



THE PROPELLER

Lincoln Rotary
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To learn more about Rotary, visit these websites: www.rotary.org, www.rotarydistrict5650.org, and www.rotary14.org

Lincoln Rotary #14 meets every Tuesday at Noon, US Bank Building, Nebraska Club, 233 S. 13th St. 20th Floor.

TUESDAY, NOVEMBER 20 — ANDREW BENSON, UNL — “THE AMAZING ECOSYSTEM IN YOUR GUT”

The GI tract is home to an ecosystem as complex as a rain forest; with thousands of species of microbes that co-exist with gut tissues and the ever-changing flow of nutrients from the diet. This system behaves rather peacefully most of the time and is important for health. If the system fails to assemble properly or if it is significantly perturbed, the resulting imbalances predispose individuals to a number of diseases ranging from diabetes, obesity, inflammatory bowel disease, coronary heart disease and even allergies.

Andrew Benson is the W.W. Marshall Professor of Biotechnology, in Food Science and Technology at the University of Nebraska - Lincoln. In 2006, he created the Gut Function Initiative at UN-L, a discovery-oriented research cluster focused on fundamental biology of the gut ecosystem. His current research program is focused on understanding how genetic factors in vertebrates function to shape the complex assemblage of microbial species in its gut — work he pursues in collaboration with quantitative geneticists studying murine and bovine models.



Andrew Benson

LAST WEEK

On Tuesday, November 13, in continuation of Rotary Club #14's Veterans Day ceremonies, the program speakers were Lori Wardlow, OEF/OIF/OND Program Manager at VA Nebraska/Western Iowa Health Care system, and Peggy Reisher, Director of Programs and Services for the Brain Injury Association of Nebraska, who spoke about the Nebraska Veterans Brain Injury Task Force. Comprised of representatives from civilian, military, and key government agencies, the task force works together to enhance awareness and provide education on physical and psychological injuries of our returning military members from prolonged periods of combat-stress or traumatic events, and help them to return to civilian life. An estimated 20% of our military members and veterans return with a brain injury and 19% with a post-traumatic stress disorder (PTSD). Symptoms of PTSD include “re-experiencing” (flashbacks, intrusive thoughts), “hyper-arousal” (feeling constantly on-guard and checking your surroundings for safety), and “avoidance” (avoiding activities or people that remind you of time in combat). As of May 2012, the VA Nebraska-Western Iowa Healthcare System estimates there are 12,006 returning combat veterans in Nebraska and Iowa. Following national trends, 19% screened positive for brain injury, which could be defined as a bump, blow, jolt, or penetration to the head. The task force began in July 2008 and is grant funded through Spring 2013. Currently, they are looking to find financial sustainability to continue their mission of education and awareness to professionals across the region.

CLUB BUSINESS

Second Reading: Beverly R. “Bev” Austin

Marketing & Sales - Retired

Proposed by: **Don Spinar**

Second Reading: Thomas S. “Tom” Fischer

with Great Western Bank

Banking/Business Banker

Proposed by: **Roger Ludemann**

Second Reading: Weixing Li

with UNL College of Business Administration

Post-Secondary Education/Business Professor

Proposed by: **Randy Bretz**

NEW MEMBER



Michele Ehresman

Michele Ehresman

We Support Agriculture

1320 Lincoln Mall 68508 402.261.9990

2430 Tamarin Ridge Rd. (12) 402.261.9990

E-mail: micheleehresman@gmail.com

Birthday: 10/26

Introduced by: **Tari Hendrickson**

Previous Rotarian: Hastings 2010-12

Presiding: Mike Wortman	Program Host: Krista Carlson	Acting Secretary: Sharon Wherry	Song Leader: Bill Stephan	Pianist: Mike Lindberg
Reporter: Jessica Kinser	Cashier & Registration: John Fulwider & Robert Mastera	Greeters: Steve Bowles & Tim Brusnahan	Sgt.-at-Arms Finemaster: Not Today	Sgt.-at-Arms Set-up: Colin McWilliams, Frosty Critchfield & Stu Shepherd

Birthday Books: Honoree	Book Title	Author	School	Donor	Birthday
Lori Wardlow & Peggy Reisher	<i>The Pigeon Wants a Puppy</i>	Mo Willems	Hartley	Priscilla Grew	26-Oct
Don Tilley	<i>Wodney Wat's Wobot</i>	Helen Lester	Hill	Michele Tilley	25-Oct

CALENDAR

A complete calendar is available on our website –
www.rotary14.org

November 20

- **Professor Andrew Benson**, Gut Function Initiative at UNL, Jim Griesen Host
- Rotary Joint District Meeting, 11:30 a.m., Grand Island Country Club, **Jeff Raikes**, CEO, Bill and Melinda Gates Foundation, in Grand Island, “Polio Eradication Campaign”

November 23

- Election Closed

November 27

- World Fellowship and Community Service Committee Meeting 11 AM
- **Dr. Roger Fisher**, Clinic with a Heart, Keith Larsen Host
- High School Visitation, Lincoln Southeast

November 28

- Serving at the Gathering Place, 4:45-6:00 pm, Contact Dean Settle, 402.202.7549, topcarf@aol.com

December 4

- **Mace Hack**, Nature Conservancy, John Gessert Host

December 8

- Salvation Army Bell-Ringing, 10 a.m. – 4 p.m. at Hy-Vee 84th & Holdrege; Hy-Vee 70th & Pioneers; Hobby Lobby 48th & Van Dorn; Super Saver 27th & Pine Lake; Super Saver 56th & Hwy 2

December 11

- **Dee Aguilar, PhD**, Coordinator, Osher Lifelong Learning Institute (OLLI) at UNL, Keith Larsen Host

December 18

- **Holiday Party** — Come Early and Bring Your Spouse/Partner

Other Lincoln Club Meetings:

Lincoln Sunrise Rotary meets on Tuesdays at 7:00 a.m. at IHOP Restaurant at 4501 N. 27th St.

11/20 Joe Roberts, The Rotary Foundation

Lincoln East Rotary meets on Wednesdays at 11:45 a.m. at Valentino's, 70th & Van Dorn

Lincoln South Rotary meets on Fridays at Noon at The Knolls, 22nd & Old Cheney.

11/23 No Meeting — Happy Thanksgiving!

Visiting Rotarians and Guests:

Cliff Stockmyer from Lincoln East.

Sara Larkins, Blake Lawrence, and Weixing Li, guests of Randy Bretz.

Xuyen Doan, guest of Jim Griesen.

Kathy Fischer, Donna Hunter, John Fischer, and Ted Simpson, guests of Tim Kenny.

Mary Gake and Wallace Gake, guests of JoAnne Kissel.

Jeff Shimek, guest of Justin Kozisek.

Betty Nieveen and Barbara Nieveen, guests of Keith Larsen.

Alex Currie, guest of Jean Lovell.

Jim Schiefelbein, guest of Larry Routh.

Jennifer Rosenblatt, guest of Denise Scholl-Serrett.

Chris Weskamp, guest of Craig Strong.

Mary Mangels and John Carlson, guests of Bill Waddell.

Bev Austin, guest of Sharon Wherry.

THE HISTORY OF VETERANS DAY

There are 21.5 million living veterans in the United States today and about 150,000 live in Nebraska. 43% are over 65, 35% served in Vietnam, 24% served in one of the Gulf wars, only 8.37% remain who remember service in WW II. 7.4% of today's veterans are women. There are, for the first time, no veterans living today who served in WW I.

A law signed in 1938 made the 11th of November in each year a legal holiday — a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as “Armistice Day.” Armistice Day was primarily a day set aside to honor veterans of World War I. But after World War II had required the greatest mobilization of soldiers, sailors, marines and airmen in the nation's history and after American forces had fought aggression in Korea, the Congress amended the Act of 1938 by striking out the word “Armistice” and inserting in its place the word “Veterans.” With the approval of this legislation in 1954, November 11th became a day to honor American veterans of all wars.

For the 5th consecutive year, in observance of Veterans Day, we honor someone who gave his life in service to our community and for his country. Eight years ago, at age 26, while on convoy duty in Samarra, Iraq, **Sergeant Jeremy J. Fischer**, Nebraska Army National Guard, was killed during an enemy attack. We honor and recognize him by naming him a Paul Harris Fellow. His mother Kathy, his brother, John Fischer and his Aunt Donna Hunter accepted the award on his behalf. We are reminded by Jeremy's sacrifice that “Service Above Self” is both a motto and a challenge. As Rotarians, we accept the challenge.

NOTES AND ANNOUNCEMENTS

The Rotary (Int'l) Foundation (TRF) — November is The Rotary Foundation Month in the world of Rotary. “Every Rotarian, Every Year” encourages all Rotarians to participate by making a tax-deductible contribution to The Rotary Foundation in the amount of \$100, or whatever amount is appropriate for you. The mission of TRF is to support the efforts of Rotary International in the fulfillment of the Object of Rotary, Rotary's mission, and the achievement of world understanding and peace through local, national, and international humanitarian, educational, and cultural programs. On Tuesday, in addition to Sgt. Fischer, the following were recognized as new Paul Harris Fellows, signifying an aggregate contribution of \$1,000: **Carl Sjulín, Mark Fahleson** by Duane Acklie, **Betty Lou Nieveen** by Keith Larsen, and **Priscilla Henkelmann** was recognized as new 4-time Multiple Paul Harris Fellow. It is named for our founder, Paul Harris, a Chicago lawyer who started Rotary International with three business associates in 1905.



Board of Director Election — Ballots have been mailed and are due back November 23. The slate of nominees is: **Jennifer Brinkman, Pam Dingman, David Handley, Cindy Miserez, Greg Newport, Mike Smith, Katie Thompson** and **Michele Tilley**. Four of the eight candidates will be elected and begin serving their two-year term on July 1, 2013.

Nebraskan of the Year — Nominations to honor and recognize the accomplishments of a Nebraskan who has distinguished himself or herself through service to others in keeping with the ideals of Rotary International are due by November 30. Nomination forms are available at Tuesday meetings or submit online at www.rotary14.org/projects.

Salvation Army Bell Ringing — is Saturday, December 8, 10:00 am - 4:00 pm. The time slots are in one-hour increments at five different locations – see the calendar on the left. This is a great opportunity as a Rotarian to raise funds and help spread the holiday joy to those less fortunate in our community. We welcome your assistance once again by accessing the Rotary #14 website to sign up for your location and time slot at <http://www.rotary14.org/events/event-form/salvation-army-bell-ringing/4115>.

Sincere Sympathy — Past District Governor, and friend to many of us, **Doris Heineman** passed away earlier this week. Her celebration of life is scheduled for 11 AM on Saturday, November 17 at the Hoy-Kiloski Funeral Home, 1221 N. 16th St Council Bluffs, IA. Personal notes may be sent to her husband, Pete, at 2018 Ave. B, Council Bluffs IA 51501.