

The HEAD LION-ER

July 2006



The sole meaning of life is to serve humanity.



and the new prescription plan visit the website at www.medicare.gov

PRESIDENT'S CORNER



I would like to give a "big" thanks to all of you for making the 2005-2006 Lions' year a big success. At the start of the year, we had four things to accomplish.

They were: Have fun, we had fun and we hope you had fun; Have 24 members at our weekly lunch meetings, we fell a little short and only had the "faithful 22" each week; we were going after 4 new members for the year, we installed 3 new members; we were going to raise \$100,000 for charity, we raised a little over \$120,000 during the year.

Congratulations to all for a job well done

A special personal thanks to the officers, Board of Directors and committee chairs for making our job easy and enjoyable during the year.

"WE SERVE". (Lion Bill McManus)



Club News and Guest Speakers

Karla Rockwell from Medicare gave a presentation about Medicare benefits and the new prescription plan. Over 30 million seniors registered with the new prescription plan. For more information about Medicare



Our goal at Precision Fitness is to provide an exercise program that optimally satisfies three main objectives -- *safe, effective, and time efficient*. Basically, exercise should never cause injury; should always stimulate significant improvements in health and fitness; and never consume any more time than minimally necessary to produce maximum results. Successfully achieving these objectives doesn't happen by chance. This is why every aspect of our facility and program has been well researched and designed with your results in mind.

Tim Ryan from Precision Fitness gave a very interesting presentation about exercise and how it relates to the aging process. As we age, bone density and muscle loss increases. Strength training is very important to maintain healthy bones and muscles. Range of motion can be improved tremendously. In many cases adults in their 80's or 90's who need to rely on canes and walker can regain the muscle strength in their legs and can walk without any assistance. Strength training is done one hour per week. Strength training has three elements 1-Controlled, smooth movement, 2-breathing freely, do not hold your breath during the exercise and 3-Fatigue your muscles to the point you cannot lift anymore. For more information visit the website at www.precisionfitnessinc.com

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The Diveheart Foundation was founded in Early 2001 and is a non-profit tax exempt (501-C3) national organization chartered in the state of Illinois. The purpose of Diveheart is to provide and support educational SCUBA diving and snorkeling experience programs that are open to any physically impaired child or adult in the hope of providing both physical and psychological therapeutic value to that person.

It is the CAN DO spirit that the Diveheart Foundation hopes to instill in all its participants. Giving them the confidence and independence that allows them to face their own life challenges and overcome barriers that before might have seemed insurmountable.

Through SCUBA diving the Diveheart Foundation supports and facilitates programs that teach children and adults with physical impairments to fly. Thanks to the wonder of the water column the oceans and lakes of the world become the forgiving weightless environment of outer space, giving perfect buoyancy to a child or adult who would otherwise struggle on land.

Jim Elliot gave a touching presentation about Diveheart and how many children and young adults are given a once in a life time experience to swim with nurse sharks or dolphins. Jim is a member of Lisle Lions club, Shriners, Rotary club and is a board member of the American Blind Skiing Association. Diveheart participants spend two days training in the classroom/pool, three days are spent diving and one day is spent swimming with dolphins or nurse sharks.



Other Dates to Remember.....



Get ready for funnel cakes!! This will be a four day event for Ribfest. Setup is June 30, Ribfest begins-July 1-4. Please sign up for this event. Spouses and children are welcome to help!

- Plans for Turkey Trot are under way. City funds have been approved.
- Sell those car raffle ticket! Each individual ticket is \$25, five tickets are \$100.
- If you run out of copies for car raffle you can always make more copies.
- So far \$250 has been deposited for raffle tickets. The drawing will be held at noon at Naperville's Last Fling on Monday September 4, 2006.
- No meeting on July 4. On July 18 the Noon Lions Club meeting will be held at Market Meadows.



Goes to Lion Maria Wilson for winning the Melving Jones award, Lion Ollie Burrows was awarded Lion of the Year and Spirit awards went to Rich Cullen, Wendy Miller and Teddi Abdallah.



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JULY BIRTHDAYS AND SERVICE ANNIVERSARIES



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

- Lion Sherry Lyden-7/2**
- Lion Donald Brown- 7/8**
- Lion John Burke Jr.-7/8**

- Lion Bill Bleeker-7/10**
- Lion David Speer-7/13**
- Lion Russ Freeland- 7/13**
- Lion Glenn Behnke-7/22**
- Lion Norma Patino.-7/25,**
- Lion Rick Tarulis-7/27**

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

- Lion Mayor George Pradel-7/1**
- Lion Ellen Wolff-7/1**
- Lion Bill Fryer-7/15**
- Lion Teddi Stasiak-Abdallah-7/19**

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



REQUESTS

The following requests for donations were granted at the May board meeting:

- ✚ Social Services Cases 1703-1721 approved.
- ✚ =====<<<<<<<<<>>>>>>>=====

DATES AND PROGRAMS TO REMEMBER

- ✚ **6/30-74-Funnel Cakes @ Ribfest.**
- ✚ **7/4-no meeting.**
- ✚ **7/11-Jim Addington on Campaign Sightfirst II.**
- ✚ **7/17-Turkey Trot committee mtg.**
- ✚ **7/18-Lunch and tour of Spring Meadows Retirement facilities.**
- ✚ **8/1-Board meeting**
- ✚ **8/1-Bob Jordan on Social Services Program**
- ✚ **8/8 -- Kane County Cougar Outing: Picnic and Ball Game**



TREASURER'S REPORT

The Club's income, expenses, and account balances as of May 31 were:

May Administrative Income	\$ 985
May Administrative Expense	\$ 1,036

May Charitable Income	\$21,393
May Charitable Expense	\$ 51
May Charitable Donations	\$ 23,689

General Account	1,659.09
Special Account	\$ 1,510.53
Special Account Money Market	\$ 41,383.80
Raffle Escrow Money Market	\$ 13,302.71
MidAmerica Account	\$ 124.83
Harold White Special Bond Fund	\$ 75,809.77



OFFICERS AND CHAIRPERSONS

Officers:

- President – Lion Bill McManus
- 1st VP – **Lion Paul Rewerts**
- 2nd VP – Vacant
- Secretary – Lion Jane Bowers
- Treasurer – Lion Bill Bleecker
- 1-yr Director – Lion Gwen Brewer
- 1-yr Director – Lion Dave Speer
- 1-yr Director – Lion Jim Paul

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2-yr Director – Lion Glenn Behnke
2-yr Director – Lion Don Brown
Membership – Lion Maria Wilson



Appointed Positions and Committee Chairs:

Dues Secretary – Lion John Burke
Tail Twister – **Rotating**
Lion Tamer – **At Large**
Chaplain – **At Large**
Social Services – Lion Bob Jordan
Program Director – Lion Gwen Brewer
Publicity – Lion Mike Hollman
Hospitality – Lion Ollie Burrows
Spaghetti Dinner – Lion Don Brown
Ribfest – Lion Steve Hertzberg
Candy Day – Lion Paul Rewerts

Car Raffle – Lion Glenn Behnke
Turkey Trot – Lion Bill McManus
Sight & Sound – Lion Al Knotek
Counter Mints – Lion Steve Hertzberg
Youth Leadership – Lion Jim Paul
Little Friends – **Vacant**
Newsletter – Lion Teddi Abdallah
Webmaster – Lion Rich Cullen



If you have newsworthy information, please pass it on to editor/publisher *Lion Teddi Abdallah-Stasiak* at **231-5001** or email **tabdallah@lib.naperville.il.us**. This newsletter will be published monthly (hopefully) after the Board Meeting (4th Tuesday of the month). Cut off date for coming information will be the 25th of the month





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HEAD LION-ER



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

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

**NAPERVILLE NOON LIONS CLUB
P.O. Box 282
Naperville, IL 60566-0282**

**Meets Tuesday – Noon (12:15)
Angeli’s
1478 East Chicago Avenue
Naperville**



**Phone: (630) 375-7809
Website: <http://napervillenoonlions.org/>
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