, rate drops to \$128)

Consider This

Cost to drive personal own vehicle from Detroit Lakes to Thunder Bay (round trip)

790 miles X \$0.535/mile = \$422.65

The savings on fuel, and wear and tear on your vehicle more than pay for your trip on the bus!

- Restroom
- Reclining seats
- WiFi
- DVD
- 110 volt outlets

Bus
Amenities



- Bismarck - Elks Club
- Jamestown - I-94 Exxon
- Fargo - Petro
- Detroit Lakes - The Brew
- Brainerd - Petro Plus
- Duluth - Canal Park Lodge

Pick-up
Locations



- **Limited seating available!**
- Email Molly Herrington (Bismarck Rotary) at molly.j.herrington@gmail.com to reserve your spot.

Reserve
Your Spot!

