

Spring
Weekly

Reader

Volume 17, Issue 81 April 11, 2013

The Plano Rotary Club
www.PlanoRotary.com



UPCOMING MEETINGS

April 18

Dr. Hank Seitz
"Creating Authentic Relationships that Rock!"

April 25

Jamee Jolly
Plano Chamber of Commerce
"City Council/Mayoral Candidates Forum"

APRIL BIRTHDAYS

| | |
|--------------------|--------|
| Sockwell, Keith | Apr 01 |
| Haggard, Rutledge | Apr 05 |
| Flannery, Lawrence | Apr 09 |
| Sayers, Andy | Apr 11 |
| Bell, Kirk | Apr 12 |
| Hobbs, Alice | Apr 13 |
| Pikna, Bob | Apr 16 |
| Johnson, Alex | Apr 22 |
| Roberts, Kenneth | Apr 22 |
| Kasmiskie, Ricardo | Apr 27 |
| Kezhaya, Jerry | Apr 28 |



EVERY
ROTARIAN
EVERY
YEAR

HUBERT Aaron wandered over to **Sainted Editor's** table before the meeting and casually mentioned having difficulty setting up the patented *Plano Rotary Club Sound System*. **Sainted Editor** wanted to ask him if he'd plugged it in, but that was part of the problem: the power cord had gone missing. **Sainted Editor** asked if Hubert expected anyone competent to show up, but that too was part of the problem. A respectful silence ensued while **Sainted Editor** painfully slowly figured out that Hubert was requesting his assistance without the embarrassment of actually having to do so.



SERVICE ABOVE SELF came to mind, and **Sainted Editor** found the missing cord misfiled with the Club's video projector. **Sainted Editor** apologizes to Hubert for the hesitation. He'll react with greater alacrity anon.

And **Tim McCord** returned this day to take his superb photos with his superb camera. Thanks are due **Randy Wright** for last week's photos!

PRESIDENT LENNY summoned a fraction of our attention at 12:20 with a pair of quotations:

For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone.

Audrey Hepburn

Behind every great man is a woman rolling her eyes.

Jim Carrey

LENNY could keep neither **Ean Sullivan** from offering the Invocation nor **Octavio Ortiz** from leading us in a Pledge punctuated by *Scary Bob's* emphasis. **Earnest Burke** was credited with expert greeting, following which **Lynne McLean** was initiated as **SERGEANT**



DU MOIS. She recognized three visiting Rotarians: **Bob Hill** (Pioneers), ADG **Kent Stone** (Richardson Central), and **Mark Heuchert** (Santiago, Chile). No one embarrassed Mark by asking for his club's banner.



As for guests, **Alex Johnson** welcomed **Stanly Shelly**, **Lori Phantom Crochetienne Roberts** introduced Sergeant



Patrick Sowers (**OPERATION ONCE IN A LIFE-TIME**), and *Scary Bob* Epstein bade us greet **Ron Blumba**.

There were plenteous "Rotary Anniversaries" for **John Parker** (1), **Bill Wray** (1), **Lori Roberts** (2, but **Ken** protested an undercount), **Jerry Aris** (4), **Karla Oliver** (8), **John Priest** (11), and **LB THE RADIANT** (41) who wanted to know if **LENNY** expected a speech from him. **LENNY** demurred.

He announced an upcoming 5810 District Conference (May 2-5) for which the Club would foot the bill for any member inclined to attend. **HE** described it as "Ean's Coming Out

continued on page 2



Party,” but Ean was alarmed at the implications. Someone asked if we could put him back in again.

CAPTAIN KIRK intoned Ken Roberts’ Deathless Prose with majesty appropriate for the induction of **Karen Thunert** and our First Corporate Members! Plano Rotary is offering a pilot program for corporate membership, and the opportunity was picked up by the *Shaddock Company*.

After the standing ovation to congratulate the five new members, **LENNY** asked the departing **KIRK** to please return his agenda. Lori Roberts wanted to make an announcement regarding **OPERATION ONCE IN**

A LIFETIME, but **LENNY** gave the floor to **Cary Israel** for a report on events and awards at *Collin College*. Cary announced that Collin was one of 14 finalists for a Presidential Citation. And its MLK video was voted **best in any subject** by the *National Council on Corporate Relations*. (So it’ll be presented with the NaCCRE statuette? Wonder if it’ll be mother-of-pearl?)

Chuck Morgan introduced **Dr. Carey Patrick**, Therapeutic Optometrist.

As a therapeutic optometrist, Dr. Carey Patrick’s passion is helping people see clearly—especially young children and babies who don’t realize the world isn’t naturally fuzzy—and helping parents understand their child’s behavioral issues could be vision-related.

Dr. Patrick, who is President of the Northeast Texas Optometric Association, earned her Doctor of Optometry degree from the University of Houston.

As a participating provider for Infant SEE, Dr. Patrick provides a comprehensive ocular health and vision development assessment to children between the ages of six and 12 months to detect potential eye and vision problems as a complement to the routine eye screening conducted in a pediatric well-care visit.

Dr. Patrick won national recognition as the Outstanding Graduate Professional in 2002 for her research and treatment of aniseikonia, a condition in which the shape and size of the ocular image differ in each eye. She has twice been nominated for Fellowship in the American Academy of Optometry

Dr. Patrick serves on the Board of Directors of the Allen-Fairview Chamber of Commerce, is a founding member of the Fairview Econom-

ic Development Council, and volunteers with the Allen Lion’s Club annual mobile eye clinic.

Carey began her talk on *Your Eyes: A Window into your Health* by noticing “a couple of patients in the audience overdue for your exams.” In a nutshell, her talk was to be on *Ocular Nutrition*, and to that end, she handed out a flyer so entitled.

She cited a study which showed that 78% of respondents considered preserving vision a higher priority than preventing cancer (!) or preserving a healthy marriage!! And yet only 55% had scheduled an eye exam within the previous five years. (And she’s surprised that there’s a disconnect between what we say and what we do?)



All the while, she was pacing restlessly about the room. Cary asked if it “helps your eyes if you pace?” But, aside from a moving target being harder to hit, she explained that “it helps us all to enjoy the Q&A more” if she takes her lavalier mic to the questioners. That exchange normalized her on our “great crowd.” She chastised us with the comment that “the McKinney Rotary sings way better than y’all.” We silently affirmed, “Guilty as charged.”

Carey told us that infants should have their eyes examined at about 6 months, toddlers by 3 years, and children at age 5, then once per year until age 20. Every other year is adequate until age 40, but thereafter eye exams should be scheduled annually. When she challenged us, Cary Israel complained, “But it’s only April!” Dr. Patrick warned us to schedule in advance of need because your optometrist may well be busy. (And there’s such a shortage of eye examiners eager for your business.)

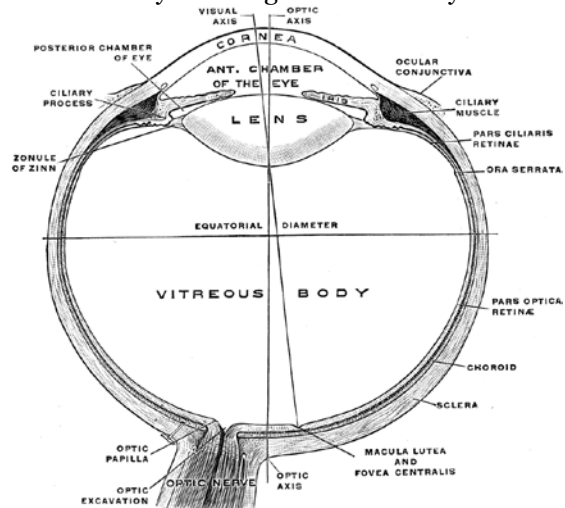
She told us that good vision isn’t necessarily a sign of good eye health. Her eye examinations uncover life-threatening conditions like diabetes, cardiovascular disease, even early stage brain problems. There are less acute problems discovered as well, like allergies.

Eye health responds to multivitamin therapies. She warned that ‘statins and other drugs “leach” vitamins from the body, and that increasing vitamin dosage is indicated. Cardiovascular meds, for example, deplete the B vitamins.

At this point, the proceedings were interrupted by **LB THE RADIANT'S** phone. **LENNY** fined him \$5. Someone asked, "Didn't he just get a 41-year pin?" "OK," said **LENNY**, "\$41!"

Undeterred, Dr. Patrick continued that we need vitamin A for corneal health; those who've had LASIK surgery need even more. But caution must be exercised by smokers who are 30% more likely to develop lung tumors when megadosing vitamin A.

Coenzyme Q10 "*cleans out the trash*" in our bodies by assisting our immune system.



The macula represents the very center of our vision. Macular degeneration erodes the pigment we use to see colors, and it compromises depth perception and the detection of movement. We look at a person and see their hair but not their face, but it's preventable (with early detection, was the implied message). Light-skinned folks over 40 (most of the audience squirmed) who don't eat their leafy greens (the rest of the audience squirmed) are at greater risk. It's better to obtain the Lutein through diet than through *Preservision* and the like, but supplements can't hurt. (Actually, megadosages of **fat-soluble** vitamins can damage you, because your body can't flush out what it doesn't need, and they build up in your ample fat reserves.)

She cautioned us to "*drink more water*" and to "*moderate alcohol consumption*" (since alcohol dehydrates the body and thus the eye).

And we're to wear UV A-B-C blocking sunglasses, since UV grows cataracts. And just because she doesn't want to take any more fish hooks out of eyes, she asks us to wear protective eye gear when fly fishing.



On the subject of fish, we are to scarf up fish oil supplements, high in Omega-3 fatty acids. They retard the leaching she spoke of earlier.

"*Eyes are designed for a lifetime. Treat them nicely, and they will (last).*"

With that she opened the floor for questions and Lori pummeled her with statements about chemotherapy being bad news for eye health. **LENNY** asked, "And your question is...?" but Dr. Patrick confirmed the "*poisonous effects on the back of the eye*" of many cancer treatments.

"*Love that CoQ!*"

In answer to a real question, she told us that most insurance covers eye exams but that we should "*check for specific guidelines and rules.*"

PRESIDENT LAMPLIGHTER offered our "*highly-coveted*" dog tags, thus ignoring the presence of **BOAL** Director Sowers in the audience. Lori asked if he could say something and **LENNY** quickly offered, "No."

Instead, he offered an explanation of Bevo's grin: he's celebrating "*girls swimming.*" That should, perhaps, have been "**Girls' Swimming.**"

Patrick Sowers was permitted to announce the raffle of a street-legal M998 HumVee (*Scary Bob* drooled) on display at *Cabela's* in Allen. Second prize is a stay at *Great Wolf Lodge*, and so on. All the proceeds benefit vets and military families.

LENNY led us in the Four-Way Test and released us to our own recognizance at 1:03.



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Know someone who would
make a great Rotarian?
Invite them to be your guest
at Rotary!

The 4 Way Test:

Of the things we think, say, and do:

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill & better friendships?
4. Will it be beneficial to all concerned?

Guests & Visiting Rotarians

Guest

Stanly Shelly
Sgt. Patrick Sowers
Ron Blumka

Guest Of

Alex Johnson
Lori Roberts
Bob Epstein

AWARDS:

Athena Award:

Camille Ussery

Citizen of the Year:

Jamie Schell

Outstanding Corporate:

The Shops at Willow Bend
(Octabio & his team)

Visiting Rotarian

Bob Hill
Kent Stone
Mark Heuchert

Home Club

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Brian Crawford
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