



# The Sower

Official Publication of  
Lincoln South Rotary

Club #21799 - Chartered April 30, 1984

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



WEEK OF MAY 29, 2009

## Lincoln South Officers and Directors

**President—**  
Sandy Taylor 481-3982  
[Sandy.taylor@bryanlgh.org](mailto:Sandy.taylor@bryanlgh.org)

**President-elect—**  
Tracey McLain 465-3814  
[tracey.l.mclain@rbcdain.com](mailto:tracey.l.mclain@rbcdain.com)

**Secretary—**  
Nicolette Klein 473-6422  
[nicki.klein@tieronebank.com](mailto:nicki.klein@tieronebank.com)

**Treasurer—**  
Corey Vandewege 466-0440  
[corey@dsisupply.com](mailto:corey@dsisupply.com)

**Past President—**  
Carl Zeutzius 434-7275  
[czeutzius@unicogroup.com](mailto:czeutzius@unicogroup.com)

**Club Service Director -**  
Mary Williamson 479-1230  
[mary.williamson@smithbarney.com](mailto:mary.williamson@smithbarney.com)

**International Service Director/  
Presidential Nominee—** 402-228-  
Tom Cardwell 8220  
[tcardwel@southeast.edu](mailto:tcardwel@southeast.edu)

**Vocational Service Director—**  
Clay Ehlers 419-5391  
[Clay.ehlers@kenexa.com](mailto:Clay.ehlers@kenexa.com)

**Community Servicer Director—**  
Elise White 477-2233  
[elisemwwhite@mac.com](mailto:elisemwwhite@mac.com)

## Tom Cardwell Graduates from Rotary Leadership Institute! (See details on page 4.)



## CLUB SERVICE TEAMS

### On Duty

Brad Carter  
Tom Cardwell  
Clay Ehlers



### Scheduled for 6/5/09

Bob Vrana  
Vickie Williamson  
Elise White  
Bryan Block  
Dave Hilsabeck  
Samip Patel

## Visiting Rotarians and Guests

*Rotarians—* Lloyd Johnson, Bob Obst and Don Kucera from Club 14.

*Guests—* Art and Etta Grewe, guests of Pat Grewe and Val Frager & Jane Ouellete, our speakers for the day.

## May Birthdays

Craig Madson  
Phil Maddern  
Short Heinrichs  
Cathy Schultz  
Mary Williamson  
Mary Simmons  
Jim Pattavina



## HAPPY DOLLARS

Clay Ehlers, Cathy Schultz,  
Dick Miller, Nicki Klein, Elise  
White, Nikki Isemann, Short  
Heinrichs, Patrick Grewe, Art  
Grewe, Dave Hilsabeck, Lloyd  
Johnson and Mary Simmons.



### Future LSR Programs

- 6/5/09 Karen McWilliams, LMNT on "Healthy Eating at Every Age"
- 6/12/09 Del Harnish, PhD, UNL Professor of Education on "The Divine Child Orphanage in the Republic of Georgia"
- 6/19/09 TBD
- 6/26/09 TBD
- 7/3/09 TBD
- 7/10/09 Lincoln South Board Meeting— 10:45 am at the Knolls.
- 7/10/09 TBD
- 8/21/09 District Governor Official Visit

### Events & Projects

- 6/20/09 Lincoln South Foundation Pre-July4 Summer Family BBQ— At the home of Ardel Harger
- 8/8/09 District Foundation Seminar
- 10/10/09 District Membership Seminar
- 4/23 to 4/24/10 District Conference— Omaha Old Market Embassy Suites

## Notes & Announcements

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

**Youth Exchange**—The club has decided to participate in the Youth Exchange again this year and host a student from Taiwan. Please be thinking of potential host families. (They do not need to be Rotarians.)

**Lincoln South Rotary Foundation Pre-July 4 Summer Family BBQ** — Mark Saturday, June 20 (5 until 9 or so) on your calendar for this fun event. This fun social is for you and your family as well as guests. The event will be at the Harger's, 6200 S 98 Street. This will be a great way for your family to get to know more about your Rotary club and to meet other members and their families. [See Invitation on page 7.](#)

**New Fundraiser Idea**—Nikki Isemann and Elise White have a new fundraiser idea.. They are collecting recipes for a Lincoln South Rotary Food Favorites Book. This will be delivered electronically, and in printed form when complete. Please submit your recipes in any form, email, post-it notes, hand written, photocopied, but they must not be from another source due to copyrights issues. Topic lists so far include: (Additional ideas are welcome)

Tailgating for your favorite team  
 Ocktoberfest  
 Wine Tasting  
 Christmas Party Favorites  
 TGIF  
 Game night/Bunco/Poker/Trivia  
 Relay for Life  
 Chocolate  
 Lincoln South Rotary Family Favorites  
 Cooking for 30+ Favorites  
 Dignitary Section (First Class Favorites)

**Relay for Life**—Sandy Taylor reported that we raised \$630 at the Garage Sale for Relay for Life. She also reported that this will be our only contribution to the Relay this year. We have decided not to participate in the Relay in July.

**Golf Outing**—Sandy Taylor reported that we raised approximately \$1,600 at the golf outing this year. Thanks to everyone who participated and donated flag prizes and door prizes.

**Directory Change**—Please change the address and phone # for Dave Asper to the following:

4900 South Street, Lincoln, NE 68506  
 402-525-7825

**QUESTIONS?  
 COMMENTS?  
 ARTICLES?**

**Contact Newsletter Editor**

Judy Krasomil  
 434-3909

[Judy.krasomil@nifa.org](mailto:Judy.krasomil@nifa.org)

**2008/2009 Mottos & Slogans**

*Rotary International— Make Dreams Real*

## PROGRAM

### 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.*

Our speaker on Friday was Valerie Frager, Community Relations manager of the Inpatient Rehabilitation Unit at Bryan LGH West. The inpatient Rehab Unit has been existence since 1994 when Bryan LGH partnered with Rehab Care which is a national company out of St Louis which manages the unit. Its services are similar to the Madonna facility but many people have not heard of it. The concept is to provide a continuum of care from the hospital directly to the rehab Unit without having to leave the facility. This helps the patients and their families make a smoother transition between their hospital stay and rehab and represents the final step before going home.

The unit started with 10 beds and currently has 25 beds with an expansion to 30 beds underway. The Unit has all private rooms which are very important to lessen the spread of infection plus give the patients a better quality of care.

They offer many services including, physical therapy, occupational ther-



apy, speech therapy, recreation therapy, pet therapy and wii-habilitation. The Rehab unit is accredited for stroke and has a peer visitor program for stroke victims. They have a program where the trauma physicians continue to follow the patients throughout their stay as well as programs for patients to learn skills in the community such as shopping etc. They have a home safety evaluation where they evaluate the patient's home for their safe return and they also have a horticulture program where patients can plant gardens. They even have independent living apartments where patients can determine if they can truly function in their home.

The Unit has a high level of certification in many new treatments and the latest technology. The program is intense and patients are in therapy for most of the day. They are there to work and will not be accepted if they are not willing to participate in the treatments. The Nurse to patient ratio is excellent at 4-5 patients per nurse so each patient gets a lot of individual attention. The Unit uses a functional approach with a strong interdisciplinary team dedicated to rehabilitation of the patients.



**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)

**ROTARY LEADERSHIP INSTITUTE****CONGRATULATIONS TO TOM CARDWELL!**

May 30, 2009 Tom Cardwell graduated from the Rotary Leadership Institute (RLI). Congratulations, Tom! Tom joins Carl Zeutzius and Sandy Taylor who were previous graduates from the course.

RLI is a three-part course set up to enhance the Rotary experience. You can learn a great deal about Rotary, interact with participants from other Clubs and do hands-on projects. There are three parts - Part I, Part II, and Part III - each is a day-long session. During the session there are 6-7 topics presented to your group. Topics include Membership - development and retention, The Rotary Foundation - from Basics to understanding the Share System and funds coming back to our Districts for our use, Leadership such as Effective Committees, Running Good Meetings, and more!

Does RLI interest you? We would love to enroll you! Lincoln South Rotary will pay for your participation! We would like to enroll 2 each time if possible.

The next session is October 31, 2009 - contact Sandy Taylor, Tracey McLain or Nicki Klein to get signed up!

Links to RLI Information:

Overview of RLI: [http://rotarydistrict5650.org/calendar\\_meetings/What%20is%20RLI.pdf](http://rotarydistrict5650.org/calendar_meetings/What%20is%20RLI.pdf)

Brochure / Registration Form: [http://rotarydistrict5650.org/calendar\\_meetings/Brochure\\_20090601.pdf](http://rotarydistrict5650.org/calendar_meetings/Brochure_20090601.pdf)

**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

## NEW MEMBER PROPOSALS

Jessica Kolterman and Teresa Harm have 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.



**Jessica Kolterman**  
Director of NFBF-PAC and  
State Affairs Assistant  
Nebraska Farm Bureau  
Federation  
Sponsor—Joe Roberts



**Teresa Harms**  
Executive Director—  
Clinic With A Heart  
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

## 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](mailto: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 <a href="mailto:nicki.klein@tieronebank.com">nicki.klein@tieronebank.com</a>	Tom Cardwell <a href="mailto:tcardwel@southeast.edu">tcardwel@southeast.edu</a>
Joe Roberts <a href="mailto:jroberts@midfin.com">jroberts@midfin.com</a>	Sandy Taylor <a href="mailto:sandy.taylor@bryanlgh.org">sandy.taylor@bryanlgh.org</a>
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.

# *You are Invited*

## *LSRF Summer Family BBQ*

*For: The Lincoln South Rotary Foundation*

*When: Saturday June 20, 2008. Arrive around 5:00, food at 6:00, fun and games until?*

*Where: Ardel and Marilyn Harger's home at 6200 S 98 Street. Our house is half way between Old Cheney Road and Pine Lake Road on east side of 98<sup>th</sup>. There is serious road construction on 98<sup>th</sup> Street. We will provide directions when we know more about what the status of the road will be.*

*Who to Bring: You and your family plus guest(s). This is our annual FAMILY social event. Obviously your spouse is the first family member to invite. Otherwise your children (little or big, young or old) or any family member you wish share the fun with is welcome. Potential Rotary members make great guests.*

*The Food: The theme of the event is a summer BBQ with a hint of "Fourth of July". Accordingly, we will have bratwursts, hot dogs and the like. To complement the above, we ask Club members to bring complementary side dishes and/or desserts.*

*The Best Part: As with all Lincoln South Rotary Club Foundation events, not only do you have a great time but all proceeds help make a difference in our community. Our Foundation has contributed to a number of worthwhile local causes including *Clinic with a Heart*, *Friendship Home* and others. Your participation will help make a difference in your community.*

*The suggested donation **is only \$25** for each adult. Kids up to age 14 are free; those 14 to 21 are \$10.*

*RSVP: Signup at upcoming Club meetings or by email to Clay.Elhers@Kenexa.com or Ardelh@hargercpa.com by June 15.*