

2020 – 05
May



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:

CR Noon Lions!

These past six weeks have been difficult for all Lions! Our hope is that you are safe and healthy. I've heard from many of our Lions and understand that so many of you continue to serve our community in a variety of ways. Several of our members volunteered to make masks for nursing homes, church groups, neighbors, and family members. Others have delivered food and personal items to those in need throughout our community. Thanks to all our members who have served in all kinds of ways during these unique times.

As you have probably guessed, we are extending our social distancing through the month of May. In fact, the Longbranch does not have a date for re-opening at this time. Throughout May, the Executive Officers will discuss the best and safest ways for a return to a regular meeting schedule. We will carefully look at the existing data in making all decisions. Please feel free to call me at 952-465-5951 for additional information and input.

I also want to address our 100-year Celebration. Our committee is looking to postpone this program and we will report back to you on all developments. This program is in the capable hands of Terry Durham and Gary Glockhoff. They have worked hard in organizing this event and will come up with a suitable substitute event.

Naturally, our weekly fundraising (birthday and special event celebrations) is down at least \$400 as of this posting. Our long-term investments have also taken a severe blow throughout this drop in the markets. Please help with our "Non-event Fundraiser" as we move forward.

Finally, as we navigate this unique COVID epidemic, we will look at all relevant data in making our suggestions for returning to regular business meetings. At this time, we are looking into June or July for a safe return to the Longbranch but, nothing has been scheduled to date. Obviously, we may be in this situation for quite some time so please stay tuned!

In service,

Mark Stewart

Program Chairs:

August: Kristin Glockhoff
September: Elaine Brown
October: Larry Thorson
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

May Programs – Dennis Egel

07
14
21
28

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

May Greeter – Greg Reed

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

May Tail Twister: Walt Hartman

May Birthdays:

04 Charles Gallaher
04 Walter Hartman
18 Gregory Reed
19 Dennis Yossi
25 Alan Huneke
30 Mary Ann Dawson

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.

Tail Twisters Need Some Help

Nobody really likes a whiny tail twister, but they do have a little difficulty replenishing the administrative account when we aren't having any meetings. (The administrative account is the one we use to pay club expenses – postage, awards, advertising, insurance...) I know many of you have missed bragging about your anniversary or your grandkid's winning the spelling bee, so to help you with your brag, I will publish your brag, if you send Don Magee the money you would have given at a meeting.

This little boy turned 5 years old on April 2nd and I'm sending Don some money.



Charity Account Fundraiser

Keep your eyes open for the annual appeal from the Fundraiser Committee 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.)

Hunger Committee: Walt Hartman, Chair

Over the last 15 years, the percentage of the population living in Linn County classified, as “food insecure,” has ranged between 12 and 14 percent. Therefore, the need of the Hunger Committee continues.

In October, 2019, the Board approved a \$200 donation to LCIF for “World Hunger Day” and the LCIF appeal to help is needed as Japan recovers from the recent typhon.

In December, eight members of our Club volunteered to help the Salvation Army raise money by ringing the bell for the Red Kettle Drive. They were: Elaine Brown, Terry Durham, Dennis Egel, Walt Hartman, Scott Lindsley, Don Magee, Ron Mustaine and Rich Rheinschmidt. These eight Lions rang the bell for a total of eight hours, but the monetary value to the Salvation Army was undetermined.

In February, HACAP received a \$200 donation and Freedom Force (veterans’ group) received a \$100 donation to help feed the food insecure.

In April, the COVID 19 pandemic requested the Board approve three additional contributions to help feed unemployed people as a result of the shutdown. HACAP, The Salvation Army and the Take Away Hunger organizations each received \$200.

The Hunger Committee would like to thank the Bell Ringers for their time and the Board for a total cash contribution of \$1,100.

Hearing Committee: John Swenson, reporter

As with most of the other Lions Club activities, the Hearing Committee’s activities have slowed to a crawl. Two applications are currently in process and stalled due to the closing of hearing aid centers. At least fourteen (14) applications have been sent out since June, 2019. Six (6) applicants have been referred to hearing aid centers, not including the two mentioned above.

Forty six (46) used hearing aids have been sent to the Lions Hearing Aid Bank. Chris Waring, Iowa Lions Hearing Aid Bank Coordinator, has sent us several letters thanking us for our donations. She also provided a new, updated “Hearing Aid Applications and Financial Information” form and a “procedure for Lions hearing aid application”. Her procedure is in line with our club’s current procedure in processing hearing aid applications.

Unfortunately, a hearing aid center that has worked closely with our club in servicing approved hearing aid applicants has closed. Connie Lenz of Audiology Consultants has retired and her assistance will be greatly missed. She was kind enough to send her supply of used hearing aids to the Lions Hearing Aid Bank.

Help the Covid battle by taking a survey

The state of Iowa is gathering information about who does and doesn’t have the Corona Virus and you can take part by going to [TestIowa.com](https://www.testiowa.com) and filling out the survey. Chances are good that you won’t need to be tested, but it is still very important information for the state to have. It only takes a minute to do.

Noon Lions helping with social distancing

Barb Taylor and Margaret Debner have been busy sewing cloth masks for volunteers at Wright School who need them for their work handing out meals for homebound students. Great donations of elastic from Bill Jergenson and Sally Harms helped with the effort, and Monica Magee spent time cutting out masks. Thank you all!



Barb Taylor with some of the masks she sewed.



Wright Elementary volunteers wearing our masks.

From the Diabetes Committee Margaret Debner, Chair

INTUITIVE EATING: an everyday approach to making peace with food

As we move along these days and weeks of isolating in place it becomes more and more of a challenge to manage our eating. There are days when we wonder just what it means to be in control of food because it seems like food may be in control of us.

We are often exercising less, eating more, and/or eating an unhealthy selection of foods. We may eat from habit, instinct, emotion and thought. Different situations create different desires or cravings depending upon our emotional, physical, or social needs.

We have probably all sworn off certain foods at one time or another and things seem to be going quite well when we get a craving for the very food we are avoiding. It seems to get greater with time, which makes that little inkling grow until it becomes almost an obsession. When at last we decide to take just a few bites or a serving of the “forbidden food” it often becomes a binge. We just can’t seem to stop. When we get to the end of the event guilt and self-loathing may be the result.

This is a common occurrence when we forbid a certain action. It becomes more attractive and the thought of NEVER experiencing that particular taste, smell, texture, etc. is overwhelming. Think back to a time when a certain food was not

available. Perhaps you were traveling and you just never had ice cream. You begin to dream about ice cream. You obsess about ice cream. It is on your mind a great deal and when you finally get back home ice cream is a high priority.

Perhaps you are in Paris and you have this wonderful dessert to celebrate and you know it is the only time this exact dessert will be available. You order another serving and maybe even one or two to go. You indulge to excess because this is the only time this special food will be available. Chances are the second, third, and fourth servings were not as good but the desire to overindulge was huge. Again there may be guilt, frustration, self-loathing or even self-condemnation. How could you possibly have been so weak?

Perhaps you need to consider the path of the intuitive eater who eats to live, not lives to eat.

The intuitive eater learns when and how to manage hunger better. There are a number of important principles for eating. Here is a brief summary:

1. **Reject the diet mentality:** Throw out the diet books and magazine articles that offer false hope or a magic bullet. Learn to eat sensibly and sanely.
2. **Honor your hunger:** Recognize when you are hungry so you don't wait too long or eat just out of habit. Trust yourself and avoid snacking, nibbling, or getting too hungry.
3. **Make peace with food:** Stop the food fight! Give yourself permission to eat and avoid the feeling of deprivation. Eat a little of the forbidden food and get past the craving.
4. **Challenge the food police:** Don't call yourself "good" or "bad" for the way you have eaten. Acknowledge a slip up and get on with life. The food police will only make the necessity to eat for your own good a 3-ring circus of failure and frustration.
5. **Feel your fullness** Listen for the signal from your body that you have had enough. Don't force yourself to finish what is TOO MUCH or no longer meeting a physical need.
6. **Discover satisfaction:** Enjoy your food, enjoy each bite, make an experience out of eating and decide when you have had enough. More is not always better.
7. **Cope with your emotions without using food:** Find comfort and satisfaction in other ways. You do not have to eat or drink to celebrate and you don't have to eat or drink to stuff your failure, anger, boredom, loneliness or anxiety. Find ways to cope that don't have to include food or drink.
8. **Exercise:** Be active and feel the difference. Shift your focus from burning calories to being energized. It can become an important and satisfying way of life.

Becoming an intuitive eater is important whether you are diabetic or not. It is a life skill that will increase your general health, avoid the pitfalls of obesity, anorexia, low energy, compulsive eating, high glucose levels, and numerous other health risks that we face every day.

Remember: Food is a tool, not a goal.

(SOURCE: *Intuitive Eating, A revolutionary program that works* by Evelyn Tribole, MS, RD and Elyse Resch, MS, RD, FADA, CEDRD published by St. Martin's Griffin, NY, NY)

Another Tidbit from Margaret...

Fretting because you can't keep enough fresh food in the house? We all think bananas are fragile BUT you can keep them for up to 10 days in the refrigerator if they are not overly ripe. Just place them in the fruit bin of the refrigerator with high humidity. Take out what you need a day before if possible and let it finish ripening on the counter. The banana will be an ugly brown or near black and you will be tempted to throw it away. However, if it was in good condition when put into the refrigerator, it will be fine when you use it.

Good eating, Margaret Debner

Let's all focus on 20/20

It's not every year that a Lions Club has a chance to celebrate being 100 years old, and it will also be a year later than we had hoped. June was just a little too early to try to pull off this centennial celebration with the current pandemic still running. Terry Durham will be contacting 2nd VP Brian Sheehan and Elmcrest that we won't be able to have the event at the scheduled time and will be looking for a future date.

The club has purchased park benches to commemorate our accomplishments. Two will be installed by the City of Cedar Rapids at the new Time Check Park, 1131 5th St. NW. The third bench is going to the new Prospect Meadows baseball complex in Marion.



Vision Committee

Given the constraints related to the Coronavirus, the Vision Committee is only taking applications over the phone. Currently, LensCrafters at Lindale is closed. People can still contact Scott Lindsley and he will complete an application over the phone. If approved, the approval forms for an exam/glasses will be mailed to the individual to be used once LensCrafters opens.

Until March, the activity for people receiving new glasses had been well ahead of the previous year. Since then, there was only one application in March and none in April.

Eyeglass Collection

Most of the optometrists are closed these days so no collection of glasses will be done until June 1.

Kid-Sight Report

A **BIG THANK YOU** to everyone that served this year as Photographers and Recorders for the Kid-Sight program. During the 9 months that we screened children this year there were 24 members of our club that served a total of 217 hours. We screened 1987 children between July 2019 and March 2020. There were 145 children that received referrals. Again, a **BIG THANKS** to all of our dedicated Lions!! You do make a difference in children's lives!!

We have been in touch with Lori Short, the Kid-Sight Program Manager. This year is the 20th Year of Kid-Sight, there was to be a BIG celebration at the State Convention in June, but that has all been postponed. Lori said it WILL take place even if it isn't until 2021. Lori also reported that the Kid-Sight Steering Committee will be meeting on May 13 and will be making decisions regarding how Kid-Sight will be involved at the State Fair, if it is held, probably just an educational booth, no screenings. Regarding fall screenings in the local communities, Lori says it is premature to make a decision at this time, but it will certainly look different if we are able to get back into the schools and daycares. The Kid-Sight Steering Committee will begin outlining plans at this point. She is hopeful that they can start making recommendations for fall planning and scheduling by July. Lori says that **"we won't let this fantastic service demise! Rather, we will use this time to strengthen and refine."**

2020-2021 Election of Club Officers Coming...

There will be a new slate of officers for the Cedar Rapids Noon Lions Club and members will be voting for these candidates via Google Survey in the near future. If you have a hankering to serve on the board, contact our president, Mark Stewart.

9EC Spring Convention and MD9 Iowa State Convention both cancelled!!

International Lions Club Convention Cancelled

International President Jung-Yul Choi has announced that the international convention for this year is cancelled and the next convention will be in Montreal in 2021. The current slate of officers will continue on in their service until the Montreal convention.

MINUTES – Cedar Rapids Noon Lions Club Board

April 30, 2019, 10:00 am

Zoom web conference

Editor's Note: The board meeting happened via ZOOM meetings and 12 members were present along with a couple of ghosts from some other meeting who bled into our meeting periodically. Your charity work continues even if we have not met.

Attendance:

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

Committee Chairs: Scott Lindsley, Barb Taylor, Mary Ann Dawson, Greg Reed, Ron Mustaine, Gary Glockhoff, Kristin Glockhoff

PDG: Terry Durham

Past President: Kristin Glockhoff

Call to order by President M Stewart, 10:00 am

Agenda approved:

Minutes approved:

Financial Reports: Balances on hand are: Administrative account, \$8,143.53; Charity account: \$2,897.61;

Total Memorial Fund account, \$50,715.91; Balance of all accounts, \$61,757.05.

Correspondence: none

STANDING COMMITTEE REPORTS:

Membership: T Durham: no report

KidSight: B Taylor, M Dawson co-chairs: There were no KidSight screening in April due to the Covid-19 situation. YTD 24 Lions have served so far this year for a total of 216.63 Hours from 7/1/2019 – 4/30/2020. 1987 children screened with 145 referrals. The state KidSight office is currently staffed with only one person at a time. The status of fall screening remains uncertain at this time.

Wright School partnership: Iowa schools have been closed for the remainder of the school year due to Covid-19. Earlier in the year the board had pledged \$2,500 to be used for the school partnership. In January \$200 was used for teacher supply bags. M Stewart reported that M Debner recommended that \$500 which had been pledged for the Wright School Carnival be carried over to fall 2020 so that it could be used for a potential beginning of school activity. The remaining \$1,800 which had been pledged for library materials would also be carried over. The board approved the motion.

SERVICE COMMITTEES

Environment: Ron Mustaine: no report

Hearing: John Swenson: no report

Hunger: Walt Hartman recommended that in this time of need, the club donate \$600 to food distribution charities. At Walt's recommendation a motion was made to distribute the money equally to HACAP, Salvation Army and Take-Away-Hunger. K Glockhoff, second. Motion carried.

Vision: Scott Lindsley, Rich Rheinschmidt: There are no vision applications at this time. If there are applications, S Lindsley is willing to do interviews on line. LensCrafter is temporarily closed due to the Covid-19 situation.

Diabetes: Margaret Debner: no report

Fundraising: Greg Reed: The board discussed the non-event campaign which had been postponed. Greg was directed to proceed with non-event letter in order continue raising funds for club charity projects.

Childhood Cancer: Dennis Egel, Gary Glockhoff

Marketing and Website: Kristin Glockhoff: Gary Lindsay has been asked to write a newspaper article about the 100-year anniversary. Kristin will check on this project.

Newsletter: Gary Glockhoff ask the committee members to send articles for Lions Tales.

SPECIAL COMMITTEES

School Outreach: Mark Stewart no report

OLD BUSINESS:

100 Year Celebration: Plans are on hold. The board discussed an award celebration option if we are not able to have a celebration event at Elmcrest in June 2020. A suggestion was made to have an outdoor picnic in July. Members agreed that sounded like a good option.

Lions Variety Show: Jan Federer reported that planning continues for LVS. The show will feature: magician David Casas, singer Lynne Rothrock and a Linn Mar jazz group. Presently, the show is scheduled for September 13, 2020 at CSPA. Due to the current Covid-19 situation all performance venues are closed and opening details are unknown. LVS 2020 is subject to change. After discussion, the board recommended proceeding with the sponsorship solicitations: sending out letters and making phone calls which emphasize our charity work.

NEW BUSINESS:

Officers for 2020-21: President Stewart will put together a slate of candidates and Kristin Glockhoff will create a Google Survey which will allow members to vote electronically.

Next Board meeting May 21, 2020. President Stewart will again host a Zoom meeting.

Adjourned at 11:10 am
Respectfully submitted,
Mary Doyle, Secretary

Cedar Rapids Thursday Noon Lions Charities, Inc.

Board of Directors Special Meeting

March 12, 2020 Longbranch Convention Center

Attendance:

Mark Stewart, Scott Lindsley, Mary Doyle, Don Magee, Gary Glockhoff, Kristin Glockhoff, Dennis Egel, Bill Jurgensen, Barb Taylor, Mary Ann Dawson, John Swenson

The meeting was called to order by President Mark Stewart.

A proposal was presented by the Treasurer, Don Magee, to request that the Greater Cedar Rapids Community Foundation withdraw the spendable amounts from our account (Endowment Fund) in the total amount of \$3,192.00. A similar request would be made from our account (Friends Fund) in the amount of \$60.00.

After discussion, the consensus of the board is to not make a request at this time.

Meeting adjourned.

Events Calendar:

Board Meeting Schedule = 3rd Thursday of each month at 10:30AM This has become a zoom meeting and if you want to attend, contact Mark Stewart.

- 05 June 2020 – World Environment Day
- 17-19 Sept 2020 – USA/Canada Forum in Louisville, KY
- 13 Sept 2020 **CR Noon Lions Club Variety Show** 2 pm
- November 2020 – Festival of Trees
- **09-11 Sept 2021 – USA/Canada Forum in Des Moines, IA**

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 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 2020) <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) 	FUNDRAISING <ul style="list-style-type: none"> • Greg Reed • Julie Facion 	FESTIVAL OF TREES (Nov 2020) <ul style="list-style-type: none"> • Kristin Glockhoff *
HUNGER <ul style="list-style-type: none"> • Walt Hartman * • Dean Thomas 	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 • Mark Stewart
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