



The Sower

Official Publication of
Lincoln South Rotary

Club #21799 - Chartered April 30, 1984



WEEK OF OCTOBER 9, 2015

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PRESIDENT'S MESSAGE



Please use the following link to find the most current message from President Clay Ehlers:

<http://portal.clubrunner.ca/6040/>

CLUB SERVICE TEAM ON DUTY

Bob Vrana
Joyce Schmeackle
Bernie Poppe
Tracey McLain



HAPPY DOLLARS (For Polio Plus)

Nicki Klein, Bob Vrana, Kay Wunderlich, Bruce Remington, Kim Remington and Tracey McLain.

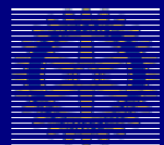


Visiting Rotarians and Guests

Bruce & Kim Remington from Club 14 and Suzanne Sughroue, our speaker.

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 ?



10/16/15 Doug Jamison, Foster Care Supervisor—
Christian Heritage

10/23/15 Stacy Agnew—FFA

10/30/15 State Senator Mark Kolterman

[Events & Projects](#)

10/10/15 Grant Project Work Day—Food Forest

10/16/15 Lincoln South Board Meeting—10:45 to
11:55 AM at the Venue

10/17/15 Rotary Leadership Institute—8 am to
3:30 pm in Des Moines Iowa.

Notes & Announcements

Meeting & Meals Effective 10-9-15—Lincoln South Rotary Club is moving to The Venue at 4111 Pioneer Woods Dr #100 - Lincoln Banquet Rooms* have outdoor entrances located "behind" The Venue (to the East of the restaurant)

With the move we will have a strict minimum charge. We want to encourage members to attend regularly to help ensure that we can meet our minimum. Effective 10-9-15 . . .

COST: \$15

VISITORS:

- - meeting credit requires attendance at the meeting and paying the meal price
- - \$10* is the price to get credit without meeting attendance (if this is acceptable by your home club)

PAYMENTS TO: Payments are made (checks payable to) Lincoln South Rotary Club

* this is being offered on a trial basis

Rotary Leadership Institute—Lincoln South Rotary Club has a proud tradition of promoting, developing and supporting our members and leaders. All members are encouraged to participate in Rotary Leadership Institute, a program offered through Rotary to enhance the Rotary experience of any Rotary Member.

The next sessions of Rotary Leadership Institute are October 17, 2015 in Omaha and October 24, 2015 (Part 1 only) in Des Moines, Iowa. Lincoln South Rotary will pay all registration fees. Contact Nicki Klein if you are interested in attending.

Food Forest—On 10/10/15 Lincoln South will be doing a project located at the Southern Heights Presbyterian Church at 40th & Old Cheney and built in collaboration with Community CROPS and Nature Explore. Primarily we are funding the installation of an accessible path but will provide volunteer work for the entire project. Let member Wayne Moore (clwmptl@hotmail.com) know if you are able to help - or just show up. See the story on the website



Rotary is on the Web!

Lincoln South-Meetings & Speakers

<http://portal.clubrunner.ca/6040/Speakers>

Lincoln South-Calendar of Events

<http://portal.clubrunner.ca/6040/Events/Calendar>

Rotary International— www.rotary.org

District 5650— www.rotarydistricts650.org

PLACES TO MAKE UP

Tuesday 7 a.m.—Sunrise Rotary at International House of Pancakes at 4501 North 27th (27th and Superior Ave.)

Tuesday Noon— Lincoln #14-Nebraska Club at 13th & M.

Wednesday Noon—Lincoln East at Valentinos at 70th & Van Dorn

Notes & Announcements Con't

Dictionary Project—Along with the other Rotary Clubs in Lincoln, we will deliver dictionaries to all 4th grade students. First we label and sort the dictionaries, putting them into packages for each school. Then we deliver them.

Volunteers are primarily needed for Dictionary Delivery sometime after 10/6/15 with the goal to get them all delivered by 10/30/15. Contact member Daniel Kistler (dkistler@wradvisors.com) for details and to sign up. See story on the website.



Holiday Nut Sales—Lincoln South Rotary Club will offer Nuts, Candy and Coffee products again this year for the Holidays. With this fundraiser, club members can pre-order products to sell*, or you can just place orders as you make sales.

Orders placed by Noon on Tuesday will be available at Rotary that same Friday. Send orders to nklein2@neb.rr.com. Though we focus our Nut Sales efforts during the Holidays, the products are available at any time at the Fundraiser prices.

Board Nominations—It is that time of year to nominate 2 members to put on the ballot for selection to the Lincoln South Rotary Club Board of directors. Any member who has been in the club for 6 months is eligible to be nominated. Get a ballot from Nicki or Jenny. Nominations are due by the end of November.



PROGRAM

2015-2016 Club Goals

1. *Location, Location, Location!*
2. *Increase Membership by 10%-Through both RECRUITING and RETENTION.*
3. *Rotary Foundation Support- \$9,200 for the club (at least \$200/member).*
4. *Promote Bequest Society Enrollment.*
5. *Earn Presidential Citation*
6. *Promote Speaker Appreciation.*

Suzanne Sughroue, Director of the Madonna Foundation spoke to the club. Madonna started in 1958 when Sister Phyllis and a group of nuns bought a sanatorium at 56th and South streets and ran it as a nursing home. In the late 60's sister Phyllis saw a need began concentrating on rehabilitation services. Now the Madonna facility is a national leader in rehab. Last year they treated 6,000 patients from 117 hospitals referred by 500 referring doctors from 23 states. Since inception Madonna has received patients from 49 states and Saudi Arabia but most patients come from a 5-6 state region.

Suzanne's topic for her discussion was Brain Injury and the Brain Initiative currently underway at Madonna. Madonna implements state of the art technology to capitalize on the brain's ability to re-wire itself. The theory takes a task and uses mass repetition of the task to create new neuro pathways. ("Mass Practice").

Some of the equipment used for Mass Practice includes: Robotic Gait Trainer which is a device to work on balance, Robotic Suit (Exo Bionic Suit) which allows paralyzed patients to walk, FES Bike which uses electrodes to fire muscles and Upper body Robotics which support the arms while the patients manipulate the



arms by moving and tracking images on a screen.

They have the ability to educate patients through remote observation as well as to allow parents to watch the sessions from another room or therapists to observe parents working with their kids.

Madonna is also developing some of their own technology and doing research in affiliation with UNL. They have developed the I-Care which is an elliptical machine which monitors weaknesses and compensates for them as well as EEG sensor nets which record brain activity while a patient is using all the various rehab equipment. They also have a 3-D printer to make pieces for their equipment.

Madonna offers specialized certifications for various rehab specialties. They have onsite student housing as well as a tuition reimbursement program.

Suzanne ended her talk with the story of Alexis Versal, a young patient who experienced a severe brain injury at daycare and who now can see, speak, suck and swallow. In fact her story inspired Larry the Cable Guy to give a large donation to the children's hospital.

