



The Sower

**Official Publication of
Lincoln South Rotary**

Club #21799 - Chartered April 30, 1984

www.LincolnSouthRotary.org



MEETING OF OCTOBER 12, 2007

President's Corner

Lincoln South Officers and Directors

President— Carl Zeutzius czeutzius@unicogroup.com	434-7275
President-elect/ Community Service— Sandy Taylor Sandy.taylor@bryanlgh.org	481-3982
Secretary— Nicolette Klein nicki.klein@tieronebank.com	473-6422
Treasurer— Corey Vandewege corey.vandewege@pinnbank.com	437-9294
Past President— Craig Madson Craig.madson@usbank.com	434-1054
Club Service Director - Mary Williamson mary.williamson@agedwards.com	475-3644
International Service Director— Tom Cardwell tcardwel@southeast.edu	402-228-8220
Vocational Service Director— Clay Ehlers Clay.ehlers@kenexa.com	419-5391
Board Member at Large/President Nominee— Tracey McClain tracey.l.mclain@rbcdain.com	465-3814
Board Member at Large— J.P. Lauterbach jlauterbach@ymcalincoln.org	323-6406
Board Member at Large— Bob Vrana vrana@earthlink.net	309-7300



I wanted to thank Sandy for filling in for me last week. Don't forget we have a very special speaker this week. Anita Rieder will be here from the Rotary International Foundation. We will also have a few special guests that day so I hope everyone can attend.

Several of us will be attending the Rotary Leadership Institute this Saturday in Council Bluffs. I'm fortunate to be one of those that will be a part of their first graduation class as I complete Part III of the sessions. It has been very informative and I encourage you to consider attending in the future.

Don't forget this is Trick or Treat for Hunger Month. Thank you to those that have delivered dictionaries to the 4th graders this week. I will be at St. Peter's tomorrow!

Carl

CLUB SERVICE TEAMS

On Duty
Brad Carter
Bernie Poppe



**Scheduled for
10/19/07**

Shahid Kamal
Elise White
Mike Fallesen

Visiting Rotarians and Guests

Rotarians— DeEtta Vrana and Dave Oxner from Club 14 and Dick Miller from Arizona and Marsha Stork, our speaker who is also from Club 14.

Guests— Jim Tooth, guest of Nicki Klein ..

HAPPY DOLLARS

Samip Patel, Scott Delisi, Craig Madson, Jim Pattavina, lance Odom, Nicki Klein, Brad Carter, Dave Hilsabeck and Bernie Poppe.



2007/2008 Mottos & Slogans

Rotary International— Rotary Shares

Future LSR Programs

- 10/19/07 *Lincoln South Board Meeting— 10:45 Knolls*
 10/19/07 *Anita Rieder, Representative from the Int'l office of the RI Foundation*
 10/26/07 *Connie Yori, UNL Women's basketball coach*

Events & Projects

- 4/11 & 4/12/08 *District Conference—Lied Lodge in NE City*

Notes & Announcements

Group Study Exchange Team—The GSE committee is still searching for team members for the Group Study Exchange team traveling to Australia in the spring of 2008. Candidates must be non Rotarians, be between the ages of 25-40, in good health, be employed with an minimum of 2 years in their career and reside in District 5650. If anyone has a potential candidate, please contact Joyce Schmeeckle or Joe Roberts.

Lincoln South Foundation Wine Tasting— The numbers are in and the wine tasting raised \$1,500 for the Lincoln South Rotary Foundation which is a record! Thanks to all who participated.

Trick or Treat for Hunger—Don't forget your food or money donations for the Trick or Treat for Hunger food drive for the food bank going on during the month October. Please contact Tracey McLain, Elise White or Kelli Zavala if you have money or items to donate and you can't bring them to a meeting. They will be happy to pick them up. *See the Flyer with details on page 5.*

Trash Pickup DATE CHANGE—The trash pick up scheduled for this Saturday October 20th has been RESCHEDULED to Saturday October 27th at 9:00 am. Everyone will meet in the parking lot of Christ's Place church at 1111 Old Cheney Road. With enough volunteers, the pick up should only take about an hour. Sign up sheets will be at the next few meetings.



Rotary is on the Web!
 Rotary International— www.rotary.org
 District 5650— www.rotarydistrict5650.org
 Lincoln South Rotary— www.LincolnSouthRotary.org

2007/2008 Mottos & Slogans

Rotary International— Rotary Shares

PROGRAM

2007-2008 Club Goals

1. *Grow membership to 54, focusing on not just adding members but adding future Rotarians.**
 2. *Achieve 100% sustaining membership in the Rotary Foundation.**
 3. *Increase membership participation in the two major fund raising activities to improve net income by 10%.*
 4. *Explore fundraising options for the club to consider the feasibility of adding a 3rd fundraiser.*
 5. *Hold a "Guest Day" in which every member will invite a guest and feature a prominent speaker.*
 6. *Continue to participate or establish.**
- Literacy or Education Program*
- Hunger or Health Related Program*
- Family of Rotary Events*
- Consider a water program*
6. *Achieve Presidential Citation Award.**

** District 5650 compatible goals for 2007-2008.*

Our speaker on Friday was Marsha Stork, president of the Emerald Care Company which owns the Independence House which specializes in serving the unique needs of Dementia and Alzheimer's residents. Marsha spoke to the club about various forms of Dementia which is a severe loss of cognitive function which interferes with daily living. Alzheimer's disease which is a form of dementia by far affects the largest group of people with language and short term memory the two primary areas affected.

Marsha compared signs of normal aging versus signs of Alzheimer's such as:

Normal Aging

Forget part of an experience
Remember later

Can follow written directions
Can care for self

Occasionally forget names, day of week

Alzheimer's

Forget the entire experience
Rarely remember later

Cannot follow written directions
Gradually unable to care for self

Forget how to dress, how to find home



tors for Alzheimer's are age, family history, brain injury, history of strokes, Parkinson's disease or other neurological disorders.

Lifestyle has a big impact on an individual's risk of Alzheimer's even if there is family history. The key is to eat healthy, exercise, keep a healthy sense of humor and most importantly continue to stimulate your brain by doing puzzles, stimulating

hobbies or trying something you have never done before. There are currently several medications that do not cure the disease but will delay the progress. That is why it is important to identify it early before it has progressed.

Marsha shared 10 Absolutes to consider when caring for Alzheimer's patients. Never argue but instead agree. Never try to reason but instead divert. Never shame but instead distract. Never lecture but instead reassure. Never say remember but instead reminisce. Never say I told you but instead repeat. Never say you can't but say do what you can. Never command or demand but instead ask or model. Never condescend but instead encourage & praise. Never force but instead reinforce.

The Independence House provides several types of care for Alzheimer's patients from Day Care, Home Care and Respite Care to 24/7 care. There are 3 locations in Lincoln which are configured to be more like a Home Environment. Contact 402-742-7836 for more information or www.theindependencehouse.com

PLACES TO MAKE UP

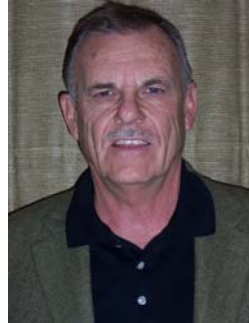
Tuesday morning—Sunrise Rotary at International House of Pancakes at 4501 North 27th (27th and Superior Ave.) at 7:15 AM

Tuesday Noon—Lincoln #14-Nebraska Club at 13th & M

Wednesday 11:45 a.m.—Lincoln East at Valentinos at 70th & Van Dorn

NEW MEMBER PROPOSAL

Short Hinrichs has been submitted for membership to Lincoln South Rotary. Hearing no objections from the membership by the end of the seventh day following newsletter publication, the membership proposal process will continue in accordance with the standard procedures detailed below.



Dr. Elvis A. "Short" Hinrichs
Research Professor
UNL-Dept of Entomology
Sponsor—Nicki Klein

Rotary International Standard Procedure for Membership Proposal:

- I .** The prospective member's name is submitted to the board of directors
- II .** The board ensures that the person is fully qualified and approves or disapproves of the proposal
 - Objections are to be submitted to the club secretary (or to any other Board Member in the event the Secretary is the proposer) by the deadline posted.
 - It will be appropriate to assume approval in the absence of objections by the posted deadline.
 - The proposer is notified by the club secretary of the Board's approval (or disapproval). **UNTIL THIS APPROVAL IS GRANTED, PROSPECTIVE MEMBERS SHOULD NOT BE INFORMED THAT THEY HAVE BEEN PROPOSED FOR MEMBERSHIP**
- III** The prospective member's name is published to the club
 - If no objections are received by the deadline following the publication of the name, that person, upon payment of an admission fee (secured by the proposer) is a new Rotarian
- IV .** The prospective member is informed of privileges and responsibilities of the club membership by proposer.
 - He or she is then asked to complete the membership application form and submit along with their dues payment.
- V .** Any and all communications within these procedures may be in person, in writing, by phone, by fax, by email, or by any other physical or electronic means available to the Board Member.



LINCOLN SOUTH ROTARY

TRICK OR TREAT

For Hunger 2007

It's time again for Lincoln South Rotary's Annual Food Drive for the Food Bank of Lincoln. Our goal is 100% support from our club members for this very important cause. In the past, members have found success by placing a box in a convenient area at work, while others trick or treated for hunger in their neighborhood.

Bring your food or cash donations to Rotary Club meetings during the month of October. Please make checks payable to the Food Bank of Lincoln. If you are unable to bring your donations to the meetings, please contact Tracey McLain at 465-3814 or Elise White at 202-3729 and they will arrange to pick up your donations.

On Behalf of Lincoln South Rotary and the Food Bank of

Lincoln,
Thank You!