

2019 – 02
February



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:

February is the shortest month of the year - just 28 days to fill with promise. I almost wrote "fill with promise or regret" which sounded much more poetic, but I'm choosing to look only at the promise side of things. I've always been a "glass half full" person which fits the Lions Club service outlook well. Are you an optimist or a pessimist? A believer or a skeptic? I believe most of us who choose to give our time to a service organization are optimists and believers. We see the positive effect a simple action has on those with whom we interact. What will you do to make someone smile today? Help with a KidSight screening? Give a compliment? Commit a random act of kindness? Volunteer to be on a Lions Club committee?

In addition to Valentine's Day, February is also Childhood Cancer Awareness Month. According to the Lions Clubs International website:

- **2 minutes...** a child is diagnosed with cancer every two minutes
- **13%** increase in incidence of childhood cancer over the last 20 years
- **6 years** average age at diagnosis of children with cancer
- **>90%** of childhood cancer deaths occur in low resource settings

During February, we will have some Valentines available for you to write a hopeful, positive message for a child diagnosed with cancer. Board members Dennis Egel and Gary Glockhoff will distribute the Valentines to the UIHC Stead Family Children's Hospital for children currently undergoing cancer treatment.

In service,

Kristin

"In February there is everything to hope for and nothing to regret." ~ Patience Strong

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

February Programs – Al Huneke

07 Rich Ender – Keeping Your PC Running Smoothly
14 Valentine SURPRISE!
21 Al Huneke – China Travelogue
28 TBA

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

February Greeter – Barb Taylor

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 laminated **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!

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

February Tail Twister: Ralph Wasik

February Birthdays:

5 Gary Lindsey

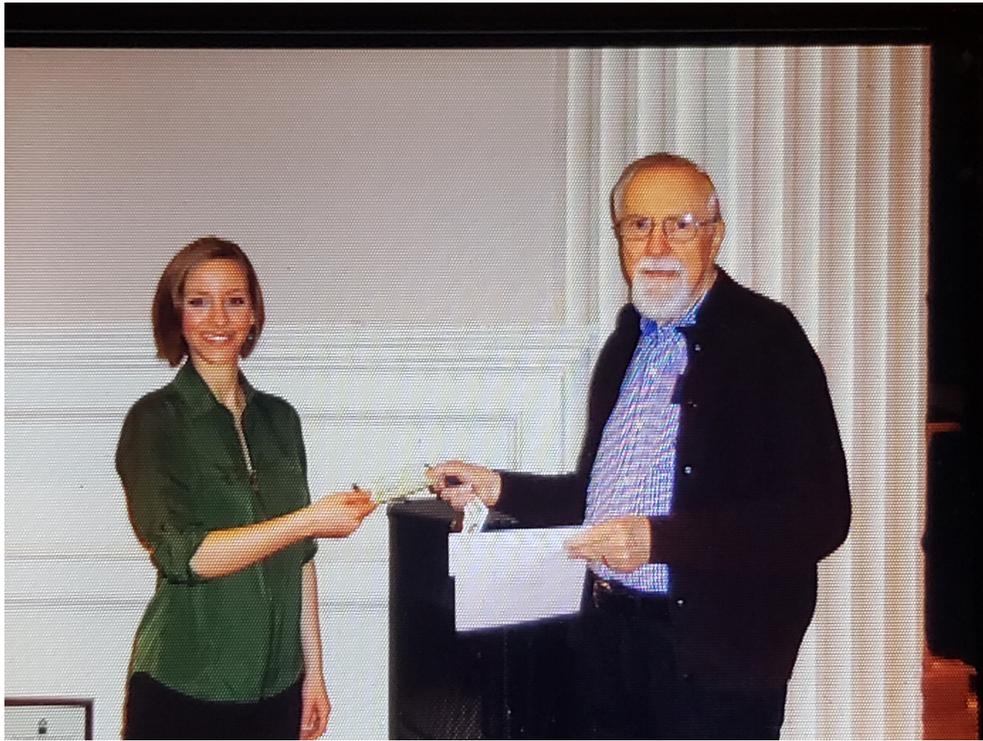
New Member:

See your name in print as the sponsor of a new member. Have you passed out any Lions Club business cards lately?

Ken D. Benson (sponsors: Scott Lindsley and Gary Crandall)
900 2nd Ave SE #310
Cedar Rapids, IA 52401
Cell: 319-366-3076
K.BensonLISW@aol.com

Noon Lions Donate to Premier Chamber Orchestra

Cedar Rapids Noon Lions Club members provided funds to support two scholarships for the newly-formed Premier Chamber Orchestra. The orchestra provides opportunities for 22 well-qualified stringed instrument players in grades 9-12 corridor schools to join professional musicians in presenting classical music concerts. Each scholarship will pay the costs for one student to participate in one of the concerts. The first concert will be held March 11, 2019 at the Cedar Rapids Library Whipple Auditorium.



Ron Mustaine presents a check to Premier Chamber Orchestra founder Dr. Michelle Perrin Blair

Volunteer for a Lions Club Committee

What do you enjoy doing? What are your volunteer interests? Lions Club probably has a committee where your talents will shine!

- 100 Year Celebration (May 2020)
- Fundraising
- Variety Show (Sept 2019)
- Childhood Cancer
- Diabetes
- Tech (Website, Facebook)
- Newsletter
- Vision
- Awards Banquet (April 26, 2019)
- Marketing
- Wright School
- School Outreach
- Hunger
- Environment
- Hearing
- KidSight

Please volunteer to help with a Lions committee that speaks to your heart for service.

Lions Club Student Advisory Board

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. 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!

Schedule:

- January 10 – Kennedy High School (Cancelled due to Semester Test Schedule)
- January 24 – Washington High School
- February 7 – Jefferson High School
- February 21 – Kennedy High School
- March 7 – Washington High School
- March 21 – Spring Break – No School
- April 4 – Jefferson High School
- April 18 – Kennedy High School
- May 2 – Washington High School
- May 16 – Jefferson High School

REMINDER: NEW MENU CHOICES and chance to choose alternate meat...

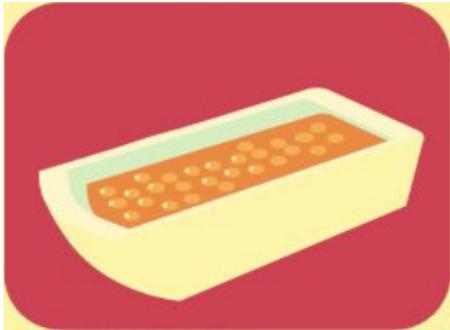
Starting with the January 3 meeting, additional Limited Menu options are now available for our noon meetings. To order from the Limited Menu, you must **place your order by 11:40am** so it will be delivered to the room by 12:00 noon.

- **\$3.00 Beverage service only – REMINDER: if you do not order food, you must still pay \$3.00.**
 - Note: the Longbranch does not charge us for meeting space, set-up, or storage space; they do now require attendees pay for either beverage service or one of the below food options.
- **\$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** (1/3 lb all beef patty, American cheese) with French fries or cottage cheese
 - **BLT Sandwich** on Texas Toast with French fries or cottage cheese

In addition, the Longbranch has offered to rotate the 2nd meat choice at the buffet to include those favorites of Lions Club members. Yes, Thursday is and will always be barbecued ribs day, but the alternate choice could be one of your favorites – baked chicken, scalloped potatoes and ham, lasagna... what are your favorites? What do you NOT want to see on the Thursday buffet? Let Kristin know and she will pass the information on to the Longbranch.

New Club Fundraiser!

Keep your eyes open for details of our new NON-EVENT Fundraiser, coming in February!!



BEAN BATH

Perhaps not everyone's idea of fun, but people have been known to spend hours sitting in a bath filled with cold baked beans in the name of a good cause.



NAKED CALENDAR

Perhaps not the most creative, as it's been done so many times before, but compiling a calendar of tasteful nude photographs (think *The Calendar Girls*) of a group of you can prove to raise lots of money.



ABSEIL

Not one for the faint-hearted or those scared of heights, but abseiling down a tall building is certainly a daring way to raise money. Sponsorship for the courageous feat can go a long way to help charities.

NO! It doesn't involve bathing, calendars or mountain climbing (whew!) but will allow all Cedar Rapids Noon Lion Club members to participate and make a difference in how much service we can offer to our community.

From our Cancer Chairs, Dennis Egel and Gary Glockhoff

February is Childhood Cancer Month...Do you remember when Lions Clubs International announced that childhood cancer was going to be one of the major areas of effort for clubs to work on? I do, and I was stumped as to how we would be able to really accomplish anything in this field. Major efforts were already being accomplished by large organizations and we were spread pretty thin on just dealing with what we were already trying to do.

But if you think about what is possible, we really can do something even if we aren't committing to new fundraisers and big projects. Just telling a child that there are others in their community who are thinking about them and care for them is really important and positive for their attitudes. Attitude makes a huge difference to the outcome of their medical care.

Cedar Rapids Noon Lions will be sending valentine cards to the kids under treatment at the Stead Family Children's Hospital in Iowa City. We want as many Lions as possible to sign the cards at the next two Thursday meetings so please come and add your encouragement to these children who are fighting cancer. Thanks for your participation.

From our Diabetes Chair, Margaret Debner

ADD HEALTHY YEARS *(borrowed from AARP Bulletin)*

Here are some positive health changes that could help you live longer.

- **GET TO THE DENTIST:** Seeing a dentist two or more times a year may lower your risk of mortality from all causes by 30 – 50%, according to Journal of Aging Research

- **BUILD UNBREAKABLE BONES:** Eat fiber, cheat death. HOW?
 - Eat fruits and vegetables – about 10 servings each day
 - Eat more nuts and seeds – Just 5% of your daily calories in nuts and seeds add 1 ½ years
 - Eat more fiber – 1 oz. for every 1000 calories (that really isn't much) and add 5.4 years
 - Reduce amount of sugar, fried food, refined flour, and artificial sweeteners.
 - Reduce red meat by ½ and add beans, lentils, legumes, nuts and seeds. Drink milk, eat avocados and drink green tea instead of black tea or coffee.

A FEW OTHER SUGGESTIONS FOR LIVING LONGER:

- Avoid left hand turns; older drivers have 45% more accidents than other drivers when turning left. This may be vision problems, distraction, slower reaction time, or over confidence.
- Wash your hands – often and thoroughly.
- Get a flu shot.
- Be aware of your surroundings and how people are acting. The crime rate for older adults is higher than younger folks for men but even worse for women. Forty-five percent of violent crime victims in 2015 knew their attacker.

YOUR HABITS, BEHAVIORS, AND ACTIONS can make a huge difference in how long and how well you live. A few changes can add years to your life.

The two most important things you can do are **control your eating** – eat like a bird with more nuts, seeds, legumes, and fiber but with less red meat and sweets, and **more movement**, exercise, and weight bearing activities.

As your Diabetes Committee chair I cannot encourage you enough to make healthy choices. You can be assured it will make a difference.

MINUTES-CEDAR RAPIDS NOON LIONS BOARD

January 17, 2019, 10:30 am

Longbranch Convention Center

Attendance: Kristin Glockhoff, Mary Doyle, Don Magee, Margaret Debner, Ron Mustaine, Walt Hartman, Dean Thomas, Gary Glockhoff, Dennis Egel

Committee Chairs: John Swenson, Barb Taylor, Mary Ann Dawson, Margaret Debner,

PDG: Terry Durham

Past President: Greg Reed

New member: Julie Facion

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

Agenda approved: motion, carried

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

Financial Reports: Balances on hand are: Administrative account, \$9,843.20; Charity account, \$2,442.86; Total Memorial Fund account, \$43,358.26; Balance of all accounts \$55,644.32. Motion to approve M Debner, second, R Mustaine, carried.

Correspondence: In a previous meeting the board had approved a \$500 donation to SVOSH (Student Volunteer Optometry Services to Humanity). K Glockhoff has sent an invitation to student volunteer Thomas Hand to visit the club to talk about the work of SVOSH. A second request for a donation was also received. President Glockhoff sent a reply stating that the club was already supporting one request and could not honor another.

STANDING COMMITTEE REPORTS:

Membership: T Durham: Julie Facion, attended the new member orientation and the board meeting. The induction date for new member, Ken Benson is to be determined.

Vision: S Lindsley, co-chairs was unable to attend the meeting but sent a report. Vision screenings & fittings in December: 2 Lions @ 9.25 hours served 5 adults. Funds donated \$180. YTD \$495.

Hearing: John Swenson, co- chair: There have been 3 inquiries and 1 application for hearing aid assistance.

KidSight: B Taylor, M Dawson co-chairs: KidSight screenings in December: 15 Lions @ 25 hours screened 215 children, 26 referrals. YTD 1151 children screened, 96 referrals. The committee chairs are signing up volunteers for January and February screenings.

Wright School partnership: M Debner co-chair: The committee chairs met with Mr. Krob, the principal of Wright School, regarding the allocation of the club donation. It was proposed that the funds be allocated as follows-\$1,500 library books, \$500 school carnival, \$500 classroom school supplies. Motion M Debner, second, B Taylor, carried.

Childhood Cancer: D Egel, G Glockhoff: It was suggested that the club send valentines to children at the Stead Family Children's Hospital in February. The board enthusiastically supported this idea.

Environment: R Mustaine: In January, R Mustaine has been challenging us with environmental trivia during noon meeting Tale Twister activities.

Hunger: W Hartman, D Thomas co-chairs. The speaker for our January 17 noon meeting is Joel Odell, Hunger Fight Manager for Meals from the Heartland. Through his presentation we hope to learn how our club could

support a partnership activity with this organization.

President Glockhoff requested that committee chairs write an article for the club newsletter, especially during the focus month of their cause. She requested that standing committee chairs write a job description for their committee. She also sent around a sign up list for various ad hoc committee opportunities.

OLD BUSINESS:

Fundraiser ideas - committee to brainstorm ideas: K Glockhoff shared several examples of non-event fundraiser letters. The board supported the idea of sending a non-event letter to all club members in February. The board liked the idea of a valentine/heart theme.

Hospitality Rooms at State Convention: June 7-8, 2019: The Lions Clubs of Iowa State Convention will be held at the Marriot Hotel, Cedar Rapids. Our club will be serving as hospitality room hosts on Friday and Saturday evening.

NEW BUSINESS:

100 Year Celebration: Terry Durham and Gary Glockhoff reported on potential events and projects to highlight the 100-year anniversary of the founding of the Cedar Rapids Noon Lions Club.

When: The preferred date for the formal celebration is May 22 or May 23, 2020. T Durham has a tentative commitment from a national speaker.

Where: Board members made their preference known that the anniversary event be held in Cedar Rapids.

T Durham also shared a plan from Scott Hock, Cedar Rapids Parks Director, which outlined preferred locations for Lions Club benches. These benches would be purchased as part of the 2020 club anniversary celebration.

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

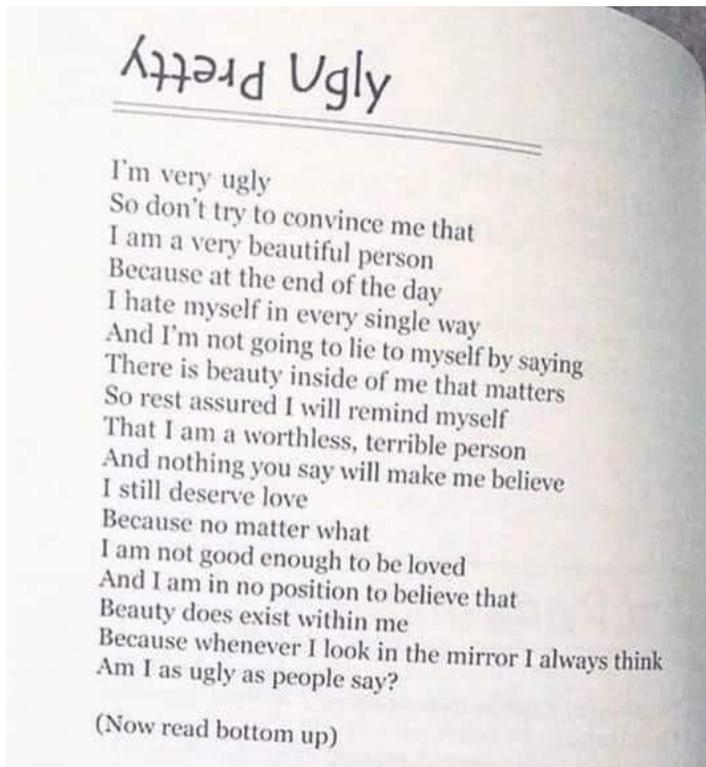
Events Calendar:

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

- February – Childhood Cancer Awareness Month
- 15 Feb 2019 - Childhood Cancer Day
- March – Eye Donor Awareness Month
- 02 Mar 2019 - World Hearing Day
- April – Environmental Awareness Month
- 26 April 2019 - Arbor Day (Environment)
- May – Strengthen Membership Month
- 01 June 2019 – Helen Keller Day
- 05 June 2019 – World Environment Day
- 06 June 2019 - National Hunger Awareness Day
- 07 June 2019 – Lions Clubs International Birthday
- 07-08 June 2019 - State Convention - Host Hospitality Rooms
- 05-09 July 2019 – 102nd International Convention (Milan, Italy)
- 06 May 2020 – 100th ANNIVERSARY OF CEDAR RAPIDS NOON LIONS CLUB

From Nanjappa...

Nan shared the following poem – a good reminder of how we should think of ourselves.



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>