

President—Dennis

Spoke Newsletter

Wednesday December 04, 2019

Attendance: 24 (50%)

Rotary Christmas Party



**Rotary Clubs of Lincoln
Christmas Party
December 11, 2019
Hillcrest Country Club, 9401 E O St**

**Social Hour @ 5:30 P.M.
Dinner: 6:30 P.M.**

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

December 04, 2019

Lincoln East Rotary Club Program, Wednesday, December 4, 2019

The Rotary Zambia Project Update

Arranged by Charles Erickson

Our program speaker for December 4, 2019, was Peter Julius MD. A native of Zambia, his family is from the same region of our Rotary project. He grew up in Livingstone where he worked his way through school by working in hotels and restaurants. He received his MD at the University of Zambia and then became a pathologist, with one year at the University of Nebraska College of Medicine. In addition to examining surgical pathology tissue, he is engaged in research with Dr. Charles Wood, Director of Virology at UNL. He is now working on his PhD here at the University exploring the cause of a eyelid cancer seen in HIV patients. He and his wife, Precious have visited the Muzya community, the site of Rotary's project and noted that the Siandwazi dam has enable the nearby families to thrive during the current severe drought. The total crop failure in the region has made it difficult for folks to be adequately fed.



Siandwazi Gardens

His story is an inspiration to us because of what it took to become an outstanding physician.

ROTARY DISTRICT 5650 ZAMBIA PROJECT ACCOMPLISHMENTS

Introduction: In 2003, Dr. Chuck Erickson funded by a Yale Scholarship volunteered at Livingstone General Hospital. The Lincoln East Rotary Club gave \$500 to purchase sinks for the pediatric ward and chairs for mothers to sit upon. Since then the District, many clubs, individuals, churches and other organizations have funded projects that support water, agriculture and health and nutrition. The following list these achievements.

2003-sinks and chairs for the pediatric ward at Livingstone General Hospital. 2005-assistance in establishing a medical clinic at the Sons of Thunder Farm and Orphanage
2006-Rotary Matching Grant-funded a \$9,500 complete blood count machine, furniture, latrine improvements, other lab equipment at the Farm and a computer at the school.
2007-three boreholes at the Sons of Thunder Farm. Travel team to SOT.

2008 -a Rotary Volunteer travel grant partially funded a team that taught health and nutrition, constructed racks for mosquito nets for orphanage beds, assisted in the clinic at the SOT.

2009-Rotarians taught health at the Sipatchuwana Clinic. Became aware of need for water.

2010-Began work with the SAM project, Sustainability Through Agriculture and Microenterprise. Funded by an I-CATCH grant from the Section on International Child Health of the American Academy of Pediatrics to teach Community Health Workers needed skills and focus on improved growth for children at Nsongwe Village

Funded 3 additional boreholes

2011-to 2014-1 CATCH Grant, placed borehole at Nsongwe Village, funded a nutrition garden, continued teaching. Funded bores at a school and 3 other locations.

2012-funded 4 additional boreholes.

Travel team to Zimba Hospital assisted in pediatric ward and evaluated children in 4 villages and taught nutrition.

2013-Matching grant 7 boreholes and 3 gardens

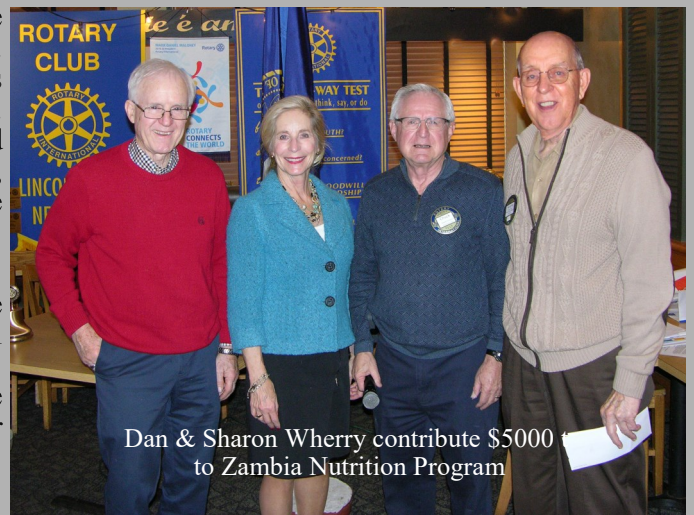
2015-Rotary Global Grant for water, agriculture and nutrition \$150,000- Travel Team of 2 and 2 volunteers. Rotarians 50 children and followed them for 1 year. Established the project to be continued for 4 years.

2016-Funded a vehicle (\$6,000) for the SAM project. Funded a parts depot for repair of boreholes (\$6,000). Repaired 13 non-functioning boreholes and trained villagers in maintenance.

2017-A 4 Rotarian Travel Team followed up on the progress of the grant.

2019-Rotary Global Grant-\$122,500 for water and sanitation in Masanzya a region nearly totally devoid of adequate water.

Began a new Muzya nutrition program that will assess the nutritional progress and develop a sustainable project that will not rely on outside funding.



Dan & Sharon Wherry contribute \$5000 to Zambia Nutrition Program

A Special Rotary Thank You to Dr. Charles Erickson & Dr. Peter Julius for an excellent presentation on the Zambia Project Update

HOW MUCH IS IN WAYNE'S COIN COLLECTION?

Andrea	Ahrens	\$ 117.62
Jerry	Albright	\$
Gordon	Bair	\$ 115.00
Wayne	Boesinger	\$
Chris	Brostrom	\$ 126.97
Al	Burdick	\$ 51.17
Wayne	Casper	\$
Michael	Carr	\$
David	Cady	\$
Jerry	Christensen	\$ 92.00
John	Boellstorff	\$
Tom	Carlson	\$ 105.00
Dick	Cumming	\$ 43.29
Deb	Durre	\$
Dean	Douglas	\$ 114.50
Dennis	Duckworth	\$
John	Duling	\$
Deb	Durre	\$
Charles	Erickson	\$
Gene	Frederick	\$ 100.00
Jearne	Garvin	\$
Osmund	Gilbertson	\$
Steve	Grosserode	\$ 92.50
Paul	Horton	\$ 98.00
Darrel	Huenergardt	\$ 146.82
Chris	Klingenberg	\$
Lillie	Larsen	\$
Dale	Lloyd	\$
Ben	Martin	\$ 72.30
Sue	Schuerman	\$ 39.27
Mary	Oestman-Goldberg	\$
Melodie	Pointon	\$
Nathan	Rink	\$
Amber	Ledin	\$ 96.42
Tom	Mortimer	\$ 145.92
Eugene	Roth	\$
Dennis	Schmidt	\$
Milt	Schmidt	\$
Greg	Schnasse	\$ 120.85
Robert	Simmering	\$
Jason	Smith	\$
Barry	Stelk	\$ 69.25
Minnie	Stephens	\$ 150.00
Ed	Stivers	\$
Duane	Tappe	\$ 217.00
Nicole	Chancellor	\$ 114.00



Grand Total: \$106.23

The Lincoln East Rotary Club member that guesses the correct amount or closest to the correct amount of coins in the jar, Wayne will match up to \$50.00 for a donation made to the Lincoln East Rotary Foundation or Rotary International Foundation.

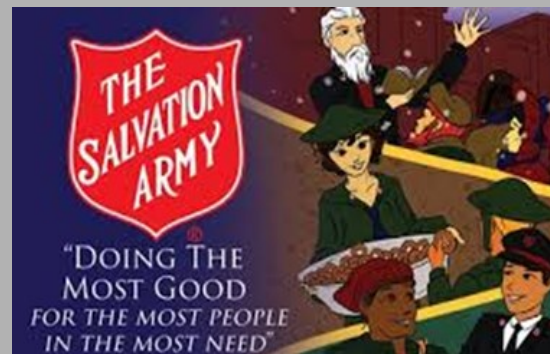
Hint: The jar weighs 9.6 lbs.

Congratulations to Tom Carlson. Tom, a State Senator and Financial Adviser has an excellent background for working with money!



Salvation Army Basket Passing
Wednesday, December 4, 2019
Total: \$307.00

The Basket will be passed again at our
December 18, 2019 meeting.



Chuck's Corner (#11)

I'm a science guy. By that, I mean believing in the insights of science that can lead us to our best decision making and can improve the lives of the world. Science has led to longer longevity, a more comfortable existence and a better understanding of the natural world. One example of how the adoption of science has benefited us is polio.

In the 1950's, various groups decided to fund research to discover a vaccine to prevent the disease once the virus was discovered. Rather than put efforts into more treatment options, they spent the lion's share on prevention. Sister Kenney was a wonderful kind empathetic soul, who came up with the treatment modality of hot packs etc. to treat afflicted patients. There was no science behind it, but was carried on anyway in hopes that it would help. If the monies had been given to treat more patients or train folks to do so, or if we had funded more iron lungs, we would still have folks dying and handicapped to this day. Look at the cost effectiveness of the vaccine.

As everyone knows, George Washington was bled repeatedly to treat his throat infection and may have died because of it. This was a common practice, without a sound basis at the time. Thank goodness we no longer exsanguinate sick patients- no science behind it.

In medicine we are guilty of practices that have not been subjected to serious study. More and more, however we are being pushed to correct our mistakes.

Most of us believe in medical, engineering and the so-called hard sciences. However, the area of psychological science does not have the same credence in the minds of many, may be because of the media promotion of so-called popular psychology. Freud and others promoted ideas without rigorous scientific analysis and yet for years it hung on in the thinking of the population, even to this day. There are numerous examples of wacky psychological ideas that come and go without basis. Modern psychology is based on scientific analysis, such as randomized controlled studies (RCT). In the future I will elaborate on truths from psychology that contradict conventional wisdom.

On the other hand, science can be used for evil purposes i.e. weapons of mass destruction. Thus, we need our religious and other organizations such as Rotary to guide us to do things that make for a better world. Science can help.

Thank goodness, Rotarians have bought into science in their quest to eliminate polio in the world. Chuck



Anniversaries & Birthdays

Weeks of November 21—December 4

Birthdays:

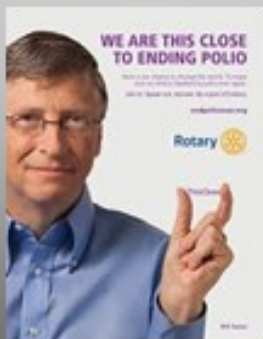
Mary Oestman Goldberg—December 4

Anniversaries:

None



Happy Dollars



*Charles Erickson
Greg Schnasse
Barry Stelk
Wayne Casper*

*Steve Grosserode
Paul Horton
Dennis Duckworth*



Total:

\$ 37.00

Happy Dollars—Total to Date: \$1209.00



Cashier Duty

December—Gordon Bair
Contact Minnie Stephens

Guests & Visitors

Nicole Chancellor	Amber Ledin
Sharon Wherry	Club #14
Dan Wherry	Club #14
Benita Hadwick	Steve Grosserode
Dr. Peter Julius	Speaker
Mary Ann Erickson	Charles Erickson



Greeter Duty

December 18 Minnie Stephens



Lincoln East Rotary Club—November Speaker Schedule

December 11—No Meeting

December 18—Doug Zbylut, Executive Director of Nebraskans For The Arts, arranged by Darrel Huenergardt

December 25—NO MEETING—Christmas Day

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