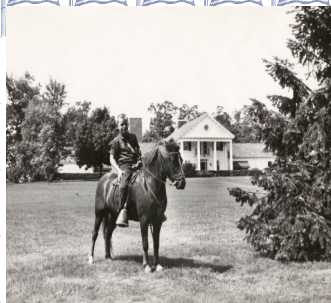




Rochester Lions Club

Home Club of Leader Dogs for the Blind
www.rochesterlionsclub.org
Meetings: 1st & 3rd Mondays, 6:30 pm Rivercrest

May, 2008
NEWSLETTER



President's Message...

Lion Larry Cole received a memo from Dennis Cobler, OD PID, Sector 1-5E CSFII that said "I am currently serving as the Sector coordinator for CSFII and have been extremely fortunate to have 11A-2 on my team. Your club's recent upgrade has helped push your district into **second place in North America** for % of goal (now at 187%) and I believe **1st for total dollars**.

Each District Governor would be blessed to have clubs such as yours under their command. Please give my personal thanks to each of your members, all of you truly understand our collective mission to heed the call to be 'Knights of the Blind' and to support the very project that gives us our identity. Thanks for helping your district's CSFII team to be so successful during this campaign."

This is but one of many examples of why I do feel blessed to have each and every one of you in our Club. Thanks for all you do, the part each of you plays and the level to which each of you contributes...enables us to be a very strong team of talented and giving individuals that serves our community effectively. White Cane Week is underway and doing very well; the car show committees are in action. And, Lion Bill Claussen just presented a \$10,000 check from our Club to the Todd Minbiole Memorial Scholarship Fund (you'll be hearing more about it soon). And, our FoodMobile will soon be out and in action too. These are just some of our many fund raising activities. We are a busy and productive group. Volunteers like you are priceless! Always caring, always sharing...you represent our country at its best! Your contribution of time, talent and compassion makes a valuable difference.

Sincerely, Jim Williams

"That government is the strongest of which every man feels himself a part."

Thomas Jefferson



May Meeting Theme



May Wildflowers



Looking Ahead—

May 5—Regular Meeting, 6:30 pm Rivercrest
Guest Speaker: Lion Jim Johnson—SE MI Hearing Center
Canned Fruit Night—Bring Canned Fruits or Fine!

May 12— Board Meeting—Leader Dogs 7 pm

May 19—Regular Meeting 6:30 pm Rivercrest
Guest Speaker: Cathy DeLave
CPR Plus Health & Safety Foundation
“Cardio-Pulmonary Resuscitation”
Bring Canned Fruits Again...or Fine!

June 16—President’s Inaugural Dinner
Location TBA

June 21— Leader Dogs 5K Marathon

District Events

May 10—Bear Lake Camp Open House

11 am to 4 pm
Meet Lions from Our District
See What Our Lions Have Built!
Baked Bean Contest
 Hot Dogs, Soda, Fun
 Sponsored by Lake Orion, Clarkston
 & Ortonville Lions Clubs
 Contact the following for more info:
 Jim Pettinato—248-391-4532
 Jerry Baumgart—248-922-9950
 Liz Rheume—248-627-6203

May 21—29th Annual “Very Special Evening”

Silent Children’s Speech Program
 The San Marino Club
 1685 E. Big Beaver, Troy, MI
 Cocktails: 6:00 pm
 Dinner: 7 pm
Dancing-Music-Entertainment– Prizes
 For more info call Nellie Morgan 248-544-2451

June 7—Dad to Dad Yard Sale
FLEA MARKET!

12828 Canal Rd., Sterling Heights
 Where: Sterling Heights Lions Club
 Saturday—7 am to 4 pm
 Make some \$\$ and have fun
 All spot/spaces \$20.00
 Proceeds to Lions Club Charities

Annual Convention Sees New Officers Elected...

The “Down on the Farm” District Convention concluded on March 30...and according to those attending...a good time was had by all. In addition, our district also elected a new slate of district officers, including our own Lion Larry Cole as the district’s new “Region II” Chairperson.

Here is a list of our District 11, A-2 new officers:

District Governor—Lion Connie Shelton
Vice District Governor—Lion Ron Holler

Region Chairs-

Region I—Lion Ed Daww
Region II—Lion Larry Cole
Region III—Lion Larry Burleson
Region IV—Lion Paul Ostby

Lions of Michigan Service Foundation Trustee (2 yr term):
Lion Bill Klingensmith

The redistricting plan for MD-11 was NOT endorsed.

Ed.



Happy Birthday to You!



The following Lions have a birthday in May:

Sharon Meisel—May 5
 Al Lucas—May 12
 Bill Claussen—May 14
 Bryan Wright—May 16
 Mike Johnson—May 16
 Sharon Whitmire—May 17
 Steve Wolken—May 19
 George Riley—May 20
 Prescott Kemler—May 21
 Ed Hart—May 26

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



BEAR LAKE CAMP OPEN HOUSE SATURDAY – MAY 10 11 AM – 4 PM

- HOTDOGS, POP & CHIPS
 - GOODWILL DONATION
- BAKED BEAN CONTEST
 - BRING A BAKED BEAN PASSING DISH AND YOU MAY WIN A PRIZE!
 - JUDGED BY PDG FRANK CUNNINGHAM
- MEET OTHER LIONS FROM DISTRICT 11A2
- TOUR BEAR LAKE CAMP
 - SEE WHAT OUR LIONS CLUBS HAVE BUILT!

Sponsored by the Lake Orion, Clarkston Area and Ortonville Lions

Questions: Lion Jim Pettinato – 248-391-4532 - jimpettinato@valeo.com
 Lion Jerry Baumgart – 248-922-9950 - jerryb7355@aol.com
 Lion Liz Rheume – 248-627-6203 - rheume218@comcast.net

“I find television very educating. Everytime somebody turns on the set I go into the other room and read a book.”

Groucho Marx

New Guidelines... Lions Hearing Aid Program

New guidelines have been received recently concerning the administration of the “Hearing Aid Program of the Lions Hearing Center of Michigan. To qualify for entirely “free” hearing aids, household income cannot exceed \$20,420.00 per year. Low cost hearing aids (\$750.00 ea) and free testing..are also available for household incomes between \$20,421 & \$41,300.00

For more information and an application form contact Lions Hearing Center of Michigan at (313) 745-4664 or Email: lhc@med.wayne.edu

In Memoriam...

Our sincere condolences go out to Lion Sherry McBroom and her husband Don...on the passing of Don's father, **Paul McBroom**.

We also sadly recognize the passing of **Edsel Peacock**..a long time Rochester Lion..who served our Club for several years before his move to Punta Gorda, Florida in 1992. Mr. Peacock owned and operated Peacock's Poultry in Troy, MI for more than 40 years continuing a family tradition...before retiring in 1980 to devote more time to serving our Club. Edsel could routinely be seen collecting during White Cane Week.

Ed.

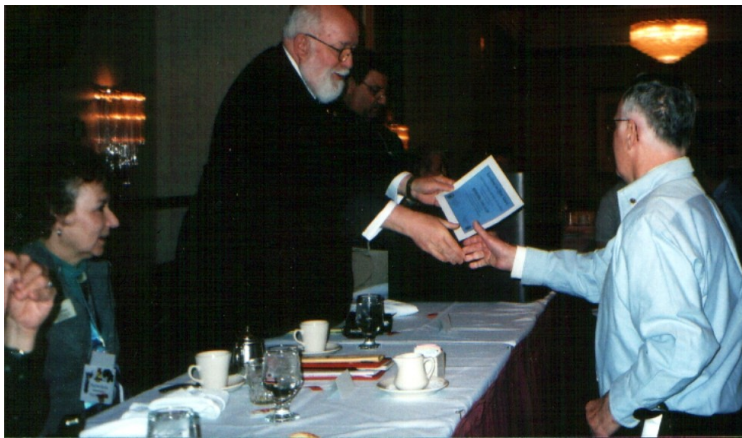


Recent Happenings...Club & Individual Awards and Decorations



Rochester Lions were well represented at the recent "Down on the Farm" District Convention held in Grand Rapids...to support Lion Larry Cole's bid for the District Chair position (he was elected!). From left: Jim Kemler & wife; Larry Cole & wife; Arnold Sell & wife; David McKenzie & Celia Domalewski, President Jim Williams, Jim & Diane Leach; and Dan Williams.

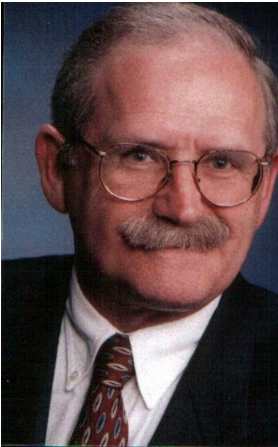
Rochester Lions Club President Jim Williams presents Lion Eric Bothwell with a "Key Membership" award recognizing Lion Bothwell for his efforts in recruiting and individual contribution of time and effort to further our motto of "We Serve." Congratulations Lion Eric!



Director's Award is presented to Rochester Lions Club President Jim Williams during the recent "Down on the Farm" District Convention in Grand Rapids...for our continuing significant donations to Leader Dogs for the Blind.

Leader Dogs for the Blind CEO Greg Grabowski flanked by Lion Bill Hansen, Lions Club International Director...present the "Excellence in Efforts" award to Rochester Lions Club President Jim Williams...for our Club's year round efforts as a major benefactor and supporter of Leader Dogs for the Blind.





John Murphy—Lion of the Month!

John Murphy was born in Detroit, Michigan to Dr. Eugene and Helen Murphy. He has an older brother, Michael, who lives in Nevada and a younger brother, Phillip, who sadly passed away in 2005. John graduated from Visitation High School and the University of Detroit. He then attended the Detroit College of Law and graduated in 1968. John also started taking flying lessons while still in law school...and subsequently earned his Private Pilot's license in 1970. After graduating from law school, John traveled to Europe to relax and figure out what he wanted to do...and then returned to Detroit and began work for "Lawyers' Title." John earned his real estate broker's license shortly thereafter. John is also a "certified" SCUBA diver.

John eventually opened his own law practice and a new office on Walnut Blvd in downtown Rochester in 1970. He took up golf at around the same time and became a member of the Rochester Businessman's League. John joined the Rochester Lions Club in 1971. Lion Lee Smith sponsored John into our Club. Lee got John involved immediately in the district as his cabinet secretary-treasurer. At that time, the District 11 A2 was much larger and included Oakland, Macomb and St. Clair counties.

John met his wife, Joyce, in 1971. They married in January, 1974 and bought their current home in Oakland Township in 1975. They have two sons, Thomas, who is also an attorney, and Patrick, who is a computer engineer.

On a local level, John "earned his spurs" by working and contributing his way up the Club hierarchy finally being elected Rochester Lions Club President in 1978. His favorite meeting was the "Kids Night. Way back when, John took his own son, Tom, who was then only 2 years old. Tom loved ringing the Club bell...so much so that John had to hide the gavel in his pocket.

John also loves cars and has had a couple of antique cars along the way...and also was a member of the Rolls Royce Owners Club and is a current member of the Detroit/Windsor MG Club. John loves working the car shows as he gets to see so many of the wonderful old cars....that have been so carefully restored and maintained. John and his son, Tom, have a law office together on Livernois in Rochester Hills.

We proudly salute John Murphy...as our Rochester Lions Club..."Lion of the Month."

Laughter...the Best Medicine

Three friends from the local church congregation were asked, "When you're in your casket, and friends and family are mourning over you, what would like them to say about you?" Artie said, "I'd like them to say I was a wonderful husband, fine spiritual leader, and a great family man." Eugene then commented, "I'd like them to say I was a wonderful teacher and servant of God...who made a huge difference in people's lives."

Roger said, "I'd like them to say, "Look, he's moving!"



Lions enjoyed a presentation recently by Jay Wiencko, Jr., Executive Director, Community Media Network (CMN). Jay also brought along three developmentally challenged young men who are training at CMN in TV production techniques.

"We make a living by what we get, we make a life by what we give."

Sir Winston Churchill



What It Means...to You and Me...to be a "Lion"

We Serve

Our Rochester Lions Club is one of the best as well as most active of all Lions clubs in Michigan and possibly throughout the entire United States. Our awards and recognition for our many accomplishments throughout the district and beyond are legendary...and too numerous to mention here.

We have a vibrant membership that is deep as well as wide in knowledge, experience, dedication and commitment. Our members now number close to 80...with the majority of our members...diligently paying their dues and regularly attending meetings. And, the many of our members also generously contribute their time and expertise on a variety of very important fund-raising projects that our Club depends on each year to generate the necessary funds that we have "committed" to contribute in support of the many projects such as Campaign Sight First II, Melvin Jones Fellowships, scholarships, and a variety of local community charitable organizations.

But we also know that being a Lion is much more than merely paying your dues or attending regular meetings. We must be very careful that we do NOT fall into the 80/20 trap...where 80% of our results are generated by the same 20% of our members. Our Club depends on each and every member to make the extra effort to "participate" through the donation of their valuable time...in support of our various projects. Those Rochester Lions know who they are...who routinely show up to help out and support many of our annual projects and events including our important White Cane Week fund raising effort. One shining example is Lynn Miller...who we know is hurting physically. But yet, Lynn stood out at the Post Office "rain or shine" doing a great job collecting for Leader Dogs. We profoundly "thank you" Lynn...and to all those who "SERVE" from the bottom of our hearts. We also realize that our Lions who do volunteer will not be available to help out on every project or event. We do NOT expect that...but only that they give us a "small portion" of their time when they are able.

Consequently, it becomes even more important that we have as many members "available" as possible when the word goes out for volunteers...on the various projects/events. "We Serve" does mean that a member can and will dedicate *some* of his/her time for projects throughout the year. Simply paying dues and coming to regular meetings are only two parts of the true meaning of Lionism—that "answers the needs that challenge the communities of the world." And, our local Rochester/Rochester Hills communities are also important parts of that global symbolism through individual unselfish action and results.

Lastly, we will be adding a few "new" and exciting fund raising endeavors in 2008. Consequently, it will become more important than ever...that as many of our Lions as possible make themselves available to help out and support as many of our projects/events as possible. Again, we profoundly thank each of you... for your initiative, dedication and compassion in supporting your Rochester Lions Club.

Ed.

"The reason congressmen and women try so hard to get reelected is that they would hate to have to live under the laws they've passed."



CAMPAIGN SIGHTFIRST II
LIONS' VISION FOR ALL

CAMPAIGN SIGHTFIRST II

300 West 22nd Street, Oak Brook, Illinois 60523-8842, USA • Phone 630.571.5466 Ext 526 • Fax 630.203.3776

March 2008

International Committee

Dr. Tae-Sup Lee

Past International President
Campaign Chairperson
Seoul, Republic of Korea

J. Frank Moore III

Past International President
Campaign Vice Chairperson &
International Coordinator
Daleville, AL, USA

Constitutional Area I:

W. R. O'Riley

Past International Director
Maryville, MO, USA

Scott A. Storms

Past International Director
Windsor Locks, CT, USA

Constitutional Area II:

James Sherry

Past International Director
Sackville, Nova Scotia, Canada

Constitutional Area III:

Rodolfo A. Marinelli

Past International Director
La Pampa, Argentina

Constitutional Area IV:

Howard Lee

Past International Director
Farnham, Surrey, England

Constitutional Area V:

Masanori Fukui

Past International Director
Nara, Japan

Kee-Jung Woo

Past International Director
Taegu, Republic of Korea

Constitutional Area VI:

Dr. Ashok Mehta

Past International President
Mumbai, India

Constitutional Area VII:

Barry J. Palmer

Past International Director
Berowra, Australia

Ex-officio Committee Members Lions Clubs International:

Mahendra Amarasuriya

International President
Colombo, Sri Lanka

Jimmy M. Ross

Immediate Past President
Chairperson, LCIF
Quitaque, TX, USA

Albert F. Brandel

First Vice President
Melville, NY, USA

Eberhard J. Wirfs

Second Vice President
Kelkheim, Germany

(485419-P)
Rochester Lions Club
James S Williams
2481 Beacon Hill Dr
Rochester MI 48309 1518

Dear Fellow Lions,

Congratulations on your club's fund-raising success, and thank you for your generous support of Campaign SightFirst II. Your club's enthusiastic efforts in the fight against preventable and reversible blindness serve as an example to fellow Lions and make it possible to continue our work as Knights of the Blind.

Your club is one of the top five clubs in your district to achieve the highest per-capita giving to Campaign SightFirst II during Lions year 2006-2007. In recognition of this tremendous accomplishment, I am pleased to present your club with the *CSFII Top Five Club Award* banner patch. I commend your 2006-2007 club leadership for this outstanding accomplishment.

On behalf of Lions Clubs International, Lions Clubs International Foundation, Lions the world over, and those who will benefit from your gift, please accept this award as a token of our appreciation. It signifies not only your club's outstanding contribution to the success of Campaign SightFirst II, but also its dedication to the ideals of Lionism.

As Lions, we have the power to change the world through SightFirst. It is the exceptional efforts of clubs like yours that make this possible; however, our work as Knights of the Blind is never finished. It is my hope that you will continue your support of this important and life-changing initiative in the months ahead.

Thank you once more for your efforts. I look forward to sharing with you the success of Campaign SightFirst II.

Yours in Lionism,

Dr. Tae-Sup Lee
Past International President
Chairperson, Campaign SightFirst II

T5-EN

This is a particularly noteworthy accomplishment by our Club as we continue to support and fund a variety of international and local community efforts to eradicate blindness, assist those who are visually challenged and those in need. Thank you Lions...for your continued support, dedication and generosity.

Ed.



• 2ND ANNUAL 2008 • HERITAGE ROD & CUSTOM CAR FESTIVAL



May 24th



Proceeds Benefit
Leader Dogs for the Blind

THE
**OAKLAND
PRESS**
www.TheOaklandPress.com

Rochester Municipal Park

Roll Up Your Sleeves....Lion Volunteers

Rochester Lions wanting to volunteer for various positions for the upcoming May 24 car show should contact Eric Bothwell immediately at 248-651-1329 or attend the May 19 Regular Meeting for sign up and details. Ed.



Hint of Honey Pumpkin Spread

Using pure pumpkin in your recipes adds valuable fiber and Vitamin A while significantly reducing fats and sodium in your recipes.

Add a touch of pumpkin to any party by whipping up this creamy spread. This light and airy variation of a cream cheese is subtly sweet with a delicate hint of honey, which makes it perfect for both sweet and savory uses. Try it with veggies, crackers or fruit:

Ingredients— 1 pkg (8 oz) 1/3 less fat cream cheese (Neufchatel), at room temperature

1/2 cup LIBBY'S 100% Pure Pumpkin

2 tablespoons honey

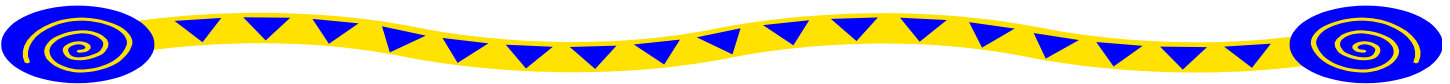
1 pinch ground cinnamon

Directions— STIR cream cheese, pumpkin, honey and cinnamon in medium bowl for 1 minute or until smooth. Serve

Immediately or refrigerate in tightly covered container for up to 4 days. Make about 1 1/3 cups.

SERVE— with apple slices or whole-wheat crackers

Makes about ten 2 tablespoon servings



Know the Basics of a Good, Healthy Eating Plan

Type II Adult Onset diabetes is the fastest growing health threat to Americans today. Healthy eating and regular physical activity are important in managing your type 2 diabetes because they can lower your blood sugar, blood pressure, cholesterol, and triglycerides, as well as help control your weight. It's important to know that you don't have to change your entire life to begin eating properly. In fact, simply by reading up on good ways to eat healthy, you will be well on your way to making positive changes to your health.

[Know the basics of a good healthy eating plan](#)

The best healthy eating plan for type 2 diabetes is one that helps you reach all of your goals and is realistic for you. No two healthy eating plans are the same. However, there are some basics everyone should keep in mind.

[Choose wisely:](#)

- Choose a variety of foods, especially those that contain carbohydrates and fiber, such as whole grains, beans, vegetables, and fruit.
- You should eat foods that contain protein, such as meat, fish, poultry, beans, nuts, and cheese.
- Saturated fat (animal fat) and *trans* fats (partially hydrogenated vegetable oils, such as hard margarine and shortenings) should be limited, but some unsaturated fat (oil from vegetables and fish) is healthy.
- Sweets are okay if you eat them in moderation and balance them with healthy choices in other food groups.

“Men are equal; it is not birth but virtue that makes the difference.”

Voltaire



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.

Reprints of Our Club Newsletter
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