

Summer
Weekly

Reader

Volume 78, Issue 140, August 7, 2014

The Plano Rotary Club
www.PlanoRotary.com

UPCOMING MEETINGS

August 7

Elizabeth McCormick -
"What being an Army
Blackhawk Helicopter Pilot
Taught me about Life on the
Ground."

August 14

Gerald Brence -
"Annual Plano Senior H.S.
Football Coaches Program"
*Show their school spirit &
dress accordingly*

August 21

Nancy Voith -
"How to Grow Your Career
Within the Marketplace's
New Rules." *Bring a guest
under 50*

August 28

District 5810 Governor
Bill Dendy

AUGUST BIRTHDAYS

Camille Ussery	Aug 10
Fortino Trujillo	Aug 12
Kevin Hanigan	Aug 14
Reedy Spigner	Aug 20
Sarah Watkins	Aug 20
Michael Robnett	Aug 24
Michael Baldwin	Aug 28

Where's My Pony?

FEARLESS photographer, *Scary Bob*, lived up to his name as he harangued *Sainted Editor* about not incorporating any of his patented in-camera Photoshopping® and otherwise protected into the past few Bulletins. He claims he's receiving grief from members about not seeing themselves color-morphed and cartooned in the



Weekly Reader. So, for the rest of you, you have *Sainted Editor's* apologies for this sacrificial issue.

President **Mr. Wonderful** **Burke** sweet-talked **Herb Hoxie** into the Invocation and **Andy Sayers** into the Pledge. ("Thanks, *Bob!*") He thanked **Karen**



Sheldon for Greeting and called "the very distinguished" **Nathan Barbera** (who must've been looking behind himself) to fulfill his **SERGEANT-AT-ARMS** duties.

There being no Visiting Rotarians (We have such a fearsome reputation?) and only a single guest (Was it something we said?), Nathan permitted Earnest to introduce **Dennis Hogg** before launching into **INSIDE THE ROTARIAN STUDIO** at the table of **Earl Simpkins**.



Born in Virginia and raised in Philadelphia

(**GENO'S** or **PAT'S**, Earl?), he worked in a grocery store before matriculating at *Lincoln College*. His first car was a '51 Chevy but his ideal car was the '61. He married **Barbara** in 1970, and they moved to Texas in '86. He worked 13 years at *Telecom Electric Supply* before retiring, hoping to "stay home doin' nuthin'!"



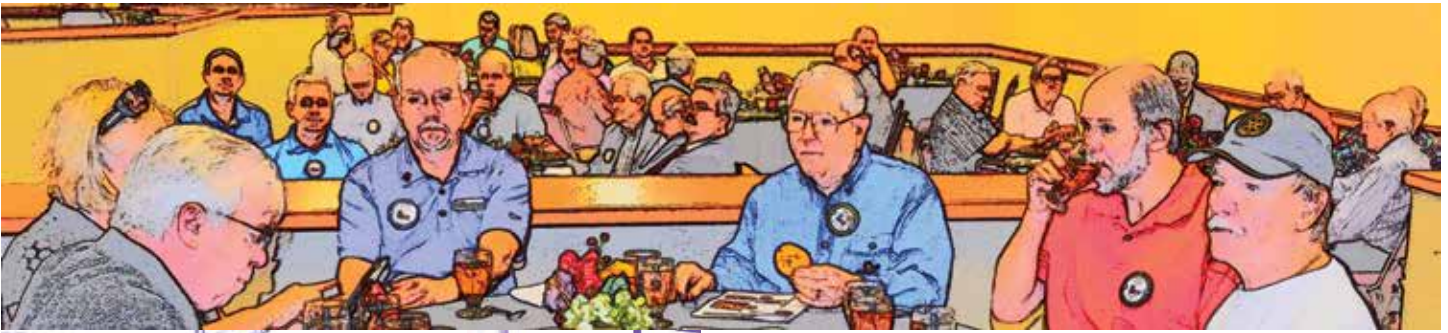
Favorite movie: *Let's Do It Again!* Musical group: *The Temptations*. Athlete: **Duke Snyder**. Restaurant: *Steve Fields'*. Cola: **pepsi**.

19 years a Rotarian, Earl joined to "get involved with the community" and to support the *Boys & Girls Club of Collin County*. Nathan said that he first met Earl through his son with whom Nathan had graduated high school.



Earnest celebrated **Andy Sayers** (5) and **Jamie Schell** (24) for years of Rotary Attendance, and **Rex Lowe** (+1) and **Kirk Bell** (+3) for their extra donations to the RI Foundation.





David Bowman announced his first week of retirement to a round of applause! He noted that Mrs. Bowman “is not applauding.” Instead, she’s encouraging him to apply his newly-freed energies to some project. Any project! So he has chosen International Service as our Chair.



Freely admitting “*I don’t know what I’m doing*,” he pleaded for assistance from internationally-minded members (“like **LB**”) for help choosing projects ranging from establishing a Sister Rotary Club overseas to water and wheelchairs. He noted that if Rotary can pull off Polio+, “*no idea is too grandiose*.”

Earnest invited **Dave McWhorter** to introduce the speaker, and Dave thanked “**Mr. Wonderful**” for the opportunity. Dave read from a long, long bio, synopsisized here:

Robin Harwell is a licensed and certified speech pathologist. She has a degree in speech therapy from *Louisiana State*. Robin helps neurologically impaired patients restore pathways in their brains that support learning and function. Patients include those with autism, ADD/ADHD, Down Syndrome, dyslexia, stroke, PTSD, and traumatic brain injury.

Robin is currently Gateway Program Coordinator at *ManeGait* in McKinney. She helps children and adults to regulate their behavior and

focus through therapeutic riding lessons. She travels the country providing training to clinicians and care-givers in her methods. She is joined today by **Erin Cook** (*Chief Cheerleader*, as she characterized herself) to tell us how *It All Starts With the Horse: How Therapeutic Riding Builds Pathways in the Brain*.

Robin began by explaining that Gateway combines riding with brain-building as a result of neural plasticity. Her patients range in age from 3 to 70, the latter a Parkinson sufferer. It’s the horse’s gait that does the trick by simulating the act of walking. Riders instinctively elevate their trunks and heads, improving their balance.

Off the horse, she assigns exercises to build coordination and better self-confidence. Whereas some riders plateau in their improvements, most advance toward neuro-typical behavior. They are assisted by 350 Gateway volunteers, and there are 800 such schools in the U.S.

Every brain has three tasks:

1. RECEIVE INFORMATION in the form of sensory input, but it’s what the brain does with that information that distinguishes neuro-typical from impaired behavior.
2. STORE INFORMATION
3. RETRIEVE INFORMATION

“*Every morning we wake up with two gifts:*” **neuro-plasticity** and **neurogenesis**. The former is new connected pathways in the brain to “*change its blueprint*.” (Indeed, that may be the single greatest function of sleep.) If that can be encouraged in the impaired, we can “*change brains and change lives*.” The latter is signaled by the creation of “*tens of thousands of new brain cells*” to counter the process begun when we “*started drinking in college*.”



The base of the brain is where sensory input arrives. The limbic system (mid-brain) is where it’s processed for storage, and the cortex (top of the brain) is “*where communication happens*.” The limbic is also where stress can erupt, where the so-called “*fight or flight*” response occurs. “*Attention happens at the top*.” In her patients, it doesn’t make it to the top; stress derails the process at mid-brain.

She mentioned **Robert Sapolsky’s** *Why Zebras Don’t Get Ulcers*, substituting *cancer* for *ulcers*. It chronicles the destructive effects of stress, one of which is the killing of brain cells! **Michael** is a PTSD patient with shrapnel throughout his body. He is 30. He cannot go out for fear of crowds and hasn’t had a full night’s sleep since his tours of duty in the Middle East. He said his goal for

the therapy was to go to a restaurant, and so successful has it been that he now enjoys live **Alice Cooper** and **Motley Crue** concerts! (Only one who's been through The Gulf War can think *Motley Crue* a step up.)

On one patrol, he was assigned a different *Humvee*, and everyone on his usual vehicle lost their lives that day to an IED. He now struggles with *Survivor's Guilt*, but has learned to "release things over which I have no control." He now counsels others to avoid his mistake in therapy, stopping "doing the work for one week."



Bell had autism. She "couldn't process language but now can use it." She had to be home-schooled because she "couldn't tolerate being out." The Gateway Program has permitted her to enjoy **DISNEYWORLD**, albeit with timeouts for her pacing activity.

Such was the success of laying down new neural pathways that Bell has won trophies for her horsemanship. Her success depends upon volunteers and donations for equipment for home use to continue the therapy. *ManeGait* welcomes both.

Cary Israel asked if *ManeGait* has cooperated with *UTD's Brain Center*. Robin told him that they'd been instrumental in teaching her how to explain the research to potential donors.

Ken "Too Tall" Roberts asked about special training for the horses. She explained that there is a probationary period for the therapy animals. Not every horse tolerates such riders. But, as a prey animal, they communicate even with the rider non-verbally. Still, each rider has a leader and two side-walkers for safety.

Noting Earnest stalking her, she remarked, "I'm on the hook!" Earnest told her

about **Reedy Spigner**, recovering now from being thrown from a horse. He'll be out of *Baylor Dallas* in a week. Then he offered Robin the "most coveted piece of hardware in Plano, desired by many but given to few," the Rotary Clock and offered **PDG Ean** if she needs assistance in setting it.



Yoram Solomon had a request in addition to Herb's to pray for the people of Ukraine and Gaza. He told us that in the hour we've been at lunch, Israel has experienced alarms for 22 incoming missiles. He asked that we keep the people of Israel in our prayers as well.

Earnest mentioned the donation to **OPERATION ONCE IN A LIFETIME** made in the name of our speaker. He then led us in the Four-Way Test and belled us gone at 12:56.



David Bowman is asking for volunteers to serve on the International Service Committee. Please contact him at ndbowman@aol.com and/or cell at 803-609-4771. Chris Parr is vice-chair. For those of you who travel to foreign countries, you will have very valuable insights through your service on this committee. (No, Oklahoma is not a foreign country!!!)

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Guests & Visiting Rotarians

Guest

Dennis Hogg

Guest Of

Earnest Burke

AWARDS:

2013 Citizen of the Year

Dr. Myrtle Hightower

New Member Proposal

Lynette Pieper

Proposed by: Kirk Bell

Classification: Financial Services

2013 Outstanding Corporate Citizen of the Year

Huffines Auto Dealerships

Rotary Wine Appreciation Fellowship

Date: August 24, 2014

Time: 5:30 pm to 8:30 pm

Place: Ken & Lori Roberts Home

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Cost \$20 per person

(includes an Italian dinner)

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