



The Sower

Official Publication of
Lincoln South Rotary

Club #21799 - Chartered April 30, 1984



WEEK OF JULY 24, 2015

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PRESIDENT'S MESSAGE



Please use the following link to find the most current message from President Clay Ehlers:

<http://portal.clubrunner.ca/6040/>

CLUB SERVICE TEAM ON DUTY

Bernie Poppe
Kay Wunderlich
John Herdman
Dick Wampler
Nicki Klein
Darrel Huenergardt



HAPPY DOLLARS (For Polio Plus)

Bernie Poppe, Joyce Schmeeckle, Jen Yung "Ryker" Lee, Pat Grewe and Don Anderson.



Visiting Rotarians and Guests

Jeff, guest of Clay Ehlers; Mary, guest of Don Anderson and Daniel, guest of Matt Horak.

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 ?



Notes & Announcements

Strike Out Polio—Mark your calendars for August 1st for the annual Strike Out Polio event at a Lincoln Salt Dogs game. This event is for all Lincoln Rotary clubs. Tickets are \$16 per person which gives you access to air conditioned club seating if you need it. Rotary receives 1/2 of the proceeds from the tickets sold by Rotarians to the event. You can also buy chances to throw out the first pitch for \$1 each. (or 8 for \$4). This effort helps the Rotary Clubs meet our goal of \$32 annual donation per member to the End Polio Now effort.

District Conference—August 21-22, 2015 at the Mid-America Center in Council Bluffs; inspirational speakers and opportunities to see what Rotarians are doing around the world; full day or full conference price then attend what you want / can. Lincoln South Rotary Club will be presenting a Paul Harris Fellow at lunch on Friday. Awards will be presented Friday night – and Lincoln South Rotary Club will likely be celebrating and award or two. www.rotarydistrict5650.org.

New Member Orientation—Darrel Huenergardt is organizing Member Orientation Meeting for the evening of Thursday, August 13. It will be held at Midlands Financial Benefits starting at 6:00. Any Rotary Member can attend but it is most important for members who have not yet attended an orientation to attend. Contact Darrel (huenlaw@gmail.com) for more information or to let him know of your attendance plans.

The Rotary Foundation Recognition - Joe Roberts announced that Don Anderson is now a Paul Harris +1 and that he has chosen to issue a Paul Harris Fellow to his spouse, Mary .

Polio update – Nigeria has passed one year without any new cases of polio; critical step for a polio free Africa. Only two countries left are Pakistan and Afghanistan and they are especially difficult due to the political and military issues. We must act , as Rotarians, and build on the progress that we have made so far.” Polio is only a plane ride away from any place in the world. Donations to Polio eradication will be matched 2 for 1 by Bill and Melinda Gates Foundation

7/31/15	Steve Nosal-Parks Horticulturalist “Sunken Gardens”
8/7/15	Michelle Phillips, Principal Ruth Hill Elementary—Hill Nature Center & Outdoor Classroom
8/14/15	Bob Ferguson—Nebraska’s Connection to the U.S. Stamp Program
8/21/15	NO MEETING AT THE KNOLLS-See District Conference Below
8/28/15	Official visit of District Governor Rod Bates.
<u>Events & Projects</u>	
8/1/15	“Strike Out Polio” event at Salt Dogs game.
8/21/15-8/22/15	District Conference— Mid America Center in Council Bluffs.
9/11/15	LSR Foundation Annual Wine Tasting Fundraiser at the home of Tracey McLain.

Rotary is on the Web!

Lincoln South-Meetings & Speakers

<http://portal.clubrunner.ca/6040/Speakers>

Lincoln South-Calendar of Events

<http://portal.clubrunner.ca/6040/Events/Calendar>

Rotary International— www.rotary.org

District 5650— www.rotarydistrict5650.org

QUESTIONS?
COMMENTS?
ARTICLES?

Contact Newsletter
Editor

Judy Krasomil

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PLACES TO MAKE UP

Tuesday 7 a.m.—Sunrise Rotary at International House of Pancakes at 4501 North 27th (27th and Superior Ave.)

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

Wednesday Noon—Lincoln East at Valentinis at 70th & Van Dorn

PROGRAM

2015-2016 Club Goals

1. *Location, Location, Location!*
2. *Increase Membership by 10%-Through both RECRUITING and RETENTION.*
3. *Rotary Foundation Support- \$9,200 for the club (at least \$200/member).*
4. *Promote Bequest Society Enrollment.*
5. *Earn Presidential Citation*
6. *Promote Speaker Appreciation.*

July Birthday

Kiley Wiechman



Sandra Kavan is the Allied Industry Services Director for the Nebraska Pork Producers Association (NPPA) in Lincoln. Sandra grew up on her family's farm just outside of Wahoo, Neb., where they have a wean-to-finish pig operation, and raise corn and soybeans. Sandra took us through some of the history of the pig industry and how it has evolved. There are a multitude of changes due to advancements in technology. She pointed out that the industry believes that we should keep these three basic rights in mind- Food is a Basic Human Right; Consumers Have the Right to Make Choices and Safeguarding the Environment is the Right Thing to do



With the population growth that we are experiencing, it is anticipated by 2050 that we will need to double the amount of food that is available – a 100% increase. And, of course, we rely on farmers for that. Farming is 10,000 years old and it is constantly changing and improving – the industry has never stood still. The first time we saw huge technological changes was in the 18th & 19th Centuries, when we saw the First Gasoline Tractor, Land Grant Universities, Plant-Breeding Sciences and Refrigerated Freight cars.

In the 20th Century, our technology turned to improving the amount and quality of food that we produce. Satellites are helping our farming practices. We are looking at natural products – using less chemicals We are studying our yields to get a better understanding of where improvements are being made. In 1960 one farmer fed about 25 people. Today one farmer can feed 155 people. By 2030 – as we are seeing our food needs increase – we will have to rely on modern farming methods and new farming technology for that additional food.

Changes in pork –
Pork is safer, leaner and more nutritious than before
75% leaner than in the 1950s
More consistency in the meat
This is allowing for changes in our cooking methods

In the late 70s, Americans became aware of the link between fat in the diet and health. We have reduced our fat consumption by 4% since then. The pork industry responded by: Selective Breeding; focus on best traits; Nutrition – provide right nutrients to the pigs at the right time and Animal Health – keep pigs healthy; prevent and control sickness

In Nebraska only 5% have large operations of 5,000 pigs or more. Sows are pregnant for 114 Days (have 2 litters per year) and will produce 10 to 13 piglets per litter. Piglets are weaned 21 days after birth. After weaning, the piglets go to the nursery where they are sorted by gender due to different feeding formulations. They feed for approximately 8 weeks – or until they are 40 to 60 pounds. Finishing after the nursery takes 90 to 120 days and the average weight is 260 pounds

There are very strict procedures to ensure animal health. When someone comes to the hog operation, they “shower in and shower out”. After “showering in”, they have specific clothing that they wear while on the farm. Then they remove those clothes and “shower out” and put street clothes back on. Pigs are never treated for illness by the farmer – there are very specific needs where a vet is always called in.

Pork is the most consumed meat in the world. In 1986 farmers could get about \$2.00 more per animal because of exporting. Today that is \$25.00 more per animal due to exporting. Total of \$6.674 billion exported in 2014. As far as cooking, we were advised that a pork tenderloin is as lean as a skinless chicken breast. The 7 most popular cuts of pork are 16% leaner than in the past and have 25% less saturated fats than in the past. Cooking time can decrease because it is leaner and it is now okay if it is a little pink inside. She suggested we use www.porkbeinspired.com for recipes and cooking guidelines.