January 2010

Vol. 24

Issue 7

Between The Lions

Vernon Hills Lions Club — Chartered March 14 1983

Officers 2009-2010

President
Lion Valerie Kanuch

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Lion Richard Leber

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Lion John Blackburn

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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 —

Happy New Year fellow Lions. I can hardly believe we are 10 years into the 21st century. Remember when the year 2001 was so futuristic? Did people feel this way in 1910? Here we are at the beginning of the next year of our lives and half way through our Lion fiscal year. We had the usual busy fall with the circus, Candy Day, Fall Fest, Oktoberfest, the annual holidays and our holiday party.

This is a time for renewed spirit and resolutions. Our resolve to serve our community and those sight and hearing-impaired persons will continue to bring the much needed help they deserve. We sent our annual holiday gifts to A Safe Place, including 45 toys (compliments of the efforts of Lion —so many offices there's no room to cite them all— Steve Willet), huge bags of clothing for the women and children residents. This year we were asked for sleepwear and underwear for the residents who appear at the Safe Place with only the clothes on their backs. I am told that the residents who helped load up our gifts upon arrival this year answered the door with no shoes on and no coats. I guess next year we can include slippers and jackets.

We should think about what to do this year for our annual club retreat. Should we do something that has nothing to do with Lionism and just enjoy our fellowship and have an interesting topic. Or should we strive to be a more vibrant club, having a retreat that will teach us something useful as Lions. To be discussed at the next Board meeting.

We have the usual spring/summer activities to look forward to. And, luck be with us, one new major activity – the Farmers' Market. This event seems to be morphing into a different form that we first imagined with crafts and other items being offered. When we get this going, it should be interesting.

Whatever we do this year, I wish you all Good Health and a happy heart. I'm still proud to be a Lion.

Your President,
Val

Lion Humor

Bungee-Jumping

Ole and Sven are bungee-jumping one day. Ole says to Sven, "You know, we could make a lot of money running our own bungee-jumping service in Mexico. They don't have it there."

Ole thinks this is a great idea, so they pool their money and buy everything they'll need: a tower, an elastic cord, insurance, etc. They travel to Mexico and begin to set up on the square. As they are constructing the tower, a crowd begins to assemble below. Slowly, more and more people gather to watch them at work. When they had finished, there was such a crowd they thought it would be a good idea to give ademonstration.

So Sven jumps. He bounces at the end of the cord, but when he comes back up Ole notices that he has a few cuts and scratches. Unfortunately, Ole isn't able to catch him, and he falls again, bounces and comes back up again. This time, he is bruised and bleeding. Again Ole misses him. Sven falls again and bounces back up. This time he comes back pretty messed up, he's got a couple of broken bones and is almost unconscious.

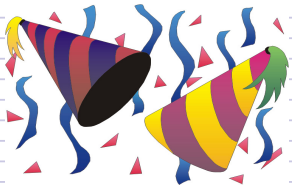
Luckily, Ole finally catches him this time and says, "What happened? Was the cord too long?"

Barely able to speak. Sven gasps, "No the bungee cord was fine. It was the crowd. What the HELL is a pinata?"

Happy Anniversary

Lion Sara Meline - 19 years

and to All
A Happy
&
Healthy
New Year



CLUB & DISTRICT 1-F EVENTS

January 2010

9	Board Meeting - 8:00 AM Larry Laschen Community Center
16	General Meeting - 7:00 PM Larry Laschen Community Center
23	Blood Drive - 8AM - 3 PM Larry Laschen Community Center

February 2010

6	Board Meeting - 8:00 AM Larry Laschen Community Center
17	General Meeting - Larry Laschen Community Center 7:00 PM
21	District 1-F Bowling Tournament
27	Retreat - 8:00 AM Larry Laschen Community Center

Blood Drive

GIVE BLOOD
GIVE LIFE

January 23rd
8AM - 3PM
Larry Laschen
Community Center

7:30 AM - 9:00 AM - Make coffee, setup snacks, chill juice & assist donors

9:00 AM - 11:00 AM - Assist donors

11:00 AM - 1:00 PM - Pick-up & set up lunch and assist donors

1:00 PM - 3:00 PM - Assist donors, clean up & store everyting in its proper place.

For sign up contact Lion Gary
847.438.3808 or docz809@aol.com

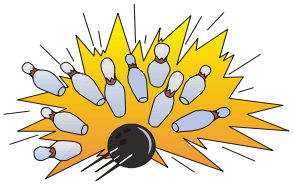
District 1-F Happenings

Trivia Night

Sponsored by the
Elk Grove Village Lions Club
Saturday, January 16, 2010
Queen of the Rosary Gym,
730 Elk Grove Blvd., Elk Grove
7:00 PM (doors open at 6: PM)

Sign up as a team of 8 (1 table of 8) $120 or as a couple for $30 or as an individual for $20. Optional — Dress/decorate your team and table with a theme of your choice. Cash prize for best themed team! Bring your own food or snacks. Beer, wine & pop will be available for purchase. Coffee will be provided FREE.

For information call Lion Wayne Deasy
847.224.6542



Strike!

VH Lions Bowling Team
start dusting off those bowling
shoes and polishing up
your bowling ball because . . .

District 1-F Bowling is
COMING SOON!
Sunday, February 21, 2010
Bertrand Lanes, Waukegan

The Schaumburg - Hoffman Lions Club Presents SUPER BOWL PARTY FOR A PURPOSE!

Sunday, February 7th
4:00 PM - ?
POPLAR CREEK
BOWL
2354 W. Higgins Rd.
Hoffman Estates, IL

TICKETS $15.00
Includes All You Can Eat Buffet
& Silent Auction
Bring your family & friends
or get a group of Lions

Money raised will benefit the
Little Angel Center for
Exceptional Care a 501 (C) (3)Organiza-
tion that suports the residents of
Little ANGEL

F.Y.I.

District 1-F Lions Times

The District Newsletter Editor is asking Lions if they are receiving the monthly newsletter via e-mail.
If you not receiving the district newsletter you can read it on the district web site —
www.District1FLions.com
and
you can let me know & I will forward your e-mail address to the editor so she can add it to her mailing list..

Lion Ed

Coeur á la Crème with Fresh Strawberries

2 cups (452 g) plain nonfat yogurt
2 cups (452 g) nonfat ricotta cheese
grated zest of 1 lemon or orange
1/4 teaspoon (1.25 ml) vanilla extract
6 to 8 large fresh strawberries, stemmed and sliced
(makes 8 servings)

1. Using a food processor or electric mixer, combine the yogurt and ricotta cheese. Process until smooth. Line a colander or basket with a double layer of cheesecloth, letting the cloth drape over the edges. Spoon cheese mixture into center and fold cheesecloth over the top. Place over a bowl or baking dish to catch the whey. Refrigerate for 24 hours.

2. Scrape the cheese away from the cheesecloth and combine with zest and vanilla extract.

3. Line a 3-cup heart-shaped mold or the draining basket with new cheesecloth, letting the excess cloth hang over the edge. Spoon cheese mixture into the mold or basket, smoothing the top. Fold the cheesecloth over the top and refrigerate for 3 hours.

4. Unfold from cheese cloth and if not already shaped into a heart, do so with the back of a spoon. Transfer heart to a serving plate and surround with sliced berries.

Per serving with berries: 84 calories (0% calories from fat), 12 g protein, 0 total fat (0 saturated fat), 8 g carbohydrates, trace dietary fiber, 6 mg cholesterol, 167 mg sodium
Diabetic exchanges:1 very lean protein, 1/2 carbohydrate (1/2 skim milk)

Vernon Hills Lions Club Holiday Party

Good Food
plus Good Companionship
plus Good Conversation
plus Good Musical Trivia Contest
equals GREAT TIME!

Holiday Party Scores Another Hit

by Lion Linda Starrfield

On December 12th , our Lions' Den hosted our annual holiday party. Spearheaded by Lion Don Hook the room we Lions call home a few times a month was almost a religious experience with all the flickering holiday lights and decorations. The food table was end to end with many homemade appetizers and desserts. And we were all trying to make healthy choices while loading up on the brownies and cake. Carrot cake, that's healthy; it has carrots, right? Quiz: how many months of wheat crackers and fat-free cheese lunches does it take to break even from night of goodies?

Then once again, but never routine, Lion Gary started the music game. Our emcee emeritus, Lion Gary Zabilka, mixed it up a bit with the sounds of the 60's, some country, recent hits and show tunes. The winning team was a slightly different group this year as everyone's musical tastes were recognized . Thanks for the tunes/memories, again, Lion Gary. Your game keeps me listening to WFYR.

Even in hard times, our Lions and guests are generous. We had a huge stack of gifts for our annual donation to A Safe Place, the Lake County women's and children's shelter. Thanks to the efforts of Lion Steve Willet, we had 45 toys to donate. Everyone else brought much needed and appreciated new clothing. The following Saturday Lion Don and I delivered all the gifts. A few of the residents helped us bring in our gifts, answering the door with no coat and no shoes, but with big smiles that someone cared enough to drive thru a blizzard and bring them something this holiday time. Next year, I'll bring slippers and a parka.

My personal thanks to those who always take charge and make our party happen each year, especially Lion Don Hook.