

The
HEAD LION-ER

NAPERVILLE NOON LIONS CLUB

JULY 2018



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**The best way to cheer yourself up is to
trey and cheer somebody else up.**

- Mark Twain

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PRESIDENT'S CORNER

Protecting the Brand

Lions should be justly proud of the many good works accomplished for those needing help with vision, hearing, and diabetes problems, along with supporting other worthy causes. Members share talents and many hours of effort in planning and conducting numerous service and fundraising projects.

However, while enjoying our many successes, we should always keep in mind the importance and value of the public support we receive. Without this our fundraising projects would be a tough climb. I've seen this good will at work repeatedly at projects such as Summer Raffle and Candy Day. It's pretty easy to get people to participate; many have stories or kind words about Lions and often make a donation while declining the candy roll or ticket. Raffle tickets are sometimes

purchased in honor of a family member who was a Lion.

So, as we go about our busy and time-consuming projects, let us always recognize the value of the good name the Lions have earned by their good works all over the world. Whenever we wear Lion gear or interact with the public let's be mindful of the need to promote and represent the Lions goal of service wherever needed

Remember WE SERVE

Lion Jim Woodring, President

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**It has been my experience that folks who
have no vices have very few virtues.**

- Abraham Lincoln

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Club News and Guest Speakers

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ADOPT-A-HIGHWAY

A group of seven Lions set out on June 2 to complete the second round of road cleanup for our Adopt-A-Highway project. After the exhaustive effort in April, this trip was a relative breeze. The group collected two bags of trash and was finished in an hour and a half.

Thank you to Lion Paul Rewerts for organizing this event. The next Lions road clean-up will be on August 4.

INSTALLATION DINNER

The club held its annual installation dinner on June 19 at Clara's Restaurant in Woodridge. As always, the food was great and the company was even better. Zone Chair Lion Jim Kiser was on hand to induct the new officers and board members, including incoming Lion President Jim Woodring.



Incoming Officers at Installation Dinner

Outgoing Lion President Linda Strugalla presented hard working Lions with some awards as well. Lion Bob Hull was recognized as Lion of the Year. Lion spouses Brian Kearney and Jackie Rewerts were recognized as Citizens of the Year.

Lion James Gilliard received the Bob Jordan Spirit Award. Steve Herzberg received a recognition award and Jim Evers received a service award.

Carl Smith was honored with the Bob Anderson Lifetime Achievement Award. Katie Hertzberg added to her 2018 hardware (George Lazansky Award) by becoming the latest Melvin Jones Fellow from our club.



Lion Steve Hertzberg presents the Melvin Jones Fellowship to Lion Katie Herzberg

Congratulations to all of the well-deserved award recipients. Thank you to Lion Linda Strugalla for a flawless year as president and to her husband Ken for setting the record for reading the prayer to start each meeting.

TAG DAY

Our club had a second weekend of Tag Day on June 8-9. Six Lions braved quite a bit of rain and bad weather to collect money for the club's charitable efforts. Over this second weekend, approximately

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\$2,400 was collected and brought the 2018 Tag Day total to \$4,200.

This collection was created to help recoup some of the funds lost after our withdrawal from Ribfest for 2018. Thank you to Lion Jim Ebers for a fantastic job organizing the event.

COMFORT TOYS FOR KIDS

Lions Dick and Kathleen Lehman are taking the reins of the Comfort Toys for Kids project from Lion Jim Woodring. The project involves shopping for entertaining toys and books for kids and delivering them to the Pediatric Department of Edward Hospital. Also, Karen Butz, wife of Lion Dr. Rick Butz, makes colorful patterned pillowcases for the young patients.

The project began in June 2014. Through April 2018, 22 deliveries have been made for a total of 2,205 items. Cost has been a modest \$1.14 per item.

Lions Dick and Kathleen are enthused about continuing the popular project and completed their first delivery in June.

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People only see what they are prepared to see.

- Ralph Waldo Emerson

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Luncheon Speakers

DIVEHEART

Jim Elliot from Diveheart was our guest speaker on June 5. Jim worked in the Chicago media business for years prior to founding Diveheart. To date, Diveheart has spun off to 39 groups throughout the world. Currently, much of their work involves training other divers to assist special needs participants.

Jim has found that individuals with spinal cord injuries have seen great improvements in pain with diving. Once they reach a certain depth, the body releases serotonin which can help relieve pain for a period of time following the dive.

Jim showed the group a series of videos from various news outlets who aired pieces about Diveheart. These videos included firsthand accounts of the effects Diveheart has had on its participants.

STRESS MANAGEMENT

On June 12, Anna Walters was our guest speaker. Anna is the Director of Health Services at Senior Star at Weber Place. Anna spoke with the club about stress and how to deal with it.

Stress can be acute or chronic. Acute stress is evolutionary and helps to keep us alive during emergency situations. Chronic stress is with us constantly and becomes unhealthy over time. Chronic stress can lead to a diminished immune system, obesity,

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heart disease, high blood pressure, and headaches.

One can identify when suffering from chronic stress. Chronic stress can cause an increased temper, bad eating habits, forgetfulness, sleep disruption, anxiety, etc.

Anna informed us that everyone has a different method for responding to stress. It is important to set realistic expectations and build stress relief into one's schedule. Seeking supportive relationships and expressing feelings in a healthy manner will also help.

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A friend is one who knows you and loves you just the same.

- Elbert Hubbard

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BOARD HIGHLIGHTS

The Board of Directors met on June 26, 2018 at Beidelman-Kunsch Funeral Home in downtown Naperville. The following is a summary of the Board's actions and discussions. All members are welcome to attend the Board meetings, which start at 7:30 a.m. The next Board meeting will be held on July 24, 2018.

Approved the Club and Foundation regular meeting minutes of May 22, 2018.

Discussed and approved the Treasurer's Reports for April and May 2018.

Approved the Social Service Report for June 2018. Discussed how total expenditures per the Social Service Report and Treasurer's Report could be in agreement. There were 401 individuals who received services through June 2018. Total expenditures through May 2018 \$114,081.

Discussed and approved year end donations, as presented, with the following exceptions: Boy Scouts, Dive Heart, Parkinson Walk-A-Thon, Normal Moments and Organ Transplant Support.

Discussed and approved the annual budget for the Club and Foundation for the fiscal year ended June 30, 2019.

Accepted with regret the resignation of Lion Yllena Sinclair.

Discussed publicity items. A Candy Tag Day "thank you for your support" article appeared in the June issues of Naperville Patch, Naperville Sun and Positively Naperville. An article with picture regarding change of officers and board will appear in July issue of Positively Naperville.

Discussed Candy Tag Days in May and June. May donations totaled \$1,764 and June donations totaled \$2,435.

Discussed final arrangements for Veterans Stand-Down Day at Dupage County Fairgrounds on July 11th. The Lions of Illinois Foundation hearing bus will be on hand to screen individuals. Volunteers will be needed.



We aim above the mark to hit the mark.

- Ralph Waldo Emerson



COMING EVENTS

July 3 – Kamala Martinez from KidsMatter will be our guest speaker.

July 10 – Irene Lamb O’Neill will be our guest speaker. She will discuss The Awakenings Project.

July 11 – Veterans Stand Down event at the DuPage County Fairgrounds. Lions Hearing Screening for Veterans. See Lion Jim Woodring to sign up.

July 17 – Mary Browning from the Naperville Police Department will be our guest speaker. Mary will be speaking about Naperville Crime Stoppers.

July 24 – Business Meeting.

July 26 – District 1-J Golf Outing at Hughes Creek in Elburn. See Lion Steve Hertzberg if interested in golfing.

July 31 – Terrie Vanover from Choosing to Rise, LLC will be our guest speaker.



JULY BIRTHDAYS AND SERVICE ANNIVERSARIES

The following members have a service anniversary in July and they are:

- Lion Jim Ebers (9)
Lion Dick Griffith (1)
Lion Christine Igoe (2)
Lion George Pradel (46)
Lion Gary Vician (7)
Lion Meghen Williams (6)
Lion Ellen Wolff (15)

The following members have a birthday in July and they are:

- Lion Bill Bleecker – July 10
Lion Katie Hertzberg – July 18
Lion Glen Behnke – July 22
Lion Jim Baird – July 24
Lion Rick Tarulis – July 27
Lion Karen Maxwell – July 29

Best wishes and congratulations to these members. If your information is missing or incorrect please contact Lion Jane Bowers to make additions or corrections.

DATES TO REMEMBER

- July 3 - Luncheon meeting at Braconi’s
July 10 - Luncheon meeting at Braconi’s
July 17 - Luncheon meeting at Braconi’s
July 24 - Board of Directors meeting
July 24 - Luncheon meeting at Braconi’s
July 31 - Luncheon meeting at Braconi’s

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OFFICERS

President – Lion Jim Woodring
1st VP – Lion Ken Strugalla
2nd VP – Lion Donna Kearney
Secretary – Lion Jane Bowers
Treasurer – Lion Bill Bleecker
Director – Lion Jim Ebers
Director – Lion Maria Wilson
Director – Lion Ken Strugalla
Director – Lion Donna Kearney
Director – Lion Bob Hull
Director – Lion Phil Barnum
Membership – Lion Jim Ebers
Immediate Past President – Lion Linda Strugalla

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Appointed Positions and Committee Chairs:

Dues Secretary – Lion Jim Ebers
Tail Twister – Rotating
Lion Tamer – Rotating
Chaplain – At Large
Social Services – Lions Donna Kearney & Denise French
Peace Poster Contest – vacant

Program Director – Lion Meghen Williams
Donations Committee Chair – Lion Linda Strugalla
Diabetes Awareness – Lion Meghen Williams
Publicity – Lion Bob Hull
Hospitality – Vacant
RibFest – Lion Steve Hertzberg
Candy Day – Lion Jim Ebers
Summer Raffle – Lion Ken Strugalla
Turkey Trot – Lions Glen Behnke and Donna Kearney
Sight & Sound – Lion Al Knotek
Counter Mints – Lion Steve Hertzberg
Investment Committee – Lions Bill Bleecker, Steve Hertzberg and Al Knotek
Newsletter – Lion Chris Williams
Social Media – Lion Chris Williams

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If you have newsworthy information, please pass it on to editor/publisher *Lion Chris Williams* at **630-264-7300** or email **chris@pnp-law.com** This newsletter will be published monthly after the Board Meeting (4th Tuesday of the month). Cut off date for news information will be the 25th of the month.

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**Liberty – Integrity
Our Nation’s Service**

**69 YEARS OF SERVICE
TO OUR COMMUNITY
NAPERVILLE**

**NAPERVILLE NOON LIONS CLUB
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**Meets Tuesday – Noon (12:15)
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