



THE SUNRISE REPORTER

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Lincoln Sunrise meets on Tuesday, 7:00—8:00 AM at IHOP, 27th & Superior Street

Club's Vision Statement:

Nourishing and impacting lives in our local and international communities.

HUMANITARIAN OUTREACH



Lincoln Sunrise was given an update on Nourish the Children, one of the club's projects, from Lee Anne Call. Lee Anne told us that to date approximately 450 million meals have been provided to children. In 2007 Lee Anne and her husband, Bob, went to Malawi with Nourish the Children/NuSkin to see first hand how VitaMeal could help a malnourished child might react. One of the things she said that stood out in her mind today, was the long rows of children with tickets waiting to get the meals. These rows were very tight, and the children were singing and had faith bringing themselves with their tickets to pick up the VitaMeal. There were many mothers reaching out with their hands hoping they might get some of the VitaMeal, but they had no tickets. Only those who had tickets were allowed to pick up the VitaMeal, as they had only so many bags to give out. In Malawi there were lots of children in the streets, and many who were malnourished.

How does Nourish the Children Work: Step 1: The highly nutrient countries such as Malawi, South Africa, China, and the U.S. Meal bags and choose to donate them to an authorized charity distribute the VitaMeal to those that need it most. Step 4: The which may be tax deductible. Lincoln Sunrise is one of month and donates them to somewhere around the world.



Step 2: Individual purchase Vita-partner. Step 3: The charity partners charity provides a donation receipt, those who purchases two bags each

VitaMeal: Formulated for Malnourished children: Nu Skin developed VitaMeal by working with experts in child malnutrition in third-world countries. What VitaMeal provides: 1) a **balance** of carbohydrates, protein, fat, and fiber. 2) essential fatty acids required for **normal brain development, skin health and immune defense**. 3) it provides electrolytes necessary for maintaining **normal fluid balance** and muscle function. 4) **25 essential vitamins and minerals**, including vitamin A for normal sight and immune functions, as well as nutrients for **normal growth and skeletal development**.

The staple food in many African nations is a white corn porridge which is missing key nutrients for brain, bone and immune system development.

White Corn Provides VitaMeal Provides

0% Vitamin C	100% Vitamin C
0% Vitamin B-12	100% Vitamin B-12
0% Vitamin A	50% Vitamin A
0% Vitamin D	50% Vitamin D

VitaMeal is vegetarian, non-dairy, and allows for the easy addition of ingredients to fit every taste and culture. Each VitaMeal package contains **30 child-sized meals**, or enough food to provide a child with **one nutritious meal each day for a month**.

In Malawi there is a School of Agriculture for Family Independence, which some of the proceeds from VitaMeal purchases help support. This program was started in 2007, and is an innovative program to teach farmers to thrive on their small farms. The graduating farmers return to their villages and help others to become self sufficient through increasing farm production which could alleviate the need for food assistance in Malawi.



Officers 2015-16

President — Minnie Stephens
President-Elect — William (Bill) Dick
Secretary — Lee Anne Call
Treasurer — Dan Chapman
Foundation Chair — William (Bill) Dick
Membership Chair —
Literacy — David Chen
Humanitarian — Lee Anne Call
Education — Minnie Stephens



Police check a family entering a polio vaccination center in Peshawar. Security measures have been improved after the Taliban declared the polio eradication campaign a target.

Visitors/Guests

Makeups

Coffee & Conversation

September 22 — Members of club talking about their vocations.

September 29 — TBA

Nearly 90 percent of the world's polio cases last year occurred in Pakistan. But the country is making compared with 2014, owing partly to military interventions that year in Taliban-controlled North Waziristan, which have allowed vaccinators to reach hundreds of thousands of children who were previously inaccessible. Improved government leadership, the introduction of inactivated polio vaccine in high-risk districts, and vaccinations at transit points such as railways, airports, and bus stops also have played a significant role. "While Pakistan continues to face obstacles in its journey to polio eradication, we are excited about the current progress being made," says Mike McGovern, chair of Rotary's International PolioPlus Committee, who met with Rotarians and government officials during a visit to the country in June.



Need a Make Up – here is where you can go in Lincoln

Lincoln East Rotary

Meets on Wednesday at 11:45 a.m. at Valentinis, 70th & Van Dorn Street

Lincoln Rotary #14 Downtown Club

Meets on Tuesday at 12:00 Noon at the Nebraska Club at 233 S. 13th Street, 20th floor

Lincoln South Rotary

Meets on Fridays at Noon at the Knolls, 22nd & Old Cheney.

On the Web: Go to Rotary.org, then to "Make Up a Meeting." Complete the form. Rotary International will send our secretary an e-mail crediting you with a makeup.