

September
October
2010

Vol. 25

Issue 2



Between The Lions



Vernon Hills Lions Club — Chartered March 14 1983

Officers 2010-2011

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Lion Bernie Dost

Secretary

Lion Richard Leber

Treasurer

Lion John Blackburn

1st Vice President

Lion Kathleen Marusich

2nd Vice President

Lion Linda Starrfield

3rd Vice President

Lion Gabriel Cotton

Lion Tamer

Lion Valerie Kanuch

Tail Twister

Lion Amber Martinez

Director

Lion April Frick, PDG

Director

Lion Ed Mahoney

Director

Lion Gary Zabilka

Immediate PastPresident

Lion Valerie Kanuch

Presidents Corner —

Thank you in advance!!

The results of our accomplishments over the next two months will provide the means for us to help many people over the next year. Our goal is to add \$10,000 to our bank account for glasses, hearing aides, food and whatever is needed. We need everyone's help with our projects.

- Circus – Lions Don & Amber have been working very hard. We need help to sell tickets and greet and thank people when they come to the circus.
- Entertainment books are on sale. Each Lion needs to ask our friends if they need the new 2011 book. The books are \$25 each. Our club's commitment is 100 books. Each member is requested to sell 4 books.
- Oktoberfest is October 2. Lion Val needs help to sell the drinks. Sign-up is coming in September.
- Candy Day is my personal favorite will take place on October 8 & 9.. We are on our way towards our goal with underwriting. However, we need to make phone calls as follow-up to our letter requests. As this is the signature event for Lions of Illinois, we ask that everyone contribute two hours of their time. Lion John Blackburn will have the hot corners for everyone during September. Please plan ahead to be available. To make it fun, ask a friend, spouse, or acquaintance to work with you.

To add to our projects, we provide our community service by helping with the Blood Drive on September 25. Lion Gary will send out the sign-up sheet.

Also, we will provide the manpower for the Adopt-a-Highway clean-up on September 18. John Blackburn is asking for your help!

Each one of these projects is a huge commitment from our daily lives where we have less time available. We will get the satisfaction when we provide assistance to those people less fortunate than us. **This is what we do!!**

Thanks again!

Lion Bernie

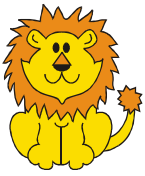


We Serve

**ADOPT-A-HIGHWAY
MILWAUKEE AVENUE RT. 21
1/2 MILE NORTH & SOUTH
OF RT. 60
SATURDAY
SEPTEMBER 18TH**



**For Sign-Up
&
Clean-Up
Contact
Lion John
847-913-9065**



LION HUMOR

Women's Softball In Heaven

Two 90-year-old women, Bertha and Betty, had been friends all of their lives.

When it was clear that Bertha was dying, Betty visited her every day.

One day Betty said, 'Bertha, we both loved playing softball all our lives, and we played all through high school. Please do me one favor: when you get to heaven, somehow you must let me know if there's women's softball there.'

Bertha looked up at Betty from her deathbed and said, 'Betty, you've been my best friend for many years. If it's at all possible, I'll do this favor for you.'

Shortly after that, Bertha passed on.

A few nights later, Betty was awakened from a sound sleep by a blinding flash of white light and a voice calling out to her, 'Betty, Betty.'

'Who is it', asked Betty, sitting up suddenly. 'Who is it?'

'Betty — it's me, Bertha.'

'You're not Bertha. Bertha just died.'

'I'm telling you, it's me, Bertha,' insisted the voice.

'Bertha! Where are you?'

'In heaven,' replied Bertha. 'I have some really good news and a little bad news.'

'Tell me the good news first,' said Betty.

'The good news,' Bertha said, 'is that there's women's softball in heaven. Better yet, all of our old buddies who died before me are here, too. Even better than that, we're all young again. Better still, it's always Springtime and it never rains or snows. And best of all, we can play softball all we want, and we never get tired.'

'That's fantastic,' said Betty. 'It's beyond my wildest dreams! So what's the bad news?'

'You're pitching Tuesday.'



CLUB & DISTRICT 1-F EVENTS

September 2010

- 4 8:00 AM Board Meeting - Larry Laschen Community Center
- 15 General Meeting - Larry Laschen Community Center 7:00 PM
- 18 Adopt A Highway (Rt 21 - Apprx. 1/2 mile North & South of Rt. 60) 8:30 AM
- 19-20 Kelly Miller Circus

October 2010

- 2 8:00 AM Board Meeting - Larry Laschen Community Center
- 2 Village Of Vernon Hills Oktoberfest
- 8-9 Candy Day
- 20 General Meeting - Larry Laschen Community Center 7:00 PM
- 29 Fall Fest, Sullivan Community Center 6:00 PM - 9:00 PM
- 29 District 1-F Pig Pen Derby The Grove Hall, Buffalo Grove

Happy Anniversary

October

Lion April Frick, PDG - 25 years
Governor Lion Don Hook - 25 years



Happy Birthday

September

Lion Cathy Byrne - 9/9
Lion Mike Meline - 9/19
Lion Laura Juery - 9/21
Lion Andy Toth - 9/21
Lion John Blackburn - 9/29

October

Lion Tom Ritter - 10/1



**Vernon Hills Lions
Sponsoring the
Kelly Miller Circus
Sept. 19 & 20**

Help Needed! Sign Up NOW!

- ★ Public Relations
 - ★ Putting up signs
 - ★ Greeters at the circus
 - ★ General assistance
- For more information & description
of the above responsibilities contact . . .

Lion Amber

847-573-9970

or teristen@gmail.com

or

Attend the September Board Meeting

September 4, 2010

8:00 AM

Larry Laschen Community Center



CANDY DAY



OCTOBER 8TH & 9TH

The monies raised help support the programs of the
Lions of Illinois Foundation
and our own club programs helping the local residents who
are visual & hearing impaired.

For sign up or more information contact . . .

Lion John Blackburn

847-913-9065

Entertainment Books 2011

The books have been delivered and will be available at the September 4th Board Meeting. The clubs goal is to sell 100.

If you cannot make the Board meeting then books can be delivered on request so contact your relatives, friends, neighbors and co-workers and then . . .



Call Lion Ed
847-362-3408

or
mahoney362@juno.com

Thank you to Lions , Amber, Andy, Ann Marie, Bernie, Gabriel, Len, Linda & Melody for selling the books at Sam's and a special thanks to volunteer Ashton Moore, age 7.

Oktoberfest

The 2010 Oktoberfest
Celebration
will be held on:

Saturday, October 2, 2010
3:00 PM - 10:00 PM

at the
Vernon Hills Metra Station
75 Route 45, VH
Live Entertainment

Vernon Hills Lions to sell
Soft Drinks,
Water, Hot Apple Cider,
Hot Chocolate and Coffee
For sign up contact
either co-chairs



Lion Val
C 847-767-4686
vkanuch@comcast.net

Lion April
C 847-309-2518
stormy1133@aol.com



(4)

**BLOOD
DRIVE
SEPT 25TH
8AM - 3PM**



7:00 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 - Pickup & setup
lunch & assist donors
1:00 PM - 3:00 PM - Assist donors, clean
up & store everything in its proper place



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

Fall Fest 2010



Friday, October 29th
6:00 - 9:00 PM

Sullivan Community Center
VH Lions to hand out candy to the kids
who are dressed in their Halloween
costumes. Need a volunteer to wear the
Clubs Lions custume and greet the kids.



For sign up
Contact Lion Val
(847) 767-4686
vkanuch@comcast.net

Managing Diabetes

Create Your Own Healthy Eating Plan

All the literature on diabetes stresses that a healthy diet is key to managing this disease. This doesn't mean giving up all your favorite foods. Thus what do diabetics do to develop a good diet plan.

Basically, they choose a diet rich in fruit, vegetables, and whole grains as a start. Then it's important to be consistent. Your body responds to excess calories and fat with an undesirable rise in blood sugar. Thus, rather than a restrictive diet, diabetics develop one that includes a core group of favorite foods that is modified to be low in fat and calories.

The plan focuses on -

- Eating meals and snacks at the same time each day and choosing a basic core list of foods in controlled portions for each serving. Carbohydrates are controlled in both type and quantity. The more a diet is varied in the type of food eaten, the harder it is to control blood sugar and weight.
- Use exchange lists carefully to balance both the amount of carbohydrates and the caloric intake of the total meal. An exchange has about the same amount of carbohydrates, protein, and calories per portion, and the same effect on your blood sugar, as a serving of any other food in the same exchange group. For example, one small apple is equal to 1/3 cup of cooked pasta.
- Count carbohydrates. If one eats the same quantity and type of a food in the carbohydrate group per meal from day to day, then blood sugar levels fluctuate less and the diabetes is better controlled by one's standard medication.
- Use the Glycemic Index to count carbohydrates if that's easier. Foods with a higher GI are associated with increased blood sugar. But foods with a low GI are not necessarily healthier. High fat foods tend to have lower GI values and are not a good choice than healthier options in smaller portions.
- All of us should aim for about 50% Carbohydrates, 20% Protein, and 30% Fat in our daily food plan.
- The carbohydrates group includes fruit, vegetables (including legumes such as lentils), starches (pasta, bread and whole grains). These are the complex carbohydrates. They also tend to be fiber rich. Fiber controls blood sugar levels and has been known to reduce the risk for heart disease.

There are many good references in local libraries and on the internet that give tips and good advice on how a diabetic can plan a healthy eating regimen. To our diabetic friends — Bon Appetit.



Grilled Citrus Chicken

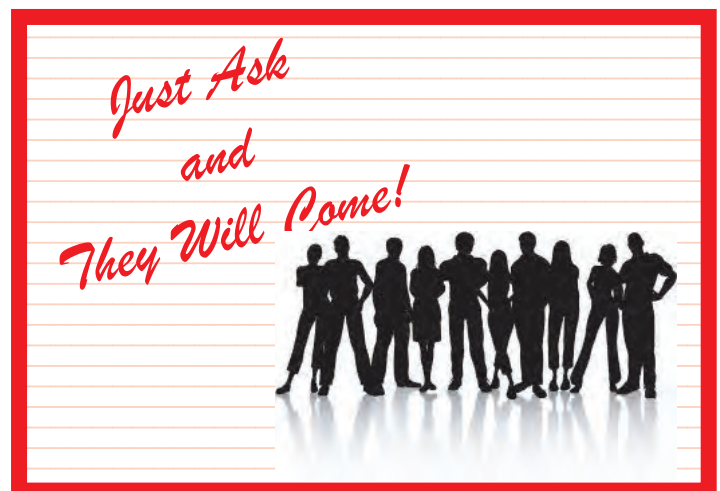


- 4 Boneless, skinless chicken breast halves (app 5 oz each)
- 2 Large Garlic cloves, minced
- ¼ cup fresh orange juice
- ¼ cup fresh lime juice
- 1 Tsp chili powder
- 1/8 Tsp crushed red pepper flakes

1. Rinse chicken breast halves and remove all visible fat. Pat dry with paper towels.
2. In a shallow dish, whisk together remaining ingredients. Add chicken breast halves and turn to coat. Cover and refrigerate for several hours.
3. When ready to cook, light a grill.
4. Grill for about 5 minutes per side, until cooked through. Serve at once

Per Serving: 164 calories (11% calories from fat); 33g protein, 2g total fat (0.5g saturated fat), 2g carbohydrates, 0 dietary fiber, 82 mg cholesterol, 96 mg sodium

Diabetic exchanges: 4 very lean protein

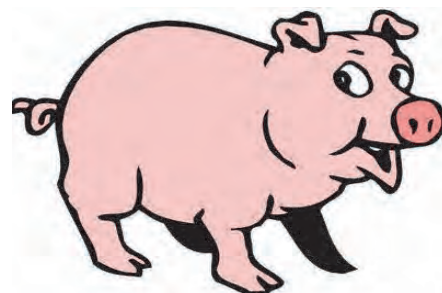


District 1-F Happenings

The pigs are restless & jumping
out of their pen!

2010 Pig Pen Derby
Friday, October 29th
\$29 Per Person

Family style dinner, cash bar.



THE GROVE HALL
301 Weiland Road, Buffalo Grove
Contact Lion Dennis Burns, 2nd VDG
Cell: 847.732.7510 or
sennid@comcast.net

34th Annual USA/Canada Lions Leadership Forum

September 23 -25, 2010
Milwaukee, WI



You need to register before June 15th
to keep price break.
Registration Form can be obtained on
District 1-F Web Site
www.district1flions.com

GRAYSLAKE LIONS CLUB 47TH ANNUAL STEER ROAST



SUNDAY,
SEPT. 12TH
GRAYSLAKE
MIDDLE SCHOOL

Serving Noon to 5:00 PM
Adults - 12 thru 61 — \$12.00 (Advance \$10)
Seniors - 62+ — \$11.00 (Advance \$9)
Children - 5 thru 11 — \$6.00
Contacts for advance purchase

President Lion Chris Brenner
847-223-8939
chris.brenner@sbcglobal

Lion Rich Walters, PDG
847-566-7279
lionrww@juno.com

Lion Pat Uding, IPP
H 847-548-0097
W 847-223-1980
pat.uding@edwardjones.com