



The Sower

**Official Publication of
Lincoln South Rotary**

Club #21799 - Chartered April 30, 1984

www.LincolnSouthRotary.org



MEETING OF OCTOBER 17, 2008

Lincoln South Officers and Directors

President– Sandy Taylor Sandy.taylor@bryanlgh.org	481-3982
President-elect– Tracey McLain tracey.l.mclain@rbcdain.com	465-3814
Secretary– Nicolette Klein nicki.klein@tieronebank.com	473-6422
Treasurer– Corey Vandewege corey@dsisupply.com	466-0440
Past President– Carl Zeutzius czeutzius@unicogroup.com	434-7275
Club Service Director - Mary Williamson mary.williamson@smithbarney.com	479-1230
International Service Director/ Presidential Nominee– Tom Cardwell tcardwel@southeast.edu	402-228- 8220
Vocational Service Director– Clay Ehlers Clay.ehlers@kenexa.com	419-5391
Community Servicer Director– Elise White elisemwwhite@mac.com	477-2233

HAPPY DOLLARS

Bryan Block, Lance Odom,
Scott Richardson, Short
Heinrichs and Nicki Klein



PRESIDENT'S CORNER



Meth 360 was unbelievably informative and interesting. So much information we did not have time for questions! It is great that the numbers have gone down but sad that there are still people using this drug.

Membership chairs have a few words that they took away from the Membership seminar so please take the time to read

them and take action.

Don't forget the TGIRF at James Arthur Vineyards!

Sandy

CLUB SERVICE TEAMS

Scheduled for 10/24/08

On Duty
Bob Vrana
Dave Hilsabeck

Clay Ehlers
Shahid Kamal



Visiting Rotarians and Guests

Rotarians—Scott Richardson & Charlie Ogden from Club 14.

Guests—Terri Eafley and Jim Davis our speakers .

**QUESTIONS?
COMMENTS?
ARTICLES?**

Contact Newsletter Editor

Judy Krasomil
434-3909

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2008/2009 Mottos & Slogans

Rotary International– Make Dreams Real

Future LSR Programs

- 10/24/08 Prof. Marion Ellis, UNL Dept of Entomology on "Honey Bee Colony Collapse Disorder: Threat to American Agriculture"
- 10/31/08 Shamsa Ali, Fullbright Scholar from Pakistan
- 11/7/08 Judy Prschio- 2008 Group Study Exchange Team to Australia
- 11/14/08 District Governor Sharon Wherry & Dan Wherry, District Chair for Rotary Foundation Annual Programs
- 11/21/08 The Rotary Foundation Permanent Fund by PDG Lloyd Gnirk
- 11/28/08 NO MEETING. HAPPY THANKSGIVING!

Events & Projects

- 10/21/08 Rotary Metro Area Luncheon—Embassy Suites, 12520 Westport Parkway LaVista



Notes & Announcements

Piggy Bank—Please bring spare change to save your spare change for the Lincoln South Piggy Bank. The funds will be used for various projects that Lincoln South supports during the year. Get ready to empty your pockets every Friday!

Vocational Day—Clay Ehlers reported that we need a speaker for our Vocational Day which will be in December. If you know any potential candidates, please contact Clay.

Youth Exchange—Tom Cardwell reported that they are still looking for a 3rd host family for next spring for our Youth Exchange student from France. If you know anyone who might be interested, please contact Tom.

GSE Team Taiwan 2009—The District is still looking for applications for Team Members and Leader for the 2009 Rotary Group Study Exchange to District 3500 Taiwan.

Board Nominations—It's that time of year again - when we need to solicit for nominations for Board Members for Lincoln South Rotary. We need to fill 2 Board Seats. The term is for 2 years - starting July 1, 2009. All Members, in good standing, not on leave of absence, who have had their new member sticker removed are eligible. The form on page 4 shows members that are eligible. We have also shaded those who are already on the Board for 2009-2010 - they should not be nominated. All Lincoln South Rotary Club Members can nominate. Each person is asked to nominate no more than 2 candidates. The attached slate shows the members in good standing, not on leave, who have had their new member sticker removed. We have shaded (and marked n/e) those that will already be on the Board for 2009-2010. We will also have the ballots at the Club Meetings.

Membership—On Saturday 10/18 four club members attended a membership seminar held at the SAC Museum. Approximately 35 people from all across our district shared ideas and listened to speakers discuss how we may increase membership. As we age (ugh) it is vital that we not neglect the need to replenish our ranks and replace ourselves with members that will successfully carry on the mission of Rotary. Here are two of many good suggestions for attracting new members: 1) Thank them for coming. In writing. Via snail mail. Nothing beats a written note of thanks. 2) Prepare the crowd and make them feel welcome. Email other Rotarians and let them know a little about the guest you will be bringing to this weeks meeting so we can discuss common interests with them and make them feel part of the group the minute they arrive

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

2008-2009 Club Goals

1. *10% growth in membership AND President to bring in 1 new member for a total of 6 new members.*
2. *Achieve 100% sustaining membership in the Rotary Foundation.*
3. *Participate in Bill Gates matching campaign for \$1,000 every club for 3 yrs for Polio Plus.*
4. *Implement a Child Mortality Project.*
5. *Plan anniversary celebration for April 2009.*
6. *Continue to hold a "Guest Day" where every member invites a guest and prominent speaker is featured*
7. *Continue to participate or establish:*

Literacy or Education Program (Dictionary Project)

Zambia Project

Monthly Family of Rotary Events such as TGIR.
8. *Achieve Presidential Citation Award.*
9. *Begin implementation of the Club Leadership Plan.*

PROGRAM

Terri Eafley from the Lincoln Council on Alcohol and Drugs and Jim Davis and Vanessa Butters from the UNL Police Dept. were our speakers for the day. The topic was Meth 360 or how meth affects not only the users but how it comes full circle to affect the community as whole. Meth is a highly addictive stimulant drug which is manufactured not grown. It is made from pseudoephedrine plus household chemicals such as Drano, Heet, muriatic acid, lacquer thinner and anhydrous ammonia to name a few.

It first started to show up in eastern Nebraska in 1997 when it began coming through Falls City. Since then there has been a dramatic drop in meth lab seizures primarily due to the fact that the public began to report it. Also today 65-70% of meth used is made in super labs in Mexico and California. Even though lab seizures are down, felony arrests are up. 54% of the federal drug cases in Lincoln are meth related.

Most users are ages 18-25. Meth is not used just to get high but many people begin using it for more energy to cope with their job or stresses in life, such as working moms, truck drivers, students etc. Meth impacts the production of dopamine in the brain to increase energy, confidence, sex drive, blood pressure and heart rate and decrease inhibition, appetite and need for sleep. It creates a long lasting euphoria that can last for days. The resulting im-

pacts on the body are devastating. It ruins teeth & creates abscesses since users are drawn to sugar drinks and don't practice any hygiene. Some of the long term impacts are paranoia, hallucinations, skin crawling, depression, obsessive behavior, agitation, insomnia, aggression, violent convulsions and death. Users lose the ability to assign value to things and to

**Terri, Vanessa and Jim**

reference themselves in space. Meth changes the brain's chemistry and after awhile the user no longer experiences the euphoria. The addiction is treatable but of the 22 million users in the US, only 3 million seek treatment.

The impact on the community is great. Meth labs are highly explosive and can be very dangerous both to the occupants and the neighborhood. 1 in 3 meth labs have children in the house and the users neglect them. 90% of identity thefts are drug related and hospital & emergency room care, dental care and social services are all strained by the impact of the drug.

What can you do? Educated yourself and others. Be persistent and realize that it takes time to build a case. Be alert for signs of abuse and signs of meth production and take action when you suspect that someone is using or producing the drug. It is better to call and be wrong than not report suspicious behavior. Talk to your kids over and over. Kids who learn about drugs from their parents are 50% less likely to use drugs.

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



Lincoln South Rotary

Nominations to the Board of Directors

For the 2009-2011 Rotary Years



Members in shaded boxes will be on the Board for the 2009-2010 Rotary Years and are not eligible for nomination this year.

Members with terms expiring this year, past Board Members, and Past Presidents are eligible for nomination along with any other members listed. To be listed, members need to be in good standing, in active status, and their New Member Sticker removed.

Please nominate no more than 2:

	David Asper, Past Board Member
	Bryan Block
	Jenny Cardwell
n/e	Tom Cardwell, Pres 2010-2011
	Brad Carter, Past President
	Scott Delisi, Past President
n/e	Clay Ehlers, Board exp 6-30-10
	Patrick Grewe
	Ardel Harger, Past President
	Dean Heermann, Past President
	Short Heinrichs
	John Herdman, Past President
	Nikki Iseemann, Past President

n/e	Shahid Kamal, Board exp 6-30-10
n/e	Nicolette "Nicki" Klein, Secretary
	Judy Krasomil
	Neal Lyons, Past Board Member
	Craig Madson, President 2009-10
n/e	Tracey McLain, Pres 2009-2010
	Joyce Michaelis
	Lance Odom, Past President
	Samip Patel
	Jim Pattavina, Past President
	Bernie Poppe, Past President
	Joe Roberts, Past President
	Joyce Schmeeckle, Past President

	Mary Simmons
	Gene Swinton, Past President
n/e	Sandy Taylor, Pres 2008-09
n/e	Corey Vandewege, Treasurer
	Roger Vicroy
	Bob Vrana, Board exp 6-30-09
	Dick Wampler
n/e	Elise White, Board exp 6-30-10
	Mary Williamson, Board exp 6-30-09
	Vickie Williamson
	Kelli Zavala
	Carl Zeutzius, Past President

Nominations must be submitted by 1:00 PM on Friday, November 7, 2008. Submit ballots in person or by e-mail to:

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 4435 O St
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 Lincoln NE 68503-0275
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