



**SERVICE Above Self**

# Fargo West Rotary

Newsletter December  
2010

Fargo West Rotary, PO Box 9237, Fargo, ND 58106



*President Heather  
Johnson-Kjos*

## MERRY CHRISTMAS

It just doesn't seem possible the holiday season is upon us. We have stuffed ourselves with Thanksgiving turkey and now move into the Christmas holiday season. This is the time of year when we travel over the river and through the woods to get to Grandma's house (or whoever it is we are celebrating the holiday with) and the weather doesn't always cooperate. It seems like the last couple of years the weather has decided to provide us with a blizzard on Christmas to totally foul up our travel plans. Most of us in this part of the country are used to the unpredictability of the weather and just celebrate once the weather has cleared up. Our family is having our Christmas the weekend before since my mom will be in sunny California celebrating with my brother and his wife. So maybe I can fool the snow and make it home to Minot without any trouble.

I think that most of us have some sort of holiday traditions that we continue with our families. The week before Christmas we would drive around town one evening and look at all of the Christmas lights. It was one of the highlights of the holiday season. Our family had a smorgasbord on Christmas Eve. It was about the only time of the year that we would get those pizza rolls and little tacos that we kids just loved (and I still love them). We would then make a variety of casseroles and relish plates and pig out. We always overate. Then we had to wait until mom and dad did the dishes and cleaned up before we could open a couple of our presents. They always took their sweet time and I think they enjoyed making us squirm. We then opened one present from our grandparents and one from mom and dad (usually pajamas). Then it was off to bed. Of course, as kids we were up very early and would sit at the bottom of the stairs and chant "mommy, daddy, we want to get up" over and over again. Finally, after about an hour of this (of course they were awake the whole time just to torture us) they would let us come upstairs. We would open our stocking first, then eat breakfast and then finally start opening presents. We all take turns opening our presents (not ripping into everything all at the same time) so we would finally be done around noon. As we became adults with our own families, many of these "traditions" continued. Our family Christmas is something I remember so vividly and I treasure those memories especially since my dad is now deceased. Family is so important at any time of year and I am so happy to call Fargo West Rotary my "family" as everyone is so special and supportive of one another every day of the year. Happy Holidays, Merry Christmas and Happy New Year!!

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### Mark your calendars:

Jan 20 — 'Wine tasting' at the Hjemkomst

Feb 18-19 — 'Goodwill meeting' in Winnipeg

Mar 24 — 'Recital with a cause' at Gethsemane Cathedral

## Thank you, David!

Past President *David Wrolstad* wanted to make buy our club its own projector, so he did and it was unveiled a couple months ago. David realized during his year what a chore it is to find a projector for the meetings that require one.

*Steve Shark* had been our primary source for them. He brought Daktech's projector and had to reserve it ahead of time, which put pressure on *Steve* because he had it when other employee's might have wanted to use it.

As a result of this wonderful gift (what better newsletter to put it in than our Christmas issue!) we needed to find a home for it. Jostling around in the car and the extreme cold could easily damage it. Thank you, *Daphne Meyers* for volunteering to put it in your desk in the Holiday Inn where it will be safe and warm.

Thanks to all of you who arrange our programs. Without you, we wouldn't need the projector!

## A merry cheap Christmas

After being away on business for a week before Christmas, Dick thought it would be nice to bring his wife a little gift.

"How about some perfume?" he asked the cosmetics clerk. She showed him a bottle costing \$50.

"That's a bit much," said Dick, so she returned with a smaller bottle for \$30. "That's still quite a bit," Dick groused.

Growing disgusted, the clerk brought out a tiny \$15 bottle. Dick grew agitated, "What I mean," he said, "is I'd like to see something real cheap."

So the clerk handed him a mirror.

## Bruce's memorial rock



Past President, *Dan Thomas*, owns Elite Powder Coat and made a memorial rock for Bruce's tree at the Red River Zoo. Powder coating is a

special process of applying dry paint and then curing it until the paint melts and becomes one with the surface. BBQ grills, swing sets, park benches, railings are often powder coated for durability and resistance to fading and chipping. The list is endless.

This is a perfect process for something you want to keep looking great for years to come.

Thank you, *Dan*, for this wonderful gift!

## Two members resign

We hate to see them go and hope they will return when their schedules allow, but Jill Henning and Dave Zieske have both resigned. They have contributed greatly through the years they were members. We appreciate their membership and contributions.

They will be missed and hope they return!

## Happy Birthday!

12/1 Rodger Mohagen  
 12/2 Clif Hamilton Jr.  
 12/5 Paul Nelson  
 12/13 RoxAnne Friese  
 12/15 Brad Dahl  
 12/26 Bruce Karevold  
 12/28 Kevin Fitz

## Interesting Programs

One of the major benefits in belonging to Fargo West Rotary is the wonderful programs we have. I remember well what **John Stern** said to me when he asked me to join, “You have to eat lunch somewhere so you might as well eat with me and get something out of your meal.” At that time, I had no idea what Rotary did or why I should belong. But after years of attending meetings, I have a pretty strong sense Rotary and its importance in my life.

Our programs have educated, entertained and generally made weekly Rotary meetings something I didn’t want to miss. So why I am telling you this?

If you weren’t at Rotary at the November 15<sup>th</sup> meeting you would have missed something the majority of us had no clue about. **Ryan McManus** arranged for three members of Valley Water Rescue to come. They suited up and brought Skupper, the golden retriever, who is specially trained for water rescue. It was one of our better programs.



Each of our programs is unique and each is interesting. Make sure you put Monday noon on your calendars so you don’t lose out.



## Recipe from Reed Stigen

My family and I were fortunate to sit with **Reed** and **Vicky Stigen** at the Foundation Banquet in November. The conversation turned to hunting and fishing (go figure!) and consequently recipes. I asked about their favorite recipes, especially soup and **Reed** said **Vicky** makes a great pumpkin soup. I told him to send it to me and I would put it in the December newsletter. We decided it would be fun to feature our member’s favorite recipes. If you have one, send it to me for next month. There are a lot of cooks in our club who would enjoy some old ‘tried and true’ recipes. What tastes better than soup or stew in the winter?

Thank you, **Reed**, for your *Spicy Pumpkin Soup* recipe:

Melt 1 Tbsp butter in saucepan, add 1/3 chopped sweet onion and 1 tsp minced garlic, cook until softened, add ¼ tsp crushed red pepper, ½ tsp curry powder, pinch cayenne pepper and mix over medium heat. Remove pan from heat.

Mix 1 ½ Tbsp Watkins powdered chicken with 1 ¼ cup hot water, add to pan. Add 1 ½ cups mashed cooked pumpkin and blend well. Bring to a boil and reduce heat, simmer for 10-15 minutes.

Transfer soup, in batches, to a blender or food processor. Blend until smooth, then pour into a small crock pot. With heat on low, blend in 2 Tbsp dark brown sugar and ½ cup milk. Stir in 2 Tbsp heavy cream and ¼ tsp or salt. If too spicy, add more cream.

Serve in small bowl with small dollop of sour cream and sprig of parsley for garnish.

Hey, you hunters, how about some of your recipes? You always come to club and talk about how good something you made was. It’s time to share.....

## Club Notes

There is always housekeeping to take care of. Here are some things that happened that you should know:

Thank **Rachel Clarke, Jill Berg, Heather Johnson-Kjos, Belinda Podetz**, for planning and executing a great Rotary Foundation banquet on November 2<sup>nd</sup>. It was Fargo West Rotary's turn to host and you did an outstanding job of planning it. There were many compliments by members of other clubs and visitors. They felt it was one of the better banquets in the past few years. As always, our treasurer, **Cory Badinger**, had a hand in it, too. Job well done, folks!

The Donations Committee has been busy. Here is a list of the recent donations:

- \$350 The Village — Big Brother/Big Sister
- \$200 Dakota Boys & Girls Ranch
- \$200 Heroes — pallet of medical supplies
- \$250 Riding on Angel's Wings
- \$160 Sundance Riding Therapy — sponsor 1 rider
- \$500 Great Plains Food Bank
- 3 RYLA Scholarships
- Festival of Trees purchased & decorated

## We have a website!

Be sure to check out our new website at [fargowestrotary.org](http://fargowestrotary.org). It is state-of-the-art, thanks to **Zac Paulson** and his crew at Insight Technologies. We've waiting for a long time for it to go live, and it finally has.

Suggestions are always welcome, so if you have an idea, share it.

Be sure to thank **Zac** when you see him. It's great!!

## Manual of procedure online

The Manual of Procedure helps Rotary clubs and district leaders understand Rotary by providing concise, easy-to-understand descriptions of RI policies and procedures that are most relevant to their service.

It is published every three years. This new version reflects the changes made at the 2010 Council on Legislation and the RI Board.

You can download the 2010 Manual of Procedure here

[http://sites.google.com/a/africaract.org/www/home/ManualofProcedure\\_Rotary2010.pdf](http://sites.google.com/a/africaract.org/www/home/ManualofProcedure_Rotary2010.pdf)

## District conference

Why should you attend the District Conference? This is a simple question; one that is worth pondering.

If you think our weekly meetings are fun, you will thoroughly enjoy the conference. You will meet Rotarians from across our district. Did you know our district is approximately 1200 miles east to west? It includes part of Canada, northern Minnesota and all of North Dakota.

The 2011 Rotary District 5580 Conference will be hosted at the Alerus Center on April 28 - May 1, 2011 by the Grand Forks area clubs. Before the end of 2010, you will be able to register online for the conference. You can begin to book your hotel rooms now. This page will show you the locations and information about area hotels. The Canad Inn (attached to the Alerus Center) is the 2011 Conference hotel.

[http://www.gfrotary.org/conference\\_map.htm](http://www.gfrotary.org/conference_map.htm)

Make it a fun trip and bring your spouse or significant other. Let them learn what Rotary is and why you are a Rotarian.

Every year Fargo West Rotary donates and decorates a tree for Fraser's Festival of Trees. Of course, we are not the only ones who do. Twelve of our member's companies also had beautiful trees. The trees are displayed at the Fargodome where they are seen by everyone attending any event there until December 3.



*"And the prize goes to" Fargo West Rotary! Great job Cathy & Joan!*



*Hannaher's Inc*



*Holiday Inn of Fargo*



*Gate City Bank*



*Insight Technologies*



*Liberty Business Systems*

Thank you, **Cathy Hanson** and **Joan Thomas**, for decorating our tree. Our tree is consistently one of the prettiest displayed. This is the 10<sup>th</sup> annual Festival of Trees. They are sponsored by local businesses, community members, and organizations. The monies raised support the many programs of Fraser, LTD. The lit trees will be given to families who wouldn't otherwise have one this Christmas.



*Moore Engineering*



*State Bank & Trust*



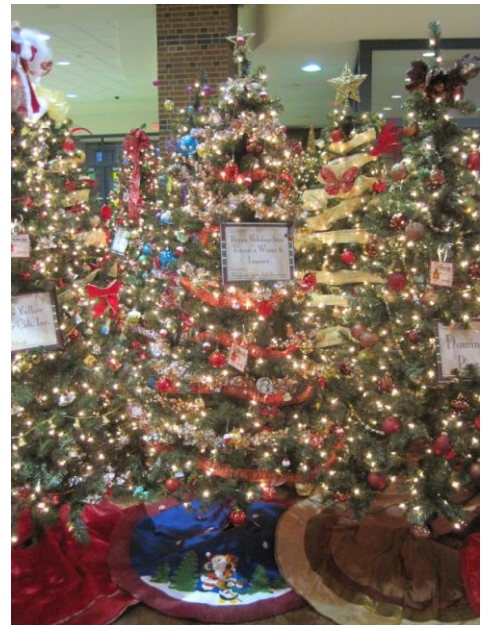
*Scheels*



*Choice Financial*



*Union State Bank*



*Bernie's Wines & Liquors*

These were our member's trees that I saw. I hope I didn't miss anyone. The Festival of Trees (and our involvement) is one more reason to be a Rotarian. We are serving the community and we do it with pride.



## December is Family Month

Rotary International sets a theme for each month and year. February is World Understanding Month.

December is a unique month in Rotary. It is Family Month. That means the focus is on our own families and our larger Rotary family. We all have our own traditions in how we celebrate the Holidays. We reflect on life's true meaning and share it with family and friends. It is a time for joy, love, and the desire for peace.

These wishes are extended to the larger world. We have the Salvation Army kettles, Food Pantry, Giving Trees, and a myriad of different ways of giving at this time of year. Giving to others is what Rotary is all about. We don't have to give only through Rotary. Rotary is a service club, but it is also a philosophy of how we live our lives. We have the Family of Rotary, and our focus should be on that also. It is our commitment as Rotarians.

According to RI president John Kenney (RI President 2009-10) he talks about celebrating family during Family Month. "Every club should strive to achieve a balanced interaction between Rotarians and their families — and the family of Rotary. Only by working together, as a family, can we ensure that the Rotary of today grows into an even stronger Rotary of tomorrow."

This is also the mid-year for our Rotary year. It is time to take a hard look at what we hope to do this year in our club. Are we going to reach the goals President Heather has set? Will we achieve the Presidential Citation? Are we participating and contributing to our club?

Do you attend other clubs and hear them sing the Rotary Grace? It's sung at the district level as well as locally in the clubs. It seems so appropriate, especially, at this time of year:

### ROTARY GRACE:

*O Lord and giver of all good,  
We thank Thee for our daily food,  
May Rotary friends and Rotary ways  
Help us to serve Thee all our days.*

Maybe we should take a step back, consider our blessings and give thanks at our meetings. We don't have to sing, but we could offer thanks to God who has provided for us.

## Important Rotary Info

### December Meetings

**Greeter: Kathleen Toft**

12/6 Martha Keeler —  
Wisdom Horse Coaching

12/13 Christmas Lunch — Oak  
Grove Oak Grove Madrigal  
Singers

12/20 Mary Lou Dahms —  
Hospice

12/27 Extreme Makeover

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*Make up meetings at any of these  
local clubs:*

*Fargo West Rotary meets Monday  
noon at the Holiday Inn*

*Moorhead Rotary meets Tuesday  
noon at the Moorhead Courtyard  
by Marriott*

*Fargo Rotary meets Wednesday  
noon at the Radisson Hotel*

*FM/AM Rotary meets Thursday at  
7:00am in the Overture Room at  
the Ramada Plaza Suites*

*FM/PM Make up meeting is at  
5:15 pm on the 1<sup>st</sup> & 3<sup>rd</sup> Wed of  
every month at the Winery*

