



Rochester Lions Club

Home Club of Leader Dogs for the Blind
www.rochesterlionsclub.org

April, 2008
NEWSLETTER

Club Meets 6:30 pm-1st & 3rd Mondays of Each Month at the Rivercrest

President's Message.... April, 2008



Last month we lost another true Rochester Lion, First Vice President, Ralph Vitale. Ralph was a dedicated, hard working, loyal and proud Rochester Lion. Lion Ralph will truly be missed.

During the past month the 'Think Tank Committee' met and I cannot help but believe that had Lion Vitale been present there would have been additional 'unique' ideas placed on the table for discussion. You can be assured, however that your committee has come up with some exciting additional fund raising, and fun ideas to be considered in the future. Our club has some fund raising activities and events during the long Michigan winter months, such as the Ice and Fire event, but we seem to really be hustling all the time during the summer months. Because we are a "doing and going" kind of group, we're coming up with ideas to keep us 'in shape' and hopping all the time! No rest for the wicked, as they say. We like to have fellowship, fun and be serving all the time. Keep watching for future newsletters to let you know what's new in the happening area of RLC so you too can join the fun.

Spring is here and summer's not far behind. I know that's hard to believe....when you look out the window at the snow on the ground. Car show time is just around the corner and our committees are hard at work getting things rolling now. Feel free to contact any of the various car show committee members to see where and when you can help. Please contact Lion Al Lucas regarding helping during White Cane Week!!

We should all be very proud of the good service work our Club produces. I sure am proud of each and every one of you. Thanks for your service.

Sincerely, Lion Jim Williams

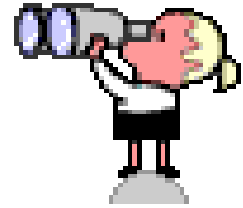
"Politicians are a set of men who have interests aside from the interests of the people and who, to say the most of them, are, taken as a mass, at least one long step removed from honest men." Abraham Lincoln



April Meeting Theme



Looking Ahead. .



April 7, 2008—Regular Meeting 6:30pm
 Rivercrest—Dinner Served Promptly at 7pm
Club Officer Elections—Sherry McBroom

April 14—RLC Board Meeting—7 pm
 Leader Dog for the Blind

April 21—Regular Meeting—6:30 pm
 Rivercrest– Guest:

April 22—Inter-Club Meeting
 Great Oaks Country Club—6 pm
 Dinner Served Promptly at 7 pm
 Contact Jim Williams for Reservations
 \$28.00 per person

District Events

April 6—Tea Party & Silent Auction
 1pm to 3:30pm

Sponsored by Clinton Valley Lions
 All proceeds to Blind charities in Michigan
 “The Tea Party Castle”
 52261 Van Dyke (just S of 24 Mile)
 Shelby Twp 48315
 Call Christine Kontos for more Info
 (586) 264-0383
 Or lionchristineCLVC@yahoo.com

April 12—Clawson Lions Club
 “Vegas Night”
 7pm to Midnight

Knights of Columbus Hall
 870 N. Main Clawson, MI
 All Proceeds Benefit Lions Charities

April 17—Cabinet Meeting
 Clinton Valley Lions Club
 Contact Jim Williams for More Info

April 22- Lions Inter-CLub Meeting
 Great Oaks Country Club—6 pm
 Dinner Served at 7 pm
 Contact Jim Williams for Reservations
 \$28.00 per person

In Memoriam...

Lion Ralph Vitale, 1st V.P.



It is with great sadness and shock that we report the recent passing of Lion Ralph Vitale, our Club 1st Vice President. Ralph, quite simply, was bigger than life and dedicated himself to Lionism and our “We Serve” motto. He will be sorely missed.

My wife, Sharon, and I are indebted to Ralph for introducing us to Lionism and the Rochester Lions Club family...as our sponsor and mentor. Ralph was always “full of life” and wouldn’t miss an opportunity to contribute and volunteer. And, even inspite of concerns about the depressed housing market (Ralph was a Certified Master Appraiser), Ralph was ALWAYS there when our Club needed him most...for anything and everything. May God take Ralph into his arms, put him to work, and watch over him. Our sincere condolences go out to his wife, Diane, and his entire family.

Lion Randy Whitmire

“IF YOU GET TO THINKIN’ YOU’RE A PERSON OF SOME INFLUENCE, TRY ORDERIN’ SOMEBODY ELSE’S DOG AROUND.” – OLD TENNESSEE MOUNTAIN MAN

Happy Birthday to You!



The following Lions have a birthday in April:

David Padilla—April 1
 Dennis Amato—April 2
 Arthur Saarela—April 9
 Gary Senical—April 10
 Lynn Miller—April 15
 Tom Petterson—April 16
 Lynn Demsky—April 17
 John Reddan—April 18
 Don Westphal—April 20

Wishing each of you...a
 very Happy Birthday!

Your club wants
YOU!



Events don't just "happen", they take
 some planning and a little work.
 Won't you help make YOUR club a better one?

NEWS FLASH!!

Campaign SightFirst II
 630-571-5466, ext. 526
CSFII@lionsclubs.org

For Immediate Release



Lions Surpass Campaign SightFirst II Goal

Oak Brook, IL, USA, February 21, 2008 — Campaign SightFirst II has surpassed the \$150 million minimum goal. On Worldwide Report Day February 20, National and Multi-National Coordinators' telephone calls and reports revealed that Lions have raised more than US\$157.9 million for CSFII. Lions around the world have helped Campaign SightFirst II surpass its minimum goal by rallying to raise funds for Campaign SightFirst II.

Lions surpassed the US\$150 million Campaign SightFirst II (CSFII) goal well ahead of convention. With four months remaining, Lions are now looking ahead to the additional US\$200 challenge goal and helping ensure the future of Sight-First through continued and expanded efforts to eliminate preventable blindness worldwide. Lions' support of CSFII is crucial in the remaining months.

Through Campaign SightFirst II, Lions will expand the Sight-First program. At least US\$100 million in CSFII funds will be granted to contain and eliminate the leading causes of avoidable blindness. Another US\$50 million will be used to combat emerging threats to sight. In addition, by exceeding their minimum goal of US\$150 million and reaching their US\$200 million challenge goal, Lions will provide "vision for all" through research, rehabilitation and outreach to vulnerable populations.

Lions Clubs International Foundation is Lions helping Lions serve the world. Donations provide funding in the form of grants to financially assist Lions districts with large-scale humanitarian projects that are too extensive for Lions to finance on their own. The Foundation aids Lions in making a greater impact in their local communities, as well as around the world. LCIF was recently ranked the number one NGO in a Financial Times study. Through LCIF, Lions ease pain and suffering and bring healing and hope to people worldwide. To learn more about Campaign SightFirst II and the SightFirst program, visit www.Lions-CSFII.org.



Salute to Arnold Sell April 2008 Lion of the Month

Lion Arnold Sell was born in Detroit but moved as a young boy to Rochester with his family back in 1941. His father worked for "National Twist Drill" the "big factory" of Rochester at the time. Arnold grew up on Third Street with his parents and one sister. He attended St. John Lutheran School and graduated from Rochester High School. Arnold also attended Highland Park Junior College for a brief time before enlisting in the US Army. He was assigned for more than a year to an Army garrison in Munich, Germany...where he enjoyed both the German customs (good beer and good food) and the German people.

Upon being discharged from the Army, Arnold was employed by National Twist Drill..carrying on the family tradition as their advertising manager...until National Twist Drill moved from Rochester. He then worked for National Envelopes Company until his retirement. Arnold is married to Diane Sell , who together, have two children, Gail and Kurt...and 6 grandchildren. Retirement has brought Arnold lots of time for family and friends. He also has another hobby, his computer..and of course his "main" hobby...our own Rochester Lion Club. Since joining our Club, Arnold has gained great satisfaction being able to serve our community and also fellow Lions. According to Arnold, "Being our Club's Secretary has been a very rewarding experience."

There are a multitude of "testimonials" for Arnold and how valuable his Club accomplishments and contributions have been over the years. While Arnold makes the Secretary's job look easy...it's actually very labor intensive and time consuming...recording accurate minutes of ALL official Club activities, etc. Arnold is also genuinely dedicated and sincere...in ALL his efforts to "Serve" our Club and our community. His unselfish acts (collecting Leader Dogs for the Blind Canisters and the inordinate amount of time he dedicates as Club Secretary) and his dedication to our Club reflect great credit upon himself, his family, and the Rochester Lions Club.

A Sincere and Hearty "Thank You" to Arnold Sell as our April, 2008 Lion of the Month!



New "Food Mobile" Approved by RLC Board

Our Club's Board of Directors unanimously approved the use of the new "Food Mobile" owned by Lion Mike Gendich. Lion Gendick offered our Club the use of this new fully self-contained and self-propelled unit for \$1.00 per year for the next five years. The Food Mobile will be staffed exclusively by Lion Gendich, Lion Robert Treppa and Lion Steve Shelton..in addition to other specially trained RLC members as needed.

This is welcome news as our Club will make good use of this new fund raising vehicle throughout the year in our major events (Rock N Rods in Rochester & Heritage Custom Rod & Car Show, etc.) as well as many other community events that we'll add this year. Lion Mike, your generosity is much appreciated. Ed.





Scams On the Rise... BEWARE!!

Seniors continue to fall prey to scam artists in OUR local communities. A fellow Lion recently received a suspicious email which identified him as the "beneficiary" and heir to the estate of an alledged fellow Lion. Using "Lions" and "Lionism" is serious enough. But these scam artists will say and do anything to separate you from your hard earned money. Please...DO NOT fall victim to ANY telephone calls or emails or mail correspondence....which promises you some windfall or other apparent "FREE" money...for only a little of your money. It's a SCAM!! And, all Lions should beware of the increasing numbers of these scam artists who prey on predominately senior citizens.

Just recently, a 71 year old local Rochester Hills woman was "relieved" of more than \$50,000.00 of her life savings by someone fraudulently representing themselves as a "Reader's Digest" official...claiming that the woman had won \$500,000 in a sweepstakes contest. Unfortunately, she believed it...and now is in dire financial straits.

Similar scams have habitually originated from Canada, Nigeria and the Netherlands. And, although the victim's funds were paid with her credit card to a Canadian address...the scam artists could be located anywhere in the world, says Oakland County Sheriff's Lt. Ray White. White warns seniors and citizens alike to beware of "too good to be true" offers. "We keep telling people to call your local police immediately when you first get these types of calls or emails," he said. "If you have to give out a smaller amount of money to get a larger amount, it's ALWAYS A FRAUD! Never write out a check nor give out your credit card number" White says. "People have to be careful," White said. "There's no such thing as free money."
Ed.

WHITE CANE WEEK ALERT

WHEN:

White Cane Week is from Friday, April 25 through Saturday, May 3, 2008.

OBJECTIVE:

Collect large sums of money for Leader Dog School for the Blind and other sight related charities. To exceed last year's \$21,177, we need serious member participation. Please work as much as you can.

LOGISTICS:

Obtain Equipment: Equipment (Metal White Canes, Blue tags, Rochester Lions Club Business Cards, Vests, White Cane and Bucket, coin wrappers, site posters, stickers, etc.) will be available at the April 21 Lions Club Meeting at River Crest, from Al Lucas at his home (248-651-0474) and at White Cane Headquarters (Kroger-Dequindre) during White Cane Week.

White Cane Headquarters: Headquarters will be located at Kroger-Dequindre during White Cane Week. Please call Al Lucas to confirm his presence before you appear at Headquarters. Equipment will be available at this location for your use during White Cane Week and you should return equipment at this location during the week if your solicitation commitments for the week are completed.

Solicitation Site Captains: Site Captains are responsible for working their sites as much as possible and obtaining solicitors for the site when they cannot work. Please volunteer your time. Sign up at our meetings or call the following Solicitation Site Captains.

Site Location Telephone

University & Rochester
248-651-4155

248-860-6586

Captain

Dennis Scott

Dave McKenzie



Rochester Lions....Show Their Stuff At 56th Annual Detroit Autorama



Ridler \$10,000 Award Winner



4th Place Award Winner—Lynn Miller “Altered Restored Class”
Detroit Autorama 2008



One Among Many...Ourstanding “Rides” at Autorama 2008

2nd ANNUAL HERITAGE ROD & CUSTOM CAR FESTIVAL
 OCTOBER 18, 2007
ROCHESTER MUNICIPAL PARK- ROCHESTER, MICHIGAN
SATURDAY, MAY 24, 2008
 8am - 5pm
 Rain or Shine

LEADER DOGS
 2008 Heritage Rod and Custom Car Festival - 31st Rochester Heritage Festival May 24 & May 25
 Trophies in classes for: Custom Cars, Hot Rods, Street Rods, Street Machine / Pro Street, Muscle Cars, Corvettes, Pre 1950 Classics, Sports Cars, 50s' Classics, 60s' Classics, 70s' Classics, Trucks, Specialty Vehicles

- The Oakland Press Award
- Pride of the Lions Award
- Walter Elmer Memorial Award
- Music by Beth
- Pick of the Litter Award
- Food & Refreshments Available
- Pancake Breakfast at the Community House
- 50/50 Raffle and Door Prizes
- Cool Posters & T-Shirts

Thanks to our Sponsors:
 Oakland Press, Rams Horn (Hamlin & Rochester), C.A.R.S. Inc., Cruis'n'ews, Gary's Collision, Knapp's Dairy Bar, Eaton Detroit Spring Inc, Classic Shipping & Copy Center, Warhoops, AAA of Rochester, RJ's Pub, Discount Tire Co. Inc, America Bank-Walton & Adams, Dentist On Main, Busch's Market, Classic Printers, Eye Care Assoc. of Utica, Sero's Oakland Dental Care, Gymnastic Training Center of Rochester Inc, JOX Sports Bar And Grille, Crust Pizzin, AutoZone Performance & Accessories, Action One Automotive & Towing, Friends First, LLC, MacKellar Incentive Marketing Inc., Myron Kopin, M.D., Mercy Ballbrook Retirement Community, Dream Cruise Cars, Downtown Cafe, Sagebrush Cantina & Restaurant, Bill's Automotive

Proceeds to Benefit Leader Dogs for the Blind and other Lion Charities

Mail Registration to:
 Heritage Rod and Custom Car Festival
 2301 Kingsford Road,
 Rochester Hills, MI 48309
 Show limited to the first 200 vehicles
 Please Register early
CARS MUST BE 1983 and OLDER
 Gates Open at 7:00 a.m.

All vehicles parked by 10:00a.m.
 * No holding parking spaces
 Registered vehicle owners receive Dash plaques and goodie bags.
 Pre-registration only by May 19
 \$15 per car
 For More info Call:
 Eric Bothwell (248) 379-9467
 Bill Claussen (248) 375-5096

I accept and assume full responsibility for any injury or loss to me or my property, agents or employees at any time, and from any cause on the premises of the show. I expressly release the management from liability for such loss or injury and agree to provide and pay for my own insurance.

Your Signature _____
 Name _____
 Address _____
 City/State/Zip _____
 Phone (_____) _____
 Make _____ Class _____ Year _____
 Model _____ Miles Driven to Show _____

E-Mail Address _____
 T-Shirt Size(s) Available M L XL XXL *\$10 each or \$15 each at the show Registration \$15.00
 Make check payable to: Rochester Lions Club Charities Inc. \$10 T-Shirt(s) \$ _____
 ** Please Enclose a Self-Addressed-Stamped-Envelope for Registration Confirmation (\$15 @ the show)
www.rochesterlionsclub.org www.rochesterheritagefest.org Total Enclose \$ _____

Leader Dog Canister Collections

Lion Arnold Sell has collected a total of \$246.50 from the various Leader Dog collection canisters located throughout the Rochester-Rochester Hills area...for the period February 29 thru March 21, 2008. Way to go Arnold!!

Rochester Lions Compete & Attend Detroit Autorama 2008

Several Rochester Lions attended and competed in the recent 56th Annual Detroit Autorama held over 5 days at Cobo Hall. Our own Lynn Miller came away with the 4th Place Award in the Altered Restored Class..for his “baby”...a 1971 Dodge Challenger Convertible (see photo above).

Lions Dennis Scott, Eric Bothwell and Bob Treppa also attended.

Kids Night Fun

“STARBOT” captures kids and adults’ hearts for evening



Rochester Police Officer Mark Van-Poppelen presents the “limited edition” one-of-a-kind STARBOT to fellow Lions, adult and child guests of our “Kids Night” dinner and meeting at Rivercrest Catering on March 3, 2008.

Lion Al Lucas administers the Lions Oath to new Rochester Lion Bill Lubberda during “Kid’s Night” festivities on March 3, 2008. “STARBOT” listens intently in the background...ready to finish administering the “official” Rochester Lions Club Oath to new Lion Bill Lubberda. Lion Jim Kemler, Lion Lubberda’s sponsor, looks on.



Rochester Lions Club President Jim Williams and his grandkids look on as Rochester Police Officers Amy Drehmer and Mark Van-Poppelen ready “STARBOT” the robot for an evening of fun at our Club’s “Kid’s Night” event held on March 3, 2008.



Chapter Officer Elections Near...VOTE April 7!

Our Rochester Lions Club annual election of officers will take place at our regular chapter meeting scheduled for Monday, April 7, 2008. Voting ballots will be distributed on that evening to all those Lions attending as "members in good standing."

Below are the listed officer positions and the respective nominees:

<u>Position</u>	<u>Nominee</u>
Immediate Past President	Jim Williams
President 2008-2009	David McKenzie
1st Vice President	Eric Bothwell
2nd Vice President	Randy Whitmire
3rd Vice President (1 yr only)	Bryan Wright
Secretary	Arnold Sell
Treasurer	John Cadieux
Lion Tamer	Dan Williams
Membership Chairperson	Jim Kemler
Tail Twister	John Benczik
Board of Directors (3)	Al Lucas Bob Treppa George Newton

Please, plan to attend this very important meeting on April 7...to VOTE...and to meet your new slate of officers for the 2008-2009 Rochester Lions Club

Ed.

New Lions Installed...

New Lions Greg Grabowski, new CEO of Leaderdogs for the Blind, and Pat Essian of Raymond James, were inducted into our Club as new members during our March 17 regular dinner meeting.

Please, take the opportunity to welcome Lion Greg and Lion Pat into our Club...get to know them...and allow them to get to know you. We salute them and congratulate them on their decision to become part of the world's greatest service organization...as members of our Rochester Lions Club...but more importantly...is their decision to join us...as "We Serve" our community and the world.

Ed.

National Poetry Month—April 2008

"This is thy hour O Soul, thy freeflight into the
wordless,
Away from books, away from art, the day erased,
the lesson done,
Thee fully forth emerging, silent, gazing, pondering
the themes thou lovest best,
Night, sleep, death and the stars.

Walt Whitman 1819-1892

Think Tank Committee Brainstorms New Fundraising Ideas....

Rochester Lions Club "Think Tank" committee met recently for the purpose of brainstorming ideas for new, innovative and creative fund raising projects...to add to our existing and very successful fund raising efforts. Lions Jim Williams, Randy Whitmire, Eric Bothwell, Bill Claussen, Bob Treppa, Bill Hansen, David Bates and Dennis Scott all contributed a multitude of ideas and suggestions during the recent meeting.

Lion Bill Claussen probably did the most detailed research into various fund raising activities that were extensively discussed and considered. The committee will be meeting again on May 5 to further discuss and define several possible options for fundraising projects...that we could effectively execute later this year. Please contact any of the above members...should you have any fundraising ideas that you would like to share with YOUR Club.

Ed.



"Anytime someone walks into a delicatessen and orders a pastrami on white bread, somewhere a Jew dies." Milton Berle



Super Smoothies Can Give You a Boost...And Save Your Life!

Health & Nutrition
A Continuing Series

If you've been suffering from fatigue, heartburn, anxiety, arthritis and eye problems—or just feel like you need a boost—you might find relief by getting more fruits and vegetables in your diet. One easy way to do this is to drink a smoothie made from healthful fruits and herbs.*

Smoothies are blended drinks made with juice, soy milk or yogurt. To prepare, put all ingredients in a blender and process on low for 30 seconds, then on high for another 30 seconds (or until smooth). Pour into a tall glass and enjoy.

FATIGUE...(Eye Opener)

Fresh fruits provide the digestive enzymes the body requires to process nutrients and convert food into energy. Here's an "Eye Opener" that'll get you going:

Eye Opener—1/3 cup orange juice, 1 cup cherries, pitted, 12 strawberries, hulled and halved, 1 orange, peeled, seeded and chopped—Serves 2

HEARTBURN....

That burning sensation may be caused by stomach acid or inflammation of the stomach lining. Soothing herbs, such as slippery elm bark, provide relief. **Warning:** *Symptoms of heart disease can mimic heartburn. Before you assume that you have heartburn, be sure to check with your physician.*

Slippery Banana—1/4 cup German-chamomile infusion (pour 1/4 cup boiling water over 1 tablespoon of chamomile flower heads and steep 10 minutes, no need to strain); 1/4 cup ginger infusion (pour 1/4 cup boiling water over 1 teaspoon of grated, peeled fresh ginger root and steep 10 minutes, no need to strain); 1/4 cup plain yogurt; 1 ripe banana, peeled and chopped; 1 teaspoon slippery elm bark powder (available in healthfood stores); 1/4 teaspoon ground nutmeg—Serves 1.

ANXIETY...

Foods that contain calcium and magnesium, including almonds and soy milk, help reduce nervous tension.

Almond Banana—1 cup plain soy milk; 3 tablespoons almonds, chopped; 2 ripe bananas, peeled and chopped; Pinch of nutmeg—Serves 1 or 2

ARTHRITIS...

Anti-inflammatory herbs, such as chamomile and ginger, reduce pain and joint deterioration.

Calming Chamomile—1/2 cup German chamomile or chamomile-ginger tea; 1 apple, peeled, seeded and chopped; 1/4 cantaloupe, peeled, seeded and chopped; 1 tablespoon fresh German chamomile flowers or 1 teaspoon dried; 2 tablespoons plain yogurt; 1 tablespoon liquid honey—Serves 1 or 2

These ARE easy to prepare! And, once you've tried them...it'll be that much easier to fix for your self in the future.

To your Good Health & Happiness...

* Women who are pregnant or nursing and people with chronic conditions, such as diabetes, should check with their doctor before taking any herbs.



You...



...have a GREAT Day!!!

**Life is short!
Break the rules! Forgive quickly! Kiss Slowly!
Love Truly. Laugh uncontrollably...**

And never regret anything that made you smile.

The Rochester Lions Club Newsletter is published monthly as a service to our members and those interested in Lionism —
Editor: Lion Randy Whitmire 248-930-6420

Reprints of Our Club Newsletter
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