



# The Paddlewheel

## Moorhead Rotary Club

Volume 103—Number 20

November 15, 2022

### Moorhead Rotary Club 1405 District 5580

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

Directors (2023) Chris Andreasen, Greg Johnson & Steve Schaefer

Directors (2024) Tracey Moorhead, Ernie Simmons & Megan Wiesneski

Director (2025) Tammy Finney  
RYLA Coordinator Randy Farwell  
Polio Plus Coordinator Cindy Nolte  
Program Chair Jean Hannig  
Trivia Master Brent Brandt  
Paddlewheel Editor

Nancy Edmonds Hanson

### November Birthdays

Riley, Tom Nov 02  
Hetland, Dale Nov 03  
Matthees, Charles Nov 08  
Nolte, Gary Nov 28

### Wedding Anniversaries

Farwell, Randy & Sherri Nov 02 1991  
31 years  
Benson, Jon & Jessica Nov 11 2002  
20 years  
Riley, Tom & Ann Nov 21 1989  
33 years

### Rotary Anniversaries

Rogers, Jerry 37 years  
Nov 05 1985  
Woods, William 18 years  
Nov 05 2004  
Hanna, Bob3 34 years  
Nov 08 1988  
Moorhead, Tracey 30 years  
Nov 10 1992  
Hanson, Nancy 10 years  
Nov 18 2012  
Koesterman, Sue4 5 years  
Nov 19 2017  
Riewer, Jon 19 years  
Nov 25 2003  
Tranby, Dave 36 years  
Nov 25 1986  
Joppa, Teresa 21 years  
Nov 27 2001

### Meetings

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



### Coming Up Tuesday, November 15

Joel Vettel joins us Tuesday for a presentation on the Roger Maris Cancer Center. Gary Nolte is sergeant at arms, and Jon Benson is Rotarian of the day.

### Retinologist Max Johnson shares good news about progress in treating eye disease

President Dave Sederquist launched the Moorhead Rotary meeting Tuesday, Nov. 8, with a group rendition of the “Star-Spangled Banner.”

Dave Tranby reported that the recent Rotary indoor golf tournament in Fargo raised \$5,000 for the FM Rotary Foundation.

### Sarge Rob recounts election history

Sergeant at Arms Rob Remark observed Election Day by quizzing members about some American election history ... which left most members stumped. He asked a simple question to start: When was the first national election established? The answer — surprising to many — was 1845, nearly 70 years after the Declaration of Independence. It was set on Tuesdays, he said, because of the early emphasis on agriculture: “People went to church on Sunday, then had to travel to the polls Monday.” As for the election’s early format, he noted that originally the voting took place in a town-hall setting. Eligible voters merely raised their hands to vote for the candidate of their choice. Secret ballots weren’t introduced until 1890.

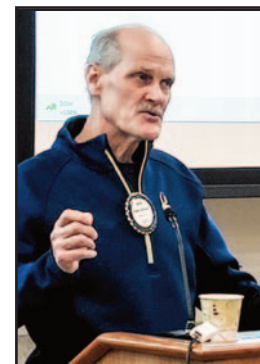
After noting that President Dave had once again biked to the meeting, as he vowed to do in the

Photos/Nancy Hanson:

Moorhead Rotarians are coming together in greater numbers, now that pandemic concerns and precautions are finally fading.

(Right) Retinologist Max Johnson, MD, brings good news about treatments for eye disease.

(Below) President Dave Sederquist. Sergeant at Arms Rob Remark. Sue Koesterman.





**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

days when the weather was milder, Rob turned to collecting happy dollars. Jean Hannig spoke first, expressing her appreciation for being part of last weekend’s Youth Exchange Conference. Sue Koesterman, who had no change, donated \$20 in honor of Churches United’s new development director and her organization’s campaign to raise funds for operating expenses as it serves the community’s homeless population.

Violet Deilke, who sold the first winning ticket to the Travel Raffle, said her customer has chosen a trip to Hawaii. Cindy Nolte expressed her appreciation for President Dave, who arrives early every week to set up the meeting room and prepare to sell weekly raffle tickets. Guest Cani Aden said that though he is not personally eligible to vote, he was happy to have given rides to six other new Americans who cast early ballots yesterday.

**Dr. Johnson explains progress in treating common eye diseases and saving vision**

Rotarian of the Day Jean Hannig introduced Dr. Max Johnson, who established his Retina Consultants more than 35 years ago. A native of Fargo, Johnson originally went into pharmacy before going back to medical school. He chose the subspecialty of retinology, “not a profession we advertise” — treating the layer at the back of the eyeball containing cells that are sensitive to light and that trigger nerve impulses that pass via the optic nerve to the brain. “We don’t correct your vision,” he explained. “Now we can save it.

“When I first came back to practice, there was next to nothing we could do to treat diabetic retinopathy and macular degeneration,” he said, referring to two diseases common among older adults that gradually lead to blindness. “We couldn’t save your vision. Now, thanks to new medications, we can preserve your current vision and, even more importantly, help maintain your personal independence.”

Diabetic eye disease affects 10.8% of the U.S. population; it’s the leading cause of blindness in people from 45 to 64. Macular degeneration, on the other hand, is the number one cause of vision loss in those 55 and older. Vision changes over time, becoming blurred in the center of the field of vision.

Two forms of macular degeneration affect vision. The more aggressive one is wet AMD, in which blood vessels lead between layers at the back of the eye, resulting in scarring. Thirty years ago, he said, micro laser treatment was the only partially successful option.

Starting in 2010, however, intraocular injections of new medicines including Avastin, Lucentis and Eyelea have enabled retinologists to seal off bleeding in the retina layer at the back of the eye,

Johnson predicted similar progress will soon be available to help those with dry macular degeneration through intravitreal treatment: “It should minimize scarring, stabilize the eye and help you keep your vision.”

**Looking Ahead**

**November 15**

Sergeant at Arms .....Gary Nolte  
Rotarian of the Day .....Jon Benson  
Program.....Joel Vettel,  
Roger Maris Cancer Center

**November 22 — No Meeting**

**November 29**

Sergeant at Arms .....Sam Wai  
Rotarian of the Day .....Tracey Moorhead  
Program.....Mark Peihl, HCSCC, Moorhead’s  
First Woman Aviator —Florence Klingensmith

**December 6**

Sergeant at Arms .....TBD  
Rotarian of the Day .....Eric Wilkie  
Program.....Deb Kaul, Memory Cafe

**December 13**

Sergeant at Arms .....Cindy Nolte  
Program .....Paul Dovre’s Christmas message

**December 20 — No Meeting**

**December 27 — No Meeting**

**January 3 — No Meeting**