



The Sower

Official Publication of
Lincoln South Rotary

Club #21799 - Chartered April 30, 1984

www.LincolnSouthRotary.org



WEEK OF FEBRUARY 19, 2010

PRESIDENT'S CORNER



Hopefully this week was the last blast of the bitter cold and March will bring in some sunshine and warmer weather! We will have a sign of spring in a couple of weeks when those daffodils get delivered!

February 23 marked Rotary's 105th Anniversary of Rotary! **Happy Birthday Rotary!**

Tracey

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CLUB SERVICE TEAMS

Scheduled for 2/26/10

On Duty

Bernie Poppe
Jane Krenke
Elise White
Chris Dietz



Clay Ehlers
Shahid Kamal

Visiting Rotarians and Guests

Guests—Nick Fanning (proposed new member)

HAPPY DOLLARS (Health & Hunger)

Nicki Klein, Chris Dietz, Jessica Kolterman, Dean Heermann, Josh Funcke, John Herdman, Nick Fanning, Dick Wampler and Bernie Poppe.



2009/2010 Mottos & Slogans

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

Future LSR Programs

- 2/26/10 Dave Dietz— NMPP Energy
- 3/5/10 Lincoln South Board Meeting 10:45 at the Knolls (Asst DG Jim Dyck will attend)
- 3/5/10 Angie Hilsabeck, Member Services at Madonna ProActive— “Community Healthcare for the 21st Century”.
- 3/12/10 Todd Wiltgen, Ne Govt Partnership Specialist, US Census Bureau— “Why its Important to Complete the Census Form”.
- 3/19/10 Cindy Heider Kaliff, LMHP Career & Life Options— “Insider Tips on Breaking Through in a Tough Job Market”
- 3/26/10 John Badami— “West Haymarket Arena”

Events & Projects

- FEB World Understanding Month
- 3/13/10 End Polio Now collections— Super Saver at 27th & Pine Lake
- 3/20/10 Rotary Leadership Institute (RLI), Westminster Presbyterian Church— Lincoln
- 3/27/10 Chili Benefit Cook-Off at the home of John & Nancy Herdman
- 4/9 to 4/10/10 Dist President-elect/Secretary-elect Training Seminar (PETS/SETS)- Salina Kansas
- 3/30/10 Salute to Business— Cornhusker/Marriott— NO REGULAR MEETING THAT WEEK..
- 4/23 to 4/24/10 District Conference— Embassy Suites Old Market Omaha
- 6/4/10 Club 14 100 yr Anniversary at the Cornhusker Marriot: RI President John Kenny-speaker.
- 6/20 to 6/23/10 Rotary International Convention— Montreal
- 8/28/10 District Foundation Seminar in Lincoln

Notes & Announcements

International— A Spring Host Family for our Youth Exchange student Jane Chiu from Taiwan is needed right away. The second host family is having some family medical issues and is not able to accommodate her stay for much longer. Ideally we would like to move her by March 1st and she will stay through the first week in June. Remember that host families do not have to be Rotarians and we are looking for a family in the East High area if possible but that is not a hard requirement. If you are interested or if you know anyone who might be a good fit as a host family, please contact Tom Cardwell as soon as possible.

Rotary Leadership Institute—Don't forget that the Rotary Leadership Institute will be held in Lincoln in Saturday March 20th. RLI is open to all Rotary members who wish to learn more about leadership positions in Rotary. The club will pay the registration fee for anyone who would like to participate.

Lincoln South Foundation Fundraiser—Mark your calendars for Saturday March 27th for the annual Chili Benefit Cook-off to benefit the Lincoln South Foundation. It will be held at the home of John & Nancy Herdman and this year will include a chili cook-off competition for those who are interested. Cost is \$25 per person. [See page 5 for the flyer with more details.](#)

End Polio Now Drive—Shahid Kamal reported that March 13th has been selected for the Polio drive coordinated by the 4 Lincoln clubs. Lincoln South will be collecting at the Super Saver at 27th & Pine Lake. We need 2 volunteers for each hour for 6 hours. Sign up sheets will be available at the next meeting.

Club #14 100 Yr Anniversary—Tracey McLain reported that current Rotary International president John Kenny will be a guest speaker at the Club #14 100 year anniversary celebration on June 4th. This is quite an honor to have a sitting RI president in Nebraska for an event so we need all of the members to turn out.

Salute to Business— The annual salute to business hosted by all 4 Lincoln Rotary clubs and the Lincoln Chamber of Commerce is scheduled for Tuesday March 30th at the Cornhusker/Marriott. The honoree this year will be Madonna. Lincoln South is putting together a table of 10. Tickets are \$25. See Joe Roberts if you are interested. THIS LUNCHEON WILL REPLACE THE LINCOLN SOUTH REGULAR MEETING THAT WEEK WHICH WOULD NORMALLY BE HELD FRIDAY APRIL 2ND.

GSE Team from Brazil—*Lincoln South Rotary club members have a unique opportunity!* The incoming Group Study Exchange Team from Brazil will be here from Sunday April 25 through Tuesday April 27. We are looking for families to host the members for those three nights. We ask that the member stay in the same home for all three nights to reduce the amount of moving around that they have to do. If you are interested in hosting a Team Member, contact Joe Roberts, Joyce Schmeckle or Nicki Klein.

Daffodil Days—Nicki Klein reported that the club raised in excess of \$3,000 for Daffodil days which is more than 10% of the total raised for Lincoln. Way to go!

Food Drive and \$ for Haiti—Lincoln South contributed 200 lbs of food and \$390 to the Food Drive and total \$ raised for Haiti relief was \$960. Thanks for your generosity to these causes!

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!*

Our own Short Heinrichs spoke to the club on Friday about Global Food Security. What is food security? The availability of food and access to it. Many countries have food available but the population has no access to it. Short gave the group some sobering statistics regarding hunger in the world. 947 million people in the world are undernourished. 146 billion kids under 5 are under weight. 1 in 7 people are hungry and 1 in 6 people do not have safe drinking water. 10 million kids die each year from hunger related causes. The Asia/Pacific area is the number one region in the world for undernourished population. The Sub/Sahara region in Africa is #2.

Hunger causes more problems than just starvation and famine. Those who are undernourished have all kinds of other problems such as vitamin deficiency, stunted growth, weakness and heightened susceptibility to illness to name a few. The number one cause of hunger is poverty with economic factors and political stability having a significant impact as well. Political corruption makes it very difficult to give aid to countries as the food usually does not get to

the people who need it. Other factors which cause hunger are low & unpredictable rainfall, natural disasters, lack of agricultural research and technology and lack of strategies to transfer technology to local farmers.



Short is part of the International Sorghum and Millet Program (INTSOMIL) through the University. The program works with local governments and universities in malnourished countries to teach farmers how to not only grow varieties of sorghum and millet but to increase stability & yield through plant breeding, and soil and water management. The program includes teaching the farmers harvesting, threshing and storage methods and helping link the producers with the market. Some of the results include, increased food supply, increase in farm income for local farmers, improved economic activity and improved food security for the region. Currently the program is located in Eastern, Western and Southern Africa and Central America.

The underlying premise of such programs is if you can feed yourself, why not teach the poor and malnourished how to feed themselves so you don't have to continue to feed them. Malnourished countries don't need loaves of bread from charities but need to be taught how to make the loaves of bread themselves.

QUESTIONS? COMMENTS? ARTICLES?

Contact Newsletter
Editor

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February Birthdays

Nicki Klein
Dick Miller
Elise White
Dick Wampler



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 MINUTE

You breathe and you breathe and you breathe. And then you take a step."

That's how Finbar O'Sullivan, a member of the Rotary Club of Kelowna, British Columbia, Canada, describes climbing to the summit of 23,000-foot Mount Aconcagua in Argentina, the highest peak in the Western Hemisphere. "It was physically brutal -- probably one of the hardest things I think I've ever done."



O'Sullivan, 56, was part of a team of seven climbers from Kelowna, including four Rotarians and a guide, who made the ascent in December, raising US\$48,000 for Rotary's US\$200 Million Challenge. The feat was part of the Kelowna club's Peaks for Polio project to raise awareness of the disease and funds to help eradicate it.

O'Sullivan came up with the idea for the project in 2007, after attending a Rotary club meeting as a guest. "The talk was on the PolioPlus program, my first lesson on the work Rotary does," says O'Sullivan, who has vivid memories of polio's effects on children he knew as a boy in England. "This was something I wanted to be part of. I wanted in."

He joined the Kelowna club that year. In planning the project, the team decided on Laurie Skreslet as its guide. Skreslet had climbed Mount Aconcagua 27 times and became the first Canadian to scale Mount Everest in 1982.

The project's goal is to make the climb an annual fundraiser until Rotary's challenge ends on 30 June 2012. The target is to have the next 20 participants each raise \$50,000, for a combined total of \$1 million.

O'Sullivan described the last 1,000 feet of the ascent as "brutal," up a 45-degree incline full of ice and snow, buffeted by winds that felt "just like a chainsaw cutting through you."

"Climbing this mountain was extremely difficult. But it is nothing compared with the difficulties faced by a child afflicted with polio," says team member and Kelowna Rotarian Gordon Savage. He invites Rotarians to learn more about the challenge and to assemble a team to climb a mountain closer to them as a fundraiser for polio.



Rotary is on the Web!

Rotary International— www.rotary.org

District 5650— www.rotarydistrict5650.org

Lincoln South Rotary— www.LincolnSouthRotary.org

Chili Benefit Cook-off

Lincoln South Rotary Foundation

Attend one of Lincoln South Rotary's Social events and support the Lincoln South Rotary Foundation.

Bring your favorite chili and enter it in the cook-off competition (details below).

Saturday March 27, 2010

6:00 PM until ??:??

At the Home of

John & Nancy Herdman

7525 S. Hampton Rd.

(Home):402-484-8477

(Cell): 402-730-4499

Cost: \$25.00 per person
Includes chili, dessert and
beverage

Please invite friends and family.
A good time will be had by all.

RSVP to John Herdman
jherdman@binary.net



100% of the proceeds to benefit the charities of the
Lincoln South Rotary Foundation

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Cook-Off Competition

Rotary Celebrity Judges ~ Win a prize

Let John Herdman (jherdman@binary.net) know by Monday February 22, 2010 if you intend to enter a chili in the competition. Please provide the following information:

- Name of your Chili
- Heat Value – Mild, Medium or Hot

Prepare your favorite chili and put it in a crock pot to deliver to the Herdman home no later than 5:00 PM on Saturday March 27th. Judging begins at 5:30 PM with dinner starting at 6:00 PM.