



The Sower

Official Publication of
Lincoln South Rotary

Club #21799 - Chartered April 30, 1984



WEEK OF MAY 23, 2014

Lincoln South Officers and Directors

President Bob Vrana bvrana@windstream.net	328-9024
President-elect Jenny Cardwell jcardwell@girlscoutsnebraska.org	420-2195
Executive Director/Secretary Nicolette Klein nklein2@neb.rr.com	429-2789
Past President Patrick Grewe Patrick.grewe@usbank.com	434-1322
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Club Administration- Brad Carter bcarter@woodspros.com	430-6223
Service Projects- Jenny Cardwell jcardwell@girlscoutsnebraska.org	420-2195
The Rotary Foundation- Joe Roberts jroberts@midfin.com	434-8050

CLUB SERVICE TEAM ON DUTY

Bryan Block
John Herdman
Dick Wampler
Cheryl Brandenburgh
Gene Swinton
Nicki Klein



HAPPY DOLLARS (For Polio Plus)

Glen Friendt, Cheryl Brandenburgh, Dick Miller,
Joyce Schmeckle, Sue O'Connell and Gene Swinton.



PLACES TO MAKE UP

Tuesday morning—Sunrise Rotary at International House of Pancakes at 4501 North 27th (27th and Superior Ave.) at 7:00 AM

Tuesday Noon— Lincoln #14-Nebraska Club at 13th & M.

Wednesday 11:45 a.m.—Lincoln East at Valentinos at 70th & Van Dorn

Lincoln South Rotary Clubrunner Links:

Meeting & speaker information:

<http://www.clubrunner.ca/CPrG/Home/speakers.asp?cid=6040>

Calendar of Events:

<http://www.clubrunner.ca/CPrG/Home/events.asp?cid=6040>

Future LSR Programs

- 5/30/14 *Golf Outing at Highlands Golf Course.
NO LUNCH MEETING AT THE
KNOLLS*
- 6/06/14 *Jeremy Kirkendall, Kreigel Windmill
Factory Museum*
- 6/13/14 *Doug Foral, General Mgr Morteck-
Zillow*
- 6/20/14 *Tom Evans, Regional Sales Mgr.-
CoOpportunity Health*
- 6/27/14 *Annual Meeting and Changing of the
Guard*

Events & Projects

- 6/1-
6/4/14 *Rotary International Convention in Sid-
ney Australia*

Notes & Announcements

Golf Outing—The golf outing has been scheduled for May 30, 2014 at Highlands Golf Course. Volunteers are still needed to help the day of the event. Contact Craig Madson.

Rotary International President Gary Huang to visit Nebraska in July— We are honored to have the Rotary International President visit Nebraska. This is a rare occasion - to have the Rotary International President pay a personal visit. He will be in Lincoln on Tuesday, July 8 and will present at the Lincoln #14 meeting. As always, everyone is welcome to attend the Rotary meeting, but, since they anticipate a large crowd, they are asking us to sign up for the event. We have also heard that there will be an event in Omaha on Thursday, July 10. More information will be provided as it is available. Jenny Cardwell will coordinate all of the activities for our club members.

Rotary International Convention in Sydney— Jenny and Tom Cardwell are attending the International Convention in Sydney this year as Jenny prepares for her year as President of Lincoln South Rotary Club. A presentation about the convention will be made to the club on July 18, 2014.

Youth Exchange Student Hosted by Lincoln South Rotary— Our Club has another opportunity to host an inbound Youth Exchange Student. We do not yet have the details about the student but have made the financial commitment. Thank you to Clay Ehlers' family who will host the student part of the school year.

Rotary District Grant— This year Rotary District 5650 has offered to match funds 1 to 1 for local projects. The Lincoln South Rotary Club Board approved \$1,000 this year and, when matched, we will have a total of \$2,000. The Board approved a grant application to be submitted for the Veteran's Resource Center at Southeast Community College. The funds for these grants are from funds donated to The Rotary Foundation - this is just one way that our contributions to The Rotary Foundation are returned to help in our local community.



THE ROTARY FOUR-WAY TEST OF THE THINGS WE THINK SAY OR DO:

- Is it the **TRUTH** ?
- Is it **FAIR** to all concerned ?
- Will it build **GOODWILL** and **BETTER FRIENDSHIPS** ?
- Will it be **BENEFICIAL** to all concerned ?

PROGRAM

2013-2014 Club Goals

1. *Attain & Maintain 50 total members.*
2. *Continue to Build on our successful fundraising events.*
3. *End Polio Now.*
4. *Earn the Presidential Citation.*
5. *Successfully utilize the Future Vision Grant Program to enhance our service projects.*
6. *Continue our exceptional Rotary Foundation giving.*

Dr. Jake Akerson and Dr. Aron Ferguson from Excel Chiropractic were our speakers. Drs. Akerson and Ferguson formed Excel Chiropractic and Wellness last April. The doctors focus on naturally restoring function to patients everyday life while also placing a large emphasis on overall wellness through proper nutrition, exercise, and stress management. Their mission is to get people to participate in their own health & wellness.



In 1900 the average life span was 49 while today it is 77.6. By 2050 800,000 Americans will be over 100 yrs old. Living longer reveals many health issues including Alzheimer's, cosmetic issues, stress from financial issues and just how badly we affect our structural skeleton. The most common cause of functional disability in people over the age of 50 results from spinal disorders.

For example, when an individual engages in the same motion over and over, the body will compensate, scar tissue forms in muscles, muscles become shorter and weaker and nerves become trapped causing tingling.

Additionally, posture problems can lead to muscle imbalance and joint dysfunction of 2 types:

#1 Upper Cross such as carpal tunnel syndrome and tension headaches.

#2 Lower Cross such as short muscles, hip pain and lower back pain.

85 out of 100 people suffer from back pain and 1 in 3 suffer with neck pain.

One solution is to work at an ergonomic desk. Shoulders should be relaxed and the computer screen should be just below eye level. Lower back should be supported and elbows at a 90 degree angle. Also you can set a timer for every 20-30 minutes to remind you to check your posture.

The Drs talked about the 3 Pillars of Stress which include Physical, Physiological and Psychological as well as the 3 Phases of Care which include Pain Relief, Stabilization and Maintenance.

**QUESTIONS?
COMMENTS?
ARTICLES?**

**Contact Newsletter
Editor**

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May Birthdays

Craig Madson
Cathy Behrens
Short Heinrichs
Jim Pattavina



Rotary is on the Web!

**Rotary International— www.rotary.org
District 5650—www.rotarydistrict5650.org
Lincoln South Rotary—**

<http://www.clubrunner.ca/CPrg/Home/homeS.asp?cid=6040>