



The Sower

Official Publication of
Lincoln South Rotary

Club #21799 - Chartered April 30, 1984



WEEK OF SEPTEMBER 6, 2013

Lincoln South Officers and Directors

President Bob Vrana bvrana@windstream.net	328-9024
President-elect Jenny Cardwell jcardwell@girlscoutsnebraska.org	420-2195
Executive Director/Secretary Nicolette Klein nklein2@neb.rr.com	429-2789
Past President Patrick Grewe Patrick.grewe@usbank.com	434-1322
Treasurer- Corey Vandewege corey@dsisupply.com	435-5978
Membership - Darrel Huenergardt huenlaw@gmail.com	308-235-5871
Public Relations- Cathy Behrns gm@kzum.org	474-5085
Club Administration- Brad Carter bcarter@woodsbro.com	430-6223
Service Projects- Jenny Cardwell jcardwell@girlscoutsnebraska.org	420-2195
The Rotary Foundation- Joe Roberts jroberts@midfin.com	434-8050

CLUB SERVICE TEAM ON DUTY

Brad Carter
Bernie Poppe
Clay Ehlers



Visiting Rotarians and Guests

Rotarians—Bruce Remington from Club 14.

Guests—Tom Buescher and speakers Dr. Julie Jochum and Stacey Wise.

HAPPY DOLLARS (For Polio Plus)

Sue O'Connell, Dave Hilsabeck, Lance Odom, Bernie Poppe, Clay Ehlers, Don Anderson, Dick Miller and Carl Olson.



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>

Future LSR Programs

- 9/13/13 Thomas O'Connell, Pres. CEO Snyders Industries on "If You Knew Plastics Like I Know Plastics."
- 9/20/13 Senator Kate Bolz on "Tax Reform"
- 10/4/13 Mick Sibble from UNICO MIDLANDS, "Health Care Reform and Issues Facing Employers."
- 10/11/13 TBD
- 10/18/13 Larry Ruth, Director Subdistrict 4 on "Lower Platte South Natural Resource District"

Events & Projects

- 9/20/13 Annual LSR Foundation wine tasting at the home of Tracey McLain
- 12/6/13 Annual Holiday Party at the home of Bob & DeEtta Vrana

Notes & Announcements

LSR 30 Year Anniversary— Mark your calendar for the LSR 30 Year Anniversary Party Friday, April 25, 2014 at The Knoll's. The current plan is to have the social at 6:00 and the meal at 7:00. Other details will be provided as they develop.

LSR Foundation Wine Tasting—The annual wine tasting to raise funds for the Lincoln South Foundation is scheduled for Friday September 20, 2013 at the home of Tracey McLain. The club is looking for donations for bottles of wine for prizes for a wine pull which is new this year. Tickets for the wine pull are \$20 and tickets for the event are \$25. Sign up sheets will be available and the next few meetings. (*See flyer on page 4*)

Foundation Grants—Joe Roberts reported that \$100,000 Rotary International Global grants have been awarded to 4 recipients in the District. The Wayne club had the largest grant for a water project in the Sudan.

Rotary Outdoor Music Project—Lincoln South and several other Rotary clubs have received a District Grant to fund the building of an Outdoor Music Facility at Camp Kitaki. Along with the grant, our club agreed to provide volunteers to help with the build. The first work session is Saturday September 7th from 9:00 a.m. to 12:00 noon at Camp Kitaki. Additional Saturdays are also scheduled for September 14th and 28th. Please email Jenny Cardwell if you can help: jcardwell@girlscoutsnebraska.org.

September Birthdays

Scott Delisi
Joyce Schmeckle
Logan Otto
Carl Olson



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 Valentinos at 70th & Van Dorn



THE ROTARY FOUR-WAY TEST OF THE THINGS WE THINK SAY OR DO:

Is it the **TRUTH** ?
Is it **FAIR** to all concerned ?
Will it build **GOODWILL** and **BETTER FRIENDSHIPS** ?
Will it be **BENEFICIAL** to all concerned ?

PROGRAM

2013-2014 Club Goals

1. *Attain & Maintain 50 total members.*
2. *Continue to Build on our successful fundraising events.*
3. *End Polio Now.*
4. *Earn the Presidential Citation.*
5. *Successfully utilize the Future Vision Grant Program to enhance our service projects.*
6. *Continue our exceptional Rotary Foundation giving.*

Dr. Julie Jochum, Optometrist and Stacey Wise Vision Therapist, both with PRI Vision were our speakers. Dr. Jochum explained that vision developed in our ancestors to see things far away. It wasn't until much later that vision was used for close work. Now we use our eyes for close work such as reading and computer work from 8 to 16 hours per day. As a result, there is a mismatch between what we use vision for and how it developed. The excessive close work causes visual stress.

identify vision problems in kids. She also gave us a brochure with helpful hints to reduce visual stress.

Vision screening is required in Lincoln Public Schools before kids start school or if they transfer in from out of state. Unfortunately, these screenings may not always identify vision problems in kids so parents are urged to get further testing for their children if they suspect vision problems.

For more information you can visit their website: privisioncenter.com

How do our eyes cope? One way is to ignore distance which is myopia. Many times we will have double vision when we get fatigued. 20 to 30% of kids have double vision with fatigue. Some of the signs of vision stress in kids include a short attention span in school, avoiding reading but good with math and numbers and being an auditory learner versus a visual learner. Poor eye movement skills also cause reading and retention problems. 90% of juvenile delinquents have vision issues.

PRI Vision works primarily in the area of vision rehabilitation, neuro-optometry and vision training. It integrates the professions of physical therapy and behavioral/neuro-optometry by controlling the relationship between the eyes and body with prescription eyeglasses.

Stacey Wise showed the group some of the vision therapy tools that she uses including an example of double vision, reading up and down versus right to left and a predictive checklist to



Dr. Jochum



Stacey Wise

**QUESTIONS?
COMMENTS?
ARTICLES?**

**Contact Newsletter
Editors**

Judy Krasomil
judy.krasomil@nifa.org

Chris Dietz
dcdietz@neb.rr.com



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>



Please join us
Lincoln South Rotary Foundation
Wine Tasting

Tasting of Six Wines with Appetizers and Desserts

Proceeds will help fund a local nonprofit

Friday, September 20, 2013

6:00 - 8:00 p.m.

\$25.00 per person

Participate in the "Wine Pull" for \$20/ticket...Everybody wins!!!

Event will be held at the home of Tracey and Ron McLain, 5400 Aaron Circle

(South on 56th St. past Yankee Hill Rd, right on Shady Hollow Rd, left on S. 53rd and left onto Aaron Cr)

RSVP to Tracey McLain – 402.450.8928 or tracey.mclain@wellsfargoadvisors.com

or sign -up at the Lincoln South Rotary meeting

ABC's of Rotary—SOME ROTARY "FIRSTS"

- The first Rotary Club meeting was in Chicago, Ill on February 23, 1905
- The first regular luncheon meetings were in Oakland, CA chartered in 1909
- The first Rotary convention was in Chicago in 1910
- The first Rotary club outside of the United States was chartered in Winnipeg, Manitoba, Canada in 1910
- The first Rotary club outside of North America was chartered in Dublin, Ireland in 1911