

October 2008

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Issue 4



Between The Lions



Vernon Hills Lions Club — Chartered March 14 1983

Officers 2007-2008

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Lion Valerie Kanuch

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Lion Richard Leber

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Lion Tamer

Lion Don Hook

Tail Twister

Lion Gary Zabilka

Director

Lion April Frick, PDG

Director

Lion Ed Mahoney

Director

Lion Andy Toth, PDG

Immediate

PastPresident

Lion Gary Zabilka

Presidents Corner —

. . . words from the President

The fall season seems to bring us a great deal of events and projects. In October our club will be busy, busy, busy!!!! On October 4th Vernon Hills Oktoberfest where we will be serving up beverages of all types! Hot Chocolate, Hot Apple Cider, Water, and Soft Drinks!!! The event will be held at the same location as last year; the Vernon Hills Train Station off of Rt. 45. We always seem to enjoy events like this, even if it's hard work!! Please try to attend!

Then Candy Day is around the corner, the 10th and 11th of October, and there will be sign up sheets for locations as well as days and times. This is a major fundraiser for our Lions of Illinois Foundation and with the 40% that stays in our club, funds will be available for us to continue serving our communities hearing and vision needs. If you have anyone who wishes to volunteer some time with you and our club, we would be happy to have them.

The end of the month is Fall Fest with the VH Park District and yes we will need volunteers for that too! The community events that we participate in not only bring us some additional income, they allow us to continually remind everyone who we are, what we do. These are opportunities to gain interest from others and perhaps new members also. In general, people like to be part of success, and if we continue to participate in community wide events and share our stories, and have fun while we do it, we will not only have the appearance of success WE WILL BE SUCCESSFUL!

At our last general meeting our speaker was Past District Governor and Diabetes Coordinator Lion Al Gort and his own "Vana White" Lion Florence. Lion Al spoke to us about the signs and symptoms of diabetes with some personal knowledge as well. He has urged us to participate in Diabetes Awareness Day during our Lions year not only to raise funds but more importantly urge individuals to see their physicians if they have any of the signs or symptoms listed on the leaflets that we will pass out. Diabetes is the leading cause of blindness in the United States! We will discuss at a board meeting when would be the right time to get out there and help raise the awareness.

Entertainment books sales are going well. Hopefully we will have some available at the Oktoberfest and perhaps Fall Fest also. If you have money outstanding or need more books, please contact Lion Ed so that we stay current!

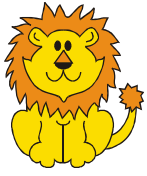
At our October meeting our Zone Chairman, Lion Walt Holden will be joining us.

Seems that this will be a busy month for us, I look forward to seeing you a lot!

Lion Val



We Serve



LION HUMOR

EXERCISE FOR
PEOPLE OVER 45

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and then eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level.)

After you feel confident at that level, put a potato in each bag.



Happy Anniversary

Lion Don Hook - 13 years



Happy Birthday

10/1 Lion Tom Ritter
10/29 Lion Rich Leber

Just Ask
and
They Will Come!



CLUB & DISTRICT 1-F EVENTS

October 2008

- 4 8:00 AM Board Meeting - Larry Laschen Community Center
- 4 Oktoberfest - Metra Parking Lot 3:00 - 10:00 PM
- 10&11 LIF Candy Day
- 15 7:00PM General Meeting - Larry Laschen Community Center
Members to wear a baseball related piece of clothing (cap, jersey etc.)
- 24 Fall Fest 6-9 PM, Sullivan Center
- 24 District 1-F Pig Pen Derby, Barn of Barrington, Fun begins at 6:15 PM

November 2008

- 1 8:00 AM Board Meeting - Larry Laschen Community Center
- 19 7:00PM General Meeting - Larry Laschen Community Center

Diabetes Awareness

At our General Meeting on September 17th Lion Al Gort, PDG and his assistant Lion Florence gave a presentation on Diabetes Awareness. Lion Al is the Diabetis Awareness Coordinator of District 1-F for the Lions of Illinois Foundation.

Lion Al mentioned that Diabetes is a serious disease that can lead to blindness, heart attack, stroke, kidney failure and amputations. Diabetes is the fourth leading cause of death by disease in the United States killing more than 160,000 people each year. Over 18 million Americans have diabetes - and more than 5 million don't even know it. Diabetes is more common in African Americans, Hispanics and Native Americans.

He was diagnosed as a Diabetic a few years ago and he mentioned that you should be aware yourself if you have any of the following symptoms. If you do contact your doctor.

- extreme thirst • blurry vision from time to time
- frequent urination • unexplained weight loss
- unusual tiredness or drowsiness
- recurring or hard to treat infection of the bladder or gums

Pregnant women should be tested for diabetes between the 5th and 6th months of pregnancy.



CHICKEN OSCAR

Yield: 6 servings
Source: "1,001 Delicious Recipes for People with Diabetes"

INGREDIENTS

- 6 boneless, skinless, chicken breast halves (4 ounces each)
- 1 cup unseasoned dry bread crumbs
- 2 cups seasoned croutons or stuffing mix
- 1/2 cup reduced-sodium fat-free chicken broth
- 24 stalks asparagus
- 6 slices (1/2 ounce each) provolone cheese

DIRECTIONS

Place chicken breasts between sheets of waxed paper. Pound to about 1/4 inch thickness with a meat mallet. Remove paper.

Coat chicken pieces on both sides with dry bread crumbs; place in lightly greased 13x9-inch baking pan. Combine croutons and broth in medium bowl; spoon mixture onto center of each chicken breast.

Place 4 asparagus stalks across each chicken breast. Bake, covered, at 350 degrees 30 minutes. Uncover and top each chicken breast with a slice of provolone; bake 10 minutes longer.

Nutritional Information Per Serving (1/6 of recipe):
Calories: 302, Fat: 7.8 g, Saturated Fat: 3.5 g,
Cholesterol: 79.6 g,
Sodium: 447 mg, Protein: 34.7 g, Carbohydrate: 22.1 g
Diabetic Exchanges: 2 Vegetable, 1/2 Bread, 4 Meat

(Editors note: These recipes that appear in our newsletter are Diabetic Recipes and will always show the nutritional information since Carbohydrates are an important factor in the diet as pointed out by Lion Al.)

F.Y.I.

At our General Meeting on September 17th Lion Al Gort, PDG also informed the club that the months of April & May are Diabetes Awareness months. The members present accepted his proposal to help raise funds by working the street corners just like Candy Day with the only difference being that we pass out sugarless candy. 60% of the Proceeds goes to the American Diabetes Association & 40% to the Lions of Illinois Foundation.

Profile of a Great Lion Lion Bob Molitor 1955-2008

By Lion Gary Zabilka

As many of you know, we lost a dear friend and a great Lion this summer. Although it's still difficult to grasp that Lion Bob Molitor is no longer with us, I am positive he is with each of us in spirit, especially as we continue to do those things to help others. Bob was that kind of person, and everyone who knew Bob has their own unique stories to tell of things he did or ways that he helped them at some point. This article will capture a glimpse of the type of Lion Bob was.



Lion Bob became a Lion some 20 years ago. He and I had been friends for years, and upon moving to Vernon Hills I invited him to join as a way for us to get together from time to time. Needless to say, Bob jumped right into Lionism and got to know many of members on a personal basis. He always wanted to do things in a big way, so as a Club we found ourselves building floats to participate in parades, holding dances as a way to "fundraise", and doing participating (as a Club) at District Conventions because we knew Bob would make it fun.

He wasn't shy about doing the "unusual" to create some excitement in our Club. On Candy Day, he wouldn't just stand on the corner and shake his can—he would dress as a clown to entertain any kids that may be in the car. At "theme" dances, he would dress as a woman to create more of a fun, crazy atmosphere. At a couple of District functions, we almost got "kicked out" because Bob tried doing things a little "on the edge" to bring about some laughter—I need not say more about that—those of you who were there will remember!

Nonetheless, anything that Bob did as a Lion was done for two purposes—to serve others as only Lions can, and more importantly—to have some fun while doing so. Most would agree that there was rarely a dull moment when Bob was involved in a Lion function or activity, and if there was anything Bob would want us to carry forward as his legacy it would be those two things—serve well, and have fun while doing so! He will be missed, but he won't be forgotten!

Village of Vernon Hills
OKTOBERFEST

Saturday, October 4th
3:00 - 10:00 PM
Metra Parking Lot



Lions to sell Soft
Drinks, Apple Cider
Water and
Hot Chocolate
For sign up Contact
Lion Val Kanuch
(847) 767-4686

**CANDY
DAY**

October 10th & 11th

Lions Needed for Collections on
Street Corners and at Sam's.
Volunteers Welcomed!
If you have not signed up then contact
Lion Bernie Dost for an assignment.
(847) 634-0889

Fall Fest
October 24th
Sullivan Center
6 -9 PM

Vernon Hills Lions to set up
booth and pass out candy.
Need a volunteer to wear the
Lion costume & greet the children.
Only requirements are to be of
medium stature, kind,
friendly & lovable



*Event: District 1-F Annual Pig Pen
Derby*

Where: The Barn of Barrington

When: Friday, October 24th, 2008

Time: Fun begins at 6:15 PM

*Tickets are \$29 for an excellent buffet
dinner.*

The "Pigs" are restless and
trying to jump out of their pen
ready to race.

