



The Sower

**Official Publication of
Lincoln South Rotary**

Club #21799 - Chartered April 30, 1984

www.LincolnSouthRotary.org



WEEK OF OCTOBER 2, 2009

PRESIDENT'S CORNER



We heard from the American Red Cross on Friday. I think most of us are quite aware of the many good things they do for our communities. I had a friend call me this week asking for items to help her daughter's good friend who lost everything in a house fire last weekend. I do know that the Red Cross was there and provided her with a gift card to Wal-Mart to get some basics.

Mark your calendars for Friday, October 30. This will be our business networking day to be held at Butherus-Maser Love at 4040 A St.. This will be in place of our regular meeting

Tracey

Lincoln South Officers and Directors

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CLUB SERVICE TEAMS

Scheduled for 10/9/09

On Duty

Bryan Block
Dave Hilsabeck
Samip Patel
Brad Carter



Dick Wampler
Clay Ehlers
Short Heinrichs
Dick Miller

Visiting Rotarians and Guests

Rotarians— Jenny Hand and Vi See from Club 14 and Dale Lloyd from Lincoln East.

Guests— Pam Jedlicka, Randy Jones and Scott Parish our speakers.

HAPPY DOLLARS (For Vocational Book Project)

Brad Carter, Clay Ehlers, Shahid Kamal, Dick Wampler, Dave Hilsabeck, Cathy Schultz, Sandy Taylor, Short Heinrichs, Bob Obst, Randy Jones, Nicki Klein and Scott Delisi.



2009/2010 Mottos & Slogans

*Rotary International— The Future of Rotary
is in Your Hands*

Future LSR Programs

- 10/9/09 Deb Schorr, Lancaster County Commissioner, "Lancaster Manor, Fact and Fiction."
- 10/16/09 Board Meeting at 10:45 the Knolls
- 10/16/09 Delegation from the Republic of Georgia
- 10/23/09 Kim Russell, CEO BryanLGH, "Health Care Reform from a Health Care CEO's Perspective."
- 10/30/09 Business Networking Day— Butherus, Maser, Love, 4040 A St. Lincoln, NE.

Events & Projects

- 10/12/09 Dictionary Assembly party at 6:00 pm at Greens Plumbing.
- 10/24/09 Red Cross Appreciation game Collections. Nebraska vs Iowa State.
- NOV Rotary Foundation Month
- 4/23 to 4/24/10 District Conference— Omaha Old Market Embassy Suites

Notes & Announcements

International— There is still a need for the 2nd and 3rd host families for our Youth Exchange student from Taiwan. We would like to find a family in the Lincoln East High School area. Call Tom Cardwell if you can help. Remember the families do not have to be Rotarians.

Speakers 2009/2010—Patrick Grewe is organizing the speaker calendar again this year. He needs everyone's help for speaker ideas and is asking that each member sign up for one or more weeks to arrange for the speaker. Please contact Patrick with speaker ideas.

Red Cross Appreciation Game—The Nebraska/Iowa State game on October 24th has been designated as the next Red Cross Appreciation Game. Brad is asking for one more volunteer.

Visitors from Georgia—The delegation from the Republic of Georgia will be here from 10/15/09 through 10/25/09. The group will range in age from 12 to 30 years old. There will be a Rotary reception for them while they are here and they will perform a dance and maybe even prepare a Supra (Georgian Feast). Tom Cardwell would also like to provide them with opportunities for home stays during the 2 week ends that they are here. If anyone could host one or more members of the group on the week ends of 10/10-10/11 or 10/17-10/18, please let Tom know.

Northeast Family Center Fun Festival—See page 4 for a thank you that was received from the Northeast Family Center for our assistance with their Fun Day and for building the putt putt golf course.

Dictionary Project—Clay Ehlers reported that Monday October 12th at 6 pm there will be an assembly party at Greens Plumbing to assemble and box the dictionaries for the Dictionary Project. He then passed around a sign up sheet for volunteers to deliver the dictionaries. The deliveries need to be made the week of October 12th as the next week is not a full week of school.

PLACES TO MAKE UP

Tuesday morning—Sunrise Rotary at International House of Pancakes at 4501 North 27th (27th and Superior Ave.) at 7:15 AM

Tuesday Noon— Lincoln #14-Nebraska Club at 13th & M.

Wednesday 11:45 a.m.—Lincoln East at Valentinos at 70th & Van Dorn

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PROGRAM

2009-2010 Club Goals

1. *Club Strength— Leave the club better than when I took office.*
2. *Club Growth— Attain and maintain membership of 50.*
3. *Support Polio Eradication.*
4. *Support critical project in one of 3 areas; Health & Hunger, Water or Literacy.*
5. *Achieve 100% sustaining membership in the Rotary Foundation.*
6. *HAVE FUN!*

**QUESTIONS?
COMMENTS?
ARTICLES?**

**Contact Newsletter
Editor**

Judy Krasomil
434-3909

judy.krasomil@nifa.org

Randy Jones, chief executive officer of Red Cross and Scott Parish, Donor Recruitment Representative,

American Red Cross on "Blood Services" were our speakers. Scott spoke the club first about the Midwest Region Blood Services Division of the Red Cross. Every pint of blood donated saves 3 lives from the red

blood cells, plasma and platelets obtained from the blood.

Donating blood is free. In fact donors get a free mini exam as their blood pressure is checked and the blood is typed and checked for diseases.

The blood goes to supply hospitals across the region that enter into contracts with the Red Cross to buy the blood. Any excess are transferred to other Red Cross centers throughout the country to make sure all blood is utilized before the expiration date. The Red Cross does not have a fixed location for blood donation but utilizes blood drives sponsored by organizations and companies across the region. It costs nothing to sponsor a blood drive. All you need to do is contact Scott who will help you set it up. Individuals can call 1-

800 GIVE LIFE to find out if they are qualified to donate. They can go to www.givelifegiveblood.org to locate blood drives across the region. Many sites repeat the drives several times per year. Type O is the most in demand and type O negative can be used everywhere. Please note that if you travel to a foreign country, you have to wait 1 year before you can donate blood.

Randy Jones then spoke to the club and indicated that the Red Cross has the philosophy that it is more important get folks to donate the blood than to worry about which organization they donate it to. The local board wants to make sure that they don't interfere with the Community Blood Bank activities since both entities are important to the effort. The Midwest gives more blood than any section of the country and there is concern that with the aging of the population in rural areas, donations will decrease.

Randy talked briefly about a new condensed form of CPR training which takes 1 hour. This is not a certification program but just to increase education and awareness of the procedure to help save more lives. Randy also indicated that the Red Cross is teaming with Bryan/LGH to provide medical services for the Special Olympics next year and volunteers are needed for the effort. Volunteers receive 15 hours of training in CPR and First Aid.



Scott Parish



Randy Jones



Rotary is on the Web!

Rotary International— www.rotary.org

District 5650— www.rotarydistrict5650.org

Lincoln South Rotary— www.LincolnSouthRotary.org

THANK YOU FROM NORTHEAST FAMILY CENTER



Northeast Family Center

2009-2010
Board of Directors

September 30, 2009

Cynthia VanBoering,
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VanBoering Int.
Design

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Kathy Danek
Lincoln Board of Ed.

Jim Frohman
Mesa Corporation

LeKesha Harris
Entrepreneur

Lori Hein
NE Book Co.

Angie Loemer
Union Bank & Trust

Steve Michalecki
Windstream

Marian Price
Former Senator

Torcia Reed
Retired Health Care

Jennifer Stalheit
Lincoln Public
Schools

Elise M.W. White
Attorney at Law

Sheryl Wright
TeleDyne Inc.

Dear Elise & Rotary Members,

The Northeast Family Center held its annual FUN Festival (Family Unity in Neighborhoods) on Saturday & Sunday September 12-13, 2009. What a great day! The weekend event featured a community garage sale, street dance, games, auctions, entertainment, great food and quality family time. **Thanks to your generous support of this event, the NFC raised over \$5500 that will support our agency in delivering programs and services to the Lincoln community.**

The Northeast Family Center is committed to building strong families and vital neighborhoods by educating, supporting and advocating for the diverse children and families of our community. We implement our mission through a variety of programs in the areas of early childhood, youth development and family support. **In supporting the Northeast Family Center, you have given families in the community the ability to grow safe and strong.**

We thank you again for your ongoing support of our mission. Please watch for our upcoming events and learn more about the Northeast Family Center by visiting us on the web at www.NFCLincoln.org.

Sincerely,

Kodi Bonesteel
Executive Director

6220 Logan Avenue, Lincoln NE 68507

www.NFCLincoln.org

We are committed to building strong families and vital neighborhoods by educating, supporting *and* advocating for the diverse children and families of our community

*Fun-Fest was a HIT!
Course was amazing -
thanks for all of your
hard work & generous
donation. Koko*

ROTARY MINUTE

For 33-year-old Robb Martin, the 2009 [Group Study Exchange](#) between Rotary districts 5490 (Arizona, USA) and 9680 (New South Wales, Australia) offered more than the opportunity to compete in a sailboat race, summit a mountain, and meet with other law enforcement officers.



It was also a once-in-a-lifetime chance to participate in Rotary's first-ever all-wheelchair GSE. A former patrol officer from Prescott, Arizona, Martin became paralyzed from the chest down following a 2005 vehicle accident, but continues to work for the police department in the dispatch center.

"The whole point [of the GSE] was to dissolve the perception of people in wheelchairs," Martin explains. "Just because we're in wheelchairs doesn't mean that we can't do things that able-bodied people can do."

The idea for an all-wheelchair GSE started two years ago when Charlie Tegarden, 2008-09 governor of District 5490, struck up a conversation with Darol Kubacz in an airport. The two were returning from Mexico where they had helped distribute wheelchairs to the needy as part of a Rotary project. Kubacz, a wheelchair user, was curious to learn more about Rotary, and Tegarden was happy to oblige.

"Eventually, the conversation turned to Group Study Exchange," Tegarden recalls. "As I was talking about how great GSE was, I was thinking to myself that it was too bad that a person like [Kubacz] could not participate. How could he possibly travel? ... Then the obvious struck me -- he was sitting right there with me in the Mexico City airport! Why couldn't he participate in a GSE?"

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