



# The Sower

Official Publication of  
Lincoln South Rotary

Club #21799 - Chartered April 30, 1984

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



WEEK OF APRIL 9, 2010

## Lincoln South Officers and Directors

|  |              |
|--|--------------|
| <b>President—</b><br>Tracey McLain<br><a href="mailto:tracey.l.mclain@rbcdain.com">tracey.l.mclain@rbcdain.com</a>                           | 465-3814     |
| <b>President-elect/ International Service Director</b><br>Tom Cardwell<br><a href="mailto:tcardwel@southeast.edu">tcardwel@southeast.edu</a> | 402-228-8220 |
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| <b>Past President—</b><br>Sandy Taylor<br><a href="mailto:Sandy.taylor@bryanlgh.org">Sandy.taylor@bryanlgh.org</a>                           | 481-3982     |
| <b>Treasurer—</b><br>Corey Vandewege<br><a href="mailto:corey@dsisupply.com">corey@dsisupply.com</a>   | 466-0440     |
| <b>Membership -</b><br>Bryan Block<br><a href="mailto:Bryan@bmlfh.com">Bryan@bmlfh.com</a>   | 488-0934     |
| <b>Public Relations—</b><br>Carl Zeutzius<br><a href="mailto:czeutzius@unicogroup.com">czeutzius@unicogroup.com</a>                          | 437-7275     |
| <b>Club Administration—</b><br>Brad Carter<br><a href="mailto:bcarter@woodsbro.com">bcarter@woodsbro.com</a>                                 | 430-6223     |
| <b>Service Projects—</b><br>Elise White<br><a href="mailto:elisemwwhite@mac.com">elisemwwhite@mac.com</a>                                    | 477-2233     |
| <b>The Rotary Foundation—</b><br>Joe Roberts<br><a href="mailto:jroberts@midfin.com">jroberts@midfin.com</a>                                 | 434-8050     |

## PRESIDENT'S CORNER



Congratulations to Carl Zeutius and Joe Roberts who were both recently featured in the "know your neighbor" section of the Neighborhood Extra. This was two weeks in a row where a member of Lincoln South was in the spotlight for their contributions to our community.

Only 3 weeks to go until the **Annual Lincoln South Rotary Golf Tournament**. Please make sure and print off a registration form and get your teams registered. If you do not plan on putting a team together yourself, please forward the flyer to friends, families, and places of business. You can also sign up individually. This is one of only two major fundraisers that we do, so we really need everyone's participation in some way shape or form. Thanks in advance for your participation!

Please make sure and get your registrations in for the district conference. Check out the district web-site for all the details!

Have a great week!

Tracey

## CLUB SERVICE TEAMS

Scheduled for 4/16/10

### On Duty

Roger Vicroy  
Dave Hilsabeck  
Lance Odom  
Bob Vrana



Shahid Kamal  
Elise White  
Pat Grewe

## Visiting Rotarians and Guests

*Rotarians*—Larry Burns from Club #14.

## HAPPY DOLLARS (For Child Mortality)

Elise White, Pat Grewe, Scott Delisi,  
Josh Funcke, Bernie Poppe, Nick Fanning,  
Dave Hilsabeck, Joyce Schmeekle, Joe Roberts, Lance Odom,  
Dick Miller and Craig Madson.



## 2009/2010 Mottos & Slogans

*Rotary International— The Future of Rotary  
is in Your Hands*

### Future LSR Programs

- 4/16/10 Andrea Frazier, Court Monitoring Specialist, MADD Nebraska- "MADD Nebraska and Court Monitoring"
- 4/23/10 NO MEETING AT THE KNOLLS- DISTRICT CONFERENCE AT EMBASSY SUITES OLD MARKET OMAHA
- 4/30/10 Patrice Berger, UNL Professor History "Europe 1939"

### Events & Projects

- APRIL Magazine Month
- 4/23 to 4/24/10 District Conference- Embassy Suites Old Market Omaha (See Pg 6 for details)
- 5/7/10 Lincoln South 10th Annual Golf Outing at the Highlands Golf Course. (Takes place of the regular meeting)
- 5/14/11 New member orientation at the Knolls, One hour before the regular meeting.
- 6/4/10 Club 14 100 yr Anniversary at the Cornhusker Marriot: RI President John Kenny-speaker.
- 6/20 to 6/23/10 Rotary International Convention- Montreal
- 8/28/10 District Foundation Seminar in Lincoln

## Notes & Announcements

**GSE Team from Brazil**—The incoming Group Study Exchange Team from Brazil will be here from Sunday April 25 through Tuesday April 27. We are looking for families to host the members for those three nights. We ask that the member stay in the same home for all three nights to reduce the amount of moving around that they have to do. If you are interested in hosting a Team Member, contact Joe Roberts, Joyce Schmeckle or Nicki Klein.

**District Conference**—Time is running out to register for the conference which is scheduled for April 23rd and April 24th at the Embassy Suites, Old Marker Omaha. *See page 6 for details about the schedule, planned activities and how to register.*

**Lincoln South Annual Golf Outing**—Mark your calendars for Friday May 7th for the annual golf outing to be held at the highlands golf course. There are many ways to participate. You can put together a team, provide pin prizes and door prizes or volunteer to help with the event. Or if you can't attend the golf in the afternoon, you can just come for the awards dinner after golf. This event will substitute for the regular meeting on that day. Contact Carl Zeutzius with any questions. *See page 5 for the registration form.*

**Club 14 100th Anniversary**—Club 14 will be celebrating 100 years on Friday June 4th at the Cornhusker Marriot with current Rotary International President John Kenny as the keynote speaker. This is quite an honor to have a sitting RI president in Nebraska so we need to have a good turnout. Tickets are \$75 per person

**Chili Feed Fundraiser**— John Herdman reported that a total of \$1,043 was raised for the Lincoln South Foundation by the chili feed. Thanks to all who participated.

**New Member Orientation**—Membership chair Bryan Block announced that a new member orientation has been scheduled for Friday May 14th at the Knolls, one hour before the regular meeting. More details to follow.

### Lincoln South Rotary Clubrunner Links:

Meeting & speaker information:

<http://www.clubrunner.ca/CPrg/Home/speakers.asp?cid=6040>

Calendar of Events:

<http://www.clubrunner.ca/CPrg/Home/events.asp?cid=6040>

### April Birthdays

Dave Hilsabeck  
Tom Cardwell  
Joe Roberts  
Jason Smith



### 2009/2010 Mottos & Slogans

Rotary International- The Future of Rotary  
is in Your Hands

## PROGRAM

### 2009-2010 Club Goals

1. *Club Strength— Leave the club better than when I took office.*
2. *Club Growth— Attain and maintain membership of 50.*
3. *Support Polio Eradication.*
4. *Support critical project in one of 3 areas; Health & Hunger, Water or Literacy.*
5. *Achieve 100% sustaining membership in the Rotary Foundation.*
6. *HAVE FUN!*

Our speaker was Dr. Shannon Sticken, Psy.D. with Parallels. Dr. Sticken has done considerable work in the field of sex addiction which was her topic for the

day. There are 2 types of addiction : Chemical addictions which include alcohol and substances and Process addictions which include sex, gambling, exercise, food, work and money. Sex addiction is a pathological relationship with a mood-altering experience and is also viewed as an intimacy and relationship disorder.

All addictions rely on the pleasure centers in the brain and the brains of addicts have shorter dopamine strands which inhibit the dopamine flow. This results in cravings or behaviors to stimulate dopamine production. A person must possess at least 3 of 10 criteria to be classified as a sex addict: 1. Loss of control, 2. Compulsive, 3. Unsuccessful efforts to stop or cut down, 4. Preoccupation, 5. Loss of time, 6. Inability to fulfill obligations, 7. Continue despite the consequences, 8. Escalation, 9. Losses and 10. Withdrawal.

There are 3 levels of addiction ranging from use of pornography, to exhibitionism to rape and child molestation. Most sex addicts usually progress from level 1 to level 2 but most do not progress to level 3. The

average sex addict is a white male between the ages of 25-72. This could be skewed by the fact that most women do not seek help so they are not part of the statistics. It is estimated that 10% of the general population has a problem with sex addiction.

The advent of the internet has exponentially increased access to sexually explicit materials. Cybersex is extremely addictive because of the virtual anonymity of the internet. In fact porn revenue far exceeds the combined revenues of all professional football, baseball and basketball and is larger than the com-

bined revenues of ABC, CBS and NBC. 72 million people worldwide will visit porn sites this year and believe it or not, most porn is downloaded between the hours of 9 to 5.

The treatment of sex addiction first requires a thorough assessment which could include some tools developed by Dr. Patrick Carnes such as a Sex Addiction Screening Test, Sexual Dependency Inventory and a Post Traumatic Stress Index. A history of addiction in the family can be a factor as well as being emotional or prone to anxiety. Also a childhood trauma can result in addictive behaviors as an adult. Treatment includes a 12 step program just like treatment for alcohol and drug addiction and therapy with a certified sex addiction therapist.



### QUESTIONS? COMMENTS? ARTICLES?

Contact Newsletter  
Editor

Judy Krasomil  
434-3909

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

### 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—

<http://www.clubrunner.ca/CPrg/Home/homeS.asp?cid=6040>

## PRESIDENT ELECT/SECRETARY ELECT (PET/SETS) TRAINING

PET/SETS training was held on April 9th/10th in Salina Kansas. LSR incoming president Tom Cardwell was part of the Foundation Panel, discussing successes and best practices. Tom also had an opportunity to get a photo with RI President elect Ray Klinginsmith who was in attendance.



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Calendar of Events:

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# 2010 10<sup>th</sup> Annual Lincoln South Rotary 4-Player Golf Scramble

## Golf Scramble

Proceeds Support the 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 7th 12:30 p.m. Shotgun Start

Dinner to follow around 5:30 p.m.

**Where:** The Highlands Golf Course

5501 NW 12<sup>th</sup> 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 1st 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!!*

*If you have any questions, please call Carl Zeutzius at 434-7275 (D) or 420-6946 (E). Thank you.*

*Email- czeutzius@unicogroup.com*



## ***District Conference Details from Nicki Klein:***

### **VOLUTEERS FOR SERGEANTS AT ARMS**

Lincoln South Rotary Members are asked to be Sergeants at Arms at the Rotary District Conference April 23-24, 2010. If you are already planning to attend maybe you can come earlier or stay later to help out. Please contact me by e-mail if you can help out. Volunteers are needed for these shifts / duties:

Friday, April 23

7:30 until 11:00 - One Person Needed - Breakfast, Assembly - general organization

11:00 - 2:30 - Two People Needed - Lunch (may need to find seats, make sure we have enough places set), general sessions

2:30 - 5:00 - Two People Needed - during Annual Meeting will need to get voting delegates to right seats, may need to help with voting

6:00 - 9:30 - One Person needed - Dinner (may need to find seats, make sure we have enough places set)

Saturday, April 24

7:30 until 10:30 - Two People Needed - Breakfast (may need to find seats, make sure we have enough places set), general sessions

10:30 - 1:30 - Two People Needed - one will need to head over to the Zoo early so this should be someone who will be there until like 3:00

1:30 - 4:00 - Two People Needed - you will actually be needed at the Zoo rather than the hotel

6:00 - 9:30 - One Person needed - Dinner (may need to find seats, make sure we have enough places set)

**There will be live auctions at most meals. The Silent auction will close right after lunch on Saturday so those who want to participate in that need to be sure to come early. Don't wait for Saturday dinner or you will miss out.**

### **FRIDAY ACTIVITIES:**

Friday lunch - this is our Rotary Meeting for the week. This will be "lunch with an astronaut".

Friday afternoon business meeting - though this is generally not the most popular event, you might want to attend to hear what is going on. Our Voting Delegates are Tracey McLain (president 2009-2010) and Tom Cardwell (president 2010-2011). It is during this event that they do the Rotary Knowledge quiz - this has been won by Joe Roberts and John Herdman - maybe we can add YOUR name to the plaque!

Friday night - the speaker is Assistant Women's Basketball Coach Sonny Smallwood. Our own Brad Carter arranged for her to speak and will be introducing her. Let's get a good showing of support for "our" speaker. We will give her a thank you gift from our club.

### **SATURDAY ACTIVITIES:**

Saturday is "International day" so that is when we hear from our Youth Exchange Students, Ambassadorial Scholars, etc. It is great!

Saturday Breakfast - Joe Roberts will coordinate for those that are new Paul Harris Fellows, have a new Level of PHF, etc. But, everyone is welcome (and encouraged to attend) to help celebrate our support of The Rotary Foundation and the good work that is done with our financial support.

Saturday night - Zoo tour and Dinner - this is a combination ticket. It is not possible to just come to the tour and not purchase a dinner ticket. There are limited spaces for the tour. You are not able to use your family membership to get in to the zoo and join this tour. Also, you must pre-register for the Saturday night event - walk-ins may be turned away.

Children are welcome, but Saturday night will get a little late with dinner, speakers, awards - so it may not be appropriate for extremely young children.

There will be many awards Saturday Night - and Lincoln South Rotary should be among them! This is a fabulous celebration of the successes of Rotary for the year. You also never know what "special" awards there may be. (I personally will

Please click the following links for the Conference Agenda and Registration forms

<http://www.clubrunner.ca/Data/5650/html/81958/Agenda.pdf>

<http://www.clubrunner.ca/Data/5650/html/83734/Registration 2010 0227.doc>

## ROTARY MINUTE

On 3 September 1970, cancer took the life of Vince Lombardi, now regarded as the greatest football coach of all time. Soon after, a football fan in Houston named Rick Ashburn approached the Rotary Club of Houston about sponsoring an award in Lombardi's honor, and the club grabbed the ball and ran. That December, at a dinner benefiting the American Cancer Society, the Houston club's first Lombardi Award was presented to Jim Stillwagon, a lineman at Ohio State University. U.S. Vice President Spiro Agnew was the featured speaker.



In a little over four months, the club had tackled logistics ranging from establishing a blue-ribbon selection committee to securing permission from Lombardi's widow, Marie – who insisted that the proceeds fund cancer research – to designing the trophy itself. Lombardi's nephew Steve Werner, a member of the Rotary Club of Denver Southeast, Colo., recalls the story behind the award. During Lombardi's days at Fordham University in the 1930s, he played on the legendary offensive line known as the "Seven Blocks of Granite." At the suggestion of Lombardi's sister Madeline (Werner's mother), the trophy incorporates that stone. Designed by Mark Storm of the Houston club, the 40-pound block of granite is engraved with a word closely associated with the coach: discipline.

Today, the Lombardi Award is one of the most prestigious in college sports, and on 9 December, the 40th trophy was presented to the nation's outstanding college football lineman: Ndamukong Suh, a defensive tackle at the University of Nebraska. The presentation featured Vince Lombardi Jr. and was the subject of a Fox Sports television special called "40 Blocks of Granite."

Former Green Bay Packers offensive lineman Jerry Kramer and quarterback Bart Starr teamed up again to speak at the event honoring their former coach. Kramer delivered perhaps the most famous block in football history, in the National Football League championship game at Lambeau Field in Green Bay, Wisconsin, on 31 December 1967 – dubbed the "Ice Bowl" because it was played in subzero temperatures. Lombardi's Packers beat the Dallas Cowboys in the waning seconds on a 1-yard dive by Starr behind Kramer's block.

"I feel very good about having been part of the Lombardi era on the field and very good to be associated with this award and all that it represents," says Kramer. "There was such a positive message from Coach Lombardi and his wife. It's all about can-do, can-make-it-happen – fairly, squarely, decently, by the rules, with class and dignity."

## PLACES TO MAKE UP

**Tuesday morning**—Sunrise Rotary at International House of Pancakes at 4501 North 27th (27th and Superior Ave.) at 7:00 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

## 2009/2010 Mottos & Slogans

*Rotary International— The Future of Rotary  
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