

2018 – 12
December



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

President's Message:

Merry Christmas! Feliz Navidad!

We belong to an International service organization that includes members who celebrate many religions, many customs, many ideas - but we all work together under the banner of WE SERVE. How will you serve our club and your community this December?

- Will you ring bells for the Salvation Army?
- Will you be a KidSight photographer or recorder?
- Will you donate socks or mittens or food to a local shelter?
- Will you shovel someone else's driveway or donate funds to help keep someone else's electricity on this winter?
- Will you offer a kind word and be a ray of light to someone who is having a difficult day?

There are so many ways to live out our motto, "WE SERVE"; some don't cost us anything but a smile and a kind word.

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

How will you express "WE SERVE" during this month of December?

Joyeux Noel! God Jul! Froehliche Weihnachten!

In Service,
Kristin

"Christmas gift suggestions: To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself, respect." ~Oren Arnold

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

December Programs – Walt Hartman / Greg Reed

- 06 Deafinitely Dogs – Jemi Baskerville and Sherry Steine
- 13 Deputy City Manager of Cedar Rapids – Sandi Fowler
- 20 Events Manager for the Cedar Rapids Gazette – Elizabeth Kimmel
- 27 No Meeting – enjoy the vacation break!

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

December Greeter – Walt Hartman

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!

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

December Tail Twister: Jan Federer

December Birthdays:

- 14 Margaret Debner
- 20 Hank Small
- 29 Gary Glockhoff

New Member:

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

Festival of Trees

Several club members volunteered their time to help with the Gazette's Festival of Trees at Hawkeye Downs on November 16-17. It was a chance to not only give something to our community, but also receive some publicity for the club.



How many Lions does it take to put Olaf together?



Thank you to Liz Durham for the loan of sock monkeys depicting our tree's theme "Lions...just monkeying around!"



Some jobs required less movement than others...

NEW MENU CHOICES AVAILABLE IN JANUARY

Members present at the November 15 meeting filled out a food and location survey. According to the survey responses, many of our members would appreciate some different food choices for our Thursday meetings. The Longbranch has offered to meet our request. 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** (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

Membership Dues

HAVE YOU PAID YOUR 2019 DUES? The club dues for 2019 will remain at \$115.00. This amount is divided as follows: \$43.00 for Lions Clubs International dues, \$27.50 for District 9EC dues, and \$44.50 for our club administration expenses.

Current members received a dues payment notice dated November 1, 2018 and payable by November 30, 2018. This due date was 30 days earlier than previous years and makes it much easier for the club secretary to report to International an accurate club membership count by December 31st. International and District 9EC use this count to bill the club for their membership dues.

If you have questions, please ask the club secretary or treasurer.

From our Diabetes Chair, Margaret Debner...

What is a Holiday?

Hassel OR **H**appy, whole-hearted enjoyment
Old “Must Do’s” OR **O**utstanding moments
Lots of stress OR **L**aughter in abundance
Increased spending OR **I**mportant time together
Dreaded overload OR **D**etermined pacing and calendar management
A lack of quality time OR **A**bundant patience and care
Yipes! I am exhausted OR **Y**uletide peace and joy

The holidays can be truly wonderful – filled with good times, good friends and family, and time to celebrate our blessings. But, the holidays are too often filled with stress, too many commitments, too much shopping, baking, decorating, traveling, eating, drinking, and worrying. These will lead to exhaustion, poor self-care, and possible illness or susceptibility to illness.

Why not take a deep breath, decide what is really important, and enjoy the music, the good wishes, and the renewal of relationships? Do only what is important, good for your soul, and worth the time. There is no real benefit in spending too much, eating too much, and worrying too much. Your body, your mind, your spirit, and your loved ones will probably all benefit when all of you spend your time wisely and give each other the gift of enjoyment of the season.

Take care of yourself and encourage others to do the same – the best gift is you and your love. Enjoy moments not things for the best holiday ever. Let’s have moderation in all things except love, compassion, gratitude and patience.

**Just a reminder that it is important to care for your body and mind during the holidays.
Eat wisely, drink moderately, sleep enough, exercise daily, and choose your activities wisely.
You will never be able to eat, drink, or do everything that is offered to you.
This Lions International Diabetes Awareness Year – only you can keep yourself healthy.**

MINUTES-CEDAR RAPIDS NOON LIONS BOARD

November 22, 2018, 10:30 am

Longbranch Convention Center

Attendance: Kristin Glockhoff, Mark Stewart, Scott Lindsley, Mary Doyle, Don Magee, Margaret Debner, Ron Mustaine, Walt Hartman, Gary Glockhoff, Dennis Egel

Committee Chairs: Bill Jurgensen, John Swenson, Scott Lindsley, Rich Rheinschmidt, Barb Taylor, Mary Ann Dawson, Margaret Debner, Linda Fisher

PDG: Terry Durham

Past President: Greg Reed

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

Agenda approved: motion M Debner, second D Magee, carried

Minutes approved: carried

Financial Reports: Financial account reports were reviewed and accepted. Motion to approve: T Durham, second B Jurgensen, carried. Balances on hand are: Administrative account, \$5027.34; Charity account, \$2505.29; Total Memorial Fund account, \$ 42,419.68; Balance of all accounts 49,952.31. The Quarterly Audited Financial Report ending September 30, 2018 was accepted and placed on file. Motion to approve: J Swenson, M Stewart second, carried

Correspondence: K Glockhoff received a thank you from the Lions Clubs International Foundation for our club donation of \$1,000.

STANDING COMMITTEE REPORTS:

Membership: Terry Durham, chair: Orientation for new member, Linda Fisher, will be arranged soon. G Reed reported that 3 members of Retired Teachers Association have expressed an interest in Lions Club. The board discussed other possible groups to reach out to for membership.

Wright School partnership: M Debner, L Fisher, co-chairs: October report: 5 volunteers @ 8 hours assisted 25 children.

KidSight: B Taylor, M Dawson co-chairs: October report: 22 volunteers @ 66 hours screened 619 children. January 19 has been set as the date for Healthy Child Screening at Cedar Rapids Public Library. K Glockhoff will work with B Taylor and M Dawson to look at using Sign Up Genius, a web-based management program, in order to schedule KidSight volunteers.

Vision: S Lindsley, R Rheinschmidt, co-chairs: October report: 2 volunteers @ 7 hours assisted 3 people for \$0. YTD \$225. Boy Scout Pack 33 would like to work on a service project of eyeglass recycling. Details describing our club program have been sent to their leader.

Hearing: B Jurgensen, John Swenson, co- chair: 1 request has been approved. 15 hearing aids have been collected and sent to the hearing bank.

Hunger: W Hartman, co-chair: The noon speaker for January 17 will be talking about Meals from the Heartland. The club hopes to plan a support activity with this group. The club also plans to support the Salvation Army in a hunger related activity.

OTHER COMMITTEE REPORTS:

School Outreach: Previously the board had discussed inviting students and school administrators to club meetings. It was decided that two people would be invited to attend meetings every other week January - May.

M Stewart will act as the club-school liaison.

R Mustaine presented a motion that the club donate to the scholarship fund of the Premier Chamber Orchestra. The motion was amended to be a free-will donation by club members. Second B Jurgensen, carried. Premier Chamber Orchestra is a pre-professional youth orchestra for 9th-12 grade string players.

OLD BUSINESS:

Meeting Location/Meals Survey: The Longbranch is willing to offer a limited menu option, in addition to the regular buffet option. In order to keep the meeting on schedule, menu items would need to be ordered by 11:40. The board was pleased with this additional option. K Glockhoff shared a survey that will be used to assess the meal option preferences of club members.

Service Project ideas:

K Glockhoff reported that new member, Julie Facion, had communicated several service project ideas: suitcase collection for Families Helping Families, money for monthly bus passes for the Salvation Army Pathway of Hope program, and coats and toys for Christmas programs.

NEW BUSINESS:

Fundraisers: Several fundraiser ideas for 2019 were discussed e.g. chili supper, pancake breakfast, garage sale, and a bake sale. Specific plans will need to be developed in January.

Publicity/Marketing ideas: The board discussed the possibility of several public relations projects including the purchase of Lions park benches to be placed in public spaces. T Durham volunteered to look into the costs of benches and possible locations.

Quinn Pettifer of the Gazette met with K Glockhoff to share ways in which the newspaper might assist the club in promoting service projects and fundraisers e.g. advertisement, a guest column, and articles about club activities.

Volunteers from the club will participate in the Gazette Festival of Trees. The theme for our tree will be “Lions just monkeying around”. Due to short notice, the club tree will not be auctioned off this year.

Reminder: It's time to renew club dues. Please make your payment by November 30, 2018.

Adjourned at 11:40 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
- 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
Iowa Lions Website	www.iowalions.org
Newsletter	www.iowalions.org/theiowalion.html
District 9EC	www.iowalions9ec.org
Cedar Rapids Noon Lions Club.....	https://www.cedarrapidsnoonlionsclub.com

Have You Read Any Good Books Lately?

- Margaret Debner recommends the book, *“The Fall of the House of Dixie: The Civil War and the Social Revolution That Transformed the South”* by Bruce Levine. Here is a truly different approach to the understanding of the impact of the Civil War. The social and economic system that was present in the South, its impact on the lives of the people, its dependence upon slave labor, and the deep-seated identities of the people that still is affecting our lives. Most Civil War accounts concentrate on the battles, victories, and defeats of the Union and the Confederacy but this book will allow you to see the story behind the conflict and its dramatic impact on the country.
- Kristin Glockhoff recommends the book, *“The Indifferent Stars Above”* by Daniel James Brown. Mr. Brown tells the epic story of Sarah Graves and the harrowing saga of the Donner Party’s tragic trek from Illinois to California in 1846. He draws on eyewitness accounts and expert testimony as well as his own experiences as he recreates the details of Sarah’s passage through the High Sierras that terrible winter.