

THE LIONS TALE

THE CHILlicothe EVENING LIONS

Chartered in 1924

Our President: Lion Cindy Powell

Our Secretary: Lion Joy Cox

Our Treasurer: Lion Becky Hines

Our Editor: Lion Neal Senff

Our Assistant Editor: Lion Mike Hathaway

PO BOX 567, Chillicothe, Ohio 45601

(740) 77LIONS

E-Mail>lion1@horizonview.net<

Web Site>www.e-clubhouse.org/sites/chillicotheoh<

10/10/2017

48 Lions and 2 guests were present. President Cindy Powell opened the meeting promptly at 6:00 PM. Lion Dick Tuttle led us in singing *America* and President Cindy led the pledge.

GUESTS:

- Tammy Duckworth, guest of President Cindy Powell.
- Angela Migyanko, guest of Lion Dawn Sorensen.

CONCERNS:

- Lions Gary Warner, Dave White, and Tom Gustin need our prayers.
- Keep the victims of the California wildfires in your prayers.

GOOD NEWS:

- President Cindy reported a much better week bowling. She paid \$1.00 to brag a bit...
- Lion Beth Hensley had another birthday and she is still 29. Happy Birthday Beth!

OUR MEAL: Lion past President Stewart Skinner bought pizza for our meal this evening. Lion Joy Cox made some yummy no-bake cookies. The kitchen crew added a tossed salad. Lion Stewart asked that everyone make a donation with all proceeds going to our Christmas families. The total came to \$254.00! Thanks to Lions Stew and Joy and all who donated.

OUR COOKS: Lions Sam Creech, Jerry Powers, Arlan Cox and Neal Senff.

KP: Lions Sam, Fred, Arlan, and Stewart.

TAILTWISTER: Lion Dave Weber reported a collection of \$21.00 and an IOU from Lion Dee Hathaway. I heard several members say they were fined for things like making eye contact. Your editors were fined for last week's Tail Twister Report-so much for freedom of the press! Note to Lion Hazel Tanner: In honor of Lion Dave Weber, we suggest George Harrison's *Taxman* for next week's song. "Should five per cent appear too small, be thankful I don't take it all".

SECRETARY'S REPORT: Lion Joy Cox said she has two prospective members, Zach Fitzgerald and Bobby Anderson. She called them today to remind them about the meeting. Zach was at the emergency room and Bobbie was having a heart cath done tomorrow.

Joy talked with Lion Herb Zickafoos and wife Naomi today. Herb says Naomi is having some issues and he doesn't want to leave her alone to come to the meetings.

Our Monthly Activity Report shows a total of 17 activities, 311 Lions working 415 hours, and service to 1,555 people. We also collected 506 pairs of used eyeglasses. Give yourselves a pat on the back. Working together we do make a difference.



2018 Ohio Lions Winter Retreat

January 12, 13, 14, 2018

REGISTRATION FORM
SALT FORK STATE PARK RESORT
ROUTE 22 EAST, CAMBRIDGE, OH

REGISTRATION:

Full registration will be **\$120.00**. Make all checks payable to: "THE OHIO LIONS" and specify LIONS WINTER RETREAT in the memo line and return with this registration form to: Ohio Lions, 4074 Hoover Rd., Grove City, OH 43123; Fax: 614-808-3170; Email: ohiolions@gmail.com. Or use your credit card and go to www.ohiolions.org & use PayPal. **MUST BE RECEIVED OR POSTED MARKED BY DECEMBER 1st TO GET THE EARLY REGISTRATION PRICE.**

LATE REGISTRATION:

December 2 – January 2, 2018: \$140.00 **NO registrations accepted after January 3rd. No refunds after Jan. 3rd.**

TREASURER'S REPORT: Lion Becky Hines said our last fish fry netted \$3152.46. Fish fry profits exceeded \$13,000.00 for this season! Thanks to all who worked to make them a huge success!

PRAYER: Lion Gene delivered his best prayer yet and it could aptly be titled "Forgive Dave Weber". Your editor is betting next week's prayer will be a variation of the same theme along with the usual fine by NNGLDDTT.

SONG: Our club did a fine job of singing Tom Petty's *I Won't Back Down*.



RECOGNITION: 1st VP Bill Derringer called Lions Cindy Powell, and Judy Hempstead forward. He presented them with Silver Centennial Award pins for their efforts in growing the club by recruiting members and retaining new Lions. Lion Mike Hathaway received a Key Award for bringing in at least two new members!

PROGRAM: Lion Dawn Sorensen introduced Angela Migyanko, diabetes educator and dietitian at Adena RMC. Angela spoke about diabetes awareness and diet. Her handouts are worthy of sharing and appear below. She gave a very interesting and informative presentation.





The Plate Method

Your plate is one of the best tools to keep your meals balanced and healthy.

If you are like most people, you may be eating big portions of meats and starches that are larger than recommended. When filling your plate, try to make it look like





Breakfast may look a little different:

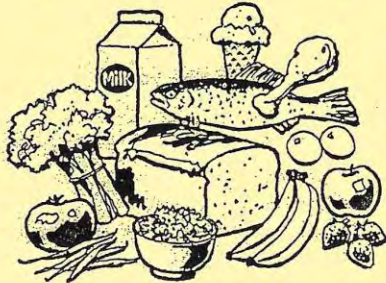


You can use this method of portion control anywhere – at home, at a restaurant, or at a special occasion.

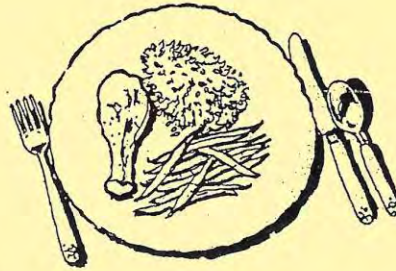
TIPS:

-  Use 9" plates.
-  What about dessert? For special occasions and holidays, substitute dessert for your starch serving, fruit, or your milk serving. Make sure to keep your dessert portion size small!
-  Learn more about the Plate Method by meeting with your diabetes care team.

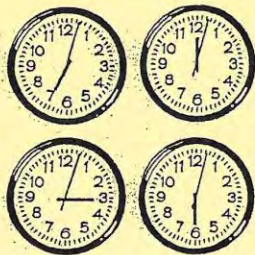
Eating the right types and right amounts of foods can help you control your diabetes and achieve a weight that is healthy for you.



Eat a variety of foods from all food groups.



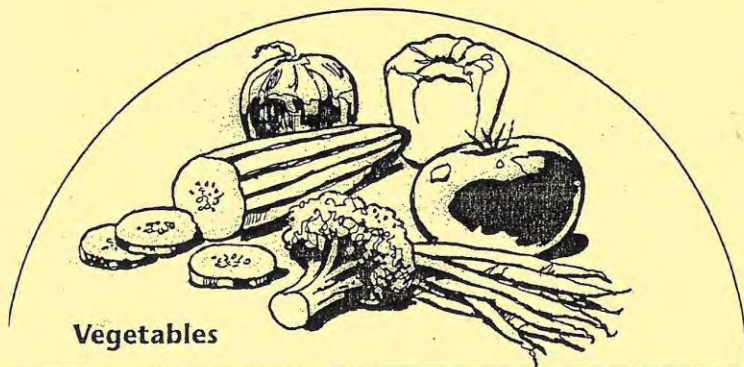
Eat about the same amount of carbohydrate foods each day.



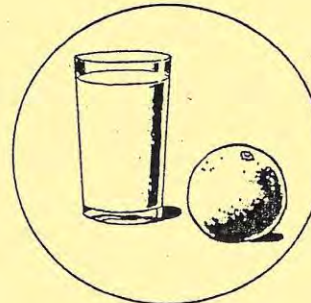
Eat meals at the same time each day and don't skip meals.



Eat less if you want to lose weight.

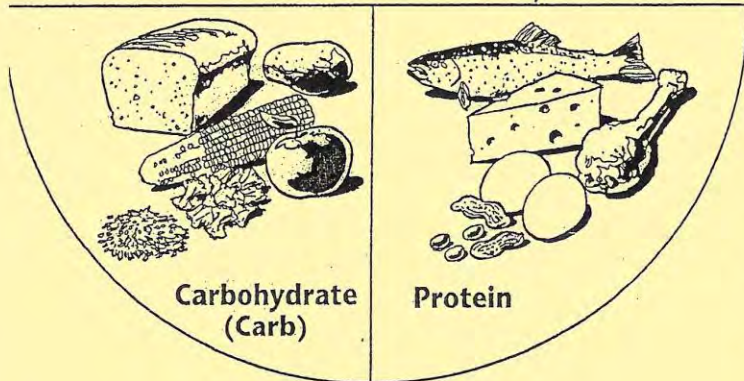


Vegetables



Tips to Make a Healthy Meal

- Fill 1/2 of your plate with non-starchy vegetables (broccoli, green beans, carrots)
- Fill 1/4 of your plate with carb (bread, potato, rice, pasta or starchy vegetables)
- Fill 1/4 of your plate with protein foods (3-4 ounces of lean meat, poultry or fish)
- Use 1-2 tsp. of tub margarine or a heart-healthy vegetable oil
- Add a small piece of fruit or 8 ounces of skim/low-fat milk



Carbohydrate (Carb)

Protein

Ask your healthcare provider for help in scheduling a visit with a registered dietitian (RD).

HALLOWEEN PARADE: Lion AJ Hamburger says he has 15 helpers to assist him in lining up parade floats at this year's parade. The parade is on October 28th. Volunteers should meet at the clock tower at 5:00 PM. The tower is on the northeast corner of Paint and Water Streets. We still need some bags of candy to hand out at the parade.

FLAG BILLING: President Powell will have a detailed report for us next week.

BLOOD DRIVE: Lion Susan Pontius said our next blood drive is November 13th.

CHRISTMAS PROJECT: Lion Neal Senff said there are 18 cards left on the tree. However, there are 24 blanks on the card sign out sheet. If you took a card and did not sign it out, please look at the top right hand corner of the card and find the gift number. You can come back to the club and sign on the line with the same number, or email or call Lion Neal or Lion AJ Hamburger with the information. We are doing a great job of getting the tree almost bare, we have close to the amount of cash we need to buy perishable food, but the shelves in our store room have a long way to go before they are full. These are the non-perishable food items. Wrap Night is scheduled for December 12th.

What should I buy?

Canned goods-soups, veggies, fruits, etc.
Pasta-spaghetti, macaroni, noodles, etc.
Rice-packaged and meals
Mac & cheese
Salad dressings
Condiments-ketchup, mustard, mayo, pickles, olives
Gravy-envelopes and/or canned (in jar)
Boxed potatoes-mashed, scalloped, au gratin
Peanut butter
Jelly
Tuna
Fruit cups
Basically anything that does not require refrigeration and has a long shelf life.

TURKEY TROT: The Officer Larry Cox 5 K Turkey Trot is the main fundraiser for Southern Ohio Crimestoppers. The event is held every Thanksgiving Day, and over 800 runners participated in last year's race. Larry Cox was an avid runner and a Chillicothe Police Officer. He was killed while chasing a robbery suspect, off duty, on April 21, 2005.

BOARD MEETING: The Board of Directors will meet next week after our regular meeting.

CALENDAR:

October 28- Halloween parade.

October 31- Trick or Treat. **Due to the huge number of kids that will be in the area our meeting on Oct. 31 is cancelled!**

November 11- Flags, Veterans Day.

November 13- Blood Drive.

December 12-Wrap Night

February 24 District 13 OH6 Cabinet Meeting. (We are hosting).

DRAWINGS:

- **Weekly:** Lion Emilie Kemper was not here-\$15.00 next week.
- **50/50:** Lion George Taylor won \$25.00.
- **George's Kids:** Lion Homer Notestone won \$20.50.
- **Joker:** Lion Roger Kutscher reported 33 cards left and the pot stood at \$420.00. Lion Sam Creech had the lucky ticket but was unable to find the Joker, and drew the 9 of Clubs. He took home some kisses (we think they were of the chocolate variety).



LOOKING BACK: KAMP DOVETAIL CREW CHILLICOTHE LIONS 2004



HUMOR:

