



The Sower

Official Publication of
Lincoln South Rotary

Club #21799 - Chartered April 30, 1984



WEEK OF FEBRUARY 24, 2012

Lincoln South Officers and Directors

President Elise White elisemwwhite@mac.com	477-2233
President-elect Pat Grewe Patrick.grewe@usbank.com	434-1322
Secretary- Nicolette Klein nicki.klein@tieronebank.com	473-6422
Past President- Tom Cardwell tcardwel@southeast.edu	402-228-8220
Treasurer- Corey Vandewege corey@dsisupply.com	466-0440
Membership - Jessica Kolterman jessicak@nefb.org	421-4433
Public Relations- Scott Delisi sdelisi@ameritas.com	309-2504
Club Administration- Brad Carter bcarter@woodspros.com	430-6223
Service Projects- Dave Hilsabeck dhilsabeck@hotmail.com	489-9792
The Rotary Foundation- Joe Roberts jroberts@midfin.com	434-8050



Rotary is on the Web!

Rotary International— www.rotary.org
District 5650—www.rotarydistrict5650.org
Lincoln South Rotary—

<http://www.clubrunner.ca/CPrg/Home/homeS.asp?cid=6040>

CLUB SERVICE TEAM ON DUTY

Chris Dietz
Craig Madson
Joe Roberts
Brad Carter



Visiting Rotarians and Guests

Rotarians—Don Kucera from Club 14.

Guests—Terri Pattavina, guest of Jim, Ryan Spalding and Adam White, our speaker.

HAPPY DOLLARS (For Emergency Relief)

Dave Hilsabeck, Jenny Cardwell, Craig Madson, Gene Swinton and Jim Pattavina.



Reach Within to Embrace Humanity

[Future LSR Programs](#)

- 3/9/12 Adam White– Entrepreneur Performer
“Compelling Communication”
- 3/16/12 Donna Wilcos– 100 Years of Girls
Scouting and Plans for Hilltop House
- 3/23/12 LSR Annual Scholarship Awards
- 3/30/12 NO MEETING– (Annual Rotary Salute
to Business on 3/27 will count as regular
meeting)
- 4/13/12 UGRAD Student from Southeast Com-
munity College– International Student
Perspectives.
- 4/20/12 Kyla Wize, National Park Board- “Food-
Our Fundamental Right”

[Events & Projects](#)

- 3/17/12 LSR Foundation Annual Chili Feed 6 pm
at the home of John & Nancy Herdman
- 3/27/12 Annual Salute to Business at the Corn-
husker Marriott. Doors open 11:30.

Notes & Announcements

Salute to Business—This event which is sponsored by all 4 Lincoln Rotary clubs is scheduled for Tuesday March 27, 2012 at the Cornhusker Marriott. Lincoln South will have a table again this year. Cost is \$25 per person. Please see Joe Roberts if you are interested in attending. The honoree is Crete Carrier. This will count as the regular Lincoln South meeting that week so there will be NO MEETING ON FRIDAY MARCH 30TH. *See flyer with details on page 4.*

LSR Foundation Chili Feed— The annual LSR Foundation Chili Feed has been scheduled for Saturday March 17, 2012 at 6 pm at the home of John & Nancy Herdman. Cost is \$25 per person with proceeds to the LSR Foundation. There will be a chili competition again this year so get your recipes ready! *See flyer with details on page 6.*

RYLA—The District is going to participate in the RYLA (Rotary Youth Leadership Awareness) program this year. Tom is Chair of the District committee and is looking for volunteers for the leadership camp that will be held at Camp Katron in Nebraska City in April.

LSR Annual Scholarship Awards—March 23rd has been set for the date to hear the presentations and make the scholarship awards. Tom Cardwell will be the chair of the event and is looking for items for gifts for both the scholarship contestants and their counselors. *See details on page 5.*

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>



Reach Within to Embrace Humanity

2011-2012 Club Goals

1. *Attain & Maintain 55 total members.*
2. *Increase number of female members & young professionals.*
3. *Hold periodic club assemblies.*
4. *Incorporate "New Generations" into current club service projects.*
5. *Maintain 100% sustaining membership in the Rotary Foundation.*
6. *Have a rewarding, unforgettable year!*

PROGRAM

On Friday the club was in for a treat as we were entertained by professional magician, Adam White. Adam used his magic tricks to talk to the club about communication and persuasion.



Even though sometimes persuasion has a negative connotation, it is actually a good communication tool. We are always communicating. Many times when we are not getting results, we just need to change the communication. Adam recommended a great book on self image titled Psycho Cybernetics by Dr. Maltz and Dan Kennedy.

Adam recommended 3 ways to be confident—1 Know your markets by doing your research, 2 Rehearse and 3 Listen. Communication is 100% more effective if both parties listen.

Rules for good communication:

Give 100% of your attention to the person that you are communicating with. Let them talk and then pause when they stop to give them time to finish their thought

and to give you time to form your response. This will lead to a rational response versus an emotional response. Explain what they said in your response so there is no misunderstanding. Pay attention to other clues such as posture, tonality, speed of speech etc. 7% of communication is words and the rest is body language and other visual cues.

One effective tool is mirroring where you mirror the other person in speech patterns such as speed or volume or match their movements. They are more inclined to relate to people they know and trust and who are more like themselves.

Final Thoughts— Believe in yourself, Work hard, There is no failure; only feedback and Never to be too scared or proud to ask for help.

**QUESTIONS?
COMMENTS?
ARTICLES?**

**Contact Newsletter
Editor**

Judy Krasomil
434-3909
judy.krasomil@nifa.org

February Birthdays

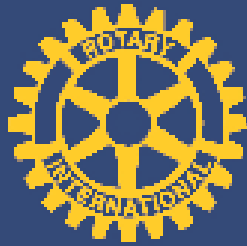
Nicki Klein
Dick Miller
Elise White
Dick Wampler
Aaron Babcock

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



Salute to Business

Save the Date

20th Anniversary

Salute to Business Luncheon
honoring:



Tuesday, March 27, 2012

Cornhusker Marriott Hotel

\$25

Corporate tables available

Doors open at 11:30

Lincoln South Rotary Club Annual Scholarship Awards



Wanted:

College-bound items for Scholarship Finalists (4 students)

Miscellaneous Gift Items for Counselors (4 counselors)

When:

March 16, 2012 – or sooner – so that the gift packs can be assembled and a “thank you flyer” can be printed prior to the meeting on the 23rd.

Who:

Bryan Block - 402-488-0934 - bryan@bmlfh.com



The Lincoln South Rotary awards scholarships to college bound high school seniors. Along with the money awarded, we have a tradition of providing gift packs – for the students and the counselors.

Examples of items that have been included in the past:

College-bound items – portfolios, pens, flash drives, gas cards, t-shirts, desk top items, mouse pads, calculators, pens / pencils, etc.

Miscellaneous Gift Item for counselors – office items, candies in candy jars, pens, magnifying glasses, calendars, etc.



Contact Bryan Block. He needs the back packs and gift bags as well as the wonderful gift items that will be inside the packs.

Chili Benefit Cook-off

Lincoln South Rotary Foundation

Attend one of Lincoln South Rotary's Social events and support the Lincoln South Rotary Foundation.

Bring your favorite chili and enter it in the cook-off competition (details below).

Saturday March 17, 2012

5:30 PM Social and Judging

6:00 Dining & Results

At the Home of

John & Nancy Herdman

7525 S. Hampton Rd.

(Home):402-484-8477

(Cell): 402-730-4499

Cost: \$25.00 per person
Includes chili, dessert and
beverage

Please invite friends and family.
A good time will be had by all.

RSVP to John Herdman
jherdman@binary.net



100% of the proceeds to benefit the charities of the
Lincoln South Rotary Foundation

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Cook-Off Competition

Rotary Celebrity Judges ~ Win a prize

Let John Herdman (jherdman@binary.net) know by Monday March 12, 2012 if you intend to enter a chili in the competition. Please provide the following information:

- Name of your Chili
- Heat Value – Mild, Medium or Hot

Prepare your favorite chili and put it in a crock pot to deliver to the Herdman home no later than 5:00 PM on Saturday March 17th. Judging begins at 5:30 PM with dinner starting at 6:00 PM.