



The Sower

Official Publication of
Lincoln South Rotary

Club #21799 - Chartered April 30, 1984



WEEK OF DECEMBER 2, 2011

PRESIDENT'S CORNER

Lincoln South Officers and Directors

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The Rotary Foundation- Joe Roberts jroberts@midfin.com	434-8050



Greetings Rotarians! I wanted to thank everyone who was able to attend the Rotary Holiday Party on December 2. I hope everyone had as much fun as Tyler and I did! I especially want to thank my parents for allowing us to host at their home (there is no way that Tyler and I would have been able to fit you all in to our three bedroom town home!) I also want to thank my husband, Tyler for co-hosting and to all of you for providing the eats. The food you all brought was amazing (we may need to start a collective recipe book next year...) and I loved all of the fun and creative gifts for the present game! Who did end up with the singing holiday moose anyhow...I lost track after the third "steal"! Thank you to all of you for your kindness, generosity, and optimism, during the holiday season and throughout the entire year.

Happy Holidays,

Elise M. W. White
President of Lincoln South Rotary

Visiting Rotarians and Guests

Rotarians—Topher Hansen from Club 14 and our speaker.

CLUB SERVICE TEAM ON DUTY

Brad Carter
Jason Smith
Joe Roberts



HAPPY DOLLARS (For Literacy)

Joyce Michaelis, Jim Pattavina, John Herdman, Joyce Schmeekle, Tracey McLain, Nicki Klein, Topher Hansen, Aaron Babcock, Logan Otto, Don Anderson, Craig Madson, Carl Olsen and Chris Dietz.



Reach Within to Embrace Humanity

Future LSR Programs

- 12/9/11 Nick Cusick, Pres, IMSCORP— *Health-care Reform and Controlling Employer and Employee Healthcare Costs*
- 12/16/11 Marcia Matthies, Anglers of the Blue Moon— *Developing a Handicapped Fishing Pier on Bowling Lake*
- 12/23/11 NO MEETING— HAPPY HOLIDAYS!
- 12/30/11 NO MEETING— HAPPY NEW YEAR!
- 1/6/12 Rod Bates—NETV

Events & Projects

- 1/9/2012 *New member orientation*
- 1/17/12 *Club 14 Annual Nebraskan of the Year Luncheon at Embassy Suites.*
- 3/27/12 *Annual Salute to Business at the Cornhusker Marriott.*

Notes & Announcements

Nut Sales—The nut sales are in full swing. Sales kits have been put together which include a sample of each item that members can take to show what is available. Otherwise you can pick up what you need at each meeting or contact Brad Carter and arrange to get them delivered. This will be our only major fundraiser this year since the golf outing was cancelled. *See page 4 for an order form with prices.*

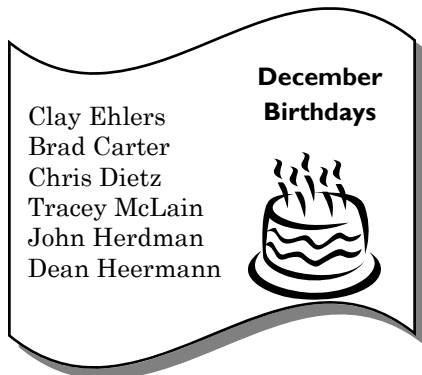
Salvation Army Bell Ringing—Lincoln South will be volunteering for Salvation Army bell ringing on Saturday December 10th from noon to 10 pm at the Super Saver at 27th & Pine Lake. Volunteers are needed for each hour. Sign up sheets are available at the meetings.

Football for Foundation—Dave Hilsabeck was the winner of the weekly football for foundation pick and chose to have \$20 contributed to the Lincoln South Foundation

Board Nominations—Ballots for nominations to the Board were provided at the meeting. Please vote for 2 of the 6 eligible Board members and return your ballot to Nicki Klein by 12/9/11.

Nebraskan of the Year—Harold Anderson of Omaha will be honored on 1/17/12 as Nebraskan of the Year. The luncheon will be held on 1/17/12 at the Embassy Suites. Tickets are \$25 per person. See Joe Roberts for tickets.

Foundation Drive Kick Off—Joe Roberts formally kicked off the annual Dr. George Lytton Memorial Challenge 2011-12 RI Foundation Fund Drive. The drive will run for the months of December and January with the goal of 100% participation at \$120 per member. Contributions can be made in a lump sum or using pre-authorized monthly bank withdrawals or credit card payments. The drive will conclude on January 27, 2012 with a drawing where the winner will receive an immediate Paul Harris fellow. Members must have contributed \$300 to be eligible for the drawing.



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!*

Our speaker was Toper Hansen, CEO of Center Pointe, a provider of treatment, rehabilitation and housing services for persons with co-occurring substance use and mental health disorders in Lincoln with the goal of helping them live healthier, more productive lives.

Topher asked the club to imagine 3 states of being: 1- Homelessness. You have nowhere to sleep, no connections in town and have to use makeshift circumstances to protect yourself from the elements; 2- Mental Health issues. You wake up not knowing why you feel different and no one else seems to have the same feeling and 3- You have a substance addiction.

The mental health issues are not chosen by you. Even though it is a disease like high blood pressure, it has always carried a stigma in society. The #1 reason for hospitalization for our military troops is mental health issues. In fact 40 to 70% of those with mental health issues use substances to deal with it.

All of us have addictive propensities. The brain seeks pleasure and produces a chemical reaction that results in addiction. The chemical drive in the body is the same as hunger. Those with substance addictions are driven to satisfy the craving before anything else. That is why many of their actions defy logic, such as neglecting their kids.

Since many have the co-occurring mental illness and substance abuse, the health care system needs to change so that it can address the mental as well as the physical.

Center Pointe was started in 1973 as a substance abuse treatment program. It expanded to include mental health treatment and housing since those seem to go hand in hand with the substance abuse. They now have 120-140 units of housing. They own 3 buildings and subsidize other apartments. They receive funding from VA, HUD, Medicaid, Lancaster County and State behavioral health funds.

**QUESTIONS?
COMMENTS?
ARTICLES?**

**Contact Newsletter
Editor**

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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



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>

