

July 2009

Vol. 24

Issue 1



Between The Lions



Vernon Hills Lions Club — Chartered March 14 1983

Officers 2009-2010

President

Lion Valerie Kanuch

Secretary

Lion Richard Leber

Treasurer

Lion John Blackburn

1st Vice President

Lion Bernie Dost

2nd Vice President

Lion Linda Starrfield

3rd Vice President

Lion Kathleen Marusich

Lion Tamer

Lion Gary Zabilka

Tail Twister

Lion Gabriel Cotton

Director

Lion April Frick, PDG

Director

Lion Ed Mahoney

Director

Lion Amber Martinez

Immediate

PastPresident

Lion Gary Zabilka



We Serve

Presidents Corner —

July is a watershed month. It marks the end of our Lion year and the end of each officer's term, including my term as President, usually. This July is also a month of beginnings. As such, it marks the beginning of my second year as President. Lookout, now I have experience! Although I've been attending meetings for years, I can say that I didn't know what I was getting into really. Now I know and I'm doing this again anyway. I guess I'm gung ho.

I want to extend a warm thank you to everyone who was so supportive to me during my first year and thanks in advance for the support I know I'll need this year. You are all appreciated.

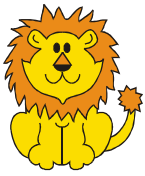
Looking back, we inducted five new members who regularly attend... a remarkable achievement at a time when other clubs have declining numbers. Kudos to our membership committee, especially Lion Ed Mahoney who was the driving force behind the membership meetings and sponsor of many new members over the years. We marched; we funded; we sent kids to camp. We partied; we sold food; we got funds. Essentially, We Served.

On another note, we said goodbye last year to a dynamic Lion and dear friend when Lion Bob Molitor lost his fight against lymphoma in June. At this year's installation dinner we invited Brenda and Ashley Molitor to honor Lion Bob in a moving tribute delivered by his Lion sponsor, best friend most of his life and former college roommate, Lion Gary Zabilka. The Molitor's and the Zabilka's spent a lot of the past 25 years together. Lion Gary gave a short bio-history and poignant homage to his friend and fellow Lion in a moving slide presentation. The picture of Lion Bob's Elvis rendition, his aunt's favorite performer, at her birthday party was a perfect snapshot of our friend who loved to play the clown.

This coming year I'm looking forward to many things, among which are those accomplishments I am still trying to achieve. There is more interest in the Farmers' Market in Vernon Hills with the Park District offering to participate in our first year's venture. I want to make this happen in 2010 as a new fundraiser that could be major for our Club. This fall we are bringing the Circus back to town. The first Circus we had was brought here by Lion Bob Molitor and Lion Don Hook. Lion Bob brought an elephant to one of Vernon Hills' schools to promote the event. This year the Circus promises to be bigger for us than ever, now that we are old hands at promoting the big day.

See you all at the July 4th Vernon Hills parade, Summer Celebration, Summer Splash, and our annual Summer party at Lion Don Hook's home. We are a good group and I'm proud to be your President. Have a great summer.

Lion President,
Val



LION HUMOR

The Devil And The Golfer . . .



A golfer is in a competitive match with a friend, who is ahead by a couple of strokes.

The golfer says to himself, "I'd give anything to sink this next putt." A stranger walks up to him and whispers, "Would you give up a fourth of your sex life?"

The golfer thinks the man is crazy and that his answer will be meaningless but also that perhaps this is a good omen and will put him in the right frame of mind to make the difficult putt and says, "OK." And sinks the putt.

Two holes later he mumbles to himself, "Boy, if I could only get an eagle on this hole." The same stranger appears at his side and says, "Would it be worth another fourth of your sex life?"

The golfer shrugs and says, "Sure." And he makes an eagle.

Down to the final hole. The golfer needs yet another eagle to win. Though he says nothing, the stranger again appears at his side and says, "Would you be willing to give up the rest of your sex life to win this match?"

The golfer says, "Certainly." And makes the eagle.

As the golfer walks to the club house, the stranger walks alongside and says, "You know, I've really not been fair with you because you don't know who I am. I'm the devil and from now on you will have no sex life."

"Nice to meet you," says the golfer. "My name's Father O'Malley."



Happy Birthday

Lion Len Smith - July 23

Happy Anniversary

Lion Mike Meline - 8 years
Lion Amber Martinez - 1 year
Lion Ann Marie Moore - 1 year
Lion Melody Norman - 1 year

CLUB & DISTRICT 1-F EVENTS

July 2009

- 4 Village of Vernon Hills Parade
- 6-10 Lions Clubs International Convention
Minneapolis, MN
- 11 8:00 AM Board Meeting - Larry
Laschen Community Center
Wear something red, white & blue.
- 15 7:00 PM General Meeting - Larry
Laschen Community Center
- 16-17 Village of Vernon Hills Summer
Celebration

August 2009

- 1 8:00 AM Board Meeting - Larry
Laschen Community Center
- 7 Summer Splash, Family Aquatic
Center 5:00 PM - 9:00 PM
- 19 7:00 PM General Meeting - Larry
Laschen Community Center

**Just Ask
and
They Will Come!**



MEET • GREET • EAT

**Membership Meeting
Postponed to September**

**However, ask a neighbor, or friend
to a meeting or as a volunteer to
an event**



Village of Vernon Hills Summer Celebration July 16-19th

**VERNON HILLS LIONS CLUB
SELLING BEER TICKETS
AND
GLOW STICKS
THURSDAY, JULY 16TH**

**CONTACT LION VALERIE
FOR
INFORMATION ON SIGNING UP
CELL 847-767-5686
OR
vkanuch@comcast.net**



**Vernon Hills Lions
will be marching in
the village parade
passing out Kool
Pops. Prior to the
parade we will**

**judge the bike decorating contest at
8:00 AM across the street from the fire
station (need 3-5 Lions).**

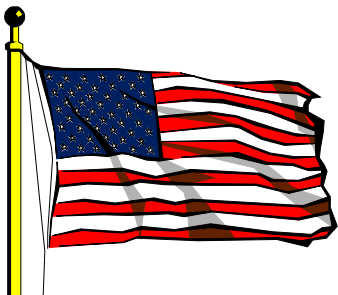
**Meet for the parade between
8:15 & 8:30 AM in Zone 2 No. 17.**

**If you have not signed up and are
available then contact Lion Gary**

IMMEDIATELY!

**Younger kids,
teens & other
adults are all
welcomed.**

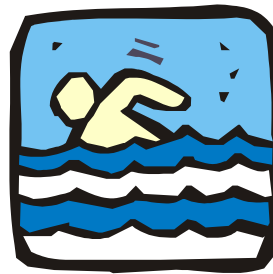
**Any ? Contact
Lion Gary
R 847.438.3808 C 847.845.7117**



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C 847.845.7117

Summer Splash! Friday, August 7th 5:30 pm - 8:30 pm



Summer Splash party is held at the Family Aquatic Center. Highlights of the event includes The Annual Duck Race, poolside music, kids carnival games, food, and other pool activities for the entire family. The event is open to Vernon Hills resi-

dents only and draws about 800 people.

The Vernon Hills Lions will assist the Park District by grilling & serving hot dogs, brats, burgers & chicken. Two shifts are scheduled 5-7 & 7-9. Any member that can work a shift are welcomed (afterall, the more paws helping the easier the task).

For more info contact Lion Tom Ritter —

R 847-546-2549
tomr@vhparkdistrict.org



TERIYAKI TURKEY BURGERS

Yield: 6 servings
Source: "The Complete Diabetes
Prevention Plan"

INGREDIENTS

Burger Mixture:

- 1-1/4 cups sliced fresh mushrooms
- 1/2 cup sliced scallions
- 1/2 cup chopped red bell pepper
- 1-1/4 pounds 95% lean ground turkey
- 3 tablespoons light (reduced-sodium teriyaki sauce)
- 1/4 teaspoon ground black pepper

Rest of recipe:

- 6 canned pineapple rings (optional)
- 1/4 cup plus 2 tablespoons nonfat or light mayonnaise
- 1 tablespoon Chinese or honey mustard
- 6 light wheat or multigrain burger buns
- 6 slices red onion
- 6 lettuce leaves

DIRECTIONS

Place the mushrooms, scallions, and red bell pepper in the bowl of a food processor and process until the vegetables are finely chopped. Place the vegetables, ground turkey, teriyaki sauce, and black pepper in a medium bowl and mix thoroughly. Shape the mixture into six 4-inch patties.

Grill the burgers over medium coals or cook under a broiler for about 6 minutes on each side, until the internal temperature of the patties reaches 165 degrees and the meat is no longer pink inside. (To retain moisture, avoid pressing down on the patties as they cook.) Alternatively, coat a large nonstick skillet or griddle with nonstick cooking spray and cook the burgers over medium heat for about 5 minutes per side.

If desired, brush the pineapple slices with a little teriyaki sauce and grill or broil for a minute or two on each side, until lightly browned.

To assemble the burgers, place the mayonnaise and mustard in a small bowl and stir to mix well. Spread some of the mayonnaise mixture on each bun. Place each burger in a bun and top with some of the onion, lettuce, and if desired, a pineapple slice. Serve hot.

Nutritional Information Per Serving (1/6 of recipe):
Calories: 243, Carbohydrate: 29 g, Cholesterol: 50 mg,
Fat: 5 g, Saturated Fat: 1.7 g, Fiber: 6.6 g,
Protein: 24 g, Sodium: 594 mg, Calcium: 61 mg
Diabetic Exchanges: 1-1/2 Starch, 2-1/2 Lean Meat, 1 Vegetable

**Excellent for
Summer BBQ's**



DISTRICT 1-F HAPPENINGS

Prospect Heights Lions Club

July 11—Prospect Heights Lions Duck Race
(weather per-mitting)

First Place \$500, Second Place \$300, Third Place
\$200 Tickets \$5.00.

Please visit www.ProspectHeightsLions.com for
further information.

August 8- Prospect Heights Lions Golf Outing
Old Orchard Country Club.

Dinner to follow. \$95 per golfer.

Hole sponsorships available.

For reservations, or hole spon-sorships, please
contact Pat at 847-590-0664 or visit
www.prospectheightslions.com

Winthrop Harbor Lions Club

BINGO– Wednesdays

Schlader Building 2700 9th Street
Winthrop Harbor

Doors open 4:30 pm — pull-tabs sold.

Reg BINGO 7–9pm

Refreshments available.

Lions Clubs International Convention

**July 6th - July 10th
Minneapolis, MN**

★ **Concert by the
Beach Boys**

★ **Keynote address by
former U.S. Secretary of State
Colin Powell**



★ **Visit
Mall of America**

Vernon Hills Lions Club Installation & Awards Dinner



Being inducted is new member Lion Don Inman with his wife & Lion Bernie his sponsor. Adminstrating the Induction is Zone Chair Lion Bob Surovitz.



Immediate past President Lion Gary with wife Annette and Honorary guest Brenda Molitor

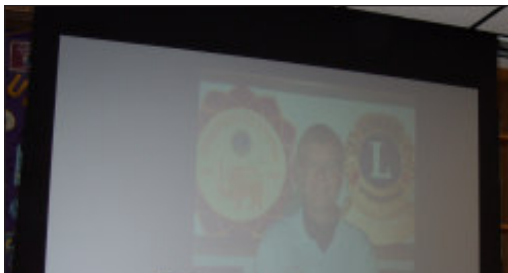


Lion President Valerie displaying an award received from International.

FOOD LINE



Lions enjoying good food, refreshments, companionship good conversation and a great time. (Never fails — where there is beer and a party you will always find VH Lions).



Lion Gary conducting a Power Point Presentation in memory of Lion Bob Molitor to Brenda Molitor. Beginning in 2010 the club will be giving a \$500 Scholarship in his name to a Student at Vernon Hills High School

2009 -2010

Vernon Hills Lions Club Board



L to R back row Lions Gabriel Cotton, Bernie Dost, John Blackburn & Rich Leber. Front row L to R Lions Gary Zabilka, Don Hook, Amber Martinez, Kathleen Marusich, Linda Starrfield & Val Kanuch. Missing are Directors Lions April Frick & Ed Mahoney