



The Sower

Official Publication of
Lincoln South Rotary

Club #21799 - Chartered April 30, 1984

www.LincolnSouthRotary.org



WEEK OF JUNE 5, 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



**Dick
Miller
Reaches
Next
Level of
Giving**

Dick Miller was presented with a Paul Harris Fellow pin with 1 sapphire signifying that he has contributed more than \$2,000 to the Foundation. Congratulations Dick!

CLUB SERVICE TEAMS

On Duty
Dave Hilsabeck
Bob Vrana



**Scheduled for
6/12/09**

Dick Wampler
Clay Ehlers
Short Heinrichs
Dick Miller

Visiting Rotarians and Guests

Rotarians— Barb Tyler, Joan Frederick and Don Kucera from Club 14.

Guests— Theresa Harms, a new member prospect and Karen McWilliamms, our speaker for the day.

June Birthdays

Patrick Grewe
Larry Jablonski
Neal Lyons
Dave Asper



HAPPY DOLLARS (For Vocational Books)

Bob Vrana, Roger Vicroy, Dave
Hilsabeck, Clay Ehlers, Tom
Cardwell, Joyce Schmeeckle and
Nicki Klein



Future LSR Programs

- 6/12/05 Del Harnish, PhD, UNL Professor of Education on "The Divine Child Orphanage in the Republic of Georgia"
- 6/19/09 Wendy McCown- "St. Monica's 101"
- 6/26/09 Dr. Shahid Kamal- "Pakistan: An Introduction"
- 7/3/09 No meeting—July 4th Holiday
- 7/10/09 Lincoln South Board Meeting— 10:45 am at the Knolls.
- 7/10/09 Changing the Guard
- 8/21/09 District Governor Official Visit

Events & Projects

- 6/20/09 Lincoln South Foundation Pre-July 4 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

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 5.](#)

New Fundraiser Idea—Nikki Iseman 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)

Lincoln South Foundation—Sandy Taylor reported that Clay Ehlers has been elected as the new President of the Lincoln South Foundation. Congratulations Clay!

Speakers 2009/2010—Patrick Grewe announced that he has agreed to organize the speaker calendar again next year. He needs everyone's help for speaker ideas and is asking that each member sign up for one or more weeks to arrange for the speaker. Sign up sheets will be available at the meetings.

District Newsletter—You may have noticed this month that you received a link from Judy Krasomil to the District Newsletter on the District website. Our club leadership feels that it is important to keep our members informed of events throughout the district so you will be receiving this link once per month.

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

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 Karen McWilliams a licensed Medical Nutritional Therapist (LMNT) who spoke to the club about eating well at any age. Karen told the group that nutrition is critical at all stages of life and it is never too late to start practicing good nutrition.

Many of us spend so much time taking care of others we neglect to take care of our health first. Health is about attitude. Karen shared a story about a 39 year old man who had a negative attitude about his health and felt that there was nothing he could do at his age to help his situation. She compared him to a 90 year old man who exercised every day and took positive steps throughout his life to maintain good health. Karen also pointed out that our attitude about our health can greatly impact those around us. Friends and family will follow our example so it is important set the bar high.

Besides practicing good nutrition, regular physical exams are the #1 thing you can do to maintain good health. You need to identify issues early so you can deal with them. Also it is very important to not be afraid to ask for professional help if you are struggling.

Karen gave us some pointers regarding nutrition by showing us the food

pyramid. In fact you can go to mypyramid.gov and customize food plans to include the proper amounts of required food groups. One simple thing to remember is to eat lots of different colored foods. Five colors each

day will give you antioxidants that you need for good health. Fish is important and if you include it in your diet 2 to 4 times per week, you will protect your heart. Try to include functional foods in your diet which are foods that have a proven benefit. When you grocery shop you should have a plan and read labels.

Exercise is key to good health and cross training is important so that you have not only have a good mix of aerobic and strength training but don't get bored with your routine.

Her final suggestion was to develop a health plan and be accountable to someone to carry it out. This will help motivate you to stay on the plan.



**QUESTIONS?
COMMENTS?
ARTICLES?**

Contact Newsletter Editor

Judy Krasomil
434-3909

judy.krasomil@nifa.org



Rotary is on the Web!

Rotary International— www.rotary.org

District 5650— www.rotarydistrict5650.org

Lincoln South Rotary— www.LincolnSouthRotary.org

SALUTE TO BUSINESS

The attached letter of thanks was received from Runza who was the 2009 Salute to Business Award recipient.



www.runza.com

P.O. Box 6042 • Lincoln, Nebraska 68506 • (402) 423-2394 • FAX (402) 423-5726

April 6, 2009

Lincoln South Rotary Club
President Sandra Taylor
8011 Cheney Ridge Road
Lincoln, NE 68516

Dear Sandra,

We are very grateful to the Rotary Clubs of Lincoln and the Lincoln Chamber of Commerce for selecting Runza® Restaurants as the 2009 Salute to Business award recipient. The event last week was a wonderful honor for our company and employees.

We are thankful to the members of your club who went above and beyond to make the experience very special. Rotary is an outstanding organization and all you do in the community is much appreciated.

Sincerely,

Runza® National Board of Directors

A handwritten signature in black ink, appearing to read "Donald Everett, Jr.".

Donald Everett, Jr.
President

A handwritten signature in black ink, appearing to read "Renee Sjulin".

Renee Sjulin
Vice President

A handwritten signature in black ink, appearing to read "Dawn Amend".

Dawn Amend
Director of Products and Purveyors

A handwritten signature in black ink, appearing to read "Linda Dennis".

Linda Dennis
Director of Operations

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 98th. There is serious road construction on 98th 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.Elthers@Kenexa.com or Ardelh@hargercpa.com by June 15.*