



SERVICE Above Self

Fargo West Rotary

Newsletter May
2009

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



President's Message *by Paula Grimestad*

Our exchange student from Brazil, Leo, has overcome a life-long fear. There are so many ways youth grow in the Rotary Exchange program. They gain self-confidence, understanding, master a foreign language, gain life-long friendships and overcome fears. I want to share a brave and fun moment with Leo.

We traveled to the Cities for a weekend, to visit the Science Museum, the Mall of America and spend time with my family. While we were there I introduced Leo to my nieces, pet corn snake. Instantly Leo's eyes went wild as he said "No Way" over and over. Of course everyone was laughing at him and making fun of his reaction, but this was a real fear for him. Growing up in Brazil, his perspective is much different than ours and for good reason, many venomous snakes live in South America. After getting everyone around him settled down, we slowly brought the snake out and gradually got Leo to touch the snake and then eventually he held it. Wow! Part of his motivation was to show his family that he did it.

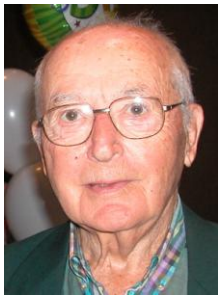
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Award



This photo caught his first moment expression very well. By the end of the evening he was walking around the house with the snake and very proud of himself.

Ed Stern Will Be Missed



Fargo West Rotary lost one of its most cherished members on April 18, 2009. He was 94 years old. We all knew him as a one-of-a-kind gentleman who showed us how to age gracefully.

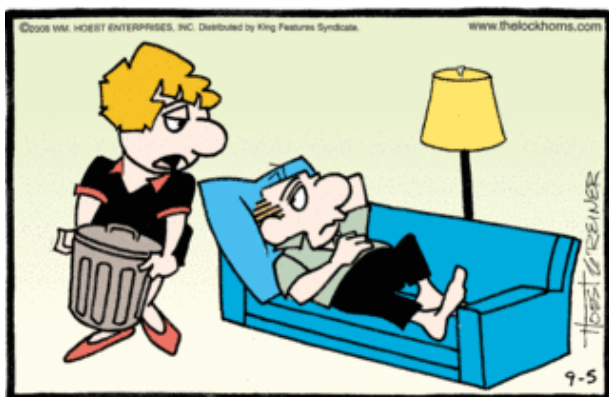
Ed was a Rotarian in the Fargo Rotary club before he came to Fargo West in the late 90's. He became a Paul Harris Fellow in 1995. Fargo Rotary's loss was definitely Fargo West's gain.

Ed had a colorful and unique background. He grew up in Valley City. But he really 'grew up' during WWII when he flew bombers as a Major with the 385th Bomb Group of the Eighth Air Force.

We all knew him as the face of Straus Clothing. He was deeply committed to his business, and brought his sons John & Rick into the store.

I don't think there was a civic organization that Ed didn't serve on or touch with his generosity. His love for the symphony was very impressive. He played violin for it and didn't miss many performances. Music was one of his loves. He was also a life-long Boy Scout. He believed in the Scouts and what it did for boys.

Ed's funeral was very nice. The Boy Scouts were there; it was a full military funeral. The Temple was so full people had to sit in the basement and watch the service on big screens.



How to Stay Ed Stern 'Young'

- ❖ Throw out nonessential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him/her.
- ❖ Keep only cheerful friends. The grouches pull you down.
- ❖ Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle.
- ❖ Enjoy the simple things.
- ❖ Laugh often, long and loud. Laugh until you gasp for breath.
- ❖ The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.
- ❖ Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
- ❖ Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
- ❖ Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but NOT to where the guilt is.
- ❖ Tell the people you love that you love them, at every opportunity.

Happy Birthday!

5/2 Paul Hannaher
 5/9 Sheldon Emil
 5/30 Sharon Hilgers

Wedding Congratulations



Congratulations to three of our members who recently were married.

Pam Schaefer and Keith Freeland (both members) were married April 25. Brenda Boland and David Podetz were married March 21. They chose March 21 because it would be easy to remember their anniversary: 3-2-1.



Keith & Pam



David & Brenda

Pam and Keith met in a restaurant; Brenda and David lived across the street from each other.

Pam and Keith were married at Olivet Lutheran Church in a private ceremony. Since they bought a house in Florida, they will join the Ness' and the Hamilton's in becoming snow birds.

Pam has been involved in Rotary for many years; Keith is a new member and both are committed to Rotary ideals and priorities.

Keith grew up and farmed in the Mayville area. In 1997, he retired and eventually moved to West Fargo. In 2007, Keith was widowed after 47 years of marriage. He enjoys spending time with his six children and thirteen grandchildren! In his retirement, he dabbles in managing and investing in real estate in ND and MN.

Pamela worked 29 years at MeritCare in various nursing and administrative roles before starting her own consulting firm in 2004. She has one son, an architect in New York. Pam and Keith are both involved in church and community activities. They especially enjoy entertaining, being with friends and family, and spending winters in Florida!!

Brenda has been doing small business consulting helping them to write protocol and streamline accounting systems/inventory systems. She enjoys going in and working with owners and accounting staff helping them to take their job a step further by putting controls into place.

She is currently under contract with Nardini Fire Equipment as their Controller for the past 18 months.

Her husband, David, was at Quality Body, but has retired — for the moment. Since they own two houses, they are thinking of tearing down David's house and building a new one for them. They love their neighborhood — both lived there their whole lives. They like it there because people know everybody's name and their pets. They are building a 1950's style house with a front porch and swing.

Our Best Wishes to Paul Hannaher's Daughter



Amy Hannaher and Jake Overby are getting married June 13th at Olivet Lutheran Church.

The reception will be at the Red River Zoo.

Amy graduated in 2004 from Fargo South High School and in 2008 graduated from St. Cloud (Minn.) State University with bachelor degrees in mass communications, advertising and marketing. She is a marketing specialist at Titan Machinery, Fargo.

Jake graduated in 2003 from Fargo South High School and in 2008 graduated from SCSU. He is employed at U.S. Bank, Fargo.

Harley Raffle Winners

Congratulations to Fargo West Rotary for its most successful Harley Davidson raffle to date!

We will be donating approximately \$22,000 to the Red River Zoo. This money will help make the final payments on the wolf exhibit as well as provide funds for maintenance on the Takin/Tur exhibit we built.

The Zoo is a good 'charity' for us to support. It's the number one tourist attraction in the Fargo/Moorhead area. There was a 17% increase in visitors last year for a total of 62,000 people. The wolf exhibit is credited for a good share of that increase.

The winners of the raffle are:

- 1st Place: Lillian Stigen from West Fargo (and yes, she is Reed's granddaughter)
- 2nd Place: Marquita Hynes from Chicago. She was in town staying at the Holiday Inn when she saw the bike and bought a ticket.
- 3rd Place: Roger Nenow from Woodworth ND (NW of Jamestown)

The drawing was held April 18th at the Harley Davidson store in West Fargo. Paula brought Harley the alligator to draw attention to the bike and the raffle. He's five years old and has become quite strong. He also lives up to his name. He is turning orange and a dark brown/black.

Our sincerest thanks to Brad Dahl, Cory Badinger and Pattie Middendorp for their outstanding contributions and leadership. The raffle would not have been as successful if any one of these people had not contributed their time and talents.

Remember Memorial Day!



Soldier's Creed

I am an American Soldier.

I am a Warrior and a member of a team.

I serve the people of the United States and live the Army Values.

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills. I always maintain my arms, my equipment and myself.

I am an expert and I am a professional.

I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat.

I am a guardian of freedom and the American way of life.

I am an American Soldier.

Discover the Magic

by David Wrolstad

The District 5580 '2009 Rotary Conference' was held in the Minot, North Dakota – the 'Magic City' – April 23 – 26, 2009. The Minot Rotary clubs and the planning committee did a very nice job hosting the event at the Holiday Inn. The weather did not cooperate as the 'Icebreaker' on Friday evening was suppose to be held at the 'Scandinavian Heritage Park', but was moved indoors due to the cool weather and wind.

The conference had several very good speakers. Chuck Kramer from the Minot Noon Rotary club gave a talk on the 'Magic of Rotary'. He is the owner of I. Keating Furniture and an ordained deacon and serves at the Church of St. John the Apostle in Minot. Chuck's talk was about "Service above Self" - incorporating a story about Canadian Geese among many others.

Dr. Jim Benson from the Bemidji Rotary club talked about 'Bemidji Leads – a national recognized community revitalization initiative that the entire community has embraced - many aspects taken on as Rotary club initiatives.

Award-winning story teller, Penny Legate, has a broadcasting career that spans 3 decades and includes hosting, reporting, and producing for both television and radio. Penny received an Emmy for a documentary on an orphaned orca and another Emmy for her work as host of 'Evening Magazine. Penny has climbed mountains, traveled remote roads of Africa and gone scuba diving with sharks to get a good story. Penny said that out of all her many adventures, the most meaningful is her annual trip with Rotary International to Ethiopia or India as she accompanies them to help distribute the vaccine to eradicate Polio.

Paul Embelton is currently on a 2-year leave from his position of Captain/Paramedic with the Central Pierce Fire & Rescue in Tacoma, WA and is working with our District 5580 to develop an EMT (Emergency Medical Technician) program for Volunteer Fire Fighters of Guatemala and our District's funds are currently building a fire station and training center along the shores of Lake Atitlan in the Guatemala highlands. Paul gave a power speech on the progress of the building and the spirit of the volunteers as they develop the program.

Your, and my Rotary dollars, at work in a third world developing country.

Past Rotary International President, Carl-Wilhelm Stenhammar, who is a current Trustee on 'The Rotary Foundation' gave an informative talk on the Rotary Foundation and the changes going on The Rotary Foundation Future Vision Plan that our District 5580 has applied to become a pilot district to implement. Our district will find out if we are one of the pilot districts the first part of May 2009.

Both the outgoing GES (Group Study Exchange) team that visited Sweden and the incoming GES team from Taiwan had entertaining presentations. All the 'Youth Exchange' students that have spent the past school year in our District had a talent show that was highly entertaining and enjoyable.

This was my second Rotary District 5580 Conference – my first conference was held in Fargo about 15 years ago. I really enjoyed my experience and participation at the conference; the only thing that would have made it better would be to have some other club members along as I was the sole representative.

The biggest thing I brought out of the Rotary Conference is 'Proud to be a Rotarian'. All the presenters above (and others) had example after example of all the good that Rotary does within our own communities and around the World. Keep in mind the Rotary Motto: Service Above Self.

Next year's 2010 Rotary Conference will be a joint International District Conference in Winnipeg held May 12-16, 2010 – this will be the 1st joint International Conference ever held. I plan to be there – I hope you can too.

Late one night, a mugger wearing a ski mask jumped into the path of a well-dressed man and stuck a gun in his ribs. "Give me your money", he demanded.

Indignant, the affluent man replied, "Hey, watch it - I'm a United States Congressman!"

"In that case," replied the mugger, "give me MY money."

Sheldon's Flood Story

By Sheldon Emil

The flood was a disaster for many but enlightening for others. I live in Riverwood, and it was amazed by the organization within the area. As soon as there were warnings about a potential flood, a Riverwood email system was set up. Lori, who oversaw it kept everyone updated daily, if not hourly. We were able to stay current on all situations, including the need for assistance or supplies. When the call came for bagging, everyone was informed and ready to go. I was amazed by the huge turnout and support, from all ages. Everyone in our addition pitched in some way by either hauling bags, tying bags, or cooking. You would have thought we had a gourmet chef with the spread of food that was prepared.

I bagged for days with people from Grand Forks, Jamestown, Bismarck, Civil Air Patrol members from Wisconsin, Athletes from NDSU, UND, the surrounding high schools, and with people for 100+ miles around. It didn't matter what your school colors were, everyone worked side by side, and with a little ribbing of alma maters, and (all in good fun) had a great time. I bagged one afternoon next to the NDSU girl's softball team and they were saying that they were a little sore because their coach made them lift weights before coming out. It was fun to see how organized the development was. We could set up or take down a bagging line in a matter of minutes, which eliminated any down time.

We were blessed having Jeff Johnson, who owns Dakota Underground living in our development. He provided machinery that was a life saver from backhoes to skid steers to bulldozers. When the city told us they could not finish the earth dikes for our north edition because of the problems down south, Jeff pulled his crews and finished the job in a day and a half. When he started late Wednesday, water was already 2 feet deep, and many home owners would have had water issues without him. He had his crew running 18 hour rotating shifts doing everything from setting up and running commercial pumps, to running the skid steers, to moving dirt. Jeff's team was a savior.

From all of this, I met many of the homeowners that I didn't know, and we established a monthly Riverwood newsletter which we will use to keep people informed on what's going on in the addition, if anyone has something for sale they can run an add, to an all addition get together.

The flood may have caused some tension and concerns, but it made our area closer.

Congratulations, Cory!

Our treasurer, Cory Badinger, has been elected State Deputy for the Knights of Columbus. This is equivalent to being a District Governor in Rotary.

The KC's is a Catholic organization that was chartered in 1882 as a fraternal benefit society. It is still true to the founding beliefs of charity, unity and fraternity.

There are more than 1.7 million members worldwide with 13,000 councils.



Please RSVP to Betty by May 10th

Past District Governor Gary & Cindy Nolte invite Fargo West Rotary to a reception in honor of Stephanie Simonson's college graduation on May 15th from 5-8pm. It is a backyard party, so bring your spouses.

Fargo West Rotary was very instrumental in giving Stephanie an opportunity to change her life while in high school and become a unique success story. She will be joining us at our May 4th meeting to share her story.



Rotarian Magazine Wins Award

Just in case you missed it on the Rotary website, The Rotarian magazine takes silver in 2009 EXCEL Awards!

http://www.rotary.org/en/Members/GeneralInformation/Announcements/Pages/090428_excelawards2009.aspx

The Rotarian magazine takes silver in 2009 EXCEL Awards April, 2009.

The Rotarian magazine was recognized by industry leaders for its exceptional work in association publishing. The October, November, and December 2008 issues won the Society of National Association Publications' esteemed EXCEL Silver Award in General Excellence for publications with a circulation of more than 100,000.

The EXCEL Awards honor and represent the best in publishing products of the association industry and is the pinnacle of peer recognition. The winning issues were the first to feature The Rotarian's new cover design, approach to layouts, and refinements to the front and back sections.

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Remember – a Grandmother is just a mother with experience.....

Important Rotary Info

May Meetings

Greeter: Jodi Baumgartner

5/4 Urban Plains Center

5/11 Rob Swiers — Hospice

5/18 Sandy Smith — ND Autism Center

5/25 Memorial Day — no meeting

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

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



RI 2008-09 theme