



The Sower

Official Publication of
Lincoln South Rotary

Club #21799 - Chartered April 30, 1984

www.LincolnSouthRotary.org



MEETING OF MARCH 13, 2009

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

LINCOLN SOUTH MEMBER REACHES HIGHER LEVEL OF GIVING



Mary Simmons was presented with a Paul Harris pin with two stones signifying that her contributions to the Rotary International Foundation have exceeded \$3,000.

Congratulations Mary !

CLUB SERVICE TEAMS

Scheduled for 3/27/09

On Duty

Roger Vicroy
Chris Dietz
Tracey McLain
Nicki Klein



Clay Ehlers
Shahid Kamal

Visiting Rotarians and Guests

Guests— Tara Gardner guest of Elise White and Leo Jablonski our speaker.

HAPPY DOLLARS (For Hunger Plus)

Roger Vicroy, Chris Dietz, Dean Heermann, Elise White, Nicki Klein, Larry Jablonski, Sandy Taylor and Short Heinrichs.



March Birthdays

Joyce Michaelis
Kelli Zavala
Ardel Herger
Sandy Taylor
Nikki Isemann
Bernie Poppe



Future LSR Programs

- 3/26/09 Board Meeting Bryan LGH East
- 3/27/09 Lamara Kadagidze on "Higher Education Reform in the Republic of Georgia"
- 4/3/09 No Friday Meeting- Salute to Business on March 30th will count as regular meeting
- 4/10/09 Teri Roberts, Executive Director- The Arc of Lincoln/Lancaster County
- 4/17/09 No meeting- 25th Anniv Party on 4/18 counts as a regular meeting.
- 4/24/09 GSE Team from Taiwan
- 5/1/09 No meeting- LSR meeting moved to the District Conference
- 5/8/09 TBA
- 5/15/06 Lincoln South golf outing at the Highlands (substitutes for the regular meeting.)
- 5/22/09 Annual Lincoln South Scholarship competition

Events & Projects

- MARCH Literacy Month
- 3/30/09 Lincoln Rotary Clubs Annual Salute to Business (No Lincoln South Meeting on Friday April 3rd)
- 4/18/09 Lincoln South 25 Year Anniversary Party
- 5/1-5/2/09 District conference Lincoln- Cornhusker Marriott
- 5/8-5/9/09 Relay for Life Garage Sale at the home of Bernie & Roberta Poppe
- 5/15/09 LSR Annual Golf Outing

Notes & Announcements

Nut Sales—End of season discounts - all remaining products will be sold for \$2 off our original retail price.

Salute to Business—Runza has been selected as the honoree for the annual Salute to Business to be held on Monday March 30th at the Cornhusker hotel. Lincoln South is again putting together a table of 10 which has been filled. If you are interested in attending however, we can still get tickets. Please contact Scott Delisi if you are interested in attending. Cost is \$25/person with checks payable to Lincoln South Rotary.

Incoming GSE Team— The 5 member team from Taiwan will be visiting Lincoln from April 20th –27th. All Lincoln club members/guests will be invited to a welcome reception, tentatively planned for Monday April 20th. The team will be presenting to Lincoln South Rotary on Friday April 24th. Volunteers are still needed to join the Lincoln committee to assist with possibly a vocational visit or transportation. Contact Joe Roberts (jroberts@midfin.com - 434-8050) if you are interested. *See 2/20/09 newsletter for bios on the team.*

Relay for Life Garage Sale—Sandy Taylor reported that the garage sale fundraiser for the Relay for Life is scheduled for 5/8 and 5/9 at the home of Bernie & Roberta Poppe. *See page 4 for details.*

Golf Outing—Carl Zeutzius announced that the 9th Lincoln South golf outing is scheduled for Friday May 15th at the Highlands golf course. Shotgun start at 12:30 and dinner around 5:30 pm. Golf teams are needed as well as volunteers for the day of the event and items for door prizes and flag prizes. If you can't participate during the day, be sure to come out for the dinner which will take the place of our regular meeting for that Friday. *See page 5 for sign up sheet*

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 Mottos & Slogans

Rotary International— Make Dreams Real

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

Leo Jablonski spoke to the club on "The most cutting edge technology in radiation therapy which is right here in Lincoln." Leo has a Masters Degree in nuclear engineering and is a Board Certified Medical Physicist who specializes in the radiation area of physics.

Radiation has many uses in the medical field and every hospital in the US uses some kind of radiation. Leo calibrates, tests and services radiation equipment. His talk focused on radiation therapy which is primarily used for cancer treatment. It can be used to cure the disease or just to relieve pain and symptoms. Leo pointed out that the best option in the country right now for radiation therapy is right here in Lincoln Nebraska. Many people are not aware of it and in fact many doctors don't know the extent of the technology that exists in Lincoln.

Cancer cells are very small (1 million cells is the size of a pin head and 1 billion cells is the size of a pea) and therefore is very hard to detect and to treat. Cancer is expected to surpass heart disease as the leading cause of death in the US. Treatments include surgery, chemotherapy, hormonal therapy or radiation therapy. Most patients receive a combination of treat-



ments. In fact 60% of cancer patients require radiation therapy which consists of high energy x rays which kill cancer cells. The rays break the DNA strands so the cancer cells can no longer divide so they eventually die. As a consequence, very fast growing tumors die quickly while slow growing tumors die more slowly.

St. Elizabeth radiation therapy center has 2 pieces of cutting edge technology for performing radiation therapy—a Varian Linear Accelerator and a Cyberknife Robotic Radiosurgery system. Both systems can target the treatment with pinpoint accuracy to avoid damage to other cells in the body. The rays are guided through x ray images of the body rather than through markings on the outside of the body. The system even

moves the surface where the patient is positioned to maintain accuracy and moves along with the patient's breathing. Accuracy is less than 1 millimeter. This equipment is especially useful for patients who are not candidates for surgery because of the location of their cancer.

Leo assists in developing a treatment plan for patients based on dose constraints determined by the medical team for the tumor and surrounding tissue.

The center recently received an American College of Radiology Certificate of Accreditation for the Radiology Department. Only 2 centers in Nebraska have the accreditation. University of Ne Med Center and the St. Elizabeth center. There are no accredited radiology centers in Iowa or Kansas or Colorado.

**QUESTIONS?
COMMENTS?
ARTICLES?**

Contact Newsletter Editor

Judy Krasomil
434-3909

judy.krasomil@nifa.org

2008/2009 Mottos & Slogans

Rotary International— Make Dreams Real



LINCOLN SOUTH ROTARY RELAY FOR LIFE GARAGE SALE



DONE WITH SPRING CLEANING?
CLEAN OUT YOUR BASEMENT?
CLEAN OUT YOUR ATTIC?

MAY 8TH & 9TH, 8:00AM TO 3:00PM

At the home of Bernie and Roberta Poppe
6927 OLD POST PLACE

About ½ way between South Street and Van Dorn Street
just off 70th - turn West; 488-7133

(we will let you know when to bring items)

IF YOU NEED HELP TRANSPORTING CALL SANDY
TAYLOR!!!

**We can sell children's clothes, toys, baby supplies, books,
picture frames, VCR tapes and DVDs, Kitchen items, small
appliances, furniture, etc.**

**Look around your house for items that are just taking up
space.**

**If you have redecorated and changed colors, give us the
items that no longer go with your decorating color scheme
(pillows, curtains, drapes, tablecloths, pictures).**

**Have you received gifts that aren't the right style, color
for your taste?**

Give them to the garage sale!

Let's make this the
BIGGEST AND BEST Garage Sale ever !!!





2009 9th Annual Lincoln South Rotary 4-Player Golf Scramble

Proceeds to Lincoln South Rotary Foundation, College Scholarship Program, and Other Community Service Projects.

What: 4-Player Team Scramble

Play the best shot on each and every shot

When: Friday, May 15th 12:30 p.m. Shotgun Start

Dinner to follow around 5:30 p.m.

Where: The Highlands Golf Course

5501 NW 12th Street Lincoln 441-6081

Cost: \$400.00 For Corporate-Sponsored Team*

\$ 80.00 For Individual Participant

*Corporate Teams will receive a large sign on one hole and recognition at the Awards Dinner & in our newsletter, The Sower.

Entry Fee: Golf, ½ Cart, Awards Dinner

Includes: Prizes to top teams, pin prizes, door prizes

Please Mail Your Entry Form and Entry Fee made payable to Lincoln South Rotary by May 12th to:
Carl Zeutzius
Lincoln South Rotary Golf Scramble
7720 O'Rourke Dr.
Lincoln, NE 68516

PLAYER 1

Name: _____
Address: _____
City: _____
State: _____ Zip: _____
Tel#: _____
E-mail: _____

PLAYER 2

Name: _____
Address: _____
City: _____
State: _____ Zip: _____
Tel#: _____
E-mail: _____

PLAYER 3

Name: _____
Address: _____
City: _____
State: _____ Zip: _____
Tel#: _____
E-mail: _____

PLAYER 4

Name: _____
Address: _____
City: _____
State: _____ Zip: _____
Tel#: _____
E-mail: _____

TEAM CORPORATE SPONSOR: _____

(If Applicable)

Don't Miss Out on the Fun. Call or Mail Your Entry Today!!

Question? Please call Carl Zeutzius at 434-7275 (D) or 420-6946 (E), Email- czeutzius@unicogroup.com. Thank you.

END POLIO NOW 2009 WAS A GREAT SUCCESS

Rotary world wide is in the midst of a four year campaign to raise \$200,000,000 matching funds for our \$355,000,000 Matching Grant from the Bill and Melinda Gates Foundation. This is the largest Grant ever received by The Rotary Foundation. Since the early 1980s and the beginning of Polio Plus by Rotary we have raised nearly \$800,000,000 to fight polio. In 1985 there were more than 350,000 new cases of Polio. In 2008 there were only 1600 new cases. That's great progress but 142 of those cases were in countries that had previously been certified Polio free. This highly contagious disease that cripples mostly young children is in danger of a resurgence until all countries on the planet can be certified Polio free.

On March 14 the four Rotary Clubs of Lincoln conducted an End Polio Now event collecting \$2,258 at six retail outlets; three Wal-Marts, two SuperSavers and one Russ's Market. Around 70 volunteers raised the awareness of Polio for many Lincolniters as well as guests who were in town for the Boys State Basketball Tournament. The End Polio Now Committee thanks club 14 for providing volunteers for three of the six sites and for the additional contributions at last Tuesday's meeting.

We were very pleased to have Harlan Chamberlain, a polio survivor, as our honorary Chairperson. Harlan is well known around town and is the father of New York Yankees pitcher Joba Chamberlain. He was interviewed on Channel 5, Live and Learn program by host Harland Johnson, a Rotarian from the Lincoln East Club.

Publicity for this event included Radio and television public service announcements and interviews, newspaper articles in the Neighborhood Extra, the Prairie Fire, and the 55+. With local and international support Polio can be eradicated from the entire global population.

SEE PAGE 7 FOR PICTURES



Rotary is on the Web!

Rotary International— www.rotary.org

District 5650— www.rotarydistrict5650.org

Lincoln South Rotary— www.LincolnSouthRotary.org



2008/2009 Mottos & Slogans

Rotary International— Make Dreams Real



Lincoln South Rotary

Speaker Arrangement Guidelines



It is the individual Rotary Club Member's responsibility to arrange for all aspects of the Speaker. If you should need additional information or assistance, please contact:

Pat Grewe –Lincoln South Rotary Club Speaker Chair

434-1317

patrick.grewe@usbank.com

Quick Steps (details below):

- Speaker Info needed ASAP
- Arrange for Equipment
- Ensure speaker arrives early
- Secure a bio for introductions

Details

1. Timing of speaker information for publication
 - a. We need the name of the speaker, the organization and speech topic early (4-6 weeks in advance) in order to get it published.
 - b. Also secure a phone number or other contact information of the speaker (and provide to Pat) in case you become unavailable and someone else needs to help follow up.
2. Presentation Needs
 - a. Determine the speaker needs – ask them.
 - b. Items are available through the Knolls - contact them (423-2843) in advance to arrange for:
 - 1). TV/VCR/DVD Player
 - 2). Projection screen (also ask for a power strip and small table to hold the equipment)
 - c. Not available
 - d. Neither the Knolls nor the club has computer equipment or a projector
 - e. Speakers should be asked to provide their own computer and projector for power point
 - f. These club members may be able to secure projectors (and maybe laptops):

Nicki Klein nicki.klein@tieronebank.com	Tom Cardwell tcardwel@southeast.edu
Joe Roberts jroberts@midfin.com	Sandy Taylor sandy.taylor@bryanlgh.org
3. Speaker Lunch
 - a. We will pay for one person to present to the club.
 - b. Speakers are welcome to bring guests, but the club is not obligated to pay for additional lunches.
 - c. Exceptions may be appropriate such as with foreign visitors, Rotary dignitaries etc.
4. Speaker Preparedness
 - a. Ask the speaker to arrive in sufficient time (maybe 11:40) to set up - depends on the speaker and what they are bringing
 - b. Allow a little time to socialize before taking them through the buffet line.
 - c. Meeting Times
 - 1). We ring the bell about 12:20, starting with club business.
 - 2). The speaker generally takes the podium about 12:35.
 - 3). The meeting ends at 1:00.
 - d. Ask the speaker to be prepared for a total of 25 minutes
 - 1). Usually 5 minutes is sufficient for questions but if they feel they will have lots of questions, they should shorten their speech.
 - 2). Usually 20 minute speeches work.
 - e. We generally have from 25 to 35 in attendance in case the speaker wishes to bring hand-outs etc.
5. Speaker Introductions
 - a. The person who arranged for the speaker needs to be prepared to introduce them.
 - b. Ask for a bio and provide a copy to Judy Krasomil to assist her in covering the speaker for the newsletter.