

President—Barry

Spoke Newsletter

Wednesday June 13, 2018

Attendance: 23(53%) Attendance with make ups: 26(60%)

*****Lincoln East Rotary Club web address: <https://portal.clubrunner.ca/4424>*****

Wednesday, June 20, 2018

***Installation of New President—Lincoln East Rotary Club Foundation Report—Gordon Bair
Utilizing Lincoln East Rotary Club Website / Minnie Stephens & Wayne Casper***

Program Wednesday, June 13, 2018

Benjamin Vogt of Monarch Gardens LLC



Monarch Gardens is Benjamin Vogt. His 4,500' home garden on a 1/4 acre lot has been on several tours and was named a top outdoor space of 2012 by *Apartment Therapy*. The garden has been featured in *Fine Gardening*, *Garden Design*, *Nebraska Life*, the *Omaha World-Herald*, the *Lincoln Journal Star*, and on KOLN (Lincoln's CBS affiliate). Benjamin writes an award-winning garden column for Houzz (over 3 million reads with 200 articles) and has contributed to books such *Lawn Gone!* and *Pollinator-Friendly Gardening*. Several of his photographs are included in *The Xerces Society's Gardening for Butterflies* (Timber Press), have appeared in *Orion Magazine* and *Northern Gardener* (including the July/August 2016 cover), and are part of a permanent display at Spring Creek Prairie and the University of Nebraska. He has been interviewed for dozens of podcasts, articles, and books while speaking nationally on sustainable urban garden design for wildlife.

Benjamin is a former board member of the Wachiska Audubon Society, a prairie conservation and wildlife organization overseeing 1,000 acres in southeast Nebraska. He also runs the Facebook page *Milk the Weed*, a lively space where 10,000 folks share the joys of milkweed, native plants, and helping native pollinators. He has a Ph.D. in English and has taught over fifty college classes for which he's received multiple awards. You'll find his essays in anthologies like *The Tallgrass Prairie Reader*, *Natural Treasures of the Great Plains*, and *Prairie Gold*. He is the author of three poetry collections and two unpublished memoirs -- the memoirs are based on family & gardening as well as homesteading the prairie environment in the 1800s. I grew up with a mother who was constantly outside in the landscape. I remember hot weekend afternoons cleaning up shrub and plant trimmings, and cool summer morning sprints to a string of local nurseries for something new.



***A Rotary Thank You to Benjamin Vogt for an excellent
presentation on the impact of plants and flowers on the environment.***

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

June 13, 2018

Your garden is a protest. It is a place of defiant compassion. That space is one to help sustain wildlife and ecosystem function while providing an aesthetic response that moves you. For you, beauty isn't just petal deep, but goes down into the soil, further down into the aquifer, and back up into the air and for miles around on the backs and legs of insects. You don't have to see soil microbes in action, birds eating seeds, butterflies laying eggs, ants farming aphids -- just knowing it's possible in your garden thrills you, it's like faith, and it frees you to live life more authentically. Your garden is a protest for all the ways in which we deny our life by denying other lives. Plant some natives. Be defiantly compassionate.



It's good that in 2014 we've had a national conversation about monarch butterflies, whose overwintering numbers in Mexico plummeted for a second year in a row (two colonies covering only 1.5 acres). The causes are many, with lack of milkweed habitat in the United States a leading player. But in our commonly emotional responses to the loss of a quintessential summer insect, we're skimming over a much larger conversation we need to be having—what else is vanishing along with the monarch, and why aren't we doing anything more profound to preserve and create habitat for native ecosystems like prairie, where milkweed once thrived? Globally, grasslands are the least protected and most endangered ecosystem. By 2100 the American Great Plains may lose 77 percent of its once formidable expanse, a region whose rates of loss equal deforestation of rainforests in Brazil, Malaysia, and Indonesia. Within the Plains environment are countless species of insect, amphibian, mammal, and plant that are severely threatened, from lesser prairie chickens to Salt Creek tiger beetles to Texas horned lizards to black-footed ferrets. The loss of biodiversity is stunning, and as folks like E. O. Wilson and Elizabeth Kolbert state, we may be losing thousands of species each year across the planet—some studies suggest dozens every hour. Kids today will see 35 percent fewer moths and butterflies—and 28 percent fewer birds, mammals, fish, and frogs—than their parents saw forty years ago. Timothy Walker in his book *Plant Conservation: Why It Matters and How it Works* suggests that we may lose nearly 30 percent of our plant species alone by 2060.

The issue is not about monarch butterflies or any other organism; it's about who we are as a species that has created a world in which we must intensively manage, or garden, every corner of earth to ensure each species' existence. As climate change begins to hold sway across our landscapes, one wonders where our ethics rest. Is it OK that monarchs vanish? What about other species? How much can be lost before the built-in ecological redundancies that have spawned our evolution start to slow our own civilization? Without modern agriculture the planet could only support thirty million humans. We face rising demand in food to the tune of 14 percent in coming decades, yet we still farm dangerous monocultures that rely on other dangerous monocultures, namely honeybees, to sustain them—60 percent of honeybee colonies in the US are needed to pollinate just the almond crop in California. One-third of our food comes from pollinating insects, and these insects—commonly native bees that are more efficient pollinators than honeybees—lose their home ground to intense agriculture and suburban sprawl. Yet if we planted just a small percentage of fields with native wildflowers and hedgerows, yields would increase, pests would be mitigated as beneficial insect predators move in, and we'd be hitting two birds with one stone—increasing habitat for wildlife and securing our food supply. Studies from Michigan State University regarding blueberry production and the prairie STRIPs program at the Leopold Center for Sustainable Agriculture in Iowa show a better way to farm that almost eliminates runoff, topsoil loss, and drastically cuts a farmer's chemical and fuel costs via supporting beneficial insects and birds. And by supporting pollinators, like any of the four thousand native bee species, we can also increase seed production and quality.

At the eleventh hour the most recent farm bill had struck from its provisions a mandate for the federal government to keep an annual tab on insect pollinator numbers, which would have forced multiple agencies to address the decline in a group of organisms that provide hundreds of billions of dollars worth of free agricultural services. Combine this with a cut in Conservation Reserve Program funding and increased crop subsidies that encourage plowing up marginal prairie lands, and you have a bona fide recipe for disaster.

*Lincoln East Rotary Club Members
extend congratulations to Han Le & Fatima Al-Sammak as the recipients of a
Lincoln East Rotary Club Scholarship.*

Han Le's Personal Summary of Educational and Career Plans



My AP Psychology and Chemistry class helped me fall in love with a three-pound, pudding-like substance—the human brain. I remember going through my notes over biological psychology, and in that moment time stopped, my world flipped. The brain contains a billion neurons and a million times more connections than the genome. Just like trees, branches of neurons and synapses can grow and die, establishing the idea of brain plasticity and its ability to change. The line between cognition and anatomy, between the mind and the body, blurred. Mental disorders would be called neurotic diseases instead. The patients would know that it is just a part of their body is damaged, like a broken arm, and it could be fixed.

In the next five years, I plan to be fully prepared for the M.D./Ph.D. program in neuroscience to optimize my knowledge in the field. In ten years, I'll be contributing to the neuromedical evolution and achieving my doctorate degree by conducting research in the possibility of optogenetics, the method of using lights to control brain cells, in human in relation to immunity, precision and ethnicity. By practicing medicine in the future, I plan to dedicate my life to the improvement of

the well-being of humans, specifically in psychoneurotic disease. Somewhere along the line, I would like to join the World Health Organization and travel to third-world countries, providing updated medications and procedures, and representing the excellence and advancement of American traditions and science. I see myself settling at a university, continuously doing research, inspiring students to break the status quo, and passing my knowledge and passion onto the next generations through a Bachelor's Degree in Biochemistry.

Fatima Al-Sammak Personal Summary of Education and Career Plans



An educational goal I have is to be able to graduate from college and continue to further my education afterward. Education is very important to my family and me because it is an important factor in our ability to come to the United States and have better opportunities. Without this occurrence, I would have never realized what it would be like to come to the United States and have better opportunities, not just as a person, but also as a student. With my parents as inspiration, I learned that education can open up a whole new world of possibilities and that encourages my desire to continue my education after college. This leads into my career plans, which are either becoming a pediatrician or college professor. As a young child, I grew up seeing my younger brother and see how much his pediatrician had helped him impacted me a lot. I was able to see my younger brother grow up with better health and start to get less and less severely sick. Without my brother's pediatrician, my younger brother would be in a much more critical condition now. This made me realize that I want to help other kids just as the pediatrician had helped my brother. Growing up, it made me realize how important being a doctor is, especially a doctor who specializes in working with kids, because they are an important factor in kids growing up healthily and properly.

My dream of also being a college professor extends from my knowledge of how much education can impact the lives of others. I want to teach people and give them opportunities to be successful in their lives just as my parents and I have been given.

Education can open up many new opportunities in life for students that utilize it well and I want to teach others so that they can experience that as well.



Anniversaries & Birthdays

Weeks of June 14—20

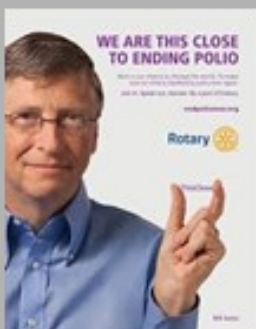
Birthdays:

Darrel Huenergardt—June 20

Anniversaries

John Duling—June 17

Charles Erickson—June 18



Happy Dollars

Lillie Larsen	\$ 1.00
Dale Lloyd	\$ 1.00
Dick Cumming	\$ 1.00
Charles Erickson	\$ 1.00
Paul Horton	\$ 5.00
Blake Collingsworth	\$ 3.00
Ozzie Gilbertson	\$ 5.00
Barry Stelk	\$ 5.00
Wayne Casper	\$ 5.00
Total	\$27.00



Greeter Duty

Duane Tappe—June

Make Ups

Dean Douglas

Chris Klingenberg

Minnie Stephens

Salute to Business

Salute to Business

SumFun Picnic



Cashier Duty

June—Gordon Bair

July—Wayne Casper

Contact Dick Cumming

Guests & Visitors

Merrilea Anderson

Fatima Al-Sammak

Maitham Al-Sammak

Han Le

Phuong Le

Thuy Le

Benjamin Vogt

Steve Grosserode

Scholar

Father

Scholar

Father

Mother

Speaker

Lincoln East Rotary Club—June Speaker Schedule

June 27—Elfi Lee will speak on her life story which is documented in the book that she co-wrote titled "Watching Over Me".

It is a German girl's World War II story of survival and quest for peace.

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Published by Wayne Casper