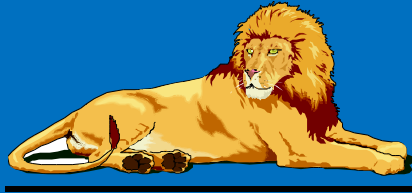


2020 – 08
August



Lion's Tales

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

Officers:

President: Scott Lindsley

1st VP: John Swenson

2nd VP: James Russell

Secretary: Mary Doyle

Treasurer: Don Magee

2020: Dennis Egel

Gary Glockhoff

2021: Greg Reed

Rich Rheinschmidt

2022: Mark Stewart

Walt Hartman

Membership: Terry Durham

Lion Tamer: Bill Severa

Tail Twister: Ron Mustaine

Past President: Mark Stewart

COMMITTEE CHAIRS:

Program/LCIF: Mark Stewart

KidSight: Barb Taylor

Mary Ann Dawson

Vision: Scott Lindsley

Rich Rheinschmidt

Hearing: Bill Jurgensen

John Swenson

Wright School: Margaret Debner

Diabetes: Margaret Debner

Hunger: Walt Hartman

Environment: Ron Mustaine

Childhood Cancer: Dennis Egel

School Outreach: Mark Stewart

Variety Show: Jan Federer

100-Yrs: Terry Durham

Gary Glockhoff

President's Message:

During the last few months, with all the Covid-19 restrictions, there's been plenty of extra time to catch up on home projects. Back in May I concluded that I needed a break from the list of projects and decided to focus on creating a list of "Thoughts for the Week" that could be used to conclude the Lions 2020-2021 club meetings. After a few hours on the internet, I came up with enough "Thoughts for the Week" that would cover the full year. Well, times have changed and I now have an overabundance of "Thoughts". One that seemed very timely, given the challenges we face as Lions, focused on being creative. *"Think left and think right and think low and think high. Oh, the thinks you can think up if only you try."* ~ Dr. Seuss

Cedar Rapids Noon Lions Club has never faltered in providing committed service to our community. Today we're faced with questions about how we proceed with some of our major programs, such as KidSight and Wright School. The questions we need to address, are how creative Lions can be in supporting these programs and if the limitations are too great, how might we creatively increase support for other programs such as Hunger, Environment, Diabetes and Childhood Cancer?

With the Variety Show rescheduled to 2021, creatively addressing fundraising is also a goal. For example, Mark Stewart has been working to have Lions sell raffle tickets at the Perfect Game Field during the large weekend tournaments. Gary Glockhoff has suggested we consider a fundraiser connected with outdoor Christmas lighting displays. There's also discussion about using a roulette wheel during our virtual meetings to raise money.

Recognizing that we'll have some speed bumps, we are creatively attempting to stay engaged and connected through virtual and outdoor meetings. These meetings will allow us to share our ideas to sustain the CR Noon Lions Club as an outstanding service organization.

"Oh, the thinks you can think up if only you try."

Scott Lindsley
President, CR Noon Lions Club

Program Chairs:

August: Mark Stewart
September: Terry Durham
October: OPEN
November: Kristin Glockhoff
December: Kristin Glockhoff
January: Mark Stewart
February: OPEN
March: OPEN
April: OPEN
May: OPEN
June: OPEN
July: OPEN

August Programs – Mark Stewart

- 13 Noelridge Park Pavilion, Marion Police Chief Mike Kitsmiller, bring your own food
- 27 Zoom Meeting –

Months marked “OPEN” are opportunities for you to be the program chair for that month. Contact Mark Stewart at mesbigfish@yahoo.com to volunteer.

Greeters:

August:
September:
October:
November:
December:
January:
February:
March:
April:
May:
June:
July:

August Greeter – will resume when lunch meetings resume

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:
September:
October:
November:
December:
January:
February:
March:
April:
May:
June:
July:

August Tail Twister: ?

August Birthdays:

4 Mary Doyle
11 Kulachandra Nanjappa
24 Elaine Brown

Committee Assignments:

We start another Lion year on July 1 with new officers whom you voted for on-line for the first time ever. With each new year certain jobs in the club are assigned and monthly duties will need to be filled. The new program chair for 2020-21 is the immediate past president, Mark Stewart, who also serves as our LCIF club coordinator. Ron Mustaine is in charge of tailtwisters.

Charity Account Fundraiser

Keep your eyes open for the annual appeal from the non-event fundraiser. That committee is asking for contributions for our Charitable Account (the account we use to donate to charities – LCIF – Iowa Lions Foundation – Hunger – Environmental – Vision – Childhood Cancer – KidSight – Leader Dog – Camp Courageous – etc.)

Eyeglass Collection

If you are comfortable with picking up glasses, you might give your collection location a call and see if they need a pickup.

2021 USA/Canada Forum

The 2020 USA/Canada Forum in Louisville, KY has been cancelled (Louisville will host again in 2028). The 2021 Forum is scheduled to be held in DES MOINES, IOWA on September 9-11, 2021 at the Hilton Des Moines Downtown and the Iowa Events Center. Please mark your calendars now to attend this forum only 2 hours from Cedar Rapids! The forum is filled with opportunities of all kinds – over 70 seminars with information you can use in both Lions and non-Lions activities, friendship, food, motivational speakers, Lions Store...and because it is so close to home, it will provide a good opportunity for you to volunteer your time and talents as our state hosts this event! Both Kristin Glockhoff and Terry Durham are on the Forum Host Committee and will be looking for volunteers to help host the forum. Yes, there is a cost involved to attend (\$285 registration fee until 5/31/21 plus hotel), but if you start planning your attendance now, you'll have more than a year to save up and it really is a great event! Questions? Talk with Kristin, Gary or Terry for answers. It would be really fantastic to have our Cedar Rapids Noon Lions Club well-represented at the 2021 forum in Des Moines!

100 Year Celebration

The celebration has been postponed to 2021. We will try to reschedule a date near to the time of the 1921 charter night. Let's hope the Covid-19 thing is over by then.

SUMMER BOUNTY: EAT FOR GOOD HEALTH

The farmer's market and the grocery stores are overflowing with the fruits and veggies of summer. It is time for us to enjoy the best that nature has to offer.

First the fruits beginning with those lower in carbs and high in nutrition value.

One half cup serving unless otherwise noted:

- #1-4 Raspberry, blackberry, strawberry, blueberry, & cranberry; range from 3 - 9 grams of carbs
Benefits: potassium, vitamin A, C, K and potassium with antioxidants for immunity, reduce cancer risk and urinary tract infection plus high in fiber for lower GI health.
- #5 Plum and plumcot; range from 7-10 grams of carbs. Benefits: Fiber, vitamin C and pectin for general health.
- #6 Kiwi: 8 grams of carbs. Excellent source of vitamin C and fiber.
- #7 Cherries: Rainier, red and pie; range from 8-10 grams of carbs. Benefits: vitamin C, A, fiber and antioxidants for general good health and immune protection.
- #8 Cantaloupe, papaya, honeydew, watermelon: range from 11-17 grams of carbs. Benefits: vitamin A & C, rehydration, fiber, and antioxidants.
- As a comparison, a large orange contains about 17 grams of carbs, a medium-sized apple about 21 grams and a medium-sized banana about 24 grams of carbs.

Remember: "Berries are best." Raspberries, blackberries, blueberries, and strawberries are your best bet, with net carb value from 5 to 9 grams per ½ cup; beyond that, perhaps a plum or a few cherries.

The worst offenders are ripe bananas, at 20 net carbs per ½ cup and grapes, with 16 net carbs per ½ cup. However most fruits, including oranges and apples, are fairly high in sugar and carbs compared to vegetables.

What about the fiber? While it is true that fruit contains fiber and nutrients, they are far from the only source. Above ground vegetables are a much better choice with an equal or greater amount of fiber and nutrients and with only a fraction of the sugar. Most veggies are low in calories but high in vitamins, minerals, and fiber.

Let's take a look at some of the benefits that are possible. Diets that are high in veggies and moderate amounts of fruit reduce the risk of type 2 diabetes by **50%**. This study was done over a 10-year period with 20,000 participants. This with an addition of whole-grains resulted in a 29% decrease in type 2 diabetes. As a general rule one does not need to track the carb grams in vegetables except veggies that are very light in color or mealy need to be eaten in moderate amounts. For example, a white potato vs. a yam vs. a purple potato changes the food value significantly. Darker is better. This goes for the majority of vegetables.

Vegetable	Nutrient	Benefits
Spinach	Vitamin A,K & folate, antioxidants	Immune system health, lower GI health, a superfood
Carrots	Vitamin A, beta carotene	Eye health, reduced cancer risk, 450% of daily Vit A
Broccoli, Brussel Sprouts, Cauliflower	Glucosinalates, Vitamin C Detoxification	Protect against cancer- esp. colon,
Garlic	Allicin	Promote heart health, lower Triglycerides
Green Peas (high in calories)	Vitamin A, C, K	Disease prevention, general health
Red cabbage	Cruciferous	Reduce cholesterol & inflammation
Yams, sweet potatoes	Vitamin A, beta carotene	Reduced cancer risks & blood sugar & cholesterol

These are just a few of the benefits of veggies. Unfortunately, this does not include white potatoes in any form, lima beans, corn or eggplant.

So—good eating and good health.

MINUTES – Cedar Rapids Noon Lions Club Board

July 16 2020 10:30 am

Zoom online

Attendance:

Officers: Mark Stewart, Scott Lindsley, John Swenson, Mary Doyle, Don Magee, Gary Glockhoff, Greg Reed, Rich Rheinschmidt, Walt Hartman, Mark Stewart

Committee Chairs: Terry Durham, Barb Taylor, Mary Ann Dawson, John Swenson, Scott Lindsley, Rich Rheinschmidt, Greg Reed, Ron Mustaine, Gary Glockhoff

PDG: Terry Durham

Past President: Mark Stewart

Call to order by President S Lindsley 10:30 am

Agenda approved: motion G Reed, second W Hartman, carried

Minutes approved: motion W Hartman, second J Swenson, carried

Financial Reports: Balances on hand are: Administrative account, \$8,046.81; Charity account: \$1,024.76; Total Memorial Fund account, \$54,355.12; Balance of all accounts, \$63,426.69. Motion to approve W Hartman, second M Stewart, carried.

Correspondence: none

STANDING COMMITTEE REPORTS:

Membership: T Durham: no report

KidSight: B Taylor, M Dawson co-chairs: Activity for 2019-2020: 24 Lions donated 216.6 hours to screen 1987 children with 145 referrals.

B Taylor and M Dawson received guidelines from Lori Short regarding the resumption of Kid-Sight Vision Screening. These guidelines have been forwarded to participating club members. All Cedar Rapids School District volunteer activities are on hold. No volunteers are expected to be allowed in the buildings until directed by the school district.

Wright School partnership: Activity for 2019-2020: 23 Lions donated 71 hours to served 457 staff and students (classroom tutoring, teacher breakfast, and making masks for volunteers) Funds donated \$2,000.

SERVICE COMMITTEES

Environment: Ron Mustaine: no report

Hearing: John Swenson: Activity for 2019-2020: 9 clients served. 72 hearing aids collected. Funds donated \$739.

Hunger: Walt Hartman: no report

Vision: Scott Lindsley, Rich Rheinschmidt: Activity for 2019-2020: 3 Lions donated 98 hours to serve 50 clients. Funds donated \$1,215. Walt Hartman: 6,420 eyeglasses collected

Diabetes: no report

Fundraising: Greg Reed: More than \$2000 in non-event donations have been collected. M Stewart and G Glockhoff will investigate the possibility of a cancer raffle at Prospect Meadows.

Childhood Cancer: no report

Marketing and Website: A suggestion was made to inquire about a club sponsorship at Prospect Park baseball complex. A club bench is already being placed at the complex and this would be another way of promoting the club's name as well as supporting the local community. The complex includes a Miracle Field for persons with special needs.

Newsletter: Gary Glockhoff

OLD BUSINESS:

100 Year Celebration: The centennial dinner has been rescheduled for October 2, 2020 at Elmcrest Country Club. Terry Durham, Gary and Kristin Glockhoff have put a good deal of planning into this event. However, several members have expressed concern about attending an indoor event considering the current Covid 19 transmission information. After discussion it was decided that membership would be polled as to whether they would attend this event if held in October. Gary Glockhoff will be sending out a survey to the membership.

Club Directors 2022-23: A motion was made to appoint Mart Stewart and Walt Hartman as directors for 2022-23. Motion G Reed, second B Taylor, carried.

Meeting schedule and format: Club meetings will be held on the 2nd and 4th Thursdays of the month, at 12:00. The board meetings will be held at 10:30 on the 3rd Thursday of the month. All meetings will be held via Zoom meeting until further notice. Al Huneke will send out directions and assist with the technical details.

Mark Stewart is arranging speakers for the year and is looking for members who will arrange speakers. The speakers would be expected to link into the club zoom meeting. At this time, we are not able to meet in person and therefore offer the speaker a meal. It was suggested that in lieu of a meal and a recognition pen, a donation be made to the speaker or to his/her charity of choice. Mark is going to pursue the idea of a wheel of fortune as a way to raise money for the administrative fund.

NEW BUSINESS:

Lions District 9EC Club Goals 2020 -2021:

Each committee chair should send a committee goal to Scott Lindsley before July 31.

Committee	Goal	Date
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Viridi Golf Classic hole sponsorship: Gary Glockhoff

A foursome from our club will be participating in the Viridi golf tournament, which has been organized to raise funds for the Iowa Lions Foundation. A motion was made to support a club sponsorship for \$125. Motion M Stewart, second B Taylor, carried.

Holiday Scavenger Hunt: Gary Glockhoff will be exploring club interest in a house to house scavenger hunt. This event would be a fundraiser for the Iowa Lions Foundation.

Adjourned at 12:00 pm

Respectfully submitted,
Mary Doyle, Secretary

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

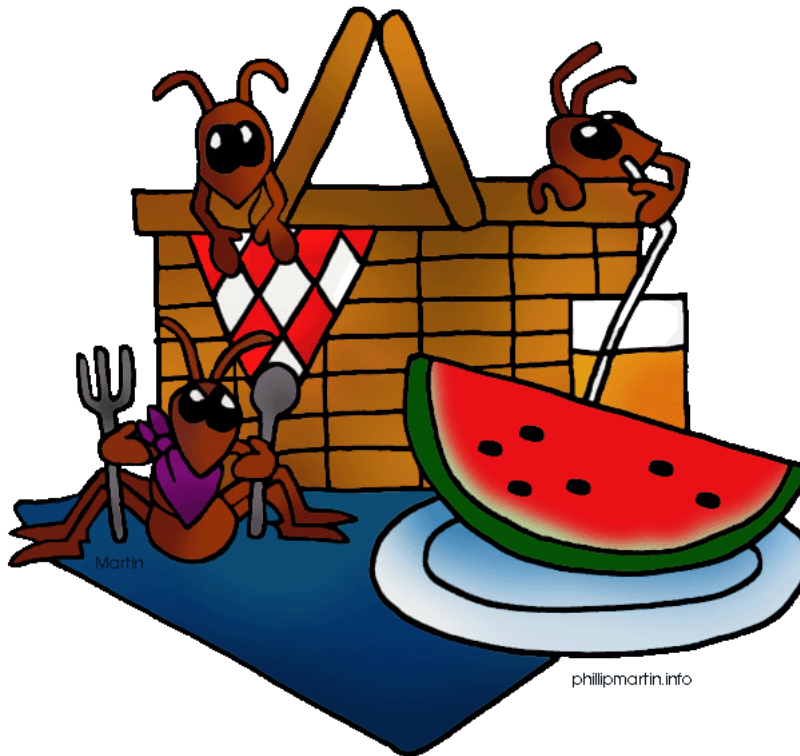
CHILDHOOD CANCER <ul style="list-style-type: none"> • Dennis Egel * • Gary Glockhoff 	KIDSIGHT <ul style="list-style-type: none"> • Barb Taylor * • Mary Ann Dawson * 	TECH (Website, Facebook) <ul style="list-style-type: none"> • Gary Lindsey (Facebook) • Kristin Glockhoff (Website) • Al Huneke (Dropbox)
DIABETES <ul style="list-style-type: none"> • Margaret Debner * 	WRIGHT SCHOOL <ul style="list-style-type: none"> • Margaret Debner * 	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 2021) <ul style="list-style-type: none"> • Jan Federer * • K. Nanjappa • Mary Doyle • Elaine Brown • Dennis Egel • (Club President)
HEARING <ul style="list-style-type: none"> • Bill Jurgensen * • John Swenson • Pat Gourley (hearing aids) 	VISION <ul style="list-style-type: none"> • Scott Lindsley * • Rich Rheinschmidt 	FUNDRAISING <ul style="list-style-type: none"> • Greg Reed • Julie Facion
HUNGER <ul style="list-style-type: none"> • Walt Hartman * • Dean Thomas 	MARKETING <ul style="list-style-type: none"> • Gary Lindsey 	100 YEAR CELEBRATION (May 2021) <ul style="list-style-type: none"> • Terry Durham * • Gary Glockhoff • Kristin Glockhoff • (Club President)
	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 Scott (Lindsley.scott@gmail.com) with your committee of choice. Thank you!

Web Addresses

Lions International..... www.lionsclubs.org
Iowa Lions Website www.iowalions.org
Iowa Lions Newsletter www.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



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Don't forget our Thursday August 13th picnic at Noelridge park at noon. BYOF. (you can have your fill of all the food you bring yourself - Meredith Wilson)