



President—Paul

Spoke Newsletter

Wednesday July 18, 2018

Attendance: 24(56%) Attendance with make ups: 26(60%)

Program Wednesday, July 25, 2018

Bluestem Health, previously People's Health Center

Arranged by Rachel Martin

Program Wednesday, July 18, 2018

Community Crops—Barb Brockley

Arranged by Barry Stelk

About Community Crops



Mission Statement

We provide education, advocacy and experiences to grow local food.

Vision Statement

We are leaders in a community where all people can grow and enjoy healthy, local food.

History

Community Crops was started with one community garden in 2003, and has grown over the years to become a successful organization. Crops now has nine community garden sites, a training farm, a successful Community Supported Agriculture program, youth garden and cooking education, a regular farmers' market stand, and more.

Community Crops currently has six full-time staff positions, one part-time position, three AmeriCorps members, and numerous volunteers who help with our projects, in addition to the many farmers and gardeners who participate in the program.

Community Crops Youth Garden Program

We believe that it's vital for young people to know where their food comes from. In 2016, we are working with youth at Mickle, Everett, and Dawes schools, and other area youth groups.



***A Rotary Thank You to Barb Brockley for an excellent presentation
on Community Crops/Gardens in Lincoln, Nebraska.***

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

July 18, 2018

Farm to School is a growing movement across the nation to reconnect youth with the origins of the food system. At Community Crops, we've been working with collaborative partners to bring more Farm to School programming to Lincoln schools. The National Farm to School Network with FTS says it best: *"Students gain access to healthy, local foods as well as education opportunities such as school gardens, cooking lessons and farm field trips. Farm to School empowers children and their families to make informed food choices while strengthening the local economy and contributing to vibrant communities."*

Locally, Lincoln Public Schools nutrition services department has been working hard to increase the amount of locally produced food in the cafeteria and to educate students about the importance of eating more fresh produce.



What makes for a good garden site?

A LARGE, SUNNY SPOT

Size is relative. One of our gardens is 1/4 of a city block. Another is a small house lot. Ideally, a location would be at least 50' x 100' or larger. The space should receive direct sun for at least 8 hours each day, preferably between 9am and 5pm.

ACCESS TO WATER

The easiest and cheapest is to get water from an existing source. Is there a nearby building? How about a house? At some sites we use the water from a private home and pay their water bill during the summer (about \$400/season). If there is no convenient water source, installing a frost-proof hydrant can cost thousands of dollars. Rain barrels can supplement, but it is hard to store enough water for hot summer days.

ENTHUSIASTIC AND COMMITTED VOLUNTEERS

A small group needs to be dedicated to the project to see it through. This group will be the main point of contact for the gardeners, and will need to spend time at the garden every week to be sure things are functioning smoothly. They may also have other responsibilities such as tending flower beds, mowing grass around the garden, working with Crops to set up seating areas or fences, or organizing social activities in the garden. Gardening experience is helpful but not essential; what's more important is the willingness to organize people to make things happen. During the spring, it may take 5-8 hours per week to get the garden going. Throughout the summer, expect to spend 2-3 hours a week at the garden.

Crops can help find occasional volunteers to help with bigger tasks in spring or fall.

LONG TERM LAND AGREEMENTS

Try to get at least a three year commitment to use the land for a garden, even if it is just a verbal agreement. Three years make the investment of effort into the garden worthwhile.

LOCATION IN HIGH-DENSITY NEIGHBORHOOD

The best gardens are the ones that are easiest to get to, surrounded by homes or apartments. (Be sure to talk to the immediate neighbors about your plan for a garden to get their input; their involvement will help the garden be a success.)

FUNDS FOR INFRASTRUCTURE

Do you want to put up a fence or raised beds? Would you like to create a sitting area? All of these infrastructure items take some cash. Do you have people willing to pay for them? Crops can also suggest ways of getting funds.

START IN THE FALL

The best time to start a community garden is in the fall. Till the area and cover it with lawn clippings and leaves for the winter. Or just cover it with cardboard and then mulch. Your soil will be ready for planting in the spring with a lot less work.

Worship Celebration for the Zambia Project *First Plymouth United Church of Christ — July 18, 2018*

This was the kickoff for the Church's increased involvement with the project. Bob Simmering engaged Zambian dancers to be present and folks involved with the project will be present. Charles Erickson reported a successful event with donations totaling \$600.00



ZAMBIA NUTRITION PROJECT

Issues Identified

1. Stunting - severely short for age
2. Poor nutrition leading to inability to fight disease
3. Reduced school performance
4. Reduced economic productivity as adults

What we know

We now know that the First Thousand Days of life, including pregnancy are critical in achieving maximum physical and mental health in adulthood.

Next Steps

1. We plan to address the issues by working with local health professionals in training local senior women to teach mothers how to feed their children.
2. Continue our progress by providing water and agricultural projects in Southern Province Zambia. A coalition of Rotarians, Canadians, private individuals, University of Nebraska professors and First Plymouth Church have been working in Zambia since 2003 to make for better lives.

How can you help?

Are you technically adept? Help us by plotting growth data
Join a travel team in 2019
Become "our boots on the ground"
Help raise funds
Contribute financially

For more information contact: Chuck Erickson (cerickson2003@gmail.com)



There will be a short video available to play at the next meeting, Wednesday, July

Lincoln East Rotary Club Sponsors SumFun Picnic *Friday, July 20, 2018*

SumFun is a camp designed to meet the needs of youth with mental and physical disabilities. The program offers social and physical skill building and variety of activities including fitness, nature, swimming, crafts, field trips, music, and sports. Camp is based out of the Auld Pavilion and Antelope Shelter in Antelope Park.

*A special Rotary Thank You to Dennis Duckworth and Minnie Stephens
for all that did to make another successful SumFun Picnic*



Site 2 Staff—working with younger Children



Future Rotarians: Nathan Rink's Daughters
Hallie Madison Emma



Gregg Schnasse & Granddaughter

A Lincoln East Rotary Club *“special”* THANK YOU to all volunteers
that helped with the SumFun Picnic



Anniversaries & Birthdays

Weeks of July 19—25

Birthdays:

Howard Wiegers—July 20

Larry Fletcher—July 22

Ed Stivers—July 24

Anniversaries (NONE)



Happy Dollars

Charles Erickson	\$ 1.00
Al Burdick	\$ 2.00
Dale Lloyd	\$ 1.00
Dean Douglas	\$ 1.00
Ben Martin	\$ 1.00
Gene Roth	\$ 2.00
Greg Schnasse	\$ 1.00
Duane Tappe	\$ 2.00
Barry Stelk	\$ 5.00
Paul Horton	\$ 3.00
Total	\$19.00



Greeter Duty

Ozzie Gilbertson—July

Dean Douglas—August

Dennis Duckworth—September

Make Ups

Gordon Bair

Dennis Duckworth

SumFun Picnic

Concessions F.B.



Cashier Duty

July—Gordon Bair & Wayne Casper

August—Deb Durrie

September—Al Burdick

Contact Dick Cumming

Guests & Visitors

Merrilea Anderson

Dylan Reinhardt

Barb Brockley

Steve Grosserode

Duane Tappe

Speaker

Lincoln East Rotary Club—July/August Speaker Schedule

July 25—Bluestem Health, previously People's Health Center—Rachel Martin

August 1—Roberta Christensen—Royal Family Kids—Jerry Christensen

August 8—Steve Sipple—Lincoln Journal Star Sports Columnist—Greg Schnasse

August 15—A Young Girl's Escape from WWII Germany. Elfi Lee—Dick Cumming

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Published by Wayne Casper