

February 2010

Vol. 24

Issue 8



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

Past President

Lion Gary Zabilka

Presidents Corner —

Greetings from Lion Kathleen, your 3rd Vice President

Happy February everyone!

It is hard to believe that the Lion's year for 2009-2010 has passed the halfway mark. We've got a lot to be proud of this last year. So, I'd like to give everyone a pat on the back for their efforts:

A big Lions ROAR goes out to:

Lion VDG Don Hook & Lion Amber Martinez for chairing the **Kelly Miller Circus**. Thank you to all those who helped on their committee. We look forward to another successful circus in September!

Lion John Blackburn & Lion Bernie Dost for chairing the annual **Candy Days** Fundraiser. This was an especially tough year because of the weather. Thank you for ALL those who volunteered to "shake their cans" for our Lions of Illinois Foundation!

Lion President Val Kanuch for chairing the annual **Oktoberfest**, and all those who helped "serve" in the cold & rain to sell soda, hot cocoa, coffee & hot apple cider.

Lion PDG Andy Toth & Lion Ed Mahoney for chairing the **Entertainment Book** project again this year. This fundraiser puts us over our fundraising goals every year. Thank you to all the members & groups who sold books for our club.

Thank you: Anne Marie, Ashley, Amber, Andy, April, Bernie, Cathy, Cindy, Don H, Don I, Ed, Gabe, Gary, John, Kathleen, Laura, Len, Linda, Mel, Mike, Rich, Sara, Tom, and Val, your family members and friends for all your help!

Thank you for putting **FUN** in Fundraiser!

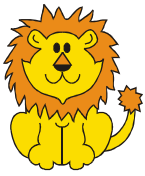
On tap for the remainder of the year: Sight n' Sound Sweepstakes tickets available now and Tootsie Pop Days coming up in May!



We Serve

**Happy
Valentine'
Day**





LION HUMOR

I've got mail!

A man was in his front yard mowing grass when his beautiful, blond, female neighbor came out of the house and went straight to the mailbox.

She opened it, looked inside, slammed it shut, and stormed back into her house.

A little later she came out of her house again, went to the mailbox, again opened it, and slammed it shut again. Angrily, back into the house she went.

As the man was getting ready to edge the lawn, here she came again. She marched to the mailbox, opened it and then slammed it closed harder than ever.

Puzzled by her actions, the man asked her, "Is something wrong?"

To which she replied, "There certainly is! My stupid computer keeps telling me I've got mail!"

CLUB & DISTRICT 1-F EVENTS February 2010

- 6 Board Meeting - Larry Laschen
Community Center - 8:00 AM
(Wear something RED)
- 17 General Meeting - Larry Laschen
Community Center 7:00 PM
- 21 District 1-F Bowling Tournament
- 24 Tri-Club Meeting - 6:30 PM Social
7:15 PM Dinner, V.H. Golf Course
- 27 VH Lions Retreat

March 2010

- 6 Board Meeting - Larry Laschen
Community Center - 8:00 AM
- 17 General Meeting - Larry Laschen
Community Center 7:00 PM
- 27 Hopin Holiday Hunt



Happy Birthday

Lion Val Kanuch - 2/22
Lion Linda Starrfield - 2/22

Happy Anniversary

Lion Bernie Dost - 16 years
Lion Tom Ritter - 6 years

Welcome - New Member

Lion Jeff Fougerousse

VH Lions Club Retreat

Saturday, February 27
Time & Place
To Be Decided

*Just Ask
and
They Will Come!*



"I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle." — Winston Churchill



Vernon Hills

February 24, 2010
Vernon Hills Golf Course
6:30 PM Social, 7:15 PM Dinner
Cost \$17.00 - \$18.00 per person
Host Club — Libertyville

F.Y.I.

Lions Val, Linda & Gary comprise the Nominating Committee for the 2010-2011 Vernon Hills Lions Club Board of Directors.

The committee will be submitting the names of candidates for the various club offices at the nomination meeting (date to be announced). Please contact them if you are interested in being on the Board in a particular capacity or for more information.

Sight & Sound Raffle Books Are Here!

Books will be available at the February Board meeting or contact Lion Ed to Purchase and/or Sell the books.
mahoney362@juno.com
847.362.3408 — Cell 847.840.0889

The club makes 40% of the net dollars sold.

\$1.00 per Ticket or \$10 per book of 12
First prize — \$5,000
Total prizes — \$19,250
Drawing at the State Convention

New member Jeff Fougousse Info —
Cell: 224.343.3712
E-mail: jefff@vhparkdistrict.org

Lions Hope for Haiti

Dear Fellow Lion,

Since I last wrote you, we have all learned more about the extent of the devastation in Haiti. At Lions Clubs International Foundation (LCIF), we have also learned more about the situation on the ground from the Lions of Haiti. My heart goes out to all the Lions in Haiti, who have been personally affected by this disaster, losing at least two club members as well as many close relatives. Yet they have put aside their own needs to help their community. LCIF is working non-stop with Lions of that area to support "Lions Hope for Haiti."

Lions Hope for Haiti has mobilized more than US\$350,000, to date. Lions around the world are responding generously and quickly to the LCIF designated fund for this disaster. Donations are continuing to pour in from individuals, clubs and districts, and I thank all of you who have already pledged your support.

LCIF is working directly with Lions of Haiti as well as Lions in neighboring countries to assess the immediate needs and also develop a long-term reconstruction plan. Maureen and I will be traveling to the Dominican Republic in the next few days to lead a team delivering urgently needed supplies into Haiti.

Lions around the world are also assisting:

- Lions in neighboring Caribbean countries are sending cargo containers of requested supplies through connections with transportation companies.
- Lions in Sweden are sending large tents through the Swedish government to provide housing for those who are now homeless as well as relief workers, as they did for the China earthquake.
- Lions from District A-9, Ontario, Canada were in the area when the earthquake hit, helping to establish a clean water system for an orphanage, and responded by establishing a make-shift medical clinic, treating 600 people.
- Lions are contributing generously, some examples include: US\$86,000 pledged from Lions in Norway; US\$20,000 from Lions in China; US\$14,000 from District 105-I, England.

Like other previous disasters, LCIF is not only committed to meeting the immediate needs of the people, but will be working through the Lions in the region to provide relief for years to come. After other relief organizations have moved out of the area, Lions will still be on the ground, overseeing long-term reconstruction projects. Similar to previous disasters, Lions will be discussing the possibility of rebuilding homes and hospitals, redeveloping the eye care delivery system, providing human resource support, and assisting the disabled, including those disabled as a result of this disaster.

Lions who are able to offer services or individual skills can post this information on the [Lions 2 Lions page](#).

As we continue to work with the Lions and determine needs, we will update the [information online](#) with our plans and any news. We also hope to have photos to share soon, that we will post online. Lions can promote their efforts locally by sharing this information along with any local efforts with the local media, and I encourage you to repost our videos and other postings on your individual and club Web pages. LCIF is also working to promote our actions within the media. Our Foundation has been

District 1-F Happenings

District 1-F Bowling



**Sunday, February 21, 2010
Bertrand Lanes, Waukegan**

**Any members interested in bowling
Contact Lion Kathleen
H-847-526-9881 C-847-691-3082
johari@aol.com**

The Schaumburg - Hoffman Lions Club SUPER BOWL PARTY



**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)
Organization that supports the
residents of Little ANGEL**

District 1-F Convention April 23-24, 2010

As most of you know our District 1-F puts on a District Convention every year that includes a Silent Auction as a fundraiser for the district. To make this fundraiser a success, the committee are asking for donations from individuals as well as clubs.

They are looking for \$\$, items for baskets, baskets or gift certificates.

If you can not afford to donate, but would like to still help out, maybe you can contact someone you know who sells home party items (Partylite, Tastefully Simple, Creative Memories, Tupperware, etc.) or a restaurant/store that you frequent for a gift certificate or item(s) they can donate.

They are asking for donations by, Monday, March 15th. Please contact Lion Teri Surovitz 847-438-4689 or Lion Susan Borgwardt 847-209-7921 with any questions or where to send the donations.

Gurnee Lions Club

Annual Spaghetti Diner



**February 21, 2010
3:00 - 8:00 PM
Viking Park
4374 Old Grand Ave., Gurnee 60031
\$5 children, \$8 adults**

**Call Lion Monica Ferlauto
847-219-8701 for more info**



Super Bowl Recipe Chicken Parmesan Sub

Ingredients

- 1/2 cup all-purpose flour
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground pepper
- 1 pound boneless, skinless chicken breasts (2 large breasts cut into 4 portions or 4 small breasts)
- 4 teaspoons extra-virgin olive oil, divided
- 2 6-ounce bags baby spinach
- 1 cup marinara sauce, preferably low-sodium (see Tip)
- 1/4 cup grated Parmesan cheese
- 1/2 cup shredded part-skim mozzarella
- 4 soft whole-wheat sandwich rolls, toasted

Preparation

Position oven rack in top position; preheat broiler. Combine flour, salt and pepper in a shallow dish. Place chicken between 2 large pieces of plastic wrap. Pound with the smooth side of a meat mallet or a heavy saucepan until the chicken is an even 1/4-inch thickness. Dip the chicken in the flour mixture and turn to coat.

Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add spinach and cook, stirring often, until wilted, 2 to 3 minutes. Transfer to a small bowl.

Add 1 teaspoon oil to the pan. Add half the chicken and cook until golden, 1 to 2 minutes per side. Transfer to a large baking sheet. Repeat with the remaining 1 teaspoon oil and chicken; transfer to the baking sheet.

Top each piece of chicken with the wilted spinach, marinara sauce and Parmesan. Sprinkle with mozzarella. Broil until the cheese is melted and the chicken is cooked through, about 3 minutes. Serve on rolls.

Tips & Notes

- **Tip:** Refrigerate leftover marinara sauce for up to 1 week or freeze for up to 3 months.

Nutrition

Per serving: 467 calories; 13 g fat (4 g sat, 5 g mono); 78 mg cholesterol; 48 g carbohydrates; 42 g protein; 5 g fiber; 762 mg sodium; 791 mg potassium

Diabetes Awareness!!

In the early morning hours, hormonal changes in your body will naturally cause blood glucose to rise. For people who don't have diabetes, the increase in blood glucose is offset by increased insulin production. For people with diabetes this can be a problem.

There are a couple of things going on that make your glucose rise in the morning. One of these is insulin resistance a condition that means your body's muscle and fat cells are unable to use insulin effectively to lower blood glucose. However, insulin resistance also affects how your liver processes, stores, and releases sugar, particularly at night. The liver is supposed to release small amounts of glucose when you're not eating. but in type 2 diabetes, the liver dumps more glucose than is needed into the blood stream, especially at night. So while your hormones are causing a natural rise in blood glucose, your liver is releasing even more sugar into your system. And because your insulin resistance prevents your muscle and fat cells from using that sugar, your blood glucose level rises.

Unlike mealtime blood glucose, which can be somewhat controlled by diet and exercise, high fasting blood glucose usually needs to be treated with medication. You should talk to your doctor about medications that can help you obtain good control, you may also want to read "Rocky Morning Highs" at forecast.diabetes.org.

Christy Parkin, MSN, RN, CDE,

(Con't from page 3)

added to several lists of reputable organizations assisting the area.

If you haven't already done so, I ask you to consider [making a donation to LCIF](#) to support this disaster. You can donate in confidence to LCIF, as 100 percent of every donation will go directly to Haiti relief, as administrative costs are paid by interest earned on investments. LCIF just recently received a four-star rating from Charity Navigator, the highest rating possible from the independent charity evaluator. In 2007 LCIF was named the #1 non-governmental organization with which to partner, a title our Foundation still holds today.

The needs are great, but we can make a positive impact on the people of Haiti for years to come.

Together We Serve,

Al Brandel
Chairperson, Lions Clubs International Foundation

Editors Note: You may have received this article via email but it is worth repeating because of the recent disaster.