



**SERVICE Above Self**

# Fargo West Rotary

Newsletter July 2008

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

Betty Opheim, Editor



## President's Message *By Paula Grimestad*

I am very excited about being your Rotary President for the 2008-2009 year. It's an honor and a privilege to represent our Fargo West Rotary Club and I look forward to continuing the positive impact we have on our community and the world.

All of us generously share our time, talents and wealth to do what we can to make the lives of our fellow human beings better. I am always impressed and inspired by the passion and commitment I see from fellow Rotarians and the accomplishments we achieve around the world.

My goal this year is to implement an organizational chart that includes a progressive rotational process for Committee Chairs, Vice Presidents and President-elects to prepare for upcoming years. This chart is also designed to distribute a variety of responsibilities to more Rotarians to lessen the workload of a few and have more Rotarians participate in the accomplishments of the club.

I believe the more active a Rotarian is the more meaningful Rotary becomes. The best way to do this is to have fun! Making new friends, having fun and working together are the key to our success. I look forward to a successful and fun year with all of you.

Go Rotary!

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## Changeover Meeting

Monday, June 30<sup>th</sup> was the changeover meeting at Fargo West Rotary. Jill Berg, president 2007-08, recapped the successes of her year. One of the most remarkable points is that eleven new members were added this year. Unfortunately, we also lost members. Jill passed out certificates of appreciation to the members who served this year. Seventy-five percent of the club was involved with at least one committee. Many people were involved in several committees. Not many organizations can tout that number! She then passed the gavel to Paula Grimstad, who will serve as the 2008-09 president.

A heartfelt thank you from all of us, Jill, for your outstanding leadership!



Jill & Pattie Middendorp



Diane Mondry & Jill



Paul Nelson & Jill



Jill & Judy Pearson



Jill & LaVonne Langord



Jill & Carole Rogne



Jill & Betty Opheim



Jill & Bruce Opheim



Jill & Deb Magnuson



Pam Schaefer & Jill



Jill & Mark Shaul



Jill & John Stern



Jill & Ryan McManus



Jill & Steve Shark



Reed Stigen & Jill



Jill & Dan Thomas

## More Photos From Changeover Meeting

Apologies to those members whose photos weren't taken. There was a camera malfunction, but thankfully, Roxanne Frieese had her camera with her. Like she said, *"I'm a mom. I never know when there will be a Kodak moment!"* (Was she or her children in the scouts??)



Paula thanked Jill for her leadership and the direction the club went this past year. Then she presented the President's plaque and past president's pin to Jill.



Paula has goals of her own for her year, and is looking forward to having another banner year! Go Paula!!



John Trombley & Jill



Hassan Ghazi & Jill



This pretty well sums up how the club felt about Jill's year — **President Elect 2009, David Wrolstad**, plants a good one on Jill. \*Note: Jill isn't objecting, either!

## Brad presents check



Harley Davidson motorcycle raffle chair, Brad Dahl, presented Paula Grimestad a check for \$17,515.72 for the wolf exhibit at the Red River Zoo. Paula is the zoo director, as well as our president 2008-09. Paula expressed her gratitude to the club for its on-going support of the zoo as well as receiving the money. As you know, the zoo is privately funded.



**John West** moved to Watertown, SD last month, but came back for the meeting. Jill awarded John his certificate plus a gift for his many years of dedicated service to Fargo West Rotary. John has served in many capacities over the years, but is most noted for serving on the Harley Davidson executive committee for years, as well as chairing the scholarship committee for years.

## RYLEA Report

*By Penny Crowder, RYLEA Chair*

We are sending 3 students to Camp RYLEA this summer. RYLEA is the Rotary Youth Leadership Award. Each year, we choose 2-3 students to attend the week long leadership training at the campus of the University of Minnesota, Crookston. RYLEA emphasizes leadership, citizenship, and personal growth.



Aaron is entering his Junior year and is the son of our fellow Rotarian Dave Wrolstad! Aaron had an impressive listing of achievements, interests and experiences. He's involved in DECA (an organization of marketing students)

and even has his own lawn mowing business. He earned his varsity letter in Cross Country as a sophomore and is an avid hunter. He's been officiating at youth hockey games for the last 3 years and has 3 years of Spanish. Aaron clearly is already a great leader and I believe camp is going to further sharpen those skills.

Tara is entering her Senior year. She's originally from West Fargo. She has great interest in psychology. Some of her interests and achievements include being involved in student counsel and the pay it forward tour. She's a volunteer at the YMCA, helps with customer service at the Family Center and is involved in the Grand Forks Park Board Summer of Youth program. I had a phone conversation with her and was impressed by how she has overcome so many challenges and has a strong desire to lead others to do the

same. I think Camp RYLEA will really give her the confidence and tools to do that.

Tony is from Buxton and just finished his Junior year at Red River. He's been involved in both sports and music in his high school years. He's on the honor roll and has won 2 all-city band awards. He enjoys concert choir and symphonic band, playing football and basketball. He really enjoys working on his skateboarding skills. Tony came with a great recommendation as someone who's got leadership skills already and needs to build confidence in those skills. It's going to be exciting to hear the impact that the camp experience has on Tony, Tara and Aaron!

These students will be our speakers on July 28<sup>th</sup>. Every student who has reported back to us has expressed a sincere appreciation for the opportunity we have given them. Their personal growth is very impressive.

This is a very popular program – one you will not want to miss.

### Happy Birthday!

- 7/8 Matt Gruchalla
- 7/14 Paula Grimestad
- 7/18 Dan Thomas
- 7/22 Ed Stern

*From Betty – Well, it finally happened!*

*I've sent soooooo many e-mails that my cursor overheated!!*

*Click on this link for picture*

<http://www.flamingcursor.com/>

## Meet our newest member



*“I joined Rotary to reconnect with my belief in giving back to the community. Having young children, Rotary support of the Fargo Zoo and literacy are a terrific match for me.”*

Joyce Linnerud Fowler

I was born and raised in Duluth, MN. But after over 20 years of life in Fargo, I am definitely a Fargoan! I graduated from Concordia College in 1987 and a few years ago finished the curriculum of the Public Health & Human Service Master’s program at MSUM. I have successfully procrastinated the completion of my thesis since. :)

My husband and I have two awesome girls, Ellie 9 years old and Amanda 7 years. The girls will start 4th & 3rd grade at Longfellow this fall. With a husband who is "on the road" every week, our family life is pretty busy. When we aren’t working, shuttling kids to school and activities, we head to the lake in northeastern Minnesota. It’s a long drive but you just can’t beat the outdoors and spending time with family and friends.

The past 11 years of my professional life, I have been blessed to be a part of the Bethany Homes family. As the Director of Housing & Assisted Living, I have met and served some of the most amazing people. I am very excited about the years to come with Bethany and our new development, Bethany on 42nd.



## Happy 40<sup>th</sup> Birthday!



Carly, Bud, & Evan surround Julie

Julie Kottsick turned 40 on June 14<sup>th</sup>! There was a party/open house for her on June 19<sup>th</sup>. This photo was taken before the party at the Osgood Golf Club.

Julie has a fantastic group of friends who arranged for her to receive a birthday card every day for a month before her actual birthday.



Julie & Betty Opheim

Opheim’s stopped in for just a minute to wish Julie a Happy Birthday. They were between the church service and the reception of Dani Ness & Micah Arnold’s wedding.

Be sure to read Julie’s contribution to the newsletter on page 7.

## Dani Got Married

Danielle Ness and Micah Arnold were married June 19<sup>th</sup> at the United Methodist Church in Fargo.

Dani looked like she just stepped out of the pages of Modern Bride magazine. Absolutely gorgeous!

Here are some photos from the wedding. It was beautiful....



Proud papa Bernie walks Dani down the aisle

Everyone had a huge smile on their face – none more so than the bride and groom.

It was nice seeing Nikki and Megan again, too. We've known them since they were in grade school.

I feel like a social columnist writing about the wedding, but it is the editor's privilege.



Dani's dress was gorgeous!



Micah's father was the officiating pastor



Mr & Mrs Arnold



Mama Rhonda is very happy



A tradition — Rhonda & Bernie built and decorated the arches and they have been used for many weddings

## July in Rotary

Normally, there is a monthly theme within Rotary, but there isn't one for July.

July is when the new Rotary officers begin their year of service.

## Two Wolves

*From Julie Kottsick, who writes, "This story gives me shivers every time I read it."*

An old Indian Grandfather said to his grandson who came to him with anger at a friend who had done him an injustice.

"Let me tell you a story. I too, at times, have felt a great hate for those that have taken so much, with no sorrow for what they do. But hate wears you down, and does not hurt your enemy. It is like taking poison and wishing your enemy would die. I have struggled with these feelings many times."

He continued...

"It is as if there are two wolves inside me; One is good and does no harm. He lives in harmony with all around him and does not take offense when no offense was intended. He will only fight when it is right to do so, and in the right way. He saves all his energy for the right fight.

But the other wolf, ahhh!

He is full of anger. The slightest thing will set him into a fit of temper. He fights everyone, all the time, for no reason. He cannot think because his anger and hate are so great. It is helpless anger, for his anger will change nothing.

## Important Rotary Info

### July Meetings

7/7 Michael Nelson —  
Ambassadorial Scholar to Italy

7/14 Julie Kottsick — ALS update

7/21 Jonny Huang -  
Entrepreneurialism

7/28 Report from our RYLA  
students

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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 Country  
Club.*

*Fargo Rotary meets Wednesday  
noon at the Radisson Hotel.*

*FM/AM Rotary meets Thursday at  
7:00a.m. at Seasons at Rose Creek  
Golf Club*

Sometimes it is hard to live with these two wolves inside me, for both of them try to dominate my spirit."

The boy looked intently into his Grandfather's eyes and asked... "Which one wins, Grandfather?"

The Grandfather smiled and quietly said...

"The one I feed."