

Is it the Truth? Is it Fair to all Concerned? Will it Build Goodwill and Better Friendships? Will it be Beneficial to all Concerned?

### Future Editors

**January 28**  
Cara Olson

**February 4**  
Darrell Olson

**February 11**  
David Olson

### Greeters

**January 25**  
Jarid Lundeen  
Jay Lundeen

**February 1**  
John MacMartin  
Wes Magaster

**February 8**  
Brent Mattson  
William McLees

### Upcoming Programs

**January 25**  
Holly Brekkus  
STAMP

**February 1**  
Jeanne LeMay and  
Lindasay Stayton  
UND Northern Plains  
Childrens' Advocacy Ctr.

**February 8**  
Kit Baker  
Boy Scouts

## Under The Knife!

by O.H. Mittelberg

If you ask most people if they have heard of Total Ankle Replacement, the answer is NO!?!

Ankle fusion has been the traditional method of treating worn out ankles due to injury or arthritis. However due to the detrimental long-term effects that ankle fusion may have on the other joints in the foot and lack of motion in the joint, ankle replacement may be a better alternative.

I learned of a clinic in Sioux Falls, SD called the Orthopaedic Consultants and Alvine Foot & Ankle Center that has been in business over 39 years. [www.ortho-consultants.com](http://www.ortho-consultants.com)

The clinic was founded by Dr. Frank Alvine, now retired who pioneered and developed the artificial joint. His basic design with improved modifications is still being used today.

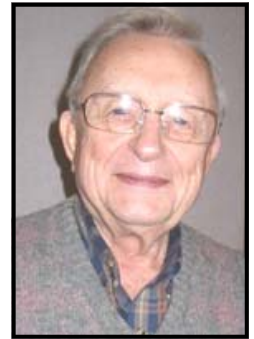
I learned of this clinic from Dr David Uthus about two and a half years ago. I also learned that Dudley Zimmerman from Minot has had both of his ankles surgically replaced at the Alvine Clinic: the first one in 1999, and the second one in 2003, and he has been very pleased with the results.

He continues to be pain free and has total mobility. There are other Minot and surrounding area folks who have used this facility for ankle replacement with reported good results.

Your orthopaedic surgeon will evaluate your ankle to determine whether or not an ankle replacement is advisable. General health is also a factor in this determination.

I developed pain and swelling in my left ankle about two and a half years ago. After realizing it was not going away I had Dr. Uthus X-ray it and he found that I had arthritis and it was deteriorating the cartilage.

Last summer a new X-ray showed more deterioration and I had bone on bone. I was getting more soreness, pain and swelling.



It was suggested that I see if I was a candidate for an ankle replacement. I visited the Alvine Clinic in November and with new X-rays they found more deterioration and that I was definitely a candidate for replacement surgery.

My plans are to have surgery in Sioux Falls on January 21 and then return to Minot as an outpatient for the post operative care at Trinity in their Orthopedics Clinic.

It will be about a 6-8 week recovery time. The founder of the clinic's son, Dr. Gregory Alvine, will do my surgery, one of five of their physicians.

The Good Book says, "For we know that all things work together for good to them that love God and are chosen according to his purpose." I am thankful all those who have helped with the arrangements for this procedure and my prayer is that it will be successful.

From a brochure "Restoring the Joy of Motion" by DePuy Orthopaedics Inc. I am displaying an example of an X-ray before surgery and after surgery with prostheses in place.



X-ray before surgery



X-ray after surgery, with prostheses in place

# Secretary's Corner Om Madhok

1/18/10

**PRESENT MEMBERSHIP:** 105

**ATTENDANCE:** 52.6%

**VISITORS:** Fiza Khalifa, guest of Jo; Randy Hauck, guest of Tom Rafferty; James Bowan, guest of Mike Berg; Veronica Meyer, guest of Alan Estvold; John Pinkerton, guest of Louis; Jessica Sanders and Anthony Anderson (Rotoract members), guest of the club.

**STUDENT ROTARIANS:** Heather Brackell, Alyssa Nelson, Ricky Ness, Derek Pederson, Jesse Rostvedt and Jessica Vix—ORCS

**MAKEUP:** Bruce Christianson, Fargo FM/AM, 1-14-10.

## We Missed You!

Dan Albertson	Kevin Harmon	Jim Olson
Terri Aldrich	Daryl Hodnefield	Richard Olson
Richard Anderson	Terry Hoff	Chester Reiten
Stacy Askvig	Bob Horne	Alison Repnow
Kit Baker	James Jensen	Milton Rolle
Wally Berning	Mike Klier	Larry Schafer
Rob Buchholz	Ann Krause	Claude Sem
Sue Burger	Alan Kurth	Dean Somerville
Richard Campbell	Dan Langemo	Roscoe Streyle
Adam Cichon	Linda Langmaack	Buzz Syria
Lisa Clute	Fred Lien Jr.	Steve Tonneson
CJ Craven	Jarid Lundeen	Robert Wagoner
Donald Davison	Jay Lundeen	Bruce Walker
Elicia DesLauriers	Brent Mattson	Tom Wentz Jr.
Robert Dick	Michael McMahan	Roger Winkle
Sara Dufner	Wes Magaster	Terry Zeltinger
David Ellingson	Ronney Merrit	Dusty Zimmerman
Betty Fedorchak	Cara Olson	
Dan Feist	David Olson	

## Birthdays

**January 27**  
Alan Kurth



## Anniversaries

NONE

Monday's coffee was  
**Viking Thunder**

*Courtesy of  
Jo Khalifa*



You will need a passport.

If you are interested in attending,  
please email Dusty—

[dzimmerman@odney.com](mailto:dzimmerman@odney.com)



**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:** 2009-Jen Guidinger and Dusty Zimmerman; 2010 –Robert Dick and Brent Mattson; 2011—Mike Berg, Ron Merritt and Tom Will

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

## Fines

**\$2.00 each**

Those who bought insurance,  
Ken Kitzman, UND alumni,  
non-Viking fans

**\$1.00 each**

Members sitting with  
Mike Berg, Wally Hankla,  
John Coughlin, Dave Lehner,  
Dick White, those who have  
ever been hugged and those  
who did anything on Saturday,  
January 16, 2010  
(Absolutely Nothing Day)

**TOTAL FINES:**  
**\$101.00**

## Guest Speaker (1-18-2010)

Jeremy Woeste was our guest speaker this week. He is an Alternative Technologies Coordinator with Basin Electric Power Cooperative in Bismarck, ND. Jeremy is a native of Hazen and a graduate of the University of Mary in Bismarck.

Jeremy has industry and project experience in renewable and alternative energies including wind, hydrogen, recovered energy generation and other distributed generation. Jeremy assists in the design, construction and operations phases of wind projects as well as other alternative energy projects.

He has become an expert on renewable energy credits and carbon credits. He takes pride in educating members of Basin Electric, the general public and landowners on the truths behind renewable energy in our region and our county.

Jeremy gave us an overview of wind energy economics, and discussed where we have been, where we are presently, and where we may be headed with Wind Energy in the future. He also give us an overview of the wind and other renewable energy projects that Basin Electric is building as well as those being proposed in the future.



### Prairie Winds 1 Wind Power Project Details

Project Capacity: 11.5 MW

Turbine Type: GE 1.5sle

Number of Turbines: 77

Hub Height: 262 ft.

Blade Length: 123 ft.

Access Roads: 30 miles new and improved roads

Electrical System: 50 miles underground

Other Facts:

Turbines shut down in 20-25 degree below temperatures

Lightning strikes are common and knock out their power for a few seconds.

Anticipated lifespan of turbine is 25 years

Maintenance makes up to 40% of the cost

## Program Chairmen

**JANUARY**

Dick Olson

**FEBRUARY**

Kim Krohn

**MARCH**

Alan Estvold

**APRIL**

Gerald Lumley

**MAY**

Buzz Syria

**JUNE**

Bruce Walker

## Roster Corrections

**ROBIN THOMPSON-GORDON**

Change phone number:  
465-0273

## AREA CLUB MEETINGS

Change location of  
Fargo FM/AM to:  
Ramada Plaza Suites

