

President—Dennis

Spoke Newsletter

Wednesday October 09, 2019

Attendance: 21 (45%)

Lincoln East Rotary Club Speaker, Wednesday, October 16, 2019

Don Sheets, Exciting Renovations at Bryan Medical Center

Arranged by Dean Douglas



Don is the Director of Facilities & Construction at Bryan Medical Center. He received his Bachelor's degree in Electrical Engineering from UNL and a Masters of Business Administration degree from UNL. Don was Treasurer of the Nebraska Society of Healthcare Engineers. Also, a husband of one for 39 years, father of three and has six grandchildren. "Blessed Beyond Measure."

Visitors to Bryan East Campus on Monday started seeing construction barriers and rerouting of traffic for those dropping off and picking up patients and visitors.

Within the next couple of weeks, people coming to the hospital also will face a detour inside the front entrance and relocation of the Cafe Express that will last approximately four months. And in March, two large cranes will show up on the hospital campus at 1600 S. 48th St. It's all part of a major renovation and expansion aimed at modernizing the hospital's operating and recovery rooms.

The \$47 million project will be done in several phases and take approximately three years to complete. The first phase, which is now getting underway, involves constructing a two-story addition between the main hospital tower and the medical plaza building. It will house 14 modern surgical rooms on the second floor, 11 of which will be constructed in the first phase.

As part of the second phase, the 16 current operating rooms will be remodeled into pre- and post-operative rooms for patients.

In phase three, the three remaining operating rooms — which will be dedicated to cardiovascular surgery — will be built, while phase four will include additional construction of recovery rooms and two specialty procedure rooms.

Other elements of the project include a new first-floor waiting area where the current Bryan Advancement and Public Relations offices are located, with an open staircase connecting to a second-floor waiting area that will include a refreshment area, family seating areas, work spaces with charging stations and other amenities. There also will be private consultation rooms on the second floor for family members to meet with surgeons and receive updates.

Once complete, the project will transform about 115,000 square feet of hospital space and modernize surgical facilities, some of which were built in the 1960s. (Excerpts from Lincoln Journal Star Feb. 2019)



Lincoln East Rotary Club
Meetings at Valentino's—70th & Van Dorn
Noon Luncheon starting @ 11:45 a.m.

October 09, 2019

Lincoln East Rotary Club Speaker
Donna Gonzales, Bill Achord & Carol Schmidt—What is the CBD Craze All About?
Wednesday, October 9, 2019

Arranged by Wayne Casper



Donna Gonzales

Bill Achord

Donna is an independent contractor with a company called Integrity Merchant Solutions, helping merchants save money with their credit card processing. Donna has also been in the health and wellness industry for over 20 years and has a passion to share health ideas with others. **Bill** is the Founder and President of the Nebraska Hemp Association formed in 2014. He was raised on a small dry-land farm in Franklin County. **Carol**, recently became a Founding Partner with Emris International, a new health and wellness company. Carol is looking forward to sharing new information so others may LIVE WELLNESS!



Carol Schmidt

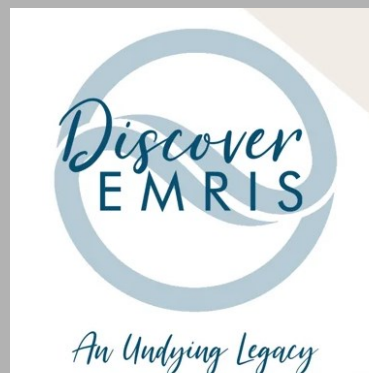
10 Eye Opening Facts About Hemp

1. 80% of all textiles, fabrics, clothes, linen, drapes, bed sheets, etc., were made from hemp until the 1820s, with the introduction of the cotton gin. All schoolbooks were made from hemp or flax paper until the 1880s.
2. Benjamin Franklin owned one of the first paper mills in America, and it processed hemp. Also, the War of 1812 was fought over hemp. Napoleon wanted to cut off Moscow's export to England.
3. Henry Ford's first Model-T was built to run on hemp gasoline and the car itself was constructed from hemp! On his large estate, Ford was photographed among his hemp fields. The car, 'grown from the soil,' had hemp plastic panels whose impact strength was 10 times stronger than steel. (Popular Mechanics, 1941.)
4. Refusing to grow hemp in America during the 17th and 18th centuries was against the law! You could be jailed in Virginia for refusing to grow hemp from 1763 to 1769. You could even pay taxes with hemp in America from 1631 until the early 1800s!! (LA Times. Aug. 12, 1981.)
5. Quality paints and varnishes were made from hemp seed oil until 1937. 58,000 tons of hemp seeds were used in America for paint products in 1935. (Sherman Williams Paint Co. testimony before the U.S. Congress against the 1937 Marijuana Tax Act.)
6. For thousands of years, 90% of all ships' sails and rope were made from hemp. The word 'canvas' comes from the Middle English word "canevas" which comes from the Latin word cannabis. (Webster's New World Dictionary.)
7. In 1938, hemp was called 'Billion Dollar Crop.' It was the first time a cash crop had a business potential to exceed a billion dollars. (Popular Mechanics, Feb. 1938.)
8. The first crop grown in many states was hemp. 1850 was a peak year for Kentucky producing 40,000 tons. Hemp was the largest cash crop until the 20th century.
9. In 1916, the U.S. Government predicted that by the 1940s all paper would come from hemp and that no more trees need to be cut down. Government studies report that 1 acre of hemp equals 4.1 acres of trees. Plans were in the works to implement such programs. (U.S. Department of Agriculture Archives.)
10. Oldest known records of hemp farming go back 5000 years in China, although hemp industrialization probably goes back to ancient Egypt.

Our Synergy - Broad Spectrum Hemp Extract Oil is the perfect product for CBD newbies and veterans alike!

Unlike CBD-isolate products that only offer CBD by itself, our broad spectrum proprietary blend is rich in powerful terpenes and cannabinoids from American grown hemp plants to help you experience the entourage effect and the true power of hemp extract oil. But without the THC.

There is a growing follower of CBD or cannabidiol all over the world. It is claimed to treat a wide variety of health issues, including acne, anxiety, chronic pain, depression, epilepsy, glaucoma, insomnia, loss of appetite and body weight, muscle spasms, and even Parkinson's disease. With the controversy surrounding the legalization of marijuana in some states in the US, CBD oil, a chemical compound found in the cannabis plant, is non-intoxicating and does not have the effects of THC, a marijuana compound. (More Information: <http://emerisinternational.com/livewellness>)

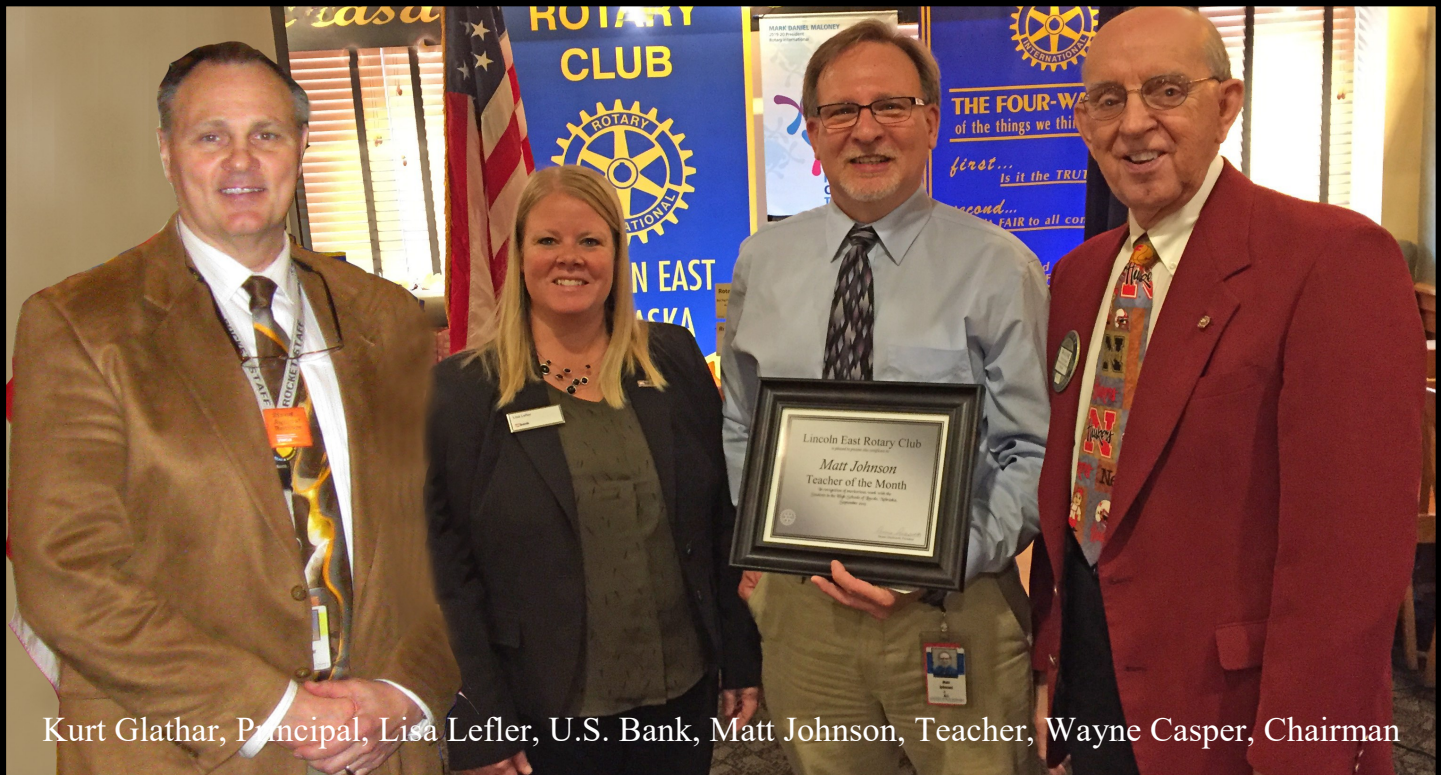


A Rotary Thank You to Bill Achord, Donna Gonzales and Carol Schmidt for an Excellent presentation on Hemp and Endocannabinoid System.

Lincoln East Rotary Club

Teacher of the Month—September 2019

Matt Johnson—Science Focus Program (Zoo School)



Kurt Glathar, Principal, Lisa Lefler, U.S. Bank, Matt Johnson, Teacher, Wayne Casper, Chairman

Lincoln East Rotary Club Members extend a **sincere thank you and congratulations** to Matt Johnson as an outstanding teacher in Lincoln High Schools.

Chuck's Corner (#8)

Have you ever noticed that some people like to talk? Of course, most of us like to do so, but these folks REALLY like to talk. You can't get a word in edge wise. Do they really have that much to say, or are they just exercising their vocal apparatus? If you are a quiet person you might like it that you don't have to say anything. I suspect that the latter can be a very popular person or a good friend. Active listening is a real skill. My brother is very good at this, e.g. after I make a comment, he will say, "tell me more, I want to learn about that."

I like to ask folks, tell me your story. That begins a conversation, hopefully not with a person who is a talker. I'm not certain what these folks have in mind. Do they think that no one else has anything to say? Maybe they have such earth-shattering information that we need to hear it. Or maybe they simply are oblivious to others. I think some people are anxious and this alleviates their discomfort. I'll probably never know the answer. A variation of the "talker" is the person that always asks questions after a presentation. That is me. I like to interact with the speaker, but some might be annoyed by my questions or take it as an effort on my part to show off. Television has created a cadre of talkers with the talk, news and sports commentator shows. It's amazing how they can go on with blabber and speculation. Often, they have no more insight into their subject than the man on the street. Oh well, at least we can turn them off, which isn't so easy during a personal conversation. My oldest daughter is a talker. Was she born this way? I don't know, but I do know that she talked early and I always said that she did so she could "talk back" sooner. In any event she is a great university teacher in part due to her verbal skills.

I suppose that Chuck's corner is a way of being verbose, but at least you don't have to read it.

As to Rotarians, one way we can fulfill the fourth admonition of the 4-Way test, i.e. "does it build good will and better friendships" is to be a good listener. For some of us that will be a challenge. Chuck



Anniversaries & Birthdays

Weeks of September 19-25

Birthdays:

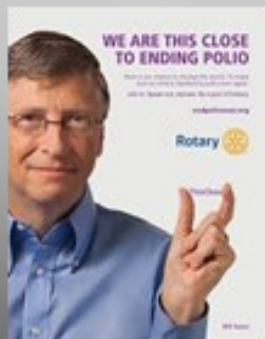
Bill Roper—October 8, 2019

Anniversaries

NONE



Happy Dollars



*John Duling
Darrel Huenergardt
Dean Douglas
Greg Schnasse
Carol Schmidt
Bill Achord
Wayne Casper
Total:*

*Minnie Stephens
Kathy Collingsworth
Lisa Lefler
Sue Schuerman
Donna Gonzales
Duane Tappe*

\$63.00



Happy Dollars—Total to Date: \$868.00



Cashier Duty

October—Duane Tappe

November—Gordon Bair

Contact Minnie Stephens

Guests & Visitors

Bill Achord	Speaker
Donna Gonzales	Speaker
Carol Schmidt	Speaker
Lisa Lefler	U.S. Bank
Eric Christensen	Jerry Christensen
Cathy Gillette	Spouse of Teacher
Trent Tegtmeier	Sid Dillon Guest
Kathy Collingsworth	Giving Spirits
Matt Johnson	Teacher of Month



Greeter Duty

October 16 Paul Horton

October 23 Al Burdick

**October 30 Special Event
(Sue Schuerman)**



Wellness Chairman Greg Schnasse has requested information in regard to any illness by club members and/or their family members.

Greg's contacts:

Phone: 402-440-9917

Email: greg.schnasse@gmail.com

Lincoln East Rotary Club—October Speaker Schedule

October 16—Don Sheets, Exciting Renovations at Bryan Medical Center arranged by Dean Douglas

October 23—Jordan Dux, Farm Bureau, Agriculture Trade & Tariffs, arranged by Wayne Casper

October 30—"Special Event" Sue Schuerman

**Lincoln East Rotary Club
Spoke Newsletter
Published by Wayne Casper**