



The Sower

Official Publication of
Lincoln South Rotary

Club #21799 - Chartered April 30, 1984

www.LincolnSouthRotary.org



MEETING OF FEBRUARY 8, 2008

New Member in the News



Bryan Block told the club a little about himself on Friday. Bryan is a native Nebraskan. He has been married 25 years and has 2 daughters. His wife works at Gere Library and he has been in the funeral home/cemetery business for the last 20 years. He started in Omaha and moved to his current position in Lincoln several years

ago. He works primarily in the funeral planning side and the after care side which offers services to help families access insurance benefits etc. He is a big collector of Husker paraphernalia.

Welcome to Lincoln South Bryan

CLUB SERVICE TEAMS

On Duty

Brent Kasl
Bernie Poppe
Pat Grewe
Brad Carter



Scheduled for 2/15/08

Shahid Kamal
Elise White
Chris Campbell
Pat Grewe

Visiting Rotarians and Guests

Rotarians— Herm Weaver from Club #14.

Guests—Matt Frederick and Amy Cyphers-Carr, our speaker for the day.

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

Lincoln South Officers and Directors

President—
Carl Zeutzius 434-7275
czeutzius@unicogroup.com

President-elect/ Community Service—
Sandy Taylor 481-3982
Sandy.taylor@bryanlgh.org

Secretary—
Nicolette Klein 473-6422
nicki.klein@tieronebank.com

Treasurer—
Corey Vandewege 437-9294
corey.vandewege@pinnbank.com

Past President—
Craig Madson 434-1054
Craig.madson@usbank.com

Club Service Director -
Mary Williamson 475-3644
mary.williamson@agedwards.com

International Service Director—
Tom Cardwell 402-228-8220
tcardwel@southeast.edu

Vocational Service Director—
Clay Ehlers 419-5391
Clay.ehlers@kenexa.com

Board Member at Large/President Nominee—
Tracey McClain 465-3814
tracey.l.mcclain@rbcdain.com

Board Member at Large—
J.P. Lauterbach 323-6406
jlauterbach@ymcalincoln.org

Board Member at Large—
Bob Vrana 309-7300
vranab@earthlink.net

HAPPY DOLLARS

Pat Grewe, Mary Simmons,
Clay Ehlers, Bob Vrana, Craig
Madson, Tracey McLain and
Nicki Klein.



Future LSR Programs

2/15/08 Dr. Hank Roberts, Rotary Volunteer— International Humanitarian & Vocational Service Projects

2/22/08 Lincoln South Board Meeting— 10:45 at the Knolls.

2/22/08 Vocational Day

Events & Projects

FEB World Understanding Month

3/12/08 Dine Out for Girl Scouts—Valentinos

3/18/08 Salute to Business Luncheon (Lincoln South regular meeting will be **MOVED** to this date.)

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

5/16/08 LSR Annual Golf Outing at the Highlands

10/10/08 Club #14 Auction

Notes & Announcements

Dine Out for Girl Scouts—Lincoln South participates annually in the dine out for Girl Scouts. On March 12, 2008 a percentage of all meals purchased from Valentinos will be donated to the Girl Scouts. This includes carryout.

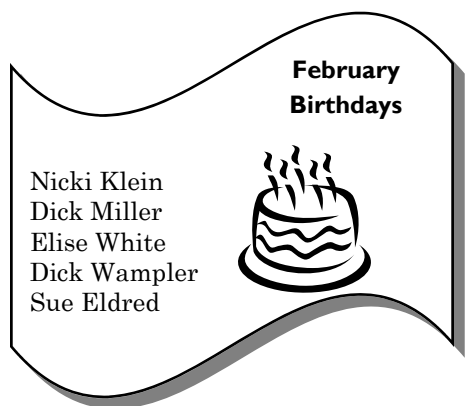
Salute to Business—TierOne Bank has been selected as the honoree for the 2008 Salute to Business. The annual luncheon will be held Tuesday March 18, 2008 and will serve as the regular Lincoln South Meeting for that week. More details to follow. Congratulations to Tier One!

Nut Sales— The annual nut sales are winding down. This is one of our 2 fundraisers for the year to raise money for Scholarships and other vocational activities as well as to help the Club's foundation with community support. Please help clean up the remaining inventory which is available at each meeting.

Vocational Day— Friday February 22nd has been designated as the annual Lincoln South Vocational Day. Please be thinking about area students that you can invite to come hear the vocational speaker.

Meal on Wheels—2 volunteers are needed to deliver meals on wheels on the 2nd Tuesday of odd numbered months (January, March, etc.). They can either do the route together or take turns and only one go each time. Also extra volunteers are needed for the 5th Tuesday when it occurs. If someone is willing, or wants to know more about what is involved, they can call Ardel Harger at 420-2900 or email him at ardelh@hargercpa.com.

Red Cross Appreciation Games—Brad Carter reports that \$4,920 was raised at the men's game and \$2,141 at the women's game for a total of \$7,061 which is an increase over last year of \$6,447. Thanks to Brad for once again coordinating the Lincoln South team and thanks to the following volunteers who helped with the women's game Sunday. *See pictures on page 4 of the collection team for the women's game last Sunday.*



Bryan Block
Tom and Jenny Cardwell
Brad, Linda and Claire Carter
Clay Ehlers
John and Nancy Herdman
Ellie, Heidi and Nikki Iseman
Sue Nelsen
Robert Poppe
Sandy Taylor
Bob Obst from Club #14

Also Audrey Focault, our exchange student from France helped with the collection and then attended a Fastbreakers event following the game with Brad, Linda, and Claire Carter

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.*

Amy Cyphers-Carr gave a very energetic presentation about "Girls on the Run". Amy is the director of Girls on the Run in Lincoln which is a nonprofit fitness, education and mentoring program for young girls. This is an after school program which originated in North Carolina with 13 girls. There are now 160 councils across the US which served 40,000 girls last year. The Lincoln program started in 2003 with 11 girls and expanded to Omaha in 2004. A total of 1,900 girls have been served to date by the Lincoln and Omaha programs.



The participants in the program meet 1 hour per week for 2 months and train to complete a 5K race. There is a national standardized program which includes a theme for each day and a lot of games and motivational activities for the girls to get them to run. They use constant positive feedback and try to make the environment very supportive of the girls. The object is to teach the girls goal setting skills which will help them to pursue healthy habits as they grow and become adults. While weight loss is not the goal, it many times is a result of the program along with a great boost in the self confidence of the girls.

Studies show that young people who are physically active engage in less risky behaviors when they hit adolescence.

Childhood obesity and dwindling physical education programs are also contributing factors to the need for the program.

The grand finale of the program is the 5K run which is held twice per year.

Some of the results of the program have included better body image, higher self esteem and healthier habits for the girls who participate. In fact many girls come back multiple times. This program is the first step to a life of health and wellness for all of

those who participate. Volunteers are always needed to serve as coaches for the girls or to volunteer to help with the 5K or other special events held throughout the year. And as always, sponsors for each event are most welcome. To donate time or funds or to receive more information about the program you can contact Amy

amycypherscarrgirlsontherun@neb.rr.com

Or you can find information on the website

www.girlsontherunofnebraska.com

**QUESTIONS?
COMMENTS?
ARTICLES?**

Contact Newsletter Editor

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Rotary is on the Web!

Rotary International— www.rotary.org

District 5650— www.rotarydistrict5650.org

Lincoln South Rotary— www.LincolnSouthRotary.org

RED CROSS COLLECTIONS SUNDAY FEBRUARY 10TH

