



The Sower

Official Publication of
Lincoln South Rotary

Club #21799 - Chartered April 30, 1984



WEEK OF NOVEMBER 1, 2013

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
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Club Administration- Brad Carter bcarter@woodsbros.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

Tom Buescher
Pat Grewe
Clay Ehlers
Bernie Poppe
Nicki Klein



Visiting Rotarians and Guests

Rotarians—Gretchen Bren, District 5650 Polio Plus chair and our speaker.

Guests—Sean Stugardt, guest of Pat Grewe.

HAPPY DOLLARS (For Polio Plus)
Neal Lyons, Don Anderson, Dick Wampler, Joe Roberts, Pat Grewe Sue Nelson 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

- 11/8/13 *Dave Livingston, District Endowment Chair.*
- 11/15/13 *Tom Cardwell, Matching Grants*
- 11/22/13 *Nicki Klein, District Grants Chair*
- 11/29/13 *NO MEETING— Happy Thanksgiving!*

Events & Projects

- 11/23/13 *Salvation Army Bell Ringing at Super Saver at 27th & Pine Lake from 10am to 6 pm*
- 12/6/13 *Annual Holiday Party at the home of Bob & DeEtta Vrana*

Notes & Announcements

Board Nominations— Nicki Klein announced that we are in the process of electing new members of Lincoln South Rotary Club to serve a 2-year term on the Board. The term begins July 1, 2014. All member of Lincoln South Rotary Club are asked to nominate members for the slate for the election. Those nominations are to be sent to nklein2@neb.rr.com. The slate including all eligible member names have been sent to all members by email. Any Lincoln South Rotary Club Member who has been with the club for 6 months (and is not already serving on the board) can be nominated. Once the nominations are tallied, the slate will be presented to the club for election

ABC'S OF ROTARY— FOUR AVENUES OF SERVICE

The term "Four Avenues of Service" is frequently used in Rotary literature and information. The "Avenues" refer to the four elements of the Object of Rotary: Club Service, Vocational Service, Community Service and International Service. Although the Avenues of Service are not found in any formal part of the constitutional documents of Rotary, the concept has been accepted as a means to describe the primary areas of Rotary activity.

"Club Service" involves all of the activities necessary for Rotarians to perform to make their club function successfully.

"Vocational Service" is a description of the opportunity each Rotarian has to represent the dignity and utility of one's vocation to the other members of the club.

"Community Service" pertains to those activities that Rotarians undertake to improve the quality of life in their community. It frequently involves assistance to youth, the aged, handicapped and others who look to Rotary as a source of hope for a better life.

The Fourth Avenue, "International Service," describes the many programs and activities that Rotarians undertake to advance international understanding, goodwill and peace. International Service projects are designed to meet humanitarian needs of people in many lands.

When a Rotarian understands and travels down the "Four Avenues of Service," the Object of Rotary takes on even greater meaning.

November Birthdays

Bryan Block
Carl Zeutzius



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.*

Joe Roberts announced that November is Rotary Foundation Month. He has lined up speakers each Friday that will share information about various aspects of The Rotary Foundation and its programs. To kick off the month, Joe introduced Gretchen Bren, the District 5650 Polio Plus Chair.

We were fortunate to have Gretchen with us. Not only is she a knowledgeable spirited presenter when it comes to polio eradication efforts, she is leaving 11-4 to participate in National Immunization Days in Africa. Gretchen will be participating in two National Immunization Days. She leaves 11-4 and returns 11-14. She then leaves again 11-17 for a NID in Chad and returns 11-27. Gretchen will be traveling to Kaduna in Kaduna State Nigeria. The city is large with 1.8 million in population. But, not far from the city center it seems very rural – no paved streets and open sewers. Many people outside of the city center live in poverty, and there is a low literacy rate. These conditions hinder the efforts of the NIDs – where they try to ensure that all children under the age of 5 receive the vaccine.

The second NID is in Chad. The most difficult part of working in Chad is that there is only one Rotary Club in the entire country. Those Rotarians must work very hard to ensure that the NIDs are effective in all parts of the country.

Gretchen talked about how immunizations are done through NIDs. Here, in the United States, we go to the doctor, fill out some forms, get out our insurance card and get a shot. Without ready access to health care, the National Immunization Days are designed so that professionals can take the vaccine out to the people rather than expecting them to come to the professionals. They have NIDs every 2 to 3 months with a goal of reaching every child under the age of 5 (27 million in Nigeria) every time. They have been able to reach nearly 90% of the children with each NID.

The form of vaccine used actually contains the polio virus. This virus lives in the stomach. Nothing stays in the stomach very long, especially where sanitary conditions are poor. So multiple doses are needed. Kids may need as many as 10 to

12 doses in order to be considered immunized.

Until polio is eradicated everywhere, it can appear anywhere. We need to keep up with immunizations even after we are considered polio free as it just takes one person with polio to spread the virus. We often hear that “polio is just a plane ride away”. We discussed the recent report of polio cases in Syria. There is so much movement of the population in Syria with the current political situation, making the situation more difficult to contain. The investigation

revealed that the cases stemmed from Nigeria. Had we eradicated polio in Nigeria, Syria would not have this outbreak. The countries where it crops up have been lax about doing the immunizations. The cases in Syria were in an un- or under-immunized area where immunizations had declined from 91% to 68%.

There is a current global initiative to do immunizations at the borders. If you wish to enter Saudi Arabia, you have to show proof that you have been immunized. Nigeria is trying to put measures in place that will keep people from leaving unless they have been immunized.

Gretchen pointed out that, when we started to work on eradicating polio, we were really working on three strains – Type 1, 2 and 3. With that in mind, our milestones are even a greater accomplishment. Type 1 is the only 1 that is still cropping up.

There are a number of websites where you can get information about polio and eradication efforts. An internet search will result in a number of articles, but, Gretchen suggests this website: <http://www.polioeradication.org/> for the most up to date, accurate and complete information.

Gretchen spoke of Ann Lee Hussey who coordinated these trips. Ann Lee is a polio survivor who works tirelessly to eradicate polio but also to support fellow survivors.

Gretchen touched briefly on polio survivor programs that Rotary is helping with. She said that “Rotary is helping people get up off the ground”. By doing that we are improving the quality of life, giving them some pride. Once you have polio you have it for life.



**QUESTIONS?
COMMENTS?
ARTICLES?**

**Contact Newsletter
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