



# The Paddlewheel

## Moorhead Rotary Club

Volume 102—Number 27

January 11, 2022

### Moorhead Rotary Club 1405 District 5580

President	Gina Monson
President-Elect	David Sederquist
President Nominee	Steve Astrup
Treasurer	Emily Gess
Secretary	Teresa Joppa
Past President	Steve Schaefer

Directors (2022)	Chris Andreasen & Steve Schaefer
Directors (2023)	Tammy Finney & Steve Astrup
Directors (2024)	Tracey Moorhead, Ernie Simmons & Megan Wiesneski
RYLA Coordinator	Randy Farwell
Polio Plus Coordinator	Cindy Nolte
Sergeant at Arms Team	Dave Sederquist, Eric Johnson & Jean Hannig

Program Chair	Jean Hannig
Pianist	Sharon Fangsrud
Song Leader	Bob Hanna
Trivia Master	Brent Brandt
Photographer	Russ Hanson
Paddlewheel Editor	Nancy Edmonds Hanson

### January Birthdays

Dovre, Paul	Jan 07
Astrup, Steve	Jan 10
Riewer, Jon	Jan 14
Finney, Tammy	Jan 29

### Wedding Anniversaries

Brandt, Brent and Kristi	
Jan 01 2010	12 years
Johnson, Gregory and Kelley	
Jan 05 2012	10 years

### Rotary Anniversaries

Kolb, Ronald	47 years
Jan 14 1975	
Farwell, Randy	21 years
Jan 23 2001	



### Coming Up Tuesday

Dan Hannaher, director of Lutheran Immigration & Refugee Services, talks about resettlement in North Dakota. Jon Benson is Rotarian of the day.

Photos/Russ Hanson: Andrew Mazz Marry & Dayna Del Val. Acting president Jean Hannig & travel raffle chair Dale Hetland. Jean Hannig. Trivia master Brent Brandt.

### Moorhead couple share their story of battling & overcoming alcoholism

Acting president Jean Hannig, who is standing in for president Gina Monson for the next several months, welcomed members and our speakers to the first Moorhead Rotary meeting of 2022.

John Andreasen reminded them of the club's campaign to raise \$10,000 to replace the funds normally generated by the Recital with a Cause. The recital, featuring the area's best young musicians, is normally held in April, with the bulk of the proceeds earmarked for Rotary International's Polio Plus. It has not been held for the last two years due to the pandemic. Founded by Moorhead Rotary, the benefit concerts are now co-sponsored by the five FM clubs.

Jean reported on progress in another five-club project, the Natural Playground. All local members have now been credited as donors. The playground, to be built in Moorhead's Memorial Park downtown, is expected to get underway this summer.

### January raffle winners unveiled

Dale Hetland, who chairs the club's Travel Raffle project, announced January's winners.

Third prize, a \$100 dining certificate for Rustics, was won by Evonne Hamilton on a ticket she purchased from Jean Hannig. Joyce Johnson of Glyndon, who bought her ticket from Violet Deilke, won second prize, \$200 in cash.

The top prize, an all-expense-paid trip to Nashville in April, was nabbed by Jake Monson. Gina Monson sold his ticket.

### Too early to bed? Sarge Dave levies fine

"Early to bed" is generally good advice, but Sergeant at Arms Dave Sederquist turned the tables on those who didn't make it until midnight on New Year's Eve. No numbers are available for the amount raised by sleepyheads' fines, but the club was expected to net a substantial bounty.

Gary Nolte chipped in happy dollars in honor of Moorhead's Gooseberry Park Players and their summer production of "Square Bob Squarepants." He noted that his and Cindy's daughter Angie was in the very first troupe of youthful actors 40 years ago.

Dave wrapped up with advice for the year ahead in a quote from William Purkey: "You've gotta dance like there's nobody watching, Love like you'll never be hurt, Sing like there's nobody listening, And live like it's heaven on earth."



**Meetings**

Tuesdays — noon  
Moorhead Schools Operations  
Center, 1401 30th Ave. S.

**Participate via Zoom:**

<https://us04web.zoom.us/j/742305775?pwd=VOZTMV11NldkY2xMMnlHNEdPdIRxdz09>  
Meeting ID: 742 305 775  
Password: 630851

**Other F-M Rotary Meetings**

Monday: FM/PM Rotary  
5:30 p.m., Lucky 13 Pub  
Monday: Fargo West Rotary  
Noon, Holiday Inn  
Wednesday: Fargo Rotary  
Noon, Radisson  
Thursday: FM/AM Rotary  
7 a.m., Ramada Plaza

**Marry & Del Val turn their struggle into campaign to help others get help**

Rotarian of the Day Gary Nolte introduced Dr. Andrew Mazz Marry, an associate professor of biology at MSUM, and Dayna Del Val, executive director of the Arts Partnership, to talk about a very different facet of their lives: Their years-long struggle with Marry’s alcohol addiction. The two have shared their struggles and ultimate victory with colleagues, friends and the public through their “Daily Dose” livestreamed podcast, discussing the touchy subjects of addiction and alcoholism.

“It’s an uncomfortable conversation,” Del Val conceded. “Our intent is to get the issue out of hiding and help others deal with it.”

Married in 2008 after a six-year relationship, she said, “I thought I understood him and his drinking. But at 9:30 on a Sunday evening in 2016, as they were watching TV, Mazz gave out a strangled yell. He had a massive seizure.”

She rushed him to the doctor, who told him he couldn’t drink and must not drive for six months. It helped, she said, but not enough. A few months later he had a massive nosebleed; emergency room doctors couldn’t figure it out.

His drinking was at the root of the problem, she

said: “He kept his teaching job and didn’t lose his drivers license of get DUIs, but he disengaged. I was losing my husband but I didn’t know it.”

Her husband, whom she calls Mazz, told his side: “I asked Dayna for help, but it took a long time.” He was given a battery of tests in the ER. A blood test revealed he had no red blood cells, so he was given a transfusion.

“I drank alone,” he said, hiding it as much as he could. “Many others are social, public drinkers.”

Things were very bad between them that year. Dayna begun looking for a way out. “He was a textbook drunk,” she observes. But in March, Mazz came out of Prairie St. John’s sober after six weeks of treatment. He feared losing his drinking friends; instead, they rallied around them.

They decided to go public with their story two years ago on his third “soberversary.” Since then, they have livestreamed a podcast five days a week on Facebook and Instagram (so far, 306 editions). They recorded a nine-part video series, and Dayna writes a regular blog on their mutual experiences and those of others fighting the same fight around them.

To read more, search “DailyDoseDrMarryDD” on Facebook and visit them online: [daynadelval.com](http://daynadelval.com)

**Looking Ahead**

**January 11**

Sergeant at Arms .....  
Rotarian of the Day .....Jon Benson  
Program.....Dan Hannaher, Lutheran  
Immigration and Refugee Services

**January 25**

Sergeant at Arms .....  
Rotarian of the Day .....Teresa Joppa  
Program.....Jennifer Illich, First Link

**January 18 ... board meeting**

**January 18**

Sergeant at Arms .....  
Rotarian of the Day .....Dale Hetland  
Program.....Kriss Burns, PRO Resources