

Future Editors

March 29
Guest Editorial

April 5
Al Reynolds

April 12
Milton Rolle

Greeters

March 29
Chester Reiten
Alan Reynolds

April 5
Milton Rolle
Dean Rubbelke

April 12
Larry Schafer
Claude Sem

Upcoming Programs

March 29
Ann B. Jenks
State Archivist
State Historical Society

April 5
To Be Announced

April 12
ND State
Tax Commissioner
Cory Fong



Family Law Update by Stephan Podrygula



In my 21 years of full-time private practice, I've had the privilege of doing a lot of different kinds of work, in the areas of clinical psychology, behavioral medicine, and forensic psychology.

Within the area of forensic psychology, I've had a long-term involvement with family law issues, for example, helping couples and families with the divorce process, evaluating the ability of parents to effectively take care of their children, and assisting with developing appropriate child custody arrangements in cases of divorce

There some very positive developments, in our State, in the area of family law, which I wanted to share with you.

Although we all want marriages to succeed, up to half don't. Divorce is never a pleasant process, but conflicts over custody and visitation can be particularly bitter.

While the large majority of divorcing couples are able to make satisfactory arrangements, for parenting their children, on their own, a significant number are unable to work out their differences and turn to the legal system for resolution.

Child custody disputes are the bane of family law, and almost universally regarded as the most unpleasant cases for judges to handle. So what have we recently been doing for these families? Actually, quite a lot.

First of all, mediation pilot programs are operating in two judicial districts, helping couples resolve custody and visitation disputes themselves, with the help of trained attorney mediators.

In one measure of program success, 77% of participants resolved their differences. Behavioral science research consistently indicates that individuals who have "a voice" in the resolution of their problems are more satisfied with the process and the outcome.

Needless to say, avoiding litigation saves everyone time, money, and stress.

Second, the last Legislative Assembly changed the focus of what we are looking at, by making major changes in vocabulary and definitions. What used to be "child custody" is now allocation of "parental rights and responsibilities." "Custody" is redefined as "primary residential responsibility."

This wording helps move toward a less adversarial and emotion-laden perspective, and focuses us on the important responsibilities that both parents have, for the upbringing of their children.

Third, parents are now required to develop a parenting plan, an explicit document addressing the important issues in how a child will be raised (along with outlining a dispute resolution mechanism, in case the parties are unable to reach agreement about some matter in the future).

The State Bar has as a model parenting plan, and other samples are available, helping parents to look at the intricacies and contingencies that are involved in raising children after a divorce. If the parents are unable to come up with a plan, the court is required to do so.

We know that explicit arrangements, with built-in flexibility for future developments, and a dispute resolution mechanism, help facilitate post-divorce family adjustment.

Fourth, we now have a much better system for providing judges objective information, upon which to make decisions for the best interest of the children, in those cases that do reach the court.

Specifically, the Supreme Court has promulgated standards for a group of

Secretary's Corner Om Madhok

3/22/10

PRESENT MEMBERSHIP: 104

ATTENDANCE: 59.6%

STUDENT ROTARIANS: Bishop Ryan HS students

RESIGNED: Alison Repnow

MAKEUPS: Ann Krause, Rochester, MN on 3-18-2010

We Missed You!

Terri Aldrich	Joel Feist	OH Mittleberg
Kit Baker	Mike Gaddie	Jim Montgomery
Mike Berg	Jaime Haaland	David Olson
Wallace Berning	Kevin Harmon	Jim Olson
Rob Buchholz	Ken Hegle	Doug Panchot
Don Bausman	Daryl Hodnefield	Doug Pfau
Richard Campbell	Terry Hoff	Chester Reiten
Bruce Christianson	James Jensen	Milton Rolle
Adam Cichon	Kim Krohn	Larry Schafer
Donald Davison	Alan Kurth	Claude Sem
Elicia DesLauriers	Linda Langmaack	Dean Somerville
Robert Dick	Fred Lien, Jr	Rita Sommers
Sara Dufner	David Looyesen	Kelly Turneau
Maria Effertz-Hanson	Jarid Lundeen	Matt Watne
Dave Ellingson	Jay Lundeen	Tom Will
Betty Fedorchak	Michal McMahon	Terry Zeltinger

NOTICE OF PROPOSED CHANGES

The Rotary Club of Minot proposes the following changes effective July 1, 2010:

Roscoe Streyle and Pete Hankla will serve three-year terms on the club's Board of Directors. Roscoe will replace Brent Mattson and Pete will replace Dusty Zimmerman.

Dusty Zimmerman has been selected to serve as the Vice President effective July 1, 2010.

The Prairie Flower is the official publication of Rotary Club of Minot, Minot, North Dakota. It is published every Thursday. Annual membership dues for the year 2009-2010 in the Rotary Club of Minot, ND are \$588. 6/28/09 Om Madhok, Secretary.

John Kenney of Grangemouth Central, Scotland— President, Rotary Int'l
Ajoy Chatterjee of Thunder Bay, Ontario, Canada—Governor District 5580

The Rotary Club of Minot meets 12:00 to 1:10 p.m. every Monday at the Grand International of Minot.

Board of Directors: Reed Argent, President; Teal Myre, President-Elect; Ron Merritt, Vice-President; Om Madhok, Secretary; Dave Lehner, Treasurer; William McLees, Past President.

Directors: 2010 –Robert Dick and Brent Mattson; 2011—Mike Berg and Tom Will; 2012-Jen Guidinger and Dusty Zimmerman

Standing Members: Peter Hankla, Exchange Students, Ken Kitzman, Scholarship Fund; John MacMartin, and Rotary Foundation.

Birthdays

March 29
Terry Hoff
Jim Montgomery

April 3
Ken Kitzman



Anniversaries

NONE

The coffee this week was Papua New Guinea

Courtesy of Jo Khalifa



Fines

\$1.00 each

Who did not have good news to share; who have not completed the 2010 Census form, who did not pick Northern Iowa basketball team, who did not attend the Boys Class B basketball tournament; and who did not wear Rotary Pin or logowear.

TOTAL FINES:
\$177.00

THE ROTARY FOUR-WAY TEST

Of the Things We Think, Say or Do:

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?



Program Chairmen

APRIL

Gerald Lumley

MAY

Buzz Syria

JUNE

Bruce Walker

Please send editorials to:
kholte@srt.com



SUNRISE ROTARY
THURSDAY, 7:00 AM
Grand International

Please submit your
corrections for the
Rotary Roster to Mike
Berg by March 31st.

Family Law Update

 cont'd from page 1

individuals, designated as "parenting investigators."

Their responsibility is to conduct a careful investigation of the family circumstances (e.g., by interviewing the parties involved, obtaining collateral information from professionals, observing parent-child interaction, etc.) and develop specific findings which will help the court decide living and parenting arrangements for the children.

In the past four years, I've worked with the staff of the Supreme Court's Office of State Court Administrator, helping train these investigators, and there are currently several dozen available, throughout the state.

I've participated in two 18-hour-long training sessions, conducted by interactive television, in the past four years, and presented several face-to-face training workshops, including one just this past Saturday, in Bismarck.

I was privileged to be part of a committee, of attorneys and human service professionals, that has developed an extensive manual for investigator

training and reference; my specific contributions were chapters on interviewing (particularly, children), and parental mental disorder.

Finally, the law now provides the opportunity for the appointment of "parenting coordinators," trained professionals who can help parents work out differences and problems, after the development of the original parenting plan.

Parents have to be able to pay for this themselves, which excludes those with limited resources. Avoiding re-litigation is a major priority, and research indicates that things work out much better if the parents don't keep going back to court.

Although we are still very much within the adversarial legal system, I feel that many positive changes have occurred in North Dakota's system of family law.

Hopefully, we can continue to improve, so that the lives of parents and children, after divorce, become a little bit smoother.

Guest Speakers

 March 15, 22

"Slow down your snow globe!" was the theme of **Lea Johnson's** program on stress management. Lea is employed by Trinity Mental Health—Riverside Campus.

She was born and raised at Maxbass, attended high school in Newburg and attended Mayville State and MSU. She received her Masters from Florida State University.

Her discussion covered the different aspects of stress: social, environmental, emotional/psychological and physical. Reminding us that there are different stressors for different lifestyles and the basic causes or triggers for stress.

Where to begin? Identify sources and unhealthy coping skills, learn and implement healthy coping skills and don't stress when you don't "hit the bullseye."

Getting back to basics includes self care, balance, find your inner caveman, and stimulate your hippocampus.

Verla Rostad is the office manager for the Scandinavian Heritage Association located on South Broadway.

Verla explained that they are a non-profit corporation comprised of Danish, Finnish, Icelandic, Norwegian and Swedish ethnic groups dedicated to creating a remembrance of the past and a legacy for the future.

Teams of volunteers are needed to share an evening week so the park buildings can be open during evening hours. Families, friends and co-workers or organizations will work together to help Minot. Even if you are German, you are encouraged to volunteer!

Events coming up this year are April 10—Banquet and Silent Auction; June 18—Midsummer Night Festival and Sack Lunch in the Park on Thursdays at noon in June, July and August.

If you would like to volunteer, please call Verla at 852-9161.