



# The Sower

Official Publication of  
Lincoln South Rotary

Club #21799 - Chartered April 30, 1984



WEEK OF SEPTEMBER 18, 2015

## Lincoln South Officers and Directors

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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

Brad Carter  
Bob Vrana  
John Herdman



## HAPPY DOLLARS (For Polio Plus)

Dick Miller, Joyce Michaelis, John Herdman, Tom Cardwell, Jenny Cardwell, Bob Vrana, Clay Ehlers, Nicki Klein and Joel Geyer

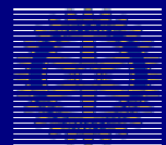


## Visiting Rotarians and Guests

Rod Bates District Governor, Misty Amic Burroughs, guest of Jenny Cardwell, Shirley Retslaff, Heather Shoemaker from the Heart Association, Joel Geyer from Club 14 and our speaker Chris Figureida.

## 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 ?



- 9/25/15 Tammy Ward—Seniors Foundation
- 10/2/15 Lori Paulsen—Nebraska Winery & Grape Growers
- 10/9/15 Suzanne Sughroue—Director Madonna Foundation
- 10/16/15 Doug Jamison, Foster Care Supervisor—Christian Heritage
- 10/23/15 Stacy Agnew—FFA
- 10/30/15 State Senator Mark Kolterman
- [Events & Projects](#)
- 10/10/15 Grant Project Work Day—Food Forest
- 10/16/15 Lincoln South Board Meeting—10:45 to 11:55 AM at the Venue
- 10/17/15 Rotary Leadership Institute—8 am to 3:30 pm in Des Moines Iowa.



### 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](http://www.rotary.org)

District 5650—[www.rotarydistricts650.org](http://www.rotarydistricts650.org)

## Notes & Announcements

**Meeting & Meals Effective 10-9-15**—Lincoln South Rotary Club is moving to The Venue at 4111 Pioneer Woods Dr #100 - Lincoln Banquet Rooms\* have outdoor entrances located "behind" The Venue (to the East of the restaurant)

With the move we will have a strict minimum charge. We want to encourage members to attend regularly to help ensure that we can meet our minimum. Effective 10-9-15 . . .

COST: \$15

#### VISITORS:

- - meeting credit requires attendance at the meeting and paying the meal price
- - \$10\* is the price to get credit without meeting attendance (if this is acceptable by your home club)

**PAYMENTS TO:** Payments are made (checks payable to) Lincoln South Rotary Club

\* this is being offered on a trial basis

**Rotary Leadership Institute**—Lincoln South Rotary Club has a proud tradition of promoting, developing and supporting our members and leaders. All members are encouraged to participate in Rotary Leadership Institute, a program offered through Rotary to enhance the Rotary experience of any Rotary Member.

The next sessions of Rotary Leadership Institute are October 17, 2015 in Omaha and October 24, 2015 (Part 1 only) in Des Moines, Iowa. Lincoln South Rotary will pay all registration fees. Contact Nicki Klein if you are interested in attending.

**Food Forest**—Lincoln South Rotary, with support of a Rotary District Grant, is providing \$3,000 toward this project as well as volunteer hours. The project is located at the Southern Heights Presbyterian Church at 40th & Old Cheney and built in collaboration with Community CROPS and Nature Explore. Primarily we are funding the installation of an accessible path but will provide volunteer work for the entire project. Let member Wayne Moore ([clwmptl@hotmail.com](mailto:clwmptl@hotmail.com)) know if you are able to help - or just show up. See the story on the website

### 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 Valentinos at 70<sup>th</sup> & Van Dorn

## Notes & Announcements Con't

**Dictionary Project**—Along with the other Rotary Clubs in Lincoln, we will deliver dictionaries to all 4th grade students. First we label and sort the dictionaries, putting them into packages for each school. Then we deliver them.

Volunteers are primarily needed for Dictionary Delivery. Contact member Daniel Kistler ([dkistler@wradvisors.com](mailto:dkistler@wradvisors.com)) for details and to sign up. See story on the website.



**Holiday Nut Sales**—Lincoln South Rotary Club will offer Nuts, Candy and Coffee products again this year for the Holidays. With this fundraiser, club members can pre-order products to sell\*, or you can just place orders as you make sales.

Orders placed by Noon on Tuesday will be available at Rotary that same Friday. Send orders to [nklein2@neb.rr.com](mailto:nklein2@neb.rr.com). Though we focus our Nut Sales efforts during the Holidays, the products are available at any time at the Fundraiser prices.



**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.*

Chris Figureida visited our club on September 18.

He talked about his cross-country cycling in support of the American Heart Association and raising awareness about healthy kids.



In 2007 he got an idea to fulfill a dream to ride his bike from Vintor California to Lubec Maine on Route 66 to represent heart health. He rode 3,764 miles in 64 days and climbed 150,000 vertical feet on the trip. He commented that he had never seen prairie before and was definitely not prepared for the weather. Especially when he encountered a K5 tornado! The cost was \$7,600. The heart association had such a great response from his trip, that they asked him to do it again.

He is on his 9th trip now traveling from Winnipeg Canada to Brownville

Texas. He has spoken to 55,000 kids all over the country and also speaks to Legislatures about heart disease which costs \$300 billion per year.

On his next trip, in addition to meeting with schools and state officials to raise funds for the Heart Association, he is planning to meet with Rotary clubs across the nation to raise funds for the fight against polio.

Then he plans to do a documentary about the trip.

To track Chris and find out more about Cycle for a Heart, please visit [www.cycleforheart.org](http://www.cycleforheart.org)

**September Birthdays**

Scott Delisi  
 Joyce Schmeeckle  
 Carl Olson  
 Henrik Christensen

