



The Sower

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Lincoln South Rotary

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WEEK OF JANUARY 21, 2011

PRESIDENT'S CORNER

Lincoln South Officers and Directors

President- Tom Cardwell tcardwel@southeast.edu	402-228-8220
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Secretary- Nicolette Klein nicki.klein@tieronebank.com	473-6422
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Treasurer- Corey Vandewege corey@dsisupply.com	466-0440
Membership - Jessica Kolterman jessicak@nefb.org	421-4433
Public Relations- Carl Zeutzius czeutzius@unicogroup.com	437-7275
Club Administration- Brad Carter bcarter@woodspros.com	430-6223
Service Projects- Dave Hilsabeck dhilsabeck@hotmail.com	489-9792
The Rotary Foundation- Joe Roberts jroberts@midfin.com	434-8050



The Rotary Year is more than half over. The time has flown. Being President is a bit daunting but made easier by the great support system we have in place. Between the Lincoln South Club officers and board and a membership full of smart, active and committed people we manage to stay on top of things. I am reminded that among us as this New Year unfolds we have people in the hospital, people serving on active duty in the military, and people struggling with the effects of our still depressed economy. We also, of course, have members dealing with others issues that we are not aware of. It's really good that we can gather for fellowship and just enjoy each other's company. It gives us all a break from our work. Probably all of us even if we like our work become stressed by deadlines and occasional insensitivities that occur between people in a hurry. Let's resolve as Rotary members to try to have some fun in life and not take things too seriously (at least all the time). Cheers!!!

Tom Cardwell

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 Valentinis at 70th & Van Dorn



Notes & Announcements

Future LSR Programs

1/28/11 *Tyson James—Waste Cap Nebraska*

Events & Projects

JAN *Rotary Awareness Month*

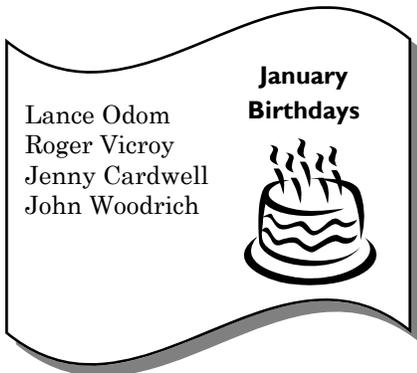
Nut Sales—Nut and Chocolate Sales are in full swing. Sales kits are available that include one of each item (except coffee). Otherwise you can pick up items at the meetings or call Brad for special orders.

End Polio Now Campaign—Shahid Kamal reported that the 4 Lincoln clubs will again be collecting funds for the End Polio Now campaign at 6 locations in Lincoln on March 26, 2011. Collections will be at various Wal Mart locations and Russ's IGA. More details will be coming. Shahid reported that todate, Rotary has raised \$140 million of the \$200 million challenge from the Bill & Melinda Gates Foundation.

Annual Foundation Drive—The drive is in full swing through January 31, 2011. The goal is Every Rotarian Every year with all club members contributing \$100. Contact Joe Roberts with your contributions.

Rotary Leadership Institute (RLI)—The next RLI session is scheduled for march 19, 2011 at the Dundee Presbyterian Church in Omaha. This is a great opportunity for those members who which to assume leadership roles in Rotary. RLI provides background in Rotary policies, procedures and programs. Lincoln South will pay the entry fee for any member who is interested in attending. Contact Nicki Klein or Tom Cardwell if you would like to attend.

Daffodil Days— Lincoln South Rotary will again be helping The American Cancer Society with Daffodil Days. We would again like to have a committee to work on sorting and wrapping the flowers. For those who are new to this-the daffodils arrive as fresh cut flowers- closed- they look a bit like asparagus. We wrap the bunches in tissue paper and tie with ribbon. These wrapped bunches are very well received. All Rotary Club Members can sell and purchase the daffodils. Orders will need to be turned in by Friday, February 11. We will pick up and wrap the flowers the week of March 7th. We will also ask to attend the other Rotary Clubs to sell daffodils and will deliver any orders back to those clubs. Let Nicki know if you want to work on the committee. nklein2@nebrr.com.



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>

PROGRAM

2010-2011 Club Goals

1. *Club Strength— Leave the club better than when I took office.*
2. *Club Growth— Attain and maintain membership of 55.*
3. *Support Polio Eradication.*
4. *Support critical project in one of 3 areas; Health & Hunger, Water or Literacy.*
5. *Maintain 100% sustaining membership in the Rotary Foundation.*
6. *Achieve the Presidential Citation*
7. *HAVE FUN!*

Dr. Eileen Curry has her doctorate in human development and the Family and has been a mental health therapist in Lincoln for the past 18 years. On January 21st she presented her innovative technique for helping people with brain injuries recover function. Dr. Curry speaks from personal experience as she shared with the group her own experience of brain surgery related to medical condition and her eventual recovery. She found that medications could not by themselves provide the help she needed to get well. At some point she was introduced to bio feedback and found it to be extremely helpful to her. Having been so powerfully affected by the use of bio feedback she developed an interest in its use.

Dr. Curry explained different types of brain waves in her presentation and how she uses two different types of bio feedback to work with her patients. In order to better describe how she places electrodes on patients heads Tom Cardwell provided his head for use by Dr. Curry.



It was an interesting presentation. Dr. Curry mentioned she was also active in the Nebraska Brain Injury Association and Angel Dogs which provides therapeutic animals to work with long term patients at Madonna Rehab Hospital.

She now uses it as a major component of her therapy with certain patients including people with brain injuries, depression and PTSD among others. She does not discount the value of medications but sees therapy and conjoint bio feedback as instrumental in helping many people regain control of their lives.



**QUESTIONS?
COMMENTS?
ARTICLES?**

**Contact Newsletter
Editor**

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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>

