



The Sower

Official Publication of
Lincoln South Rotary

Club #21799 - Chartered April 30, 1984



WEEK OF DECEMBER 19, 2014

Lincoln South Officers and Directors

President Jenny Cardwell jcardwell@girlscoutsnebraska.org	430-1208
President-elect /Svc. Project Co-Chair Clay Ehlers clayehlers262@gmail.com	730-0095
Executive Director/Secretary/PR Nicolette Klein nklein2@neb.rr.com	429-2789
Past President/Club Administration Bob Vrana bvrana@windstream.net	328-9024
Treasurer- Corey Vandewege corey@dsisupply.com	421-7989
Membership - Darrel Huenergardt huenlaw@gmail.com	904-5061
Public Relations- Nicolette Klein nklein2@neb.rr.com	429-2789
Service Projects- Co Chair Brad Carter bcarter@woodspros.com	430-6223
Lincoln South Foundation- Lance Odom-President lancelodom@gmail.com	780-5708
The Rotary Foundation- Joe Roberts jroberts@midfin.com	434-8050

CLUB SERVICE TEAM ON DUTY

Bob Vrana
Short Heinrichs
Brad Carter
Wayne Moore
Terry Kurtenbach



HAPPY DOLLARS (For Polio Plus)

Joyce Schmeckle, Bob Vrana, Wayne Moore, Dick Miller, Pat Grewe, Joyce Michaelis, Vi See and Jenny Cardwell.



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 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

Visiting Rotarians and Guests

Mega Sugianto (soon to be a new member), Vi See from Club 14, Youth Exchange student Peggy Chuang and Mary Anderson, guest of Don Anderson

- 12/26/14 NO MEETING AT THE KNOLLS— MERRY CHRISTMAS!
- 1/02/15 NO MEETING AT THE KNOLLS— HAPPY NEW YEAR!
- 3/06/15 NO MEETING AT THE KNOLLS— See Salute to Business below.
- 4/10/15 Annual Scholarship Presentations and Selection
- [Events & Projects](#)
- 3/3/15 Salute to Business at Cornhusker Marriott Hotel.

QUESTIONS?
COMMENTS?
ARTICLES?

Contact Newsletter
Editor

Judy Krasomil
judy.krasomil@nifa.org

Notes & Announcements

Christmas and New Years—Remember there will be no Lincoln South Rotary meeting at the Knolls on the Friday after Christmas (12/26/14) and the Friday after New Years 1/02/15). The regular schedule will resume on Friday 1/9/15.

Nut Sales—Nicki Klein reported that the nut sales are winding down. We had a very successful sale this year, netting about \$1,100. Nicki reminded the club that members can get nuts virtually any time during the year if they so chose. Just let Nicki know by Tuesday of the week and she can deliver them to the meeting on Friday.

Foundation Drive—The annual Foundation Drive is in full swing. Our goal is Every Rotarian Every Year at \$120 per year. You can give by check or you can signup for the Rotary Direct Program at www.rotary.org/Contribute to contribute periodically during the year by pre-authorized bank card or credit card. Every \$100 contributed (\$300 minimum) will qualify you for the drawing for an immediate Paul Harris fellow which will take place on Friday January 30, 2015.

Annual Food Drive—Kay Wunderlich has agreed to chair the Lincoln South Annual Food Drive held every January to benefit the Lincoln Food Bank. Thanks to Kay. More details will follow.

Salute to Business—The annual Salute to Business sponsored by all the Lincoln Rotary clubs has been scheduled for Tuesday March 3, 2015 at the Cornhusker Marriott Hotel. Registration is \$30 per person. This event will count as the regular meeting for Lincoln South that week so THERE WILL BE NO MEETING AT THE KNOLLS ON FRIDAY 3/6/15.

Salvation Army Bell Ringing—Dave Hilsabeck thanked everyone who volunteered for the bell ringing and told the club there are still opportunities to participate in the bell ringing. Just go to the Salvation Army website to find out how you can sign up. ([See pictures on page 4](#))



**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

2014-2015 Club Goals

1. *Earn the Presidential Citation.*
2. *Attain & Maintain 55 total members.*
3. *Successfully utilize New Grant Program by submitting 1 District Grant and 1 Global Grant.*
4. *Increase \$ raised from Golf Tournament and Grocery Grab by 5% over prior year.*
5. *Increase Rotary Foundation giving to \$9,300 with 100% participation.*
6. *Continue to participate in End Polio Now giving at \$32/member level by using Happy \$ and participating in End Polio Now events.*
7. *Continue to have Club participation at District Level.*
8. *Host a Rotary Days event with other clubs in Lincoln.*
9. **HAVE FUN AS ROTARIANS IN SERVICE TOGETHER!**

Our speaker was Jill Bomberger who is Director of Health Services and Program Evaluation for Early Head Start and Head Start at Community Action Partnership of Lancaster and Saunders Counties in Lincoln, Nebraska. Jill oversees the implementation of all health, mental health, disabilities, and nutrition services to children and families enrolled in Early Head Start and Head Start programs.

Head Start began 50 years ago to serve low income children and get them ready to succeed in school. The premise at the time was that factors encountered in early childhood had a profound impact on success later in life. Now there is science to back up that theory and to help the program to prioritize its focus. Hence the program focuses not just on the health and education of the kids but also on development of the adults and their abilities to handle adversity, solve problems and to be good role models for the kids. Active skill building for the adult parents and caregivers is a big part of the program. Science has found that the key foundations in the brain of a child come from experiences early on in their lives. By working with the adults, they can ensure that the children have a good base to start from. Building adult capabilities improves

child outcomes.

The program currently serves 710 kids in Lancaster and Saunders Counties. The early Head Start program works with pregnant mothers to make sure they have healthy outcomes and develop the proper parenting skills. The Head Start program works with parents and the children. Some of the services include weekly visits to the home to show the adults how to parent their children.

Health is a big piece of the program which offers hearing/vision services, preventative medicine and dental services. Nutrition education is also important.

One of the things they work on with families is establishing Family Life Practices such as eating together, steady bedtime routines and doing family activities together. The goal is not to do things for them but to empower them to do what they need to do themselves.

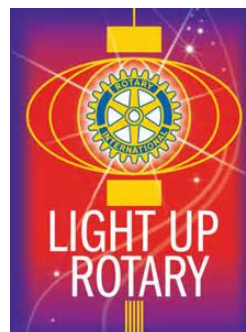
Head Start has a new program called Growing Great Beginnings which is an obesity prevention program which offers hands on activities with families, nutrition education etc.

To qualify for the program families must be 100% or below the poverty level. Also if they are homeless or the kids are in foster care, they are automatically eligible for the program.



December Birthdays

- Clay Ehlers
- Brad Carter
- Jerad Reimers
- Chris Dietz
- Tracey McLain
- John Herdman
- Dean Heermann
- Kay Wunderlich



SALVATION ARMY BELL RINGING

