



# The Sower

Official Publication of  
Lincoln South Rotary

Club #21799 - Chartered April 30, 1984

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



MEETING OF SEPTEMBER 26, 2008

## Lincoln South Officers and Directors

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

## PRESIDENT'S CORNER



Isn't it amazing what small things we do can make a huge savings in gas! I must admit that I have never put that much thought into driving as George Witt has. You can tell what his passion is.

We will be going to James Arthur vineyards for our next TGIRF. Please sign up at the meeting or let me know so we can advise them the numbers. *(See Flyer attached to newsletter email.)*

The Club 14 auction is Friday and the Membership Seminar is Saturday, if interested in attending either, let me know.

Sandy

## CLUB SERVICE TEAMS

Scheduled for 10/10/08

**On Duty**  
Joe Roberts  
Dave Hilsabeck  
Bryan Block



Dick Wampler  
Clay Ehlers  
Short Heinrichs  
Dick Miller

## Visiting Rotarians and Guests

*Rotarians—*DeEtta Vrana fro Club 14.

*Guests—* Vicki Mullens, guest of Lance Odom and Shansa Alli, guest of Tom Cardwell.

## HAPPY DOLLARS

Jim Pattavina, Dick Wampler, Craig Madson, Bernie Poppe, Bob Vrana, Brad Carter and Clay Ehlers.



2008/2009 Mottos & Slogans

Rotary International— Make Dreams Real

## October Birthdays

Brent Kasl



### Future LSR Programs

- 10/10/08 Dr. Ravi Sarraf, PhD, UNL Professor of Chemical Engineering, on "Nanotechnology Present and Future".
- 10/17/08 LSR Board Meeting-10:45 at the Knolls
- 10/17/08 "Meth 360" presented by LPD and the Substance Abuse Action Coalition.
- 10/24/08 Shamsa Ali, Fullbright Scholar from Pakistan
- 10/31/08 Prof. Marion Ellis, UNL Dept of Entomology on "Honey Bee Colony Collapse Disorder: Threat to American Agriculture".

### Events & Projects

- 10/10/08 Club #14 Auction
- 10/11/08 District Membership Seminar—9am to 2pm at the SAC museum.
- 10/21/08 Rotary Metro Area Luncheon—Embassy Suites, 12520 Westport Parkway LaVista  
(See Flyer attached to email)

**Rotary Metro Area Luncheon**—All Lincoln South members are encouraged to attend the Metro Area Luncheon in LaVista on October 21st. Cost is \$30 per person and the featured speaker is Dr. Louis Sullivan, former US Secretary of Health and Human Services. Registration at 11:30, lunch begins at 12:00. This is a great way to network with Omaha area clubs.

**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. See page 4 for details about the program and how to apply.

## Notes & Announcements

**Piggy Bank for Spare Change**—Please remember 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!

**Trick or Treat for Hunger**—The time is fast approaching for the Trick or Treat for Hunger project. Next time you are grocery shopping, throw a few extra items in your cart for the Food Bank. More details to follow.

**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.

**Equipment for Speakers**—In order to ensure that our speakers have equipment available for their presentations, we are seeking Lincoln South Rotary Members who would be willing to be on an "on-call list" to provide projectors when needed. The individuals arranging for the speakers will be responsible for contacting you to see if you can bring a projector on a particular day. You need to arrive early on that day to ensure that the speaker has sufficient time to set up and test before the meeting starts. If you are willing to be added to this list, please contact [nicki.klein@tieronebank.com](mailto:nicki.klein@tieronebank.com). THANK YOU

**Red Cross Collection Proceeds**—Brad Carter reported that funds collected on Saturday for the Red Cross totaled \$44,766 which is a 9.5% increase over the prior year. Great job LSR team in helping with the effort!

**Club 14 Auction**—There is still one seat available at the Lincoln South table for the auction on Friday night. Cost is \$60. Contact Joe Roberts if you are interested. There will be a number of auction items available on line which will not be available at the auction. You can go to the Lincoln #14 auction website to view the available items at : <http://www.rotary14auction.org/index.php>

Also, Roger Ludemann (a long time friend of Lincoln South Rotary) offered to do "sealed bids" for anyone interested in bidding on items - but they are unable to attend the event.. They can view the auction items online and send a signed form to Roger telling him what they want to enter as their minimum and maximum bids. View the auction items online and submit your bid using the form attached to the newsletter email Deadline for sealed bids - Thursday, October 9, 2008 - 5:00 PM

**Dictionary Project**—Clay Ehlers reported that Lincoln South will be delivering dictionaries to 4 schools from October 14-17. Sign up sheets will be available at the meetings and Clay will contact with the details.

**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**

George Witt of George Witt Services was our speaker for the day. George is the owner of an auto repair shop which specializes in Honda and Toyota vehicles. George has done extensive research on how to minimize ongoing operating expenses for your vehicle as well as how to maintain new car reliability over the long term at the lowest cost. As gas prices have begun to increase dramatically this has become a popular topic and George has begun publishing a newsletter as well as holding classes at his shop on the topic.

His primary message was that driving habits greatly impact gas mileage. He shared some information about auto physics which shows that both pedals use energy from the fuel tank. For instance when brakes are applied they heat up which dissipates kinetic energy. The ideal way to drive is to accelerate, coast and use the brakes as little as possible. He used the analogy of thinking like you are riding a bike. Stop pedaling at the top of a hill, select the gear that allows the least pedaling, coast as much as you can, don't pedal downhill and choose the routes that allow the least amount of stops.

Think SOAP (Stay Off the Accelerator Pedal). Don't accelerate unless needed. One mistake we all make is thinking that we have to maintain a constant speed which is not necessary. It is normal to lose speed while going up a hill

and gain speed on the other side. He suggested learning the stop light patterns across the city and pick routes with synchronized stop lights. He also suggested varying departure times and trying different routes at different times to find the ideal traffic flow. He also said that tire pressure is a major factor in gas mileage. Increased pressure helps gas mileage.

He then went through a number of misconceptions regarding auto maintenance. Are these brilliance or baloney?

- A. Always use cruise control- Baloney. Cruise control accelerates going up hills and decelerates going down which is backwards.
- B. Change air filter every 7,500 miles—Baloney. Cars have computer sensors now which control the air filters.
- C. Frequent tune-ups—Baloney
- D. Nitrogen in Tires—Baloney, tire pressure is tire pressure whether it is nitrogen or oxygen.
- E. Use Cheap Tires—Brilliance since many cheaper tires have less flex resistance which increases fuel economy
- F. Change Oil every 3,000 miles—Brilliance. Still holds true especially if you have a lot of cold starts and short trips.



**Rotary is on the Web!**

**Rotary International—** [www.rotary.org](http://www.rotary.org)

**District 5650—** [www.rotarydistrict5650.org](http://www.rotarydistrict5650.org)

**Lincoln South Rotary—** [www.LincolnSouthRotary.org](http://www.LincolnSouthRotary.org)

**QUESTIONS?  
COMMENTS?  
ARTICLES?**

**Contact Newsletter Editor**

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### Nicki Klein Rotary Zambia Presentations

For those who missed Nicki Klein's presentation on her trip to Zambia, she will be presenting the information to the following clubs during September and October:

October 13	Monday	Gothenburg (Noon)
October 14	Tuesday	Hastings Sunrise
October 13	Tuesday	Columbus (Noon)

### GROUP STUDY EXCHANGE TAIWAN 2009

From: Robert Rapp-- Rotary District 5650 Group Study Exchange Outbound Chair

Rotary District 5650 is seeking 4 -5 outstanding professionals and a Rotarian Team Leader to visit Rotary District 3500 Taiwan April 6th – May 4th, 2009 as part of the Group Study Exchange program of The Rotary Foundation of Rotary International.

Through the program, teams of young professionals and a Rotarian Team Leader from two different countries exchange visits. For four to six weeks, team members experience the way of life, customs, and vocational practices of another country, while sharing information about their homeland.

The purpose of the Group Study Exchange program is to promote international understanding and goodwill through personal connection. While abroad, team members and the Rotarian Team Leader stay in Rotarians' homes and have the opportunity to meet their professional counterparts. They also give presentations to Rotary clubs and other groups about their home country.

The Rotary Foundation pays for round-trip airfare, and Rotary club members in the host country provide meals, lodging, and group travel in their district. Team members and the Rotarian Team Leader pay for personal and incidental expenses.

Young adults between the ages of 25 and 40 who are interested in applying as team members should be employed full-time in a business or profession and live and be employed in Rotary District 5650.

The Rotary Team Leader must be a Rotarian in District 5650.

Applications may be downloaded from the following link from the Rotary International website

<http://www.rotary.org/en/AboutUs/SiteTools/Search/Pages/ridefault.aspx?k=Group%20Study%20Exchange%20Team>

Once completed the application should be submitted to your local Rotary Club for approval.

Approved applications may be submitted to Robert Rapp, District 5650 Outbound Group Study Exchange Chairperson, 15304 Binney Street , Omaha , NE 68116. Questions should be directed to Robert at (308) 325-1704

### 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 70<sup>th</sup> & Van Dorn