

# Rotarians in Action

Rotary



Rotary District 5630

2020-21 • Edition 3 • March 2021

## ROTARY INTERNATIONAL

A Global Network of Community Volunteers  
One Rotary Center  
1560 Sherman Avenue  
Evanston, IL 60201



### Rotary International President 2020-21

**Holger Knaack**

Member of Herzogtum Lauenburg-Molin, Germany

### District 5630 Central and Western Nebraska

[www.rotary5630.org](http://www.rotary5630.org)

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## Message from Bob Taylor, District Governor 2020-2021

Think about the current "words of the day" – "masks," "social distancing," "quarantining (isolation)". All conjure the image of withdrawal, separation, less community, aloneness. We are social animals, and our lives, on the whole, must be in association with each other. While COVID has stolen much from us, let's not let it steal our humanity.

Is it strange that we see individual life issues skyrocketing: divorce, suicide, social disharmony, and depression? In some ways, COVID has given many an excuse or social pass to dissolve the tendons of social unity that hold us together.

Can we step away from the social noise we find ourselves in and understand what Rotary can provide?

### Rotary **IS** community.

Everyone is a leader of some type in Rotary. Think of how **you** can lead in the development of your club community. Help reconnect those tendons of your club's society that may be slowly dissolving. You may not even be seeing the deterioration.

If your meeting is on Zoom, perhaps take an evening and have a coffee hour just to check in with members and provide for "small talk." Reconnect on a social level. Invite guests to hop on, too.

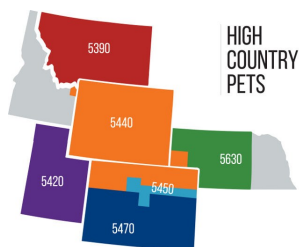
Think about asking social counselors to join your meetings as speakers. (Read more about our Speakers' Bureau on page 5.)

Remember your youth (Rotaract, Interact) and high schoolers not able to attend Rotary. They are also affected by this isolation. What can you or the club do to ease their loneliness?

Be a proactive leader in your club. Keep present and aware of what's going on in your club, community, and the society around you. You have a lot of power to change the direction of lives around you, the people connected to them, and eventually the world.

*Continued page 3*

## 5630 Incoming Leaders Embrace PETS



With the world absolutely upside down, it was not certain that our District would get to participate in a Presidents' Training Seminar (PETS) this spring.

PETS is a tradition in the Rotary world, a time when new leaders get together to learn about being a Club President. But with the ability to join up in a Virtual fashion now available, Club PEs (Presidents Elect) and PENs (President Elect Nominees) are stepping up to the task in March 2021.

District 5630 is made up of 31 Rotary clubs, stretching from Highway 281 north and south to the borders and west to Wyoming. Our area encompasses the beautiful and vast Nebraska Sandhills where residents live by a code of "neighbor helping neighbor" and million-dollar livestock sales happen with a nod.

But 2020 was a tough year for everyone, and COVID took its toll on many Rotary activities, including meeting in person if at all. Accordingly, many current club presidents took on another year and candidates became somewhat scarce.

Despite this, about 20 of our clubs stepped up with PEs, five or so showed with PENs, and eight interested non-leadership Rotarians signed up to learn more about our wonderful organization.

The virtual session is High Country PETS where we'll join five other districts and close to 450 participants for about eight hours on Friday, March 19, and Saturday, March 20. The event will include a message from Rotary International President Elect **Shekar Mehta** as well as inspirational thoughts from an accomplished and competitive blind skier. During breakout sessions we'll be discussing how to understand and develop Rotary's areas of emphasis.

The PETS session will be followed up with two additional district-specific training sessions in subsequent weeks. It's all designed to help our new leaders succeed in their roles in the coming year.



**DGE Bob Mayber 2021-22**  
North Platte Rotary Club  
dg.2021@5630mail.org



### Last Chance for Grant Training

In order for your club to qualify for DDF (District Designated Funds), at least one member from your club must attend a session of Grant Training.

The last training for the Rotary Year 2021-22 is **Thursday, March 18**, at 6:30 CDT. Use this [Zoom Registration link](#).

**Dale Schultz** and **Scott McLaughlin** are conducting the training sessions.

If you have any questions, please email Dale at [dg.2018@5630mail.org](mailto:dg.2018@5630mail.org) or phone 402-460-1137.

## Save the Date for a Virtual Celebration

Welcome New Members

Share Our Accomplishments

Be Inspired by Our Guest Speaker

Pass the Pin to Our  
New District Governor



**Saturday, May 15**  
**8:30 am to 2:00 pm CDT**  
**Rotary District 5630**



Cloyd Clark  
1942-2021

It was with great sadness that we notified the district of the passing of our 2006-07 District Governor, **Cloyd Clark**, on February 28. A private service was held on March 9 in McCook.

We remember Cloyd as a Super Rotarian who showed the ultimate in service above self. He was a master in service as he encouraged fellow Rotarians to serve more effectively and take on new responsibilities within the Rotary family, while he also served in innumerable ways outside Rotary. The District is donating to the Rotary Foundation in honor of Cloyd's service to Rotary and to our District.

All of us in District leadership today have benefited from the work of those who have gone before us. You can find a list of all our past District Governors on our website, under the "History of District 5630" tab.

Bob Taylor, DG 2020-21





## District 5630 RYE Team Is Ready for 2021-22

The District 5630 Youth Exchange Committee has been busy making plans for the 2021-2022 exchange year.

While Rotary International is in the process of looking at all the international implications of youth exchange for the next year, Nebraska is ready for whatever decision is made. Our hybrid plan allows students to be matched with their exchange partners beginning in July. Weekly (or more) virtual contacts between students and families allow everyone to learn conversational language, culture, traditions, cuisine and family routines. In addition, students are challenged by college-level language and digital learning courses about their partner countries' history, government, and politics.

At the time international travel and touring become safe in both countries, students will begin their traditional travel exchanges. We believe this is the best way to offer our students and their exchange partners the most realistic and safe way to experience Rotary Youth Exchange during this pandemic era.

This spring, Rotarians and Rotexes interviewed and selected Gothenburg High School junior **Emily Schwanz** for this opportunity. Emily will juggle her final senior-level classes, Rotary hybrid exchange and barista duties until December, when she will graduate and await her travel exchange.

This year all orientation materials will be provided virtually and digitally. Gothenburg Rotarian and former exchanger **Lisa Jorgenson** will serve as Exchange Coordinator and Counselor. District 5630 lead Rotex **Alyssa Wiese** will actively mentor and support Emily during the year. **Delane Wycoff** will oversee our first year on the international exchange database, YEAH (Youth Exchange Administration Hub).

During the relative quietness of 2020-2021, and in the absence of any active exchanges, many Rotarians have kept busy in SCRYE (South Central Rotary Youth Exchange) and NAYEN (North American Youth Exchange Network). These organizations represent our multi-district and North American exchange organizations. Monthly webinars and annual conferences have provided an abundance of resources and fellowship opportunities.

McCook Rotarian **Ronda Graff** has taken on marketing and promotions for Youth Exchange. She will be available with information and materials for interested clubs, schools and students.

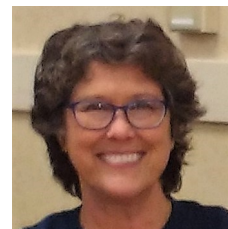
**Ronna Morse**, representing Valentine Rotary, is continuing her role as Executive Secretary for our multi-district SCRYE. Her expertise and commitment to Rotary Youth Exchange on the national level keeps District 5630 relevant, informed, and cutting edge.

Kudos to **Delane Wycoff** for being recognized at the recent International NAYEN Annual Conference for his diligence and commitment in creating a Long Term Application form which will be used internationally by nearly all districts worldwide. His months-long efforts on this form as well as the YEAH database were applauded around the world.

We also want to take this opportunity to recognize and thank our district leadership for their support of Youth Exchange. **DG Bob Taylor** and **DGE Bob Mayber** have been unfailing in their active participation in district and multi-district activities and decision-making.

### Paula Witt

Youth Exchange Chair  
Hastings Sunrise Rotary Club  
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402-460-0005



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### DG Message (Continued from page 1)

Since we last met in this column, a lot has been going on in the district. In cooperation with District 5650 in eastern Nebraska, we have given over \$16,000 in matched funds to the Food Bank for the Heartland. On the other end of that giving, HotMeals USA and DGE Bob Mayber have been organizing food distribution events in many cities across Nebraska, giving many Rotarians opportunities to provide service. We have been providing 1,200 food boxes and gallons of milk at each stop. See the stories in this newsletter. Bravo!

Many other projects have come to my attention, large and small, across the District – many featured here. Add all the little things that Rotarians are doing individually, and we continue to make a difference – not letting COVID steal who we are. Thank you!

### Bob Taylor

District Governor 2020-21  
Alma Rotary Club  
botaylor2205@hotmail.com  
972-740-6663





## 2020 – A Terrible Year for Polio Eradication, Efforts Losing Ground

### 2020 COVID-19

With the spread of COVID-19 around the world and restrictions on social contact, it became necessary to suspend polio vaccinations for months in Pakistan and Afghanistan, the two countries where wild polio virus continues to circulate. This has set back progress.

In the year 2016 there were only 42 cases of Polio of any kind in the entire world. By the end of 2020 that number had risen to greater than 600 cases, and more than three-quarters of these cases were caused by mutated vaccine-derived polio.

Taliban-controlled areas continue to prohibit polio vaccinators. Environmental testing shows that in Pakistan live polio virus can be found in 74% of the tested sewage samples (whereas not long ago this number was 16%). These figures show that polio virus is spreading in Pakistan with a desperate need to reinvigorate the polio vaccination effort.

### 2021 Polio (new, improved vaccine)

Although the Salk vaccine stopped polio in the developed world, it has been the Sabin (oral) vaccine which has

moved the world near the goal of total polio eradication. Unfortunately, there is a rare problem with this highly successful vaccine. This is known as “vaccine-derived polio” and it has presented a dilemma because the cure has been the same vaccine which can rarely mutate back to a dangerous form.

Now a newly developed vaccine has been approved which has been genetically engineered to prevent mutation. It contains multiple safeguards to prevent the virus from regaining the ability to produce disease.

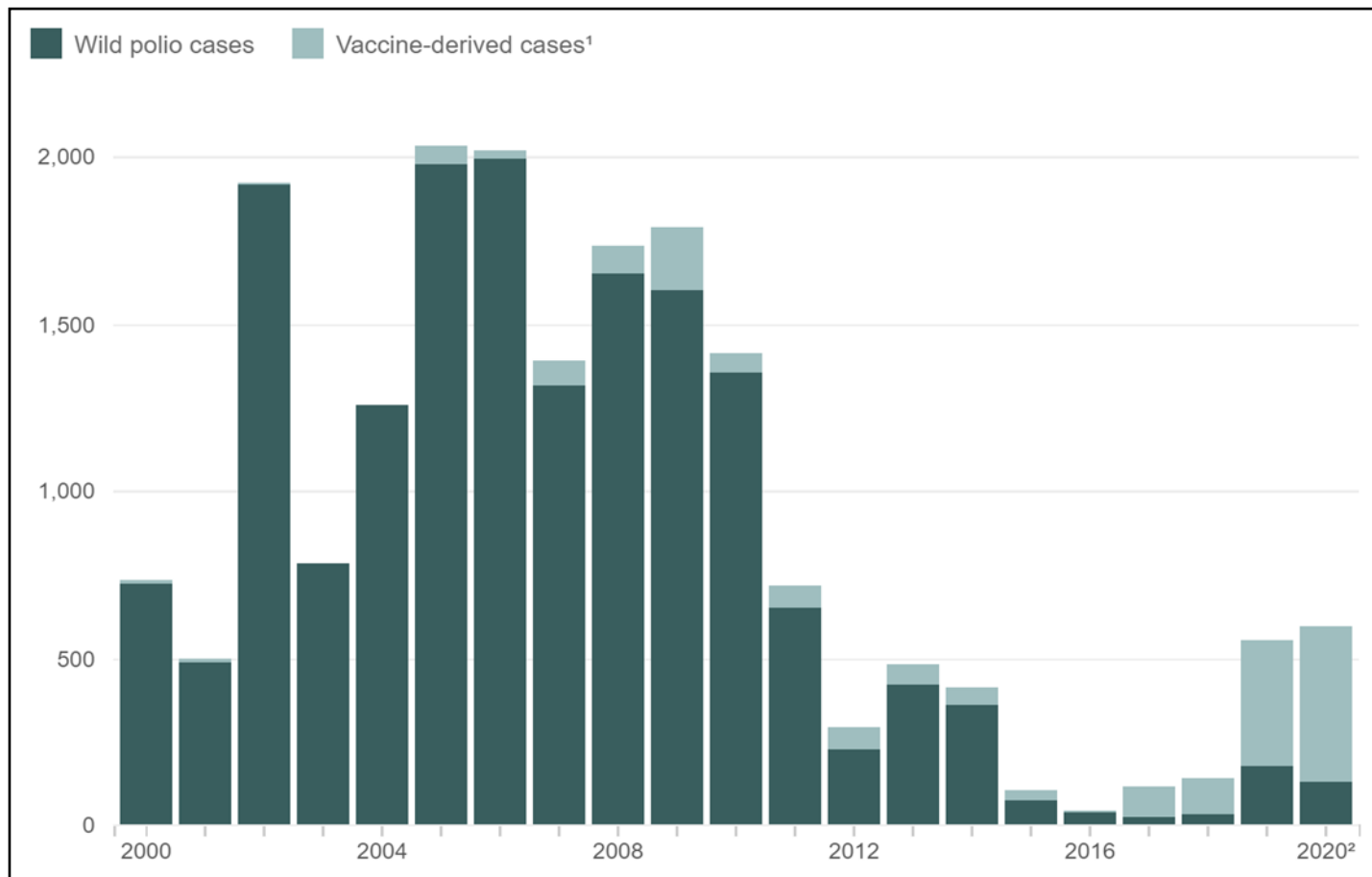
The WORLD NEEDS this new vaccine to finish the job of polio eradication. Through Polio Plus, Rotary provides vaccines to the world and the Gates Foundation matches our dollars two for one.

**Please give to Polio Plus and help us move this graph to ZERO! Give at [endpolio.org/donate](https://endpolio.org/donate).**



**Dr. Delane Wycoff**

District PolioPlus Chair  
North Platte Rotary Club  
[delanew@charter.net](mailto:delanew@charter.net)







## District 5630 Launches Speakers Bureau

District 5630's Speakers' Bureau is officially off the ground. A [working excel sheet](#) should now be in the hands of each of the club presidents – with the intent that the resource be shared with whomever helps plan meetings and gatherings.

As our clubs evolved this year from in person to Zoom to hybrid (and looking in the future to a return to in-person interaction), member involvement and interest has been a challenge – and thus the birth of the Speakers' Bureau!

We are asking that we continue to put our collective heads together to offer outstanding programs through Zoom, in person, or with hybrid creativity to offer something meaningful to our membership and our communities. (Through Zoom, our reach extends across the state, across the world!)

As Rotarians we have phenomenal reach. We bring different perspectives, different circles of friends, and different arrays of acquaintances. As you become acquainted with speakers who bring something special to your clubs and who you believe might be willing to share their expertise with other Rotary clubs across District 5630 – please share the info. Send in their name, topic, club affiliation if applicable, and contact

information. And if you pull an idea off the Speakers' Bureau list, or see an area where we need to add expertise – please also share that information and your thoughts on the experience.

**Here is the challenge:** Please think through the speakers you have had at your club or met through your business or professional associations, and send in three or four of the best, using the [Speaker's Bureau form](#). Once we have the information, we'll do the heavy lifting from there.

This doesn't require any obligation on the speaker's part – just a nod that says if asked – and if convenient – they'll be willing to share their knowledge with our Rotarians. If the speaker is you – or someone in your club or office, – fabulous!!! Each of us has a story to tell, and we'd love to hear yours.

Thank you for your help – **AND** please register on [My Rotary](#) and on [DACdb](#) – they are wonderful, informative platforms.

**Deb McCaslin**

DGN 2022-23

Broken Bow Area Rotary Club

Dmccaslinx4@gmail.com



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## PDGs Scott McLaughlin and Dale Schultz to Take on New Roles

District Governor Elect **Bob Mayber** is pleased to announce changes in positions and responsibilities for two long-serving Rotarians.



Beginning on July 1, **PDG Scott McLaughlin** of the Kearney Dawn Rotary Club will take on the role of Assistant Rotary Public Image Coordinator (ARPIC) for Zones 25B and 29, which cover 10 states and part of Ontario, Canada.

Scott will be serving clubs and districts in Kansas and Nebraska to help them effectively tell our story as People of Action to non-Rotarians and Rotarians alike. As ARPIC, he will also advise clubs and districts on the appropriate use of Rotary's brand and public image materials.

Stepping into Scott's present position as District Foundation Chair will be **PDG Dale Schultz** of the Hastings Sunrise club. As District Grants Chair, Dale is well qualified to serve in this new capacity. For now, he will also continue to serve as District Grants Chair.

As District Foundation Chair, Dale will be our District's "face" of The Rotary Foundation, working as a liaison between The Rotary Foundation and District 5630 members. If your club wants to know more about how you can participate in Rotary's global impact, Dale will be there to answer your questions and to help your club serve others – not only in your local community but abroad.



You can reach **Scott** at [dg.2019@5630mail.org](mailto:dg.2019@5630mail.org) and **Dale** at [dg.2018@5630mail.org](mailto:dg.2018@5630mail.org).

# Trafficking Talk

Nebraska, the good life. Nebraskans bleed red. Corn is not just food, it's headgear. The only thing going on during Huskers game day is the Huskers game. ([Movoto.com](https://www.movoto.com))

We Nebraskans are immensely proud of our state, and while we would all like to believe that nothing bad happens here, we are sorely mistaken. The majority of the population is unaware of the harsh realities secretly plaguing our friendly state. The fastest growing crime in the world – human trafficking – is happening right here in our back yard.

The [National Human Trafficking Hotline](#) (NHTH) defines human trafficking as “a crime that occurs when a trafficker uses force, fraud or coercion to control another person for the purpose of engaging in commercial sex acts or soliciting labor or services against his/her will. Force, fraud, or coercion need not be present if the individual engaging in commercial sex is under 18 years of age.”

## Nebraska's Fight Against Human Trafficking

While Nebraska's fight against human trafficking began over two decades ago, recent advancements in investigations, enforcements, and stricter legislation have resulted in more human trafficking arrests and cases. According to NHTH there have been 348 cases of human trafficking in Nebraska since 2007. In 2019 alone there were 237 contacts and 62 cases of human trafficking. (Contacts are phone calls, texts, emails, online web forums or chats about human trafficking.)

But not all arrests and cases result in immediate convictions. The Nebraska Attorney General's 2020 Task Force Review states that there were 57 prosecutions statewide for human trafficking based on state law. Of those 57 prosecutions there were 33 convictions –17 for human trafficking; one acquittal; one moved to federal court; six records sealed; and 16 pending cases.

The passing of major legislation has helped define and aid in the detection of human trafficking in Nebraska. 2021 legislation added sex trafficking to the list of crimes that trigger mandatory Sexual Offender Registration.

The Nebraska Human Trafficking Task Force, created in 2015, is divided into five regions and is made up of law enforcement agencies, county attorneys, and service providers dedicated to ending human trafficking. “It's been very much a team effort and I'm glad to say...we're making some real progress and that's due to everyone getting behind us,” said Nebraska Attorney General Doug Peterson.

## Human Trafficking at Our Large Events

Events like the [College World Series](#) in Omaha are a big draw for traffickers and buyers. “When you bring large groups of individuals together, especially if individuals are coming from out of town...there's oftentimes, ‘Oh, I can do this and nobody may find out. I've got disposable income,’ and so it...naturally increases the sex trafficking,” said Meghan Malik, past trafficking project manager for the [Women's Fund of Omaha](#) and a founding member of the [Nebraska Trafficking Task Force](#).

“We've seen this over the course of the NBA finals. We've seen this over the College World Series and the Super Bowl. So we're fortunate to have an event like the College World Series in Nebraska. But we have to be ready for it.”

To raise awareness on this issue, during the College World Series, the Women's Fund will place cardboard cutouts and silhouettes of individuals at hotels, malls, and airports in Omaha with human trafficking statistics.

## “I've Got a Name.”

[I've Got a Name](#), a Lincoln-based organization dedicated to eradicating sexual slavery, estimates that over 900 girls will be sold for sex every month in Nebraska. I've Got A Name, which began in 2010 as a fundraising event to save 2400 girls in Southeast Asia, became a 501(c)3 organization in 2012 to focus on sex trafficking in Nebraska. Their [“Cold, Hard Facts”](#) webpage reveals that one out of every 250 middle school and high school students in Nebraska enters the commercial sex trade each year with an average age of just 13 years old.

Many would like to believe that our great state is immune to all the evil going on in the world, but that could not be further from the truth.

If you see anything you believe to be suspicious or possibly a sign of human trafficking, please call 911 or the National Human Trafficking Hotline at 888-737-7888. It does happen here.

Please visit [Nebraska's Dept. of Health and Human Services – Human Trafficking Resources](#) for more information.



## Angie Swanson

District Chair  
Rotary Action Group Against Slavery (RAGAS)  
McCook Rotary Club  
[AngieSwanson@hotmail.com](mailto:AngieSwanson@hotmail.com)  
308-352-6016



## Great Plains RYLA coming in July

We are excited to announce that Great Plains RYLA will be hosting campers July 13-18!

Great Plains RYLA is a co-ed leadership camp designed to develop leadership skills through problem-solving, communication, and team building while learning about the value of service, the importance of community, and Rotary's role locally and internationally.

Participants will also develop self-confidence and a network of friends. RYLA students participate in team-building trust activities and hands-on leadership development activities, hear from first-class speakers from throughout the state, and engage in fun activities. Great Plains RYLA is available to all eligible youth regardless of their current leadership ability or school grades.

We are still finalizing what measures will be required besides what schools are currently implementing – health checks, small groups, social distancing when possible and mask-wearing when not possible.

### Some Requests for Club Presidents

**First**, provide me with the name and contact information (phone and email) for your club's RYLA representative.

**Second**, please confirm if your club's eligible 2020 awardees who are currently seniors would like to attend RYLA 2021 and forward those names to me.

**Third**, encourage club members to consider serving as Senior Counselors.

**Finally**, please invite sophomores or juniors who may be interested in learning about and developing their leadership potential to apply for RYLA 2021.

The online registration portal for RYLA 2021 is open and ready to accept applications. To apply, visit [GreatPlainsRYLA](http://GreatPlainsRYLA). Applications should be completed on or before **March 31**.

For questions or additional information, please contact me. Thank you for your assistance with this worthwhile project!



**Cindy Houlden**

RYLA Coordinator

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308-293-6417



## DACdb On Your Phone

With DACdb's Mobile capabilities, contact information for your club members and district leaders is as close as your phone.

The DACdb mobile website is tailored for smart phones – whether you have an iPhone, Android, or Blackberry. It complements the main site - allowing you to quickly get information from the database when you are away from your computer.

**Here's how to set it up:** 1) Go to [m.dacdb.com](http://m.dacdb.com) on your phone. 2) Log in using the same login name and password you use on the main DACdb site. (The club number is useful only for district officers.) 3) Once you log in, you'll see a clean smartphone-optimized interface which allows you to quickly drill down to all kinds of information and functions:

- Contact info for club members and District Leaders - including their birthdays
- Your club committees
- Where and when District 5630 clubs meet
- Emailing club members and district leaders
- Texting (if their cell phone carrier is included in their DACdb profile)
- Club and district calendars
- Club and district announcements and articles

Most of the functionality is read-only. To edit your member record or register for events, you still need to use the main DACdb website.

**Add an icon to your phone for easy access.** DACdb Mobile is not an "app" – it's a *website*, just like the main version of DACdb - optimized to work on mobile devices. To learn how to add an icon to your phone, go to [DACdb.com](http://DACdb.com) – Support – Help Topics – Mobile – Adding DACdb Icon.



**Cheryl Bryan**

District Administrative Assistant

Kearney Dawn Rotary Club

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# District Rotarians Help Feed Thousands - page 1

Area of Focus: Community Economic Development



Above:  
**Liz Knedlik,**  
**Steve Rasmusen,**  
**and Tim Wiebe**  
were on hand to  
receive donations.

Because of COVID restrictions, **McCook Rotary** converted their annual Soup-R-Bowl into donations to the McCook Food Pantry. In years past, businesses would make their favorite soup and customers would stop by, donate either food or money, and vote for their favorite soup. This year, residents dropped off food and money without the soup contest, resulting in 1500-1700 pounds of food and about \$1000 in monetary donations.

## On Leadership and Member Development

In the final analysis, Rotary exists for the purpose of developing the individual member and thereby increasing his capacity to serve.

Paul Harris  
Message to Rotary Club of Buffalo, 1922

## Rotarians: Leaders for Peace

Rotary is an integrating force in a world where disintegrating forces are far more numerous.

Paul Harris  
*The Rotarian*, June 1944



## Notes from [Facebook.com/hotmeals.usa](https://Facebook.com/hotmeals.usa)

Posted by Dick Cochran, Kearney Dawn Rotary

**Feb. 12, 2021:** Another week gone and another record for us getting food boxes to Nebraska. Never did I imagine we would deliver over 12,000 (25-pound) boxes of food and 12,000-plus gallons of milk. All of this from Ogallala to Omaha. Then for fun we managed to drop 4,800 into our neighbors in Kansas.

Thank You to all who helped. Rotary, the Knights, United Way in GI and Columbus, Mid Nebraska Food Pantries, The Mission in Omaha, the college that let us deliver there, Younes Hospitality, Orthman, Lexington Community Foundation and Fonner Park. And all the people who just showed up to help people in need.

...So far in February over 30,000 families received food because you cared enough to show up and get the job done. Even during the cold weather you still showed. You the volunteers are all that stands between people having food or not. You the volunteers are the answer to a child's prayer of "Please let me have enough to eat this week." Please continue to show up. None of this works without you, the best volunteer work team ever seen.

**Feb. 18:** We had crews working hard in Lexington, Kearney, Grand Island and St Paul today. We've dropped 7 semi loads of food already with three more coming in tomorrow.

**Feb. 19:** ...just like that 1,200 food boxes and 1,200 gallons of milk are being handed out to the good folks of Scottsbluff....this wraps up the week with 11 semis all delivered and passed out to over 12,000 families.

**Feb. 23:** Our first truck for the week arrived in Fremont and was handed out to the folks there. 10 more this week and we're done. Then we locked in 38 semi loads of food for the month of March. It appears we're into the food distribution business, to help the food challenged people in the Midwest.

***Did you know?** The First Hot Meals USA trailer was dedicated in August, 2019, supported by Rotary clubs both domestic and international.*



# District Rotarians Help Feed Thousands - page 2

Areas of Focus: Economic and Community Development

▼ Wed, Feb 10th 2021

High: 11.3°F @2:55 PM Low: 5.9°F @4:55 AM

**February 10.** It didn't just *look* cold when **Ogallala Rotarians** distributed over 1200 food baskets on February 10.

*"Many thanks* to **Hot Meals USA** who sent a truckful of fresh produce and to **Mid-Plains Community College** for the use of their facility, to **Ace Hardware** for the loan of a pallet jack and forklift and to **Badass Coffee** for supplying the volunteers with hot coffee.

*"And Thanks* to fellow Rotarians from **Grant and North Platte."**



**February 26.** In an interview with *McCook Gazette*, **DGE Bob Mayber** calls the widespread food giveaway a "wonderful effort to help feed the people in southwest Nebraska and northwest Kansas....If you don't think that there's hunger in the USA, or in Nebraska, you're wrong. There are people who don't have enough to eat, so we're committed to helping."

The giveaways are sponsored by the local Rotary Clubs as well as Hot Meals USA and USDA Farm to Table.



Helping out: **McCook High School's Interact Club**, the Work Ethic Camp, as well as Rotarians from **McCook and North Platte**.



## Rotary Virtual Food Drive



Those unable to help with the physical distribution of food in Western Nebraska had an opportunity in February to participate in a two-district fundraising effort for [Food Bank for the Heartland](#).

In 2019, Food Bank for the Heartland distributed 22.7 million meals across 93 counties in Western Iowa and Nebraska. Because of their partnerships with growers and producers, each \$1 donated can help provide three meals to those who need it.

Contributions to the Virtual Food Drive from Districts 5630 and 5650 – which includes Omaha and Lincoln – totaled \$16,670.

Rotarians from District 5630 contributed \$2,350 to the project, which when matched by the District, will help pay for some 14,100 meals.



## District Rotarians Help Feed Thousands - page 3

Areas of Focus: Economic and Community Development

**February 1.** The North Platte Rotary Clubs distributed 1200 boxes of food and a thousand gallons of milk during their food distribution. Again, Hot Meals USA and USDA Farm to Table provided the supplies.

From **Bob Mayber**, DGE and noon club member: "Special thanks go out to **Carhart Lumber** for the forklift and pallet jack, **Jeff & Shae Caldwell** for not objecting to our traffic congestion, **Shrakes' Body Shop** and the **Quilt Rack** for putting up with cars in front of their business for 3 hours and the **City of North Platte Streets Department** for the traffic cones. Our **North Platte media** stepped up as well. Each publication and station recognized the need in our community to help and they shouted out the details of the event."

A special recognition to **DG Bob Taylor**, **DGE Bob Mayber**, and Club Secretary **Judy Pederson**, for all their work and help!



## Rotary Clubs Work Well with Others



**North Platte Sunrise** celebrated their 25th year in December. Four charter members – **James Conley, David Rowe, Bill McGahan, and Dean Hendrickson** – still serve with the club. The club also helped at a local pickleball tournament.



If these bright vests look familiar, it's because NP Sunrise also showed up at the food giveaway in North Platte (page 10).

**The North Platte Sunrise Rotary Club** has successfully continued to adapt to a hybrid meeting style with both in person and Zoom. Before they took their holiday break, the club gave a monetary donation to each of their local food pantries as well as the Lincoln County Historical Museum to use at their discretion to meet their needs. Several members of the club also helped distribute 1,200 food boxes alongside the North Platte Noon club.



**Cambridge Area Rotary** teamed up with **Cambridge Lions Club and local banks** to purchase and put together goodie baskets for Tri-Valley Health Systems and local EMTs and Firefighters as a way to say thank you for all they do for the community, especially during the pandemic as frontline workers.

Pictured (front L to R) **Derek Downer and Lisa Dutt**; (back L to R) **Kathryn Heitmann, Jessica Fisher, Vicki Brown, Debbi Runner, Tammy Sexton and Sarah Nickerson**.



**Cambridge** Club President **Debbi Runner** presented a Certificate of Thanks to Furnas County Sheriff **Doug Brown**. They also provided a meat and cheese tray to the Furnas County Sheriff's Department.

## On Leadership

*Ultimately, leadership is not about glorious crowning acts. It's about keeping your team focused on a goal and motivated to do their best to achieve it, especially when the stakes are high and the consequences really matter. It is about laying the groundwork for others' success, and then standing back and letting them shine.*

Chris Hadfield, *An Astronaut's Guide to Life*



## More Rotary Action from St. Paul, O'Neill, and Ogallala



**St. Paul** donated \$5,200 to the St. Paul American Legion Club in support of youth-related activities. Rotary members presented the check to officials of the Legion Club in front of the new Legion building currently under construction.



**O'Neill** is excited to welcome, from left to right, **Victory Sikes** of Great Western Bank, **Dr. Sam Luer**, **Dr. John Kersenbrock**, and **Rhea and Nick Rider** with the Christ Connection Center.



In January, **Ogallala Rotarians** volunteered to pick up and clean up for a Red Cross Blood Drive. Every appointment was filled. Judging from Ogallala's Facebook page, they step up to help with blood drives at every opportunity.

**Did You Know?** There's a Rotary Action Group for that. It's RAGBD - [Rotary Action Group for Blood Donation](#)



**Lake Mac Rotaract** is thankful for all they were able to accomplish this last year and looking forward to better things to come. Pictured above: President **Lexi Banks**, Vice President **Balie Waldhelm**, President Elect **Jerman Sanchez**, Secretary **Rachel Max**, and Treasurer **Tyler Shriner**. Want to know about Rotaract for your town? See [Rotary.org/Rotaract](https://Rotary.org/Rotaract).

From [Lake Mac Rotaract Facebook page](#): "Leaders become great not because of their power, but because of their ability to empower others."

## Experiencing BURNOUT ?

You're not alone. According to a new survey of 1,500 people in 46 countries, the vast majority of us struggle with general and workplace well-being as COVID and its effects continue to rage. The struggles affecting our mental health involve some of the critical predictors of burnout, including an unsustainable workload at home and work, the absence of a supportive community, and the feeling that you don't have control over your life and work.

We all know the things that have changed in our lives. As we have been isolated at home, we've had to learn new modes of communications, we've lost contact with colleagues, and our day-to-day routines have weakened our sense of efficiency.

These issues affect Rotary, too. Club members can feel the disorienting effect of the transition from what once was a face-to-face social organization to a Hollywood Squares image on the Zoom screen.

Burnout can become a severe mental health syndrome. If you see signs in yourself or others, work on engaging a mental health professional before it spirals into a more significant issue.

If you see members suffering from burnout, what can you do?

- Recognize the contributions people have made in ways that are meaningful to them. Sometimes a sincere thank you is a right approach. Avoid singling out special or exceptional performances – who among us hasn't been doing something special this past year?
- Ensure open, honest communication. "We care about you, and we need everybody's help to get through this successfully." That sense of fairness, values, and social inclusion will go a long way toward preventing cynicism and inefficiency in how the Club operates.
- Realize that things have changed. Explore the changes. Value those things you did well and discard the bad. Maybe some of the things the Club did not get done during COVID don't need to be done at all in the future.

Remember, Rotary is a social organization. As your State and local laws allow, and more importantly, club members agree, phase in hybrid meetings, and slowly we will regain our in-person meetings.

Sources: [\*How the Pandemic Exacerbated Burnout\*](#), and [\*What COVID-19 Has Done to Our Well-Being in 12 Charts\*](#), Harvard Business Review.

—Bob Taylor, DG 2020-21

## On Leadership

**We all have a job of leadership not only in Rotary but in our jobs, families, communities, and even as I've found out, in retirement.**

**Think about the leadership quotes we've placed around this newsletter. How well are you exemplifying leadership in your life and getting people from where they are to where they have not been?**

**Membership of this district is 'The Best.' You're to be applauded for taking Rotary through these uncharted times.**

Bob Taylor, DG 2020-21

District 5630 *Rotarians in Action* is published quarterly. Archives are posted in PDF format at [rotary5630.org](http://rotary5630.org) and at [DACdb.com](http://DACdb.com)—District. We encourage Rotarians to use this newsletter both internally and externally as a resource for club newsletters and for the advancement of Rotary.

**The publication target date for the next District 5630 newsletter is **June 15, 2021**.**

**Please submit your photos and/or articles by **Tuesday, June 1**, to [daa@5630mail.org](mailto:daa@5630mail.org).**

Thanks, *Cheryl*

## Rotary District 5630 - *Rotarians in Action*



**2020-21**  
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