



The Paddlewheel

Moorhead Rotary Club

Volume 106—Number 40

May 5, 2026

Moorhead Rotary Club 1405 District 5580

President Tim Hiller
President-Elect Chris Andreasen
President Nominee
Treasurer Dave Sederquist
Secretary Alexander Aldrich
Past President Steve Astrup

Directors (2023) Chris Andreasen, Greg Johnson & Steve Schaefer
Directors (2024) Tracey Moorhead, & Ernie Simmons
Directors (2025) Tammy Finney & Jean Hannig
Directors (2026) Nancy Hanson & Tim Hiller
Director (2027) Kay Parries
RYLA Coordinator Jon Riewer
Polio Plus Coordinator Cindy Nolte
Program Chair Jean Hannig
Paddlewheel Photographer/Editor Nancy Edmonds Hanson

May Birthdays

Andreasen, Christopher	May 2
Hannig, Jean	May 9
Tranby, Dave	May 14
Moorhead, Tracey	May 27

Wedding Anniversaries

Matthees, Charles and Barbara	
47 years	May 26 1979
Schaefer, Steve and Terese	
34 years	May 30 1992



Photos/Nancy Hanson: Consultan Dayna Del Val shared a program on powerful public speaking. (Above) Sergeant at Arms Janelle Leiseth. (Below) President Tim Hiller. Secretary Alex Aldrich. (Middle) Dale Hetland. Ernie Simmons. (Bottom) Chris Andreasen and Paul Dovre. Jean Hannig picks the (losing) card in the weekly raffle.

Coming Up May 5

Julie Christianson joins us to talk about Landon's Light this week. Kay Parries is our sergeant at arms.

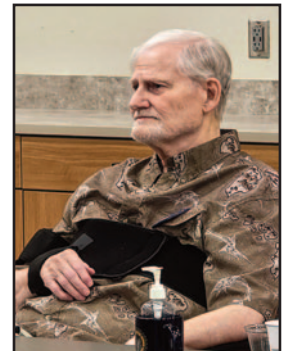
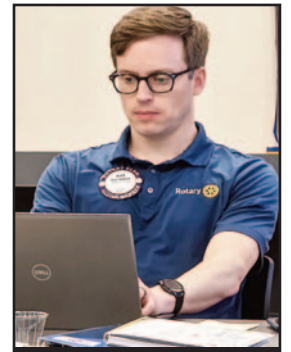
Dayna Del Val presents dynamic program on how to improve your public speaking

President Tim Hiller welcomed Moorhead Rotarians with good news about the club's charitable giving: The board evaluated more than 30 applications from groups throughout Fargo-Moorhead and chose five to receive grants this year.

"We're helping kids eat, we're helping kids rad, and we're providing educational and fine arts opportunities for children," he said, summing up the awards. They include:

- Friends of the Moorhead Library.
- Moorhead Legacy Education Foundation
- Historical and Cultural Society of Clay County.
- Moorhead Police Athletics & Activities League (PAL) Books for Kids.
- Gooseberry Park Players.

John Andreasen updated the group on the Recital , with a Cause, which was coming up April 30. Speaking of its impact, he said, "There are close to 140 million 5-year-olds in the world today. At 15 cents per vaccine, protecting them costs about \$21 million annually." The FM Rotary Foundation fundraiser's contributions to Polio Plus will exceed \$1 million after this year's event, including both local contributions and the Gates Foundation's double match. He reminded members to make their reservations for the Foundation Dinner preceding the recital.





Photos: /Nancy Hanson:

(Top right) Cindy Nolte, Steve Astrup and Janelle Leiseth.

(Below) Brandon Lunak.

Tom Riley.



Sarge Janelle focuses on Earth Day

Sergeant at Arms Janelle Leiseth traced the history of Earth Day, to be celebrated the day after the meeting. In 1970, Americans were asked to join in a grassroots demonstration protesting toxic drinking water, pesticides, oil spills and other environment threats. The demonstration led both to the creation of the Environmental Protection Agency and the annual observance, which went global in 1990.

She cited research that suggests only 20 minutes per day in nature can lead to measurable improvement in mental and physical well-being.

Her request for happy dollars drew several environmentally friendly reports. Cindy Nolte said she and Gary maintain a compost bin and have become good at reducing, reusing and recycling. Nancy Hanson mentioned Evergreen Cemetery's impending pollinator garden. Gary revealed he was named vice governor at the District 5580 governors meeting last weekend. Jean Hannig was happy our speaker could join us, after being rescheduled four times. Dale applauded the amazing stories shared at the YWCA Women of the Year banquet, and Tom Riley saluted Patriots Day, celebrated on Sunday.

Del Val calms fears of speaking with tips

Motivational speaker and coach Dayna Del Val started singing in church at a little more than 2 years old and has never really left the stage. "I have no memory of not being in front of people," she said. "I've always loved it."

But that love isn't shared by many others called upon to take to the podium. The top 10 fears that



make many reluctant to speak, she said, include fear of failure, inadequacy, leadership, competition, embarrassment, reluctance to sell, and even the fear of success.

She offered three steps for improving your speaking — humanizing yourself, humanizing your audience, and humanizing your message. The first includes getting grounded, figuratively and literally, by thinking through your message, wearing clothes that represent you well, and breathe deeply. "Memorize your opening lines," she advised; start smiling before you reach the stage, and bring your energy to the fore.

She urged speakers to be clear about who their audience is and what they need to hear. "Look them in the eye. Engage!"

Your message, she said, should be written out in whatever way makes sense to you. Read it over multiple times. Record yourself saying it ... and then listen to your recording to grade yourself.

Dayna added, "It doesn't actually matter what you say. What matters most is how people feel about what you're saying. When your presentation is grounded in our connected humanity, change happens ... and your audience is transformed."

Fergus Falls May Need Volunteers

The Fergus Falls Rotary Club is looking for 50 volunteers to help with a concert by Chris Tungseth, who's competing on "American Idol" ... provided he makes the Top 3 Monday. If so, he'll perform Wednesday in his home town. "American Idol" says 10,000-15,000 may attend, and help is needed with crowd control! If you can help, text Karen Terry, 218-770-9301.

Looking Ahead

May 5

Sergeant at Arms.....Kay Parries
Program.....Julie Christianson, Landon's Light

May 12

Sergeant at ArmsSteve Astrup
ProgramSue Baron, Golden Drive
Homeless Kids

May 19 — Tour of New Moorhead Library

May 26 — Rotary Service Day

June 23 — Rotary Service Day