



# The Sower

Official Publication of  
Lincoln South Rotary

Club #21799 - Chartered April 30, 1984



WEEK OF SEPTEMBER 2, 2011

## PRESIDENT'S CORNER

### Lincoln South Officers and Directors

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Greetings Rotarians! At our August 26, 2011 meeting we were given a charge from our District Governor, Bob Perrin... his direction was to make sure that we have fun at every meeting. In an effort to fulfill this duty, I am announcing the inauguration of the First Annual "Football for Foundation" contest. As many of you know, I am a rabid Nebraska Football fan, and as more of you know, this is our first season in the Big 10 conference, so anything is possible. Beginning September 2, 2011 and continuing at every Friday meeting prior to a regular season Nebraska game, all members, guests, and visiting Rotarians are invited to play. Here is how it is going to work: at the Friday meeting before every Nebraska regular season game, a sheet will be passed around and all in attendance are invited to write down their name, and prediction for the upcoming game's score. At the next Friday's meeting, whoever is closest to predicting the score, will win a \$20.00 donation in their name to the foundation of their choice: either the Rotary International Foundation, the Lincoln South Rotary Foundation, or the End Polio Now campaign. Here are the rules: you MUST be present to win (a sneaky way of ensuring attendance) and if you bring a guest to a meeting, you get an EXTRA PICK for each guest that you bring to that meeting (a sneaky way of trying to get you to recruit new members). If we have a tie in any given week, the \$20.00 donation will be split between the winners and each winner will get to designate which foundation their portion will be donated to. Donations will be provided by White Law Office, P.C., L.L.O. I hope you all have fun with this and good luck with your picks!

Elise M. W. White  
President Lincoln South Rotary

## Visiting Rotarians and Guests

*Rotarians*—Herm Weber, Gail McNair, Bruce & Kim Remington, and Barb Tyler from Club 14.

*Guests*—Stephanie Dozeal and Patsy Martin our speaker.

## HAPPY DOLLARS (For Literacy)

Jason Smith, Jenny Cardwell, Jessica Kolterman, Nicki Klein, Jim Pattavina, Clay Ehlers, Joyce Schmeeckle, Joyce Michaelis, Bruce Remington and Dick Miller.



### CLUB SERVICE TEAM ON DUTY

Pat Grewe  
Lance Odom  
Jason Smith



### Future LSR Programs

- 9/9/11 US Navy Commander Darren Nelson-  
"USS Arlington- tribute ship to the 9-11  
attacks"
- 10/7/11 Lori Seibel "community Health Endow-  
ment of Lincoln
- 10/21/11 Chris Sommerich, Nebraska Humanities  
Council "What Nebraska High School  
Students Think of US Foreign Policy"
- 10/28/11 Chief Jim Peschong, LPD- "What's hap-  
pening at LPD"
- 11/4/11 Rod Bates General Mgr. NETV
- 11/18/11 Barb Bartle and GSE Team- "Rotary  
Group Study Exchange Team 2012 to  
India"

### Events & Projects

- 9/24/11 Membership Seminar at Henry Doorly  
Zoo in Omaha.
- 10/14/11 Club 14 Auction at the Lincoln Station  
(benefits Boys & Girls clubs) \$75/ticket
- 10/21/11 LSR Foundation wine tasting fundraiser  
at the home of Joyce & Bill Schmeeckle.

## Notes & Announcements

**Speaker Chair needed**— We are still looking for a speaker chair for the 2011/2012 Rotary year. Anyone who is interested in lining up speakers each week, please contact Elise.

**Membership Seminar**— Scheduled for Saturday September 24th at the Henry Doorly Zoo in Omaha. Attendees receive free tickets to the zoo for their family on the day of the seminar.

**Rotary Leadership Institute** — next session is October 15, 2011 at the Westminster Presbyterian Church in Lincoln. Lincoln South Rotary will pay the registration fee for any member interested in participating. The institute offers a leadership course in three full day parts (Parts I, II, III). Those completing each part are eligible for the next part. The courses are designed to provide Rotary knowledge and to develop leadership skills for voluntary organizations. Contact Elise or Nicki if you are interested.

**District Simplified Grant** — Lincoln South Rotary is privileged to receive a District Simplified Grant for \$2,000 to support the Voices of Hope – improving their Child Care room. Volunteers are needed with tools and construction skills to help build some items for the room. Contact Nicki or Elise if you are available.

**Lincoln South Foundation Fundraiser**—The LSR Foundation wine tasting is scheduled for Friday October 21st at the home of Joyce and Bill Schmeeckle. Tickets are \$25 apiece with all proceeds going to the Lincoln South Foundation to be spent on local projects to benefit the community.

**Lincoln South Foundation Grant Recipients**— Lance Odom reported that the LSR Foundation is accepting ideas from members for potential grant recipients. If you have a recommendation, please contact Lance.

**Football for Foundation**—President Elise announced a new "fun" activity for the club. At each meeting, those in attendance predict the score of the Nebraska game that week and the member who comes the closest will win \$20 to be contributed to the foundation of their choice—Rotary International Foundation, LSR Foundation or the End Polio Now campaign. Must be present to win and if you bring a guest you get an extra pick for each guest.

### September- Birthdays

Scott Delisi  
Joyce Schmeeckle  
Shahid Kamal  
Logan Otto  
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>

## PROGRAM

### 2011-2012 Club Goals

1. *Attain & Maintain 55 total members.*
2. *Increase number of female members & young professionals.*
3. *Hold periodic club assemblies.*
4. *Incorporate "New Generations" into current club service projects.*
5. *Maintain 100% sustaining membership in the Rotary Foundation.*
6. *Have a rewarding, unforgettable year!*

Patsy Martin, the Communications/Resource Development Coordinator at Voices of Hope was our speaker. Even though Voices of Hope may not be widely known, it has been in Lincoln for over 35 years. It began in 1974 as the Lincoln Coalition against Rape when students at UNL started a crisis line. In 1978 the organization was expanded to include domestic violence and in January 2007 the Rape/Spouse Abuse Crisis Center officially changed its name to Voices of Hope ("VOH")



tic violence. VOH staff are good problem solvers. They assess needs and safety level and figure out the best plan for that individual. They refer clients to shelters such as Friendship Home, City Mission and sometimes to a hotel for a temporary solution. While the services are available to both men and women, 94% of their clients are women with children. All services are free and confidential. The biggest % of clients are referred by Lincoln Police and Hospitals and the Crises Line are also other sources.

The crisis line is staffed 24 hours a day by paid advocates and trained volunteers. In addition to the crisis line VOH also has other services including Advocacy, Counseling, Support Groups, Protection Orders and Education/Training.

Advocacy services are offered 24/7 for such things as meeting the victims at the hospital to provide support and community referrals. Many clients are served from the daily walk-in counseling services provided during week days and on Wednesday nights. They have 7 ongoing support groups that meet regularly. Free child care is provided for most groups and Lincoln South is helping to spruce up the childcare room with our District Simplified Grant. Patsy expressed her appreciation to LSR for the help as the room is very small and does not have many toys, furniture etc for different age groups.

VOH also has a number of educational groups such as 1) Women Write Reality, 2) Building Self Esteem and 3) Improving Economic Self Sufficiency.

Patsy stressed that VOH is not a shelter but serves as the first response in a crisis involving sexual assault or domes-

tic violence. VOH staff are good problem solvers. They assess needs and safety level and figure out the best plan for that individual. They refer clients to shelters such as Friendship Home, City Mission and sometimes to a hotel for a temporary solution. While the services are available to both men and women, 94% of their clients are women with children. All services are free and confidential. The biggest % of clients are referred by Lincoln Police and Hospitals and the Crises Line are also other sources.

VOH also feels it is very important to educate the community about sexual assault and domestic violence and also to train the first responders to know how to best handle the situation. Many times the first contact is with law enforcement, social workers, clergy, college faculty and high school teachers and they need to make sure to put the safety of the victim first. It is also important to talk to kids about bullying and healthy relationships which can stop abuse later on in life.

Sexual assault is the most under reported of crimes and 85% of the victims know the perpetrator. Domestic violence costs businesses \$3 to \$5 billion per year in lost productivity, health care costs etc. Relationship violence is the largest cause of injury to women.

Two things to remember when it comes to sexual assault and domestic violence. 1) Do not blame the victims and 2) Hold the perpetrators accountable.

Patsy closed by saying that VOH is an inspiring place to work as it changes people's lives. It takes enormous courage for the women and men to make the decision to reach out for help.

**QUESTIONS?  
COMMENTS?  
ARTICLES?**

**Contact Newsletter  
Editor**

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Reach Within to Embrace Humanity

### LINCOLN SOUTH IS #3 IN GIVING

Lincoln South Rotary was #3 last year in per capita giving to the Rotary International Foundation. Past president Tom Cardwell and Joe Roberts, Foundation Chair were presented with the recognition on Friday. Congratulations Lincoln South and thanks to all members who gave. Thanks also to Joe for his work on the fundraising campaign each year.



### 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 70<sup>th</sup> & Van Dorn



### Rotary is on the Web!

Rotary International— [www.rotary.org](http://www.rotary.org)

District 5650—[www.rotarydistrict5650.org](http://www.rotarydistrict5650.org)

Lincoln South Rotary—

<http://www.clubrunner.ca/CPrg/Home/homeS.asp?cid=6040>

