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| 2019 – 01 January | Lion’s Tales  *Newsletter of the Cedar Rapids Noon Lions Club of Cedar Rapids, Iowa.* |
| **Officers:**  President: Kristin Glockhoff  1st VP: Scott Lindsley  2nd VP: Mark Stewart  Secretary: Mary Doyle  Treasurer: Don Magee  2019: Margaret Debner  Ron Mustaine  2020: Walt Hartman  Dean Thomas  2021: Dennis Egel  Gary Glockhoff  Membership: Terry Durham  Lion Tamer: Bill Severa  Tail Twister: Ron Mustaine  Past President: Greg Reed  **COMMITTEE CHAIRS:**  Program: Greg Reed  KidSight: Barb Taylor  Mary Ann Dawson  Vision: Scott Lindsley  Rich Rheinschmidt  Hearing: Bill Jurgensen  John Swenson  Pat Gourley (hearing aids)  Wright School: Margaret Debner  Linda Fisher  Diabetes: Margaret Debner  Hunger: Walt Hartman  Dean Thomas  Environment: Ron Mustaine  Childhood Cancer: Dennis Egel  Gary Glockhoff  School Outreach: Mark Stewart  Variety Show: Jan Federer  Bike Ride: Gary Glockhoff | President’s Message: **HAPPY NEW YEAR!**  January - the month of new beginnings… “Today I start living a healthy lifestyle” or “Today I start doing the New York Times crossword puzzle in ink”…  3 years ago I wrote a letter to myself that included the following words: “I don’t want to look back a year from now (2015) and find I’m in the same place I am now (2014). I want to notice the changes I made in myself and congratulate myself on how well I stuck with my plan. I want to look back on 2015 as a year of renewal - in spirit, health, and being.”  Well, 2015 WAS a great year. I lost 60 pounds, retired from work, started voice lessons again, got to meet our first grandchild, traveled… lots of joy for which I was thankful.  In 2018 I found 50 of the lost 60 pounds, but also have lots of joy for which I am thankful - we met our second grandchild, survived our first full year of both being retired, and I became president of an awesome service club, the Cedar Rapids Noon Lions Club. Our year is half over … thank you for your leadership and contributions these past 6 months!  Have you made any resolutions for 2019? When you look back on this Lions year, what reflection do you want to see? Will we see a club that was maintaining or a club that was stretching and growing?  Will our club still be a well-kept secret or will it have an expanded footprint and be better recognized within our community?  How will you contribute to the health of our Cedar Rapids Noon Lions Club in 2019?  In Service,  Kristin  *“We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives…not looking for flaws, but for potential.” – Ellen Goodman* |
| **Program Chairs**:  August: Russell/Higdon  September: Glockhoff’s  October: Ralph Wasik  November: Glockhoff’s  December: Hartman / Reed  January: Reed / Hartman  February: Al Huneke  March: Jeff Busbee  April: Jan Federer  May: Dennis Egel  June: Gary Lindsey  July: Taylor/Dawson  **Greeters**:  August: Glockhoff’s  September: Siebenmann  October: MaryAnn Dawson  November: Bill Jurgensen  December: Walt Hartman  January: Mark Stewart  February: Barb Taylor  March: Al Huneke  April: Terry Durham  May: Charlie Gallaher  June: Jan Federer  July: Dennis Egel  **Tail Twisters**:  August: John Swenson  September: Dean Thomas  October: Greg Reed  November: Gary Glockhoff  December: Jan Federer  January: Ron Mustaine  February: Ralph Wasik  March: Elaine Brown  April: Dennis Egel  May: Walt Hartman  June: Taylor / Dawson  July: K.A. Nanjappa | January Programs – Walt Hartman / Greg Reed  |  |  | | --- | --- | | 03 | The RISE Program – Mary Crandall | | 10 | Business Meeting | | 17 | Meals from the Heartland – Joel O’Dell | | 24 | Marion Police Department – Chief Joseph McHale | | 31 | Kirkwood Community College – Dr. Lori Sundberg, President |  January Greeter – Mark Stewart **Instructions:** A greeter signs up for one month, and it is his job to make visitors feel welcome. The greeter **arrives by 11:45** and **waits to get his food**; makes sure to **welcome any visitor and make introductions** to the president and other officers. Locate the **visitors meeting agenda sheet** so they have the words to the first & fourth verses of the song. Provide them a **club brochure**. Thanks for helping grow the club!  **January Tail Twister: Ron Mustaine**  **January Birthdays:**  5 – Terry Durham  17 – Richard Rheinschmidt  **New Member:**  *See your name in print as the sponsor of a new member. Have you passed out any Lions Club business cards lately?* |

**Salvation Army Bell Ringing**

Several club members volunteered to ring bells for the Salvation Army. The weather cooperated for the most part (no snow) and we also received some publicity for the club. (not pictured: Profound Sound quartet with Gary Glockhoff, Al Huneke, Duane Scott, Ray Smith. Other ringers included Walt Hartman, Linda Fisher, Greg Reed, Terry Durham.) Thanks all!

 

Mark Stewart and Don Magee

Barb Taylor and John Swenson

**FIRST Tech Challenge Program Needs Volunteers**

We received a request for volunteers from Jeff Margrett, a senior mentor for the FIRST Tech Challenge program administered by the U of I College of Engineering. The FIRST Tech Challenge is a science event for students grades 7-12. Local events include a league tournament at Marion High School on January 19, a super qualifier at Iowa City West High School on February 9, and a challenge championship at Coralville Marriott Hotel on February 22-23. To learn more and register as a volunteer, visit their website at <https://www.firstinspires.org/volunteer/its-easy-to-get-involved>. If you have questions about volunteering or to learn more about the program, email [ftc.iowa@gmail.com](mailto:ftc.iowa@gmail.com) .

**Lions Club Student Advisory Board**

Our club’s 1st Vice President, Mark Stewart, is working with the Cedar Rapids Community School District (CRCSD) to establish a Lions Club Student Advisory Board. The purpose is to examine leadership experiences within the high school and expose CRCSD students to the mission of the Lions Club and the volunteer programs supported by the Lions Club. This will expose the Lions Club membership to the mission of the high school leadership programs and the volunteer programs supported by the CRCSD. It will promote opportunities for administrators and student leaders to become active members of the Lions Club, develop new fundraising opportunities to help support both the Lions Club and school programs, and allow us to partner with the schools on their non-profit projects. Administrators and students from Kennedy, Washington and Jefferson High Schools will take turns attending our Lions Club meetings twice a month, January-May. Please make these visitors feel welcome!

**REMINDER: NEW MENU CHOICES AVAILABLE IN JANUARY**

Starting with the January 3 meeting, additional Limited Menu options will be available for our noon meetings. To order from the Limited Menu, you must **place your order by 11:40am** so it will be delivered to the room by 12:00 noon.

* **$3.00 Beverage service only**
* **$10.50 Soup and Salad Buffet** (salad bar, soup, bread)
* **$14.50** **Complete Lunch Buffet** (salad bar, soup, two entrees, vegetables, bread, dessert)
* **$14.50** Limited Menu choices (must place order by 11:40am for delivery by 12:00 noon):
  + **Cran-Apple Chicken Salad** on a bed of fresh greens with seasonal fruit, roll
  + **Wedge Salad** (with diced tomato, red onion, green onion, bacon, bleu cheese dressing, roll)
  + **Reuben Sandwich** (corned beef, sauerkraut, Swiss cheese, on pumpernickel) with French fries or cottage cheese
  + **Breaded Pork Tenderloin Sandwich** (tenderloin, pickles, onions, ketchup, mustard) with French fries or cottage cheese
  + **Classic Cheeseburger** (⅓ lb all beef patty, American cheese) with French fries or cottage cheese
  + **BLT Sandwich** on Texas Toast with French fries or cottage cheese

**IOWA LIONS MID-WINTER LEADERSHIP CONFERENCE**

The annual Iowa Lions Mid-Winter Leadership Conference will be held January 11-12 at the Sheraton West in Des Moines. Conference seminars include My Lion App, New Voices Women’s Membership, Global Action Team, LCIF Campaign 100, New Club Organization, and How to Submit to Iowa Lion. Other events include a Strides Walk, Peace Poster Display, Needlework for a Cause, committee meetings, awards, lunch and dinner motivational speakers, basket auction to raise money for Iowa Lions Foundation, and a visit from International Director Gwen White of North Carolina. The conference is a good opportunity to learn more about Lions and meet other Iowa Lions.

**From our Diabetes Chair, Margaret Debner…**

TIME TO LOSE THOSE EXTRA 6 lbs. FROM THE HOLIDAYS!

Oh, that fudge was so good and the eggnog really was a treat. We love pie, ham, cheesy potatoes, and candied pecans. It was all so tempting and it is only once a year; but the scale might be showing 6 extra pounds that weren’t there a month ago. Looks like it is time to get serious about getting in shape.

Those extra pounds are a real problem. Possible problems include joint pain, shortness of breath, high blood sugar levels, clogging veins, and high blood pressure. It is time to cut back on the calories and exercise more.

The number of calories you burn will depend on how long you exercise and the intensity of the activity. The more intensely and the longer you exercise makes a huge difference. Low intensity exercise requires more time to burn the same number of calories as vigorous exercise.

Your weight is another factor when it comes to burning calories. A heavier person burns more calories than someone who is lighter when they exercise for the same amount of time. Here are just a few ways you can burn about 100 calories. The exact amount will vary depending on your weight and the intensity at which you do the activity.

**BURN 100 CALORIES IN 10 MINUTES:**

Jump rope continuously Golfing – carrying clubs Swim laps without stopping

Play a short tennis game Shovel snow General running continuously

**IN 15 MINUTES:**

Tread water Lift weights continuously Enjoy a short aerobics class

Walk uphill Paint a small room Clean a gutter

**IN 20 MINUTES**

Walk briskly at the mall Line dancing continuously Golf with a caddy

Take a leisurely bike ride Wash and wax a larger car Pick up trash along a road

**IN 30 MINUTES**

Slow dancing continuously Treadmill medium speed Take the dog for a long walk

Exercise bike medium speed Push a child in a stroller Put up holiday lights on house

**GET MOVING AND GET HEALTHY**

Try to get some exercise every day. Even 15 minutes of walking or vacuuming can make a difference. Your muscles will benefit, blood flow will be better, blood pressure will be more manageable, and your blood sugar will be controlled better.

You only have one body; take good care of it. This is diabetes awareness year for LIONS – keep moving.

**MINUTES-CEDAR RAPIDS NOON LIONS BOARD**

**December 20, 2018, 10:30 am Longbranch Convention Center**

**Attendance:** Kristin Glockhoff, Scott Lindsley, Mary Doyle, Don Magee, Margaret Debner, Ron Mustaine, Walt Hartman, Dean Thomas, Gary Glockhoff

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

PDG: Terry Durham

Past President: Greg Reed

**Call to order** by President K Glockhoff, 10:30 am

**Agenda approved:** motion D Magee, second B Jurgensen, carried

**Minutes approved:** motion D Magee, second M Debner, carried

**Financial Reports:** Financial account reports were reviewed and accepted.  Motion to approve: S Lindsley, second B Jurgensen, carried. Balances on hand are: Administrative account, $9,095.78; Charity account, $2,467.25; Total Memorial Fund account, $42,644.80; Balance of all accounts $54,207.83.

**Correspondence:** K Glockhoff reported on the response ofQuinn Pettifer of the Gazette. She reported several ideas for Gazette support to our Lions Club.

* Guest Column opportunities to talk about Lions Park Bench project, 100 year anniversary in 2020, and KidSight Screening program.
* New club at NewBo (if this develops)
* Advertisement for an eyeglass donation drive to be held in October
* Post the Variety Show in the community calendar and Gazette might select the event for a feature in Hoopla or Penny Saver.

K Glockhoff read a donation request from Thomas Hand a student at the Southern College of Optometry. He was requesting a donation to SVOSH (Student Volunteer Optometry Services Humanity). The donation would go toward funding SVOSH mission trips which provide vision services to communities with little or no optometry services.  W Hartman made a motion that the club donate $500.00 to SVOSH, second B Taylor. Motion carried.

**STANDING COMMITTEE REPORTS:**

**Membership:** Terry Durham, chair: An orientation for our new member is planned for early next year. Current members who would like a Lions Club update are welcome to join.

**Wright School  partnership:** M Debner, co-chair: In November 6 Lions @ 21 hours reported working with 21 students tutoring or visiting lunch buddies,

**KidSight:** B Taylor, M Dawson co-chairs: In November 15 Lions @ 50 hours screened 470 children, YTD 1345 children screened.

**Vision:**  S Lindsley, co-chair: In November 2 Lions @ 12.25 hours served 9 adults, Funds donated $90, YTD $315.

**Hearing:** B Jurgensen, John Swenson, co- chairs:No applications at this time.  In November 15 hearing aids were collected.  In December and additional 20 were collected.

**Hunger:** Walt Hartman, Dean Thomas, co- chairs: There was a discussion of ways to give to HACAP local food reservoir.  Action on these ideas was postponed.

**OTHER COMMITTEE REPORTS:**

**School Outreach:** K Glockhoff reported that M Stewart was in contact with local high schools and submitted an invitation for students and an advisor to attend club meetings starting in January.  The goal is to expose students to Lions Club and explore mutual volunteer project opportunities.

**OLD BUSINESS:** R Mustaine reported that the club members had donated enough scholarship money for two sessions with the Premier Chamber Orchestra.

**NEW BUSINESS:**

**2018-19 Budget Review:** D Magee reviewed year to date budget expenses with the board.

**Fundraising:**  It was noted that club charity expenses exceed income to date. Various spring fundraisers were discussed. Ideas will be presented to the club in February, including a non-fundraiser letter.

**Publicity Marketing:** Park Benches-Terry Durham and John Swenson met with the new Cedar Rapids Director of Park Services.  He will send Terry and John a list of preferred locations for park benches. The estimate per bench is $425, not including cement and labor. This would be a good project to celebrate the club’s 100th anniversary in 2020.

**2019:**.

Award banquet – April 26

Officer election- April

**New website:**  Kristin Glockhoff created a new website for our club at [www.cedarrapidsnoonlionsclub.com](http://www.cedarrapidsnoonlionsclub.com/) . Future website expenses should be worked into the yearly budget.

**MD9 Partners in Service:**  The board agreed to donate $15 to create a basket for the Iowa Lions Foundation basket auction at Mid-Winter Conference. Kristin Glockhoff will put together a basket.

Adjourned at 11:30 am

Respectfully submitted,

Mary Doyle, Secretary

**Events Calendar:**

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

* 11-12 Jan 2019 - Mid-Winter Conference in Des Moines
* *15 Feb 2019 - Childhood Cancer Day*
* *02 Mar 2019 - World Hearing Day*
* *11 Mar 2019 – Coe College Premier Orchestra concert – Whipple Auditorium*
* *26 April 2019 – Awards Banquet*
* *26 April 2019 - Arbor Day (Environment)*
* *06 June 2019 - National Hunger Awareness Day*
* 07-08 Jun 2019 - State Convention - Host Hospitality Rooms
* 06 May 2020 – 100th ANNIVERSARY OF CEDAR RAPIDS NOON LIONS CLUB

**Web Addresses**

**Lions International** [**www.lionsclubs*.org***](http://www.lionsclubs/)

**Iowa Lions Website** [**www.iowalions.org**](http://www.iowalions/)

**Iowa Lions Newsletter** [***www.iowalions.org/theiowalion.html***](http://www.iowalions.org/theiowalion.html)

**District 9EC** [**www.iowalions*9ec.org***](http://www.iowalions/9ec.org)

**Cedar Rapids Noon Lions Club…………https://www.cedarrapidsnoonlionsclub.com**