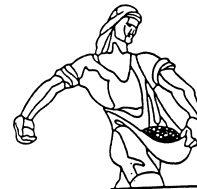




The Sower

Official Publication of
Lincoln South Rotary

Club #21799 - Chartered April 30, 1984



WEEK OF MARCH 21, 2014

Lincoln South Officers and Directors

President Bob Vrana bvrana@windstream.net	328-9024
President-elect Jenny Cardwell jcardwell@girlscoutsnebraska.org	420-2195
Executive Director/Secretary Nicolette Klein nklein2@neb.rr.com	429-2789
Past President Patrick Grewe Patrick.grewe@usbank.com	434-1322
Treasurer- Corey Vandewege corey@dsisupply.com	435-5978
Membership - Darrel Huenergardt huenlaw@gmail.com	308-235-5871
Public Relations- Cathy Behrns gm@kzum.org	474-5085
Club Administration- Brad Carter bcarter@woodsbro.com	430-6223
Service Projects- Jenny Cardwell jcardwell@girlscoutsnebraska.org	420-2195
The Rotary Foundation- Joe Roberts jroberts@midfin.com	434-8050

CLUB SERVICE TEAM ON DUTY

Brad Carter
Bernie Poppe
Lance Odom



Visiting Rotarians and Guests

Bob Rauner from Club 14 our speaker.

HAPPY DOLLARS (For Polio Plus)

Nicki Klein, Chris Dietz, Lance Odom, Dick Wampler, Gene Swinton, Tom Cardwell and Bob Vrana.



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

Lincoln South Rotary Clubrunner Links:

Meeting & speaker information:

<http://www.clubrunner.ca/CPrg/Home/speakers.asp?cid=6040>

Calendar of Events:

<http://www.clubrunner.ca/CPrg/Home/events.asp?cid=6040>

Future LSR Programs

- 3/28/14 John Gale, Nebraska Secretary of State—"Nebraska's Role in the World"
- 4/4/14 Ron Ecklund-Why I am a Stamp Collector.
- 4/11/14 NO MEETING AT THE KNOLLS (See Salute to Business 4/8/14)
- 4/18/14 Lindsay Schuecker- Oxbow Animal Health.
- 4/25/14 NO LUNCH MEETING AT THE KNOLLS- See 30th Anniversary Party

Events & Projects

- 4/8/14 Salute to Business at Pinnacle Bank Arena. Cost \$30/person. NO MEETING AT THE KNOLLS ON FRIDAY 4/11/14
- 4/25/14 Lincoln South 30 Year Anniversary Party at the Knolls- 6 pm
- 5/2-5/3 District Conference-Holiday Inn Haymarket in Lincoln. NO MEETING AT THE KNOLLS ON 4/2/14
- 6/1-6/4/14 Rotary International Convention in Sidney Australia

Notes & Announcements

Salute to Business—Salute to Business which is sponsored by all Lincoln clubs is April 8, 2014 from 11:30 am to 1:00 pm at the Pinnacle Bank Arena. Tabitha has been selected as the honoree. Lincoln South is putting together a table if you are interested in attending. See Cheryl Brandenburgh if you are interested. THIS MEETING COUNTS AS THE REGULAR LINCOLN SOUTH MEETING FOR THAT WEEK.

Lincoln South Foundation Mini Grant Recipient—The annual chili feed fundraiser for the Lincoln South Foundation is scheduled for Saturday March 22nd at the home of John Herdman. Lance Odom reported that Voices of Hope has been selected as the recipient of the \$500 mini grant which is funded by the chili feed.

Matching Grant—Jenny Cardwell reported that we are looking for candidates for a District Matching Grant which will total \$2,000. Nominations need to be in by April 18th.

Food Drive—Dick Wampler reported that the food drive netted \$390 and 30# of food.

30 Yr Anniversary Party—Initiations have been sent for the Lincoln South 30 Yr anniversary party on Friday April 25th at the Knolls. Social hour begins at 6 pm with dinner at 7pm. RSVP to Cheryl Brandenburgh by 4/18/14. Cheryl.Brandenburgh@BlackHillsCorp.com. Gene Swinton is asking all past presidents to give him photos of their term in office to include in a presentation he is putting together for the party.

Golf Outing—The golf outing has been scheduled for May 30, 2014 at Highlands Golf Course. More details to follow.

Grocery Grab—Nicki Klein announced that the second annual Lincoln South Grocery Grab has been scheduled for April 29, 2014. Raffle tickets are \$10 each or Lincoln South members can sell them for 3/\$25. The winner gets a 3 minute shopping spree at Russ's IGA at 33rd & Highway 2 to collect up to \$1,000 in groceries. There will also be additional prizes of gift cards to Russ's in varying amounts. We need to sell 499 tickets so each member is asked to sell 10 tickets. See Nicki to get a packet of tickets which must be sold by April 20, 2014.

RYLA Camp—The District will again be hosting a Rotary Youth Leadership Award (RYLA) camp at Camp Kitaki from 4/11/14 to 4/13/14. The camp focuses on High School Juniors and provides lots of activities and leadership and educational venues for them. This year the activities will include a SKYPE conference with a group in Ukraine. Applications are on the District website and anyone can nominate a student to attend. Cost is \$200 and Lincoln South will be sponsoring 2 students to attend. Contact RYLA District Chair Tom Cardwell for more information.

Membership Incentives—Membership chair Darrel Huenergardt reported that Rotary International has a New Member Sponsor Recognition Program. All sponsors of members admitted to Rotary after 7/1/13 are eligible to receive a specially designed membership pin and colored pin backer. Go to Rotary.org for more information.

Joe Roberts who recently sponsored Kay Wunderlich will receive a Lincoln South license plate frame under the Lincoln South new member program.



THE ROTARY FOUR-WAY TEST OF THE THINGS WE THINK SAY OR DO:

- Is it the TRUTH ?
- Is it FAIR to all concerned ?
- Will it build GOODWILL and BETTER FRIENDSHIPS ?
- Will it be BENEFICIAL to all concerned ?

PROGRAM

2013-2014 Club Goals

1. *Attain & Maintain 50 total members.*
2. *Continue to Build on our successful fundraising events.*
3. *End Polio Now.*
4. *Earn the Presidential Citation.*
5. *Successfully utilize the Future Vision Grant Program to enhance our service projects.*
6. *Continue our exceptional Rotary Foundation giving.*

**QUESTIONS?
COMMENTS?
ARTICLES?**

**Contact Newsletter
Editor**

Judy Krasomil
judy.krasomil@nifa.org

Dr. Bob Rauner was our speaker on Friday. Dr. Rauner spoke to the club about the Partnership for a Healthy Lincoln which is charged with improving the health and well being of Lincoln's citizens and encouraging healthy lifestyles through community initiatives.



From the 1960's to 2009, health insurance costs have increased in the US at a much quicker pace than other countries while life expectancies are worse in the US than those countries. Surprisingly healthy behaviors are the biggest factor in this statistic while access to health care represents only about 10% of the decrease.

The main causes of the lower life expectancies in order are as follows:

- 1 Homicide
- 2 Transport injury (Leading cause of car wrecks is texting)
- 3 Non transport injuries (drug overdoses)
- 4 Peri-natal (premature births primarily due to teen pregnancy)
- 5 Heart Disease and Diabetes (primarily caused by obesity) -

Item 5 is by far the most expensive since a person can live with heart disease and diabetes for years and they are very expensive to treat. Items 1-4 will kill you right away.

Obesity has increased from 10% to 35% just in the last 10 years.

Why has body weight increased so dramatically? Liquid calories are the number one cause followed by portion size, junk food which has less bulk to fill you up but is dense with calories and finally lack of physical activity.

Until recently recess had been virtually eliminated in Lincoln schools and the siting of new schools which are no longer in neighborhoods makes it more difficult for kids to walk to school.

The good news is that obesity rates in Lincoln Public Schools are improving which will ultimately decrease long term health care costs.

In recent years more focus has been placed on fitness instead of weight and the school districts have developed fitness tests for students. Studies have shown that fitness level impacts academics while obesity does not.

LPS is also focusing not only on students but teacher health as well.

Ultimately changes need to be made to the healthcare system which currently focuses on short term solutions.

March Birthdays

Joyce Michaelis
Ardel Harger
Bernie Poppe
Sue Nelsen
Kelvin Kemp



Rotary is on the Web!

**Rotary International— www.rotary.org
District 5650—www.rotarydistrict5650.org
Lincoln South Rotary—**

<http://www.clubrunner.ca/CPrg/Home/homeS.asp?cid=6040>

LINCOLN SOUTH NEW MEMBERS



Our 2 newest members received their new member packets and pins on Friday. Welcome to Kay Wunderlich, new member to Rotary (sponsored by Joe Roberts) and Glenn Friendt who transferred from Club 14.

BANNER EXCHANGE



Pat Grewe presented the club with a banner from the Scottsbluff/Gering Rotary Club which he recently visited.

DISTRICT RECOGNITION



District Awards chair Nicki Klein announced that Tom Cardwell has been selected to receive the prestigious Cadwalader Award this year. This award represents the highest honor in the District for Service to Rotary.

Congratulations Tom!