



Lions NEWSLETTER

District 5M7

Coon Rapids Lions Club

May 2008

Reminder — Next Dinner Meeting is on Wednesday, April 23, 7:00 p.m.

Board Members

- **President** —
Lion Steve Asplund
(763) 757-7231
sm_asplund@msn.com
- **First Vice** —
Lion Liz Reiser
(651) 343-4333
lizreiser@yahoo.com
- **Second Vice** —
Lion Jason Vaughn
(763) 421-8491
jvaughn@istate.com
- **Third Vice** —
Brian Fitzgerald
(763) 421-1921
- **Secretary** —
Lion Lyle Goff
(763) 754-8921
gofflt@msn.com
- **Treasurer** —
Lion Paul Knorr
(763) 755-2676
phenryk@msn.com
- **Membership** —
Lion Joe Marvin
(763) 427-8983
josephmarvin@qwest.net
- **Gambling Chair** —
Lion Roger Johnson
(763) 755-4664
rogvicki@msn.com
- **Community Needs** —
Lion Steve Asplund
(763) 757-7231
sm_asplund@msn.com
- **Newsletter Editor** —
Lion Joel Anderson
(763) 757-2515
janderson@jemtechnical.com
- **Webmaster** —
Lion Steve Sims
(763) 421-2338
sesims@comcast.net



Views from Our President...

I have a question to ask: *“If April showers bring May flowers, what do Mayflowers bring?”* The answer was *“Pilgrims”* when I was growing up, but now it could be, *“Your household goods delivered to a new address”* (Mayflower Moving and Storage). I used this little antidote to illustrate that change can happen to the smallest object within our lives. At the beginning of our current fiscal year, our International President Mahendra Amarasuriya promoted his platform of *“Challenge to Change.”* Also, our Governor Mary Ellen Storley has asked us to have the *“Courage to Change.”* I think the club has answered both calls. In just a short few months, our club will have its first woman President, being sworn into office by our first woman District Governor.

Our club has changed greatly since the beginning of the year. We have lost members to the new club, but we are expecting new members to join us in the next few months. We made changes to our constitution and by-laws to reflect changes made by the International office, plus a little internal housekeeping.

As this year winds down and as we gear up to meet the challenges of the upcoming year, keep in mind change will happen, whether we like it or not. Thank you all for the hard work you have done during the past year.

“God gives and God takes, but it is up to the government to charge taxes on what is left over.”

Lion President Steve Asplund

Upcoming events

- April 30 -- School of Instruction – Oakview Middle School, Andover (7:00)
- May 3 -- Hooked on Fishing
- May 28 -- Installation of Officers (Spouses are invited)
- June 7 -- Carp fest
- June 25 -- Joint meeting with Andover
- July 3-6 -- 4th of July Carnival (July 3 -- Parade)

Don't Forget to RSVP for Dinner Meeting



Please make sure to notify Lion Jack of your intention for each of the dinner meetings so a meal can be ordered for you. Lion Jack can be reached by emailing your dinner notice to jkoolmo@comcast.net or you can call him with your information at **612-418-6839**.

Lion Jack Koolmo 612-418-6839

? Mystery Lion of the Month... ?

Can you guess who this is?
You may be asked at the next dinner meeting
to identify this fellow Lion.
Be prepared!



1. What do you do now or did you for a living?

A real description, not just a job title.

Answer: I interview people in the hospitals and spend a lot of time writing reports.

2. Tattoos or Piercings?

Answer: 5 of one, 1 of the other.

3. Favorite color?

Answer: RED! Being a Coon Rapids Lions, can I say anything else?

4. Volunteer projects in the community in addition to Lions? *If so please describe.*

Answer: I am passionate about spending time with people from other countries. I have been a volunteer "Host Family" for professionals visiting from other countries for the past couple of years. I will be coordinating the Host Family program for this organization next year as well as being a Host Family myself for a woman from the Philippines. Do any of you want to volunteer to be Host Families? I was on the Thrivent Financial Board for a couple of years... I love giving away other people's money!

5. Favorite beverage?

Answer: Good wine, good beer, good coffee... as I age, I seem to become more and more of a beverage snob.

6. Favorite place to travel?

Answer: It would have to be Mexico, but I will always be haunted by Sarajevo, in Bosnia. I also have deep loves for and in St. Petersburg, Russia and Istanbul, Turkey.

7. Favorite term of endearment for someone close to you?

Answer: Honey or Nur-Nur

9. Lion you would like to see fined at the next meeting, just on general principal?

(Your reward for filling this out!)

Answer: Lion Joe Marvin, of course, Republican lawyers like him, have all the money!

Did you figure it out?

Last month's *Mystery Lion of the Month* was
Lion Dan Galbraith

Spring School of Instruction

5M7 is holding their *Spring School of Instruction* on Wednesday, April 30 at 7:00 PM in the Oakview Middle School located at 15400 Hanson Blvd. in Andover. All Club Presidents, Vice Presidents, Treasurers, Secretaries, Tail Twisters and Membership Committee Chairs are required to attend this event whether or not they have previously attended. Please mark this down on your calendar and plan on meeting at the school prior to 7:00 PM on the 30th for sign-in and a quick greeting by District Governor Elect Lion Jim Mulroy.



REMINDER — Please send your articles, updates and photos for our monthly newsletter to Lion Joel Anderson by the Friday following the Board meeting each month.

Please include: *event name; # of Lions attending; weather conditions if applicable; and a short summarization of event.*
Thank you. Contact: (763) 757-2515 or janderson@jemtechnical.com

Happy Birthday to...

- Joel Anderson -- May 4
- Brian Fitzgerald -- May 31



Happy Anniversary to...

- Doug Winsor -- 1998
- Liz Reiser -- 2004
- Gary Roberts -- 2006
- Brenda Vaughn -- 2006
- Jason Vaughn -- 2006





5M-7 Club Monthly Activities Report

Month: March 2008

Membership: Last Month – 55

Adds – 0 Drops – 0 Transfers – 13 Current – 41

Upcoming activities with dates:

Hook on Fishing – May 3rd @ CR Regional Dam Park

55 Alive – May 19th, June 2nd @ Coon Rapids VFW

Carp Fest – June 7th @ CR Regional Dam Park

Joint Dinner Meeting w/ Andover Lions Club – June 25th

List activities completed, include the total hours and the number of members participating in the activity:

Less than \$50 due to Lions International supplies account by CR Lions Club by March 31, 2008

PU101 Form completed for 2008 – 2009 Club Officers and submitted to Lions International & DG

CR Lions Newsletter sent to DG, VDG, Region Chair, Zone Chair, and 5M7 Gram Editor

25 CR Lions and Twenty-two volunteers worked the Spring Pancake Breakfast – 374 hours

4 CR Lions worked the Books for BANGO event @ Hoover Elementary – 16 hours

2 CR Lions worked the Coon Rapids Cardinal Classic Drumline Show – 15 hours

1 CR Lion worked with the Blaine High School Winter Drumline – 27 hours

1 CR Lions worked as CR Police Reserve Officer at various events – 146 hours

2 CR Lions transported patients to and from home for appointments – 6 hours

3 CR Lions attended Nursing home men's club – 18 hours

3 CR Lions assisted CR Lioness with bingo at Park River Estates – 5 hours

4 CR Lions collected eyeglasses – 25 hours

1 CR Lion volunteered for Meals on Wheels – 13 hours

4 CR Lions helped elderly neighbors – 13 hours

1 CR Lion participated in Identity Protection training with Police Department – 4 hours

1 CR Lion volunteered at Senior Center – 4 hours

1 CR Lion provided transportation for other parties – 16 hours

1 CR Lion working with Humphrey Institute Exchange Fellow – 34 hours

2 CR Lions visited VA Hospital and Mercy Hospital to see patients – 6 hours

2 CR Lions acted as scout leaders for Boy Scouts – 27 hours

1 CR Lion acted as scouting liaison between Club and Troops/Packs – 17 hours

1 CR Lion worked as part of the Salvation Army Mediation services – 4 hours

3 CR Lions worked on Snowflake Days March '08 events – 7 hours

3 CR Lions worked on Miss Coon Rapids March '08 events – 71 hours

2 CR Lions volunteered at Coon Rapids Athletic Association – 200 hours

2 CR Lions coached youth sports – 33 hours

1 CR Lion worked on planning for upcoming Missionary trips – 24 hours

10 CR Lions volunteered at local churches – 43 hours

1 CR Lion volunteered at Daycare – 5 hours

17 CR Lions worked on CR Lions Committee activities – 108 hours

1 CR Lion worked on CR Lions Newsletter – 8 hours

1 CR Lion worked on CR Lions Website – 2 hours

1 CR Lion worked on CR Lions Secretarial activities – 25 hours

Cash Donations:

CR Girls Traveling BB Team - \$685

CRHS Theatre Department - \$108

CR Lacrosse Team - \$540

Andover Youth Hockey - \$211

Boy Scout Troop 317 - \$161

Wellness Van (CRHS visits) - \$1680

Needy Family (Centerpoint) - \$497

Total Volunteer Hours donated in March '08: 1298 hours

Total Dollars Donated in March '08: \$3,882

*Signed: Lion Lyle Goff
Club Secretary*

*Lion Steve Asplund
Club President*



55-Alive Driving Lessons for Seniors

The Coon Rapids Lions Club will again offer its free *55-Alive* driving classes for seniors, age 55 and over. The classes will be held at the Coon Rapids VFW Post, 1919 Coon Rapids Blvd., on Monday, May 19th and Monday, June 2nd. Completion of the classes permits seniors a 10% reduction in their car insurance premiums.



Monday, May 19th is the first four hours of the full eight-hour class with the class beginning at 6:00 and ending at 10:00 PM. The four-hour refresher portion of the course will be held on Monday, June 2nd from 6:00-10:00 PM. For people who have never taken the course before, they must complete all eight hours to qualify for their premium reduction. Otherwise, the four-hour refresher class is sufficient to maintain your qualification for auto insurance premium reductions for those individuals who have been through the full course in the past.

Although the course is free to seniors, the Coon Rapids Lions Club strongly encourages participants to make a tax-deductible donation to one of the Lions charities, the Minnesota Lions Eye Bank Macular Degeneration Research Center at the University of Minnesota. Any seniors in financial hardship will not be denied the course if they choose not to make such a charitable contribution. Any seniors interested in taking the 55-Alive course are encouraged to sign up immediately to assure themselves a place at the event. Anyone interested in participating should call Lion Brian Armstrong at (763) 205-1724.

The Coon Rapids Lions Club will also be accepting donations of any used eyeglasses and hearing aids from those participants wishing to make them at the 55-Alive classes. The Lions will see that any items collected will be processed to aid needy persons all around the world.

Household Donations Needed...

Lion Liz is collecting donations of household furnishings for the Humphrey International Fellowship Program. These donations are for visiting professionals here to study and for cultural exchange. We are trying to furnish seven apartments, items that are needed include: dishes, cookware, tables and chairs, furniture — all in good condition, please. Is anyone interested in becoming a Host Family? Talk to Lion Liz if you want more information.

Lion Liz is also looking for 15 bicycles and volunteers to “tune them up” and make them ready for use.



Lion Wayne is collecting nomination forms for *Melvin Jones Fellow, Helen Keller and Hearing Research Hearing Awards*. The recipient should be an individual dedicated to humanitarian service, and does not need to be a Lion member. Forms must be turned in by the April 23rd Dinner Meeting.

Different Uses for WD-40

- ✓ Protect silver from tarnishing
- ✓ Keeps shower doors free of water spots
- ✓ Untangles jewelry chains
- ✓ Hides scratches in ceramic/marble floors
- ✓ Loosens stubborn zippers
- ✓ Removes dirt and grime from the BBQ grill
- ✓ Removes lipstick stains
- ✓ Removes stains from stainless steel sinks
- ✓ Removes splattered grease on stove
- ✓ Keeps bathroom mirror from fogging
- ✓ Removes crayon from walls
- ✓ Removes bugs and grime from your car

Wellness Van History

The Wellness Van roots go back to 1989 when then 5M-7 District Governor, Lion Marvin Benson, approached the Lion's Club International Foundation to help with his vision of bringing a clinic to the people of his district. His dream became a reality when his 5M-7 District Lions were awarded a grant of \$50,000 from LCIF to help purchase and equip a 32-foot motor home with state-of-the-art medical testing apparatus and supplies. An additional \$80,000 was raised and contributed by the Lions Clubs in 5M-7, covering the required program start-up costs of \$130,000.00.

The Wellness Van was created through a partnership between Mercy & Unity Hospitals and District 5M-7 Lions and Lioness Clubs. The Wellness Van screens participants at different events throughout the 5M-7 Lions District. Screening is done for glucose, cholesterol, and high blood pressure. Screenings are performed and test results are sent to participants through the mail. Follow-up management and referral is available to people determined to have moderate to high risk for the three conditions.

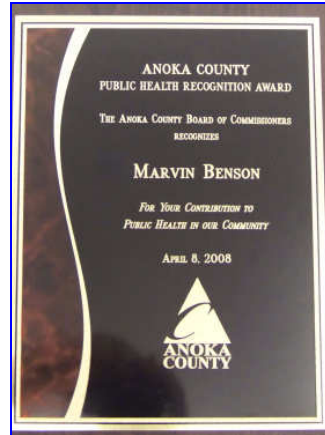
Since diabetes is one of the leading causes of blindness, the Wellness Van Program is one of several ways in which District 5M-7 Lions and Lioness act to answer the long-standing challenge of Helen Keller to help prevent blindness.

Today, 68 clubs in 5M-7 continue to support the costs of continuing the Wellness Van program – including maintenance and repairs on the vehicle, which cost \$3,000-\$5,000 annually. Mercy & Unity continue to staff the Wellness Van and are partially compensated the service fee charge of \$15 per person screened, which is paid by the Club hosting a screening event.

In the first 10 years of operation, the Lions & Lioness visited 489 events and screened 24,678 participants, of which approximately 30 percent were found to be at either a medium or high risk for the diseases tested. This program also has been able to identify young people for early intervention. Among individuals screened are high school students, who were found to have the same risk rate as adults. Screening started at Coon Rapids High School in 1995 and is now being done at Fridley High School, Fridley Middle School and Anoka High School.

Lions William and Marcia Guthrie

On Tuesday, April 8, at the Anoka County Government Center, Lioness Lois Benson received a Public Health Recognition Award for PDG Lion Marv Benson. Below are some photos of Lioness Lois receiving the award with County Commissioner Dan Erhart, and Wellness Van Supervisor Brenda Link.





Coon Rapids Lions May 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Park River Men's Club 10:00 am	2 MD5 Convention, Mahnomer, MN 5/2-5/4	3
4 MD5 Convention	5	6	7 Community Needs Mtg Fire Station #1 7:00pm	8	9	10
11  Mother's Day	12	13	14 Board & General Mtg CR VFW 7:00pm	15 Park River Men's Club 10:00 am	16	17 SightFirst II Walk
18	19	20	21 Gambling Mtg Gambling Office, 7:00pm	22	23	24
25	26 Memorial Day 	27	28 Dinner Mtg CR-VFW, 7:00pm Spouse Night	29 Park River Men's Club 10:00 am	30	31