



President– Barry

Spoke Newsletter

Wednesday April 4 2018

Attendance: 26 (58%) Attendance with make ups: 30 (67%)

Program Wednesday, April 11, 2018

Human Behavior at its Best and Worse

Program by Charles Erickson

Program Wednesday, April 4, 2018

Neal Nicolaus NO CHILD SHOULD GRIEVE ALONE

Program arranged by Charles Erickson



Neal, a Mourning HOPE Grief Center Volunteer, grew up in Utica, Nebraska, population 570. My Father left farming when I was young. He became a successful and well known auctioneer in Seward County. Around the same time he developed an independent insurance agency and was a real estate broker. All this was accomplished with an 8th grade education. My Mother qualified for a Regent's Scholarship but because of the financial difficulties of the times, was unable to attend college. She was the force that prioritized post-secondary education for all of her children.

My professional career was focused on children and education, including teaching, counseling and coaching. I am now retired. I have facilitated groups at Mourning HOPE Grief Center over the past twenty-three years. During that time, I have gained much personal meaning, met many remarkable people and developed wonderful friendships. It is an honor to speak with the Lincoln East Rotary Club about Mourning HOPE.

Mission Statement

Mourning Hope companions grieving children, teens, young adults and their families when someone significant in their lives has a serious illness or has died. Mourning Hope provides support groups, community education, grief resources and referrals.

A definition of "companionship:"

- ◆ Companionship is a philosophy of working with the bereaved developed by Alan Wolfelt, Ph.D. It refers to "walking along-side" each grieving child and family in their pain, without urgency or judgment.
- ◆ Companionship is not about imposing order or logic, leading, "fixing the pain" or stopping its expression at our own discomfort.
- ◆ Companionship is being fully present to another's grief; being willing to "go into the wilderness of their pain with them."
- ◆ Companionship is accepting the reconciliation each individual can find with his or her loss.

A Rotary Thank You to Neal Nicolaus for an excellent presentation on grieving and the availability of help throughout the process..

***Lincoln East Rotary Club
Meetings at Valentino's—70th & Van Dorn
Noon Luncheon starting @ 11:45 a.m.***

April 04, 2018

Vision Statement

Mourning Hope Grief Center will be recognized as the premier provider of grief support services for youth and their families in Lincoln and surrounding communities. Mourning Hope envisions a society which values and encourages healthy grieving practices. The Center will serve as a safe haven of support, hope, companionship and unconditional acceptance for each person seeking assistance. Through innovative programming, specialized support services, and knowledgeable instruction, Mourning Hope will foster a healthy response to grief, one child and one family at a time.

Guiding Principles

Mourning Hope envisions a society where all grieving children are embraced, listened to, understood and effectively supported by their families, teachers, caregivers and others significant in their lives.

We envision that within each grieving family, parents and caregivers model healthy grieving strategies, while understanding the unique needs of their youth.

We envision a society which values and encourages healthy grieving practices such as openness to talking about losses, embracing the pain of loss, remembering those who died, searching for meaning and giving and receiving ongoing support.

Through best practices, education and innovation, we will measurably improve the lives of individuals in the communities we serve.

We acknowledge that bereavement practices vary in profound ways depending on cultural background. The Center will create an environment that honors the culturally distinct mourning rituals, traditions, and behavioral expressions of grief experienced by program participants.

In partnership with our staff and volunteers, and in collaboration with other organizations that share our goals, we will commit our resources to programs that are ethically, socially and financially responsible.

With patience, empathy, openness and a willingness to listen with our hearts and minds, Mourning Hope humbly companions each person who seeks support.

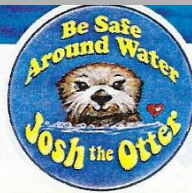


Lincoln East Rotary Club Tree Planting & Summer Picnic Pioneer Park—Sunday, April 22nd

Assignments: Buns & Condiments—Wayne Casper, Table Setting—Paul Horton, Side Dishes—Chris Klingenberg, Drinks—Gene Roth, Desserts—Duane Tappe



Due to Salute to Business on Tuesday, April 17, Lincoln East Rotary Club will not meet on Wednesday, April 18, 2018



10TH ANNUAL JOSHUA COLLINGSWORTH MEMORIAL BENEFIT DINNER AND AUCTION



This year marks the 10th year anniversary for our Foundation and the loss of our son Joshua. In honor of Josh and our commitment to prevent childhood drownings, we have some big plans in the works.

This April, we will be opening a new facility in Lincoln, which will serve as the first Float 4 Life national training facility. In addition to offering more infant and toddler swim lessons locally, we will train individuals from all over the country who want to become certified in Float 4 Life technique.

On behalf of the entire Joshua Collingsworth Memorial Foundation (JCMF) Children's Charities family, we want to thank you for being a partner with us. Your donation to our annual benefit dinner and auction last spring has made a significant impact on our ability to reach even more young children about water safety. By expanding both the education and literacy component of Josh the Otter, and the physical component of Float 4 Life swim lessons and instructor training, we have been able to keep more children safe in and around water.

Collaborating with the Michael Phelps Foundation, Cathy Bennett who taught Michael Phelps how to swim and now acts as Director of Michael Phelps Swimming, is scheduled to attend our benefit along with Pablo Morales currently the head women's swimming and diving coach at the University of Nebraska. Pablo is an Olympic gold medalist, world champion, and former world record-holder in swimming and shares our passion in water safety.

So join us and ... Together We Can Save Lives

WHEN:

SATURDAY, APRIL 28, 2018

EVENT BEGINS AT 5 P.M.

FOR RESERVATIONS AND MORE INFORMATION

VISIT QTEGO.NET/QLINK/JCMF OR CALL

KATHY COLLINGSWORTH 402.730.3232

WHERE:

SESOSTRIS SHRINE CENTER

1050 SALTILLO ROAD

ROCA, NE 68430

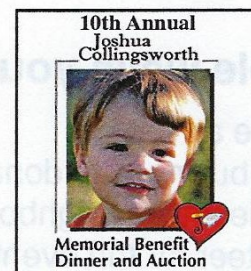
(IN SOUTHWEST LINCOLN OFF

HIGHWAY 77 AND SALTILLO ROAD)



FOUNDATION'S VISION

Our vision is the elimination of drowning through water safety education and awareness by fostering a generational change in the way children and adults perceive bodies of water.



Novelis



MICHAEL PHELPS
FOUNDATION

Joshua Collingsworth Memorial Benefit



Looking for the perfect way to showcase your business and support your community with a life saving message and program?

Please consider donating to the JCMF Children's Charities Live and Silent Auction.

Proceeds go towards furthering our mission to prevent childhood drowning through early education with "Josh The Otter" and "Float 4 Life" programming.

All donating sponsors will be prominently displayed in print, social media, and program during the event.

Registered 501(c)(3) organization,
FedID#26-3091147 DUNS#963189050
For more info visit:
www.joshtheotter.org

Simple ways you can help

- *Donate an item
- *Ask a business to donate
- *Ask friends or neighbors to donate
- *Volunteer for the event

DINNER AND AUCTION

WHEN:

Saturday, April 28, 2018

Event begins at 5 p.m.

For reservations and more information visit **qtego.net/qlink/jcmf** or call Kathy Collingsworth 402.730.3232

WHERE:

Sesostris Shrine Center

1050 Saltillo Road

Roca, NE 68430

(in Southwest Lincoln off Highway 77 and Saltillo Road)

To Donate An Item

<http://joshtheotter.org/2018-josh-the-otter-donations/>

Contact: Kathy Collingsworth

Director/Founder

Email: Kathy@joshtheotter.org

Phone: (402) 730-3232

Contact: Shelly Stewart

Foundation Development

Email: Shelly@joshtheotter.org

Phone: (402) 613-5555

*Thank you for
your support!*





Anniversaries & Birthdays

Weeks of April 5—11

Birthdays:

Dave Caudy—April 9

Anniversaries

NONE



Happy Dollars

Charles Erickson	\$ 5.00
Milt Schmidt	\$ 1.00
Dave Caudy	\$10.00
Dick Cumming	\$ 3.00
Barry Stelk	\$ 5.00
Wayne Casper	\$ 5.00
TOTAL	\$29.00



Greeter Duty

April—Andrea Ahrens
Minnie Stephens—May
Duane Tappe—June

Make Ups

Ozzie Gilbertson
Gordon Bair
Blake Collingsworth
Dennis Duckworth

Concessions F.B.
Board Meeting
Club Project
Board Meeting



Cashier Duty

April—Duane Tappe
May—Darrel Huenergardt
June—Gordon Bair
Contact Dick Cumming

Guests & Visitors

Merrilea Anderson
Neal Nicolaus

Steve Grosserode
Speaker

"It is easier to interest men in war than in peace; it therefore requires more moral courage to talk peace than war."

Lincoln East Rotary Club—April Speaker Schedule

April 11—Human Behavior at its Best and Worse—Charles Erickson

NO MEETING APRIL 18

**Lincoln East Rotary Club
Spoke Newsletter
Published by Wayne Casper**