

2019 – 09
September



Lion's Tales

Newsletter of the Cedar Rapids Noon Lions Club of Cedar Rapids, Iowa

Officers:

President: Mark Stewart

1st VP: Scott Lindsley

2nd VP: John Swenson

Secretary: Mary Doyle

Treasurer: Don Magee

2020: Walt Hartman
Dean Thomas

2021: Dennis Egel
Gary Glockhoff

2022: Greg Reed
Rich Rheinschmidt

Membership: Terry Durham

Lion Tamer: Bill Severa

Tail Twister: Ron Mustaine

Past President: Kristin Glockhoff

COMMITTEE CHAIRS:

Program/LCIF: Kristin Glockhoff

KidSight: Barb Taylor
Mary Ann Dawson

Vision: Scott Lindsley
Rich Rheinschmidt

Hearing: Bill Jurgensen
John Swenson

Wright School: Margaret Debner
Ken Benson

Diabetes: Margaret Debner
Greg Reed

Hunger: Walt Hartman
Dean Thomas

Environment: Ron Mustaine

Childhood Cancer: Dennis Egel
Gary Glockhoff

School Outreach: Mark Stewart

Variety Show: Jan Federer

100-Yrs: Terry Durham
Gary Glockhoff

President's Message:

As we enter into the beauty of Iowa's 5th season, we are reminded that our service to the children of Cedar Rapids is about to begin in earnest. In the 2018-2019 school year the Cedar Rapids Noon Lions served nearly 2,400 children. Of those children tested, 6% resulted in referrals to a vision care specialist. Barb Taylor and Mary Ann Dawson are busy scheduling CR schools and daycares. Lions interested in serving as recorders or photographers should contact Barb or Mary Ann.

Scott Lindsley and Bill Jurgensen continue to provide valued leadership in our Vision and Hearing Committees respectively. Lions provide care to those applying for services on a case by case basis.

With the start of the 2019-2020 school year Margaret Debner presented Wright Elementary with needed school supplies donated by individual members. Thanks to all who helped Wright School teachers and students get off to a great start.

The Variety Show takes place Sunday, September 8th at CSPS Hall from 2-4 pm. Jan Federer has taken the lead in attracting outstanding acts to highlight this event. Place this event on your calendar and remember to send your ticket money to Don Magee. See you there!

Meanwhile, Dennis Egel is going forward with plans to collaborate with Gems of Hope. Lions hope to provide needed scholarships to cancer affected students in area high schools. Lions are rallying behind the "Cancer Really Sucks" campaign.

Also, on the horizon is the 100-year celebration next June. Gary Glockhoff and Terry Durham are planning a great night of celebration. Please help us support their celebration at Elmcrest Country Club. Stay tuned for more information throughout the fall and winter months.

Lastly, Kristin Glockhoff and Gary Glockhoff provided members with some valuable information on use of the MY LION application and the Noon Lions Website (www.cedarrapidsnoonlionsclub.com). Contact Kristin or another officer for help in using these sites.

In service,

Mark Stewart

Program Chairs:

August: Kristin Glockhoff
September: Elaine Brown
October: Various
November: Gary Glockhoff
December: Greg Reed
January: Terry Durham
February: Jim Russell
March: Lindsley/Schroeder
April: Ralph Wasik
May: Dennis Egel
June: Julie Facion
July: Charlie Gallaher

September Programs – Elaine Brown

05	Shana Kargo, Chains Interrupted
12	Jackie Tyne, American Legion, Poppy Day Awareness
19	Frank Sherman, Vietnam Veteran who flew the plane that refueled bombers
26	Mona McCalley-Whitters, PhD, Executive Director of Linn County NAMI (National Alliance on Mental Health)

Greeters:

August: Jan Federer
September: Dennis Ferreter
October: Gary Glockhoff
November: Walt Hartman
December: Margaret Debner
January: Mary Ann Dawson
February: Barb Taylor
March: Kristin Glockhoff
April: Ron Mustaine
May: Greg Reed
June: K.A. Nanjappa
July: Dennis Egel

September Greeter – Dennis Ferreter

Instructions: A greeter signs up for one month and makes visitors feel welcome.

- **Arrive by 11:45 and wait to get your food.**
- Make sure to **welcome any visitor and make introductions** to the president and other officers.
- **Find them a seat** by another welcoming member.
- Supply each visitor with a laminated **visitor meeting agenda sheet** so they have the words to the first & fourth verses of the song.
- Provide visitors with a **club brochure**, if available.

Thanks for helping grow the club!

Tail Twisters:

August: Lindsley/Rheinschmidt
September: Dennis Ferreter
October: Greg Reed
November: Margaret Debner
December: Gary Glockhoff
January: Jim Russell
February: Terry Durham
March: Taylor/Dawson
April: Jan Federer
May: Walt Hartman
June: Bill Jurgensen
July: K.A. Nanjappa

September Tail Twisters: Dennis Ferreter

September Birthdays:

26th Aaron Horn

New Members:

See your name in print as the sponsor of a new member. Have you passed out any Lions Club business cards lately? Who do you know that would make a great Lions Club member? ASK One... Remember that the club will pay for the first lunch of a prospective member.

Lions Variety Show – Sunday, September 8

CSPS Hall 1130 3rd St SE, Cedar Rapids, 2-4pm

We are nearly ready for the 5th annual variety show. We have a terrific lineup of performers again this year including Comedian Doug Thompson, Mike Maas duo, and dancers performing dances from India. There is still time to contribute to the success of this fundraiser by buying 5 tickets at \$10 each and being sure to attend the show. If you are unable to sell or give the tickets to anyone, you can return them to the club and we will provide them to a senior residential center for their use. In that case your unused ticket purchase will be considered a donation.

The Show

The show will begin at 2 PM on Sunday, September 8, at the CSPS Hall, 1103 3rd St. SE, CR. There is free parking in the lot behind the hall or across 2nd St. Enter at the side of the building off the alley and take the elevator located past the 2nd set of doors or take the stairs up to the auditorium.

Proceeds from the event will benefit Lions Hearing and Vision service projects.

See you at the show!

Jan Federer, Variety Show Chairperson

Wright School begins a new year.

It is hard to believe but school is back in session and service opportunities abound again.

Thank you to those who helped provide an afternoon break for the teachers as they prepared their rooms. They took some time away from those warm and challenging rooms for a cold drink, cookies, grapes, chocolate cake with whipped cream and a few minutes of relaxation. It was greatly appreciated!

Thank you also to those who provided extra supplies for the classrooms that always seem to run out about January. You donated 64 Expo Markers, 298 #2 pencils, 17 1” 3 ring folders, 16 spiral bound notebooks, and one back pack.

Classroom volunteers are needed again this year. If you like to be around children, love to see them make progress, and want to be an important part of their week . . . you are in luck. Beginning in mid-September we will be able to sign up for classroom assistance, lunch or breakfast buddies, a helping hand, or a volunteer for special events like hearing screening. This year we will be able to register on line, our participation will be tracked on computer and we won't even have to sign in at the office.

More information will be provided as it becomes available.

Margaret Debner & Ken Benson, Coordinators



From the Diabetes Committee Margaret Debner, Chair

From the Diabetes Committee CLEAN EATING!

Clean eating is not a gimmick or a “diet” but a way to avoid or limit processed and refined foods that can cause additional health problems. Does clean eating really boost health? Basically, clean eating focuses on plant foods, fewer additives and preservatives and nutritional balance. The impact on your health may be weight loss, better sleep, skin and healthier hair and is recommended especially for diabetics.

TEN STEPS TO EATING CLEAN!

1. Eat foods in their natural state; an apple instead of apple pie, grilled meat instead of processed meats, and foods with little or no added sugars.
2. Limit processed foods that come in a can, box, foil, or cardboard containers. They may be convenient but the food value is decreased and sugar, fat, or sodium has probably been added to preserve it and replace nutrients lost.
3. Eat a lot of plant foods; vegetables, fruits, whole grains and seeds. You don't need to be a vegetarian but plant foods lower the risk of chronic diseases and the fiber feeds those good bacteria in your digestive system and can help keep you healthier.
4. Read labels and ingredient labels: Look beyond serving size, total carbs, saturated fats and sodium. Processed and refined foods often contain unpronounceable ingredients that may have unknown side effects.
5. Balance your meals: have a balance of carbs, protein, and healthy fats. Your body needs some of each to sustain good health and it will prevent cravings that often lead to unwise food choices.
6. Space out your eating: food fuels your body. Skipping meals or eating at irregular intervals can sap your energy and make it harder to manage your diet.
7. Lighten up on the liquids: drink water, seltzer water or unsweetened tea instead of soft drinks, juices, sweet tea, sports/energy drinks and alcohol to avoid the extra calories and chemicals.
8. Plan and prep: take a little time to plan ahead, prep extra servings when you cook, and find ways to make leftovers planned overs with a new twist and flavor. This will save time, money, and temptations to just grab something.
9. Eat mindfully: take time to eat slowly and enjoy your food. Have you ever eaten a meal so fast you couldn't remember what you just ate? Slow down and enjoy your food to overcome temptation, boredom and stress.
10. Be realistic: Clean eating isn't depriving yourself of anything. There's room for small or infrequent portions of some of those not so healthy favorites. If you eat clean about 80% of the time, you are a clean eater.

Source: January 2019 “Diabetes Management”



Fall Outing- Boone Scenic Railway

Our fall outing will start at Scott's restaurant on Blair's Ferry Road at 7am. After breakfast we will carpool to the Lions State Office in Ames for a quick tour of the facilities. We will then go to the Reiman Gardens at Iowa State University (\$8 seniors). We will then head to the Boone Railroad Museum and take a train ride (\$22.00). Those who wish can eat on the train (sandwiches and snack food is available). After the ride we'll finish up at the museum and then move on to Mamie Dowd Eisenhower's birthplace and childhood home. Following that we will drive to Montour, IA and have supper at Rube's Steakhouse (Chicken \$15, Steaks \$22-\$59).

To reserve your space on the outing, email Gary Glockhoff at g.glockhoff@gmail.com.

MINUTES – Cedar Rapids Noon Lions Club Board

August 22, 2019, 10:30am Longbranch Convention Center

Attendance: Mark Stewart, Scott Lindsley, John Swenson, Mary Doyle, Don Magee, Walt Hartman, Dean Thomas, Dennis Egel, Greg Reed

Committee Chairs: Bill Jurgensen, Scott Lindsley, Barb Taylor, Mary Ann Dawson, Margaret Debner PDG: Terry Durham

Past President: Kristin Glockhoff

Call to order by President M Stewart, 10:30 am

Agenda approved: carried

Minutes approved: motion, second, carried

Financial Reports: Balances on hand are: Administrative account, \$6,464.21; Charity account: \$1,167.83; Total Memorial Fund account, \$49,307.09; Balance of all accounts, \$56,939.13. Motion to approve G Reed, second S Lindsley, carried.

Additional: After board discussion, it was decided that D Magee would form a committee to review the club financial policies and report to the board at the next meeting.

STANDING COMMITTEE REPORTS:

Membership: T Durham: The 2019-20 membership goal for the club is to recruit 4 new members. A membership recruitment night is being planned for February.

KidSight: B Taylor, M Dawson co-chairs: 2 Lions screened 14 children at the Marion Back to School Night. A KidSight training is scheduled for August 28 in Mechanicsville. The KidSight committee has begun planning school screenings for the 2019-20 school year. Screenings are expected to begin in October.

Wright School partnership: M Debner co-chair: Club members are being asked to donate supplies or gift certificates to the Wright School backpack program. They are in need of notebooks, pencils and dry erase markers. M Debner will be taking treats to the staff during teacher workshop week.

SERVICE COMMITTEES:

Childhood Cancer: D Egel: no report

Diabetes: M Debner, Greg Reed: no report

Environment: R Mustaine: no report

Fundraising: Greg Reed: no report

Hearing: B Jurgensen, John Swenson, co- chairs: 2 applications for hearing assistance are being processed.. There has also been a request for cochlear implant assistance.

Hunger: W Hartman, Dean Thomas: no report

Marketing and Website: Kristin Glockhoff: The board discussed potential promotion opportunities.

Newsletter: Kristin Glockhoff: no report

School Outreach: Mark Stewart will contact the local high schools and invite selected student volunteers to the 2019-20 club meetings.

Vision: S Lindsley, co-chair: Vision screenings and fittings in July 3: Lions donated 10 hours helping 6 clients. Funds donated \$90.

OLD BUSINESS:

100 Year Celebration; Terry Durham reported that the **100 Yr. Celebration is scheduled for June 13, 2020 at Elmcrest Country Club, estimated cost \$50.** An ad will be placed in the *Iowa Lion* announcing the 100-year anniversary. Various projects are being planned to honor this special anniversary. Members who are interested in helping with any of the activities should contact T Durham.

LVS: Jan Federer reported the **Lions Variety Show is scheduled for September 8, 2019 at CSPA Hall.** Performers will be Doug Thompson, comedian; Mike Maas and Pat Smith, musicians; and Dances from India. To date 18 sponsors/donors have pledged over \$4000. This is the club's biggest fundraiser. Club members are encouraged to sell tickets, to bring friends and family to the show.

NEW BUSINESS:

Items to be considered for additional fundraisers at a future meeting are:

Popcorn machine
Partnership with local business

M Doyle and K Glockhoff continue to navigate the new MyLion for reporting club activities to the District and International.

Adjourned at 11:30 am
Respectfully submitted,
Mary Doyle, Secretary

Volunteer for a Lions Club Committee

It's never too late to volunteer for a Lions Club committee! What do you enjoy doing? What are your interests? Lions Club probably has a committee where your talents will shine!

CHILDHOOD CANCER <ul style="list-style-type: none"> Dennis Egel * Gary Glockhoff 	KIDSIGHT <ul style="list-style-type: none"> Barb Taylor * Mary Ann Dawson * 	TECH (Website, Facebook) <ul style="list-style-type: none"> Gary Lindsey (Facebook) Kristin Glockhoff (Website) Al Huneke (Dropbox)
DIABETES <ul style="list-style-type: none"> Margaret Debner * 	WRIGHT SCHOOL <ul style="list-style-type: none"> Margaret Debner * Ken Benson 	NEWSLETTER <ul style="list-style-type: none"> Gary Glockhoff * Kristin Glockhoff
ENVIRONMENT <ul style="list-style-type: none"> Ron Mustaine * 	HIGH SCHOOL OUTREACH <ul style="list-style-type: none"> Mark Stewart * 	VARIETY SHOW (Sept 2019) <ul style="list-style-type: none"> Jan Federer * Nanjappa Mary Doyle Elaine Brown Dennis Egel (Club President)
HEARING <ul style="list-style-type: none"> Bill Jurgensen * John Swenson Pat Gourley (hearing aids) 	FUNDRAISING <ul style="list-style-type: none"> Greg Reed Julie Facion 	FESTIVAL OF TREES (Nov 2019) <ul style="list-style-type: none"> Kristin Glockhoff *
HUNGER <ul style="list-style-type: none"> Walt Hartman * Dean Thomas Linda Fisher 	MARKETING <ul style="list-style-type: none"> Gary Lindsey 	100 YEAR CELEBRATION (June 2020) <ul style="list-style-type: none"> Terry Durham * Gary Glockhoff Kristin Glockhoff Korey Grow
VISION <ul style="list-style-type: none"> Scott Lindsley * Rich Rheinschmidt 	MEMBERSHIP & RETENTION <ul style="list-style-type: none"> Terry Durham * All Club Members! 	

Please volunteer to help with a Lions committee that speaks to your heart for service. If you haven't had a chance to sign up at a Lions Club meeting, e-mail President Mark (mesbigfish@yahoo.com) with your committee of choice. Thank you!

Web Addresses

Lions International.....www.lionsclubs.org
Iowa Lions Website www.iowalions.org
Iowa Lions Newsletterwww.iowalions.org/theiowalion.html
District 9EC..... www.iowalions9ec.org
Cedar Rapids Noon Lions Club.....<https://www.cedarrapidsnoonlionsclub.com>
Amazon Smile.....<https://smile.amazon.com/>

Supporting: Cedar Rapids Thursday Noon Lions Charities Inc

Events Calendar:

Board Meeting Schedule = 3rd Thursday of each month at 10:30AM

- **08 September 2019 – Lions Variety Show at CSPS**
- 18-21 Sept 2019 – USA/Canada Forum
- 3 October 2019 Fall outing, Boone Scenic Railway
- 10 October 2019 – World Sight Day
- 16 October 2019 – World Hunger Day
- 14 November 2019 – World Diabetes Day
- **09/10 November 2019 – Festival of Trees**
- 11 Jan 2020 – MD9 Mid-Winter Conference
- 15 February 2020 – Childhood Cancer Day
- 03 March 2020 – World Hearing Day
- 21 March 2020 – 9EC Spring Convention
- **06 May 2020 – “Official” 100th ANNIVERSARY OF OUR LIONS CLUB**
- 04-06 June 2020 – MD9 State Convention
- **13 June 2020 – 100th Anniversary Party!**
- 05 June 2020 – World Environment Day
- 17-19 Sept 2020 – USA/Canada Forum in Louisville, KY
- **09-11 Sept 2021 – USA/Canada Forum in Des Moines, IA**