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# LIONESS OF A-1 PURR-R

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# President's Message

*February 2013*

February is the month of Love. Children write out valentine messages to distribute to their classmates. We give gifts of cards, candy and/or flowers to those we love. In keeping with the spirit of Valentine's Day, I invite each and every one of you to continue to be mindful of the importance of kindness. I believe kindness does matter and although we may not always agree on the issue at hand, we can make a choice to be respectful and kind to each other.

This past month has been a difficult one for our Lioness family with the passing of three very active Lioness members. Lioness Eva Howard of the Wyoming Club passed away on January 6<sup>th</sup>; Lioness Penny Reaume of the Tilbury Club passed away on January 16<sup>th</sup>; and on January 20<sup>th</sup>, Lioness Jeanette Beletz of the Wheatley Lioness Club passed away. Our thoughts and prayers are extended to each member of these Lioness Clubs.

I wish to invite each and every member to our annual A-1 Convention held with the District Lions on the weekend of April 12-14. This is a perfect opportunity to meet fellow Lioness and Lions in our District. Come on out to the Pelee Days Inn in Leamington for a fun filled weekend. Friday night will be especially fun as we enjoy entertainment while we partake in a few drinks and munchies. Our Cabinet Meeting will be held on the Saturday morning (April 13) at the Convention at 10 a.m. I hope to see you there.

Finally, I would like to thank each one of the Club secretaries for their commitment to their position within their Club. The secretaries have a very important and time consuming job of making sure that the communication flows between their respective Club and the District Executive.

Hoping everyone stays one step ahead of the flu to have a wonderful February.

Yours in Lionism

***District A-1 President Lioness Trudy Brown***

*Don't forget the Golden Rule in your day to day encounters.*





Tilbury President Lynn with gift for President Trudy



Receiving Warmth at Wheatley ... inside & out. ☺  
Gift of scarf & wine and a donation to Aids.



At Wheatley's Kids Christmas Event



President Trudy wrapping it up with her club at Devonshire Mall.



Installing TWO new members in Springfield  
(L-R) Lioness Julie Teather & sponsor Joanne Teather, President Trudy,  
Sponsor Nancy Ross-Hill and Lioness Karen Brooks

***Editor's note: a few months ago I noticed in the Delaware information I received that Lioness Anna Geene had been on a Mission to Nicaragua ... a sewing mission. For some reason that intrigued me. (and NO I do not sew!) I asked Lioness Anna if she would be willing to share her experience with us. She has been three times to teach basic sewing...and is headed back again in February. I thought this would be an appropriate time to share her story. Lioness Anna is willing to speak at Lioness meetings on her experience, and, of course, donations are always gratefully accepted. As well – volunteers with basic sewing skills are welcome as well. Here is her story. Enjoy!!***

In January of 2011 I received a letter from someone asking the Delaware Lioness to support her and a team of ladies who were going to Nicaragua to teach sewing. They needed financial help but also asked for fabrics and sewing accessories. I was so convinced that I could do that too and joined the team.

At first they went to help build churches or porches onto a hospital or schools. As they did these trips they became more aware of other needs such as medical help and sewing. Electric sewing machines are sent from the Guelph warehouse, mostly donated used machines. The teams raise money and each individual is responsible for the cost of the trip, usually two weeks. The cost is \$2,200.00 per person. That covers lodging travel to and from as well as ground travel during the stay, and a translator. Accommodations are very simple, 4 to a room two sets of bunk beds, a ceiling fan, a bathroom with toilet, sink and shower. There is a lovely porch where socializing takes place, or evening preparations for the next day. Breakfast and dinner are served under a very nice picnic shelter. So far we stayed at Angel's Inn. The Nicaraguan Pan Missions office is located there as well. This spring housing will be at Pan Missions own property outside the city of Managua. It will still be very simple.

Pan Missions has a Nicaraguan Manager and other Nicaraguan people that work for them there. Only Mission teams come from other countries. They work mostly with Church groups for building and other missions.

As a team we meet several times before we go to plan what we will teach. After the first and second trip I have become the lead seamstress, and the others help prepare what we take and what we do. I have now made up a binder with patterns and samples, which helps a great deal. We start the first day with learning to thread the machine, how to sew back and forth and stop and go, and hopefully get that foot peddle under some control. One of the members of my first team makes up sewing kits – thread, scissors, tape measure, thimble, needles, pins etc, so they are given those and start off with that. We make a nice pin cushion also on that first day. And we practice, practice and practice.

Next we have pre-cut packages of projects. We try to do a project each day. Our first project is straight sewing together of 12 squares which makes a baby quilt top. We then show them how to put a back on it. No padding in between. It is very hot there and padding is not needed.

Next day we advance to diapers (again pre-packaged. They learn to do curves, apply padding and put the pieces together. On the following days we make hospital gowns, sun hats, pillow case dresses, pajama bottoms, last time we did skorts as well. We keep building on the skills.

Last project is a big shopping bag with pockets and lining and other trims. Each day is very busy. At times we leave early so that the new sewing co-op members have time to finish and practice. The first article sewn is for themselves any other projects are either for their co-op or passed on to a hospital.

The women, (we have had a man in each class) and our team decide which project they will do to 'pay' for their machine. They might make 50 diapers and 50 pajama bottoms for the hospital. The co-op then owns the machines and all the fabrics and patterns we have brought. After some months the co-op is revisited, and they may be given a project to do, on paid contract, they decide what they want to do.

We get to have some off time, and visit different places of interest, such as the Masaya Volcano, and Caterina. Caterina is a small village on the edge of an extinct volcano, the volcano has a beautiful lake in it now and it has become a tourist attraction. There are also lots of booths with garden statuary and plants and other souvenirs.



We visit hospitals and are able to bring gifts that have been donated here in Canada. The hospitals are in desperate need of supplies of all kinds. We have visited the women's cancer unit Hospice. There an enthusiastic lady works tirelessly each day to enhance the lives of women from all over Nicaragua. They are there for treatment. This lady is very joyful, she has taught them to make quilts, and also prays with them. Three men on our team built part of a sewing room for these women. The room will be finished by local people. We hope to see it finished in February.

There is a place way out in the country where a minister has a small group of people in his church. They are probably the poorest ones we have seen. They are lucky if they get to eat once a day. We brought them food from the 'Ontario Christian Gleaners' (check them out). Pan Mission helps them as well. These people need everything. Eventually this group hopes to build a church and after that we will send a sewing team to them as well. Electricity is available in lots of places, not always reliable though. Lots of people have cell phones, which was a shock to us at first, until you hear that cell phones and service is very cheap and land lines are nonexistent.

There is much more to tell. It is a great experience to teach a usable skill. The people are so thankful for what we do. The contrasts are huge in Nicaragua, between the rich who live in houses surrounded by walls, and the poor who live on dirt floors and have corrugated metal sheets or sheets of plastic for shelter. The traffic is busy but the mix is horse, donkey and carts, bicycles and Mercedes Benz cars. It is a beautiful country with lots of mountains and volcanoes.

If you would like to hear more I am quite willing to come and speak. If you are inclined to help financially we welcome that too.

You may email me and ask questions if you think you would like to join us on one of these trips. Basic sewing is all the skill you need.

From Lioness Anna Geene [geene@bell.net](mailto:geene@bell.net) 519-657-1533



[www.panmissions.org](http://www.panmissions.org)

“Serving in Nicaragua since 1997”

**Share with God's people who are in need. Romans 12:13a**





# Laugh 'N Learn 2012







*In Memory of our Departed Lioness  
May they never be forgotten ...*

Lioness Eva Howard from Wyoming  
Lioness Penny Reaume from Tilbury  
Lioness Jeanette Beleutz from Wheatley



*"Sadly missed along life's way, quietly remembered every day ...  
No longer in our life to share, but in our hearts you're always there."*



**PLEASE, REMEMBER...**



**IMPORTANT DATES:**

**REMINDER:**

**Next Deadline is February 20<sup>th</sup>  
for March Publication.**

February 3 ..... Cabinet Meeting hosted by Port Stanley Lioness  
February 4..... Chairman George visits Wheatley  
February 11 ..... President Trudy visits Glencoe  
February 14..... President Trudy visits Aylmer  
February 20 ..... Chairman Bob visits London East  
February 22 ..... Port Stanley's Chili Cook Off  
April 12, 13, 14 ..... A-1 Convention, Pelee Days Inn Leamington  
April 13 ..... Convention Cabinet Meeting, Pelee Days Inn, Leamington  
Wed, April 24 ..... A-1 SPRING RALLY hosted by Port Stanley Lioness  
May 30 - June 2 ..... MD"A" CONVENTION Toronto  
June 2013 ..... Cabinet Meeting hosted by Wheatley Lioness  
November 8-10 ..... Laugh & Learn, St Catherine's

**20<sup>th</sup> of each month - PURR deadline ☺**

### **PRESIDENT TRUDY'S GOALS**

*To support the goals of District  
Governor Lion Wayne Cudney  
and his Theme of  
Dedication and Communication*

#### **Personal Goals/Project:**

*To support Aids Committees  
To support local food banks so that no child  
goes to bed hungry  
To continue Making pillowcases  
for Con Kerr Cancer  
To promote & encourage District  
participation at the Club Level*

### **CHANGE of email address-**

**Lioness Barb Forsdike**  
A-1 Lioness Social Services Chair and  
Aylmer Lioness President -  
**lionessbarb13@vahoo.ca**

### **Mt Brydges Lioness Mailing Address:**

**Doreen McDonald  
PO Box 181, Mt Brydges ON N0L 1W0**

### **Lioness Meeting Reminders:**

**Wheatley Lioness Meeting time -6:30  
London Central meets on the fourth TUESDAY  
Delaware Lioness location change to Legion**

*On President Trudy's visitation to Springfield, we had a pot luck supper. The following two recipes were special requests to include in the Purr. Thanks to Lioness Janice McCallum for both. ☺*

### **MR. NOODLE COLESLAW**

2 large bags of coleslaw  
1 bunch of green onions – chopped  
1 cup sunflower seeds  
1 cup slivered almonds  
2 pkgs of the Oriental Mr Noodles – broken up

#### **DRESSING**

¾ cup olive oil  
¼ cup white vinegar  
½ cup white sugar  
the 2 seasoning packets from the Mr Noodles

Mix up the dressing and toss everything together at least an hour or more before serving. Put the noodles on a little closer to serving so they don't go too soggy.

### **RASPBERRY CHEESECAKE**

#### **CRUST**

½ cup butter or margarine  
2 cups graham cracker crumbs  
¼ cup brown sugar, packed

#### **FILLING**

3 oz raspberry flavoured gelatine  
1 cup boiling water  
15 oz. frozen raspberries, partly thawed  
2 – 8 oz (250 g) pkg cream cheese, softened  
¾ cup icing sugar  
2 envelopes of topping  
1 cup milk

#### **CRUST:**

Melt butter in saucepan. Stir in crumbs and sugar. Pack into ungreased 9 x 13 pan. Bake in 350°F oven for 10 minutes or use without baking.

#### **FILLING:**

Dissolve gelatin in water. Stir in berries. Chill until syrupy.

Beat cream cheese and icing sugar together until blended.

Prepare topping with milk as directed on the package. Fold into the cheese mixture. Fold into the thickened jelly. Pour over crust. Chill.

Makes 15 servings.

## **Celebrate Freedom to Read Week**

February 24-March 2, 2013

Freedom to Read Week is an annual event that encourages Canadians to think about and reaffirm their commitment to intellectual freedom, which is guaranteed them under the Charter of Rights and Freedoms

## **Feb 15<sup>th</sup> NATIONAL FLAG DAY**

February 15 was declared National Flag of Canada Day in 1996. It marks the day in 1965 when our red and white maple leaf flag was first raised over Parliament Hill in Ottawa, and indeed, hundreds of communities across Canada. Red and white were designated as Canada's official colours in 1921 by His Majesty King George V. This is a perfect opportunity to celebrate our flag and what it stands for: a Dominion that is the envy of the world.





## News Around A-1



### Wyoming – 18 members

Visited Continuing Care Unit of local hospital and arranged for musician to join in. Donated to their activities as well as Retirement Village activities, diapers for handicapped person and transportation for visually impaired. Enjoyed a joint dinner with Lions Club.

### Wheatley – 18 members

December volunteer hours totaled 108.5!! Way to go!! Volunteered at Retirement Home, Leamington Hospital, Wheatley Public School, Two Creeks Assoc, Soup Lunch for Cancer, gift wrapping at Mall, Wheatley Library, assisted senior with Christmas shopping, drove patient to medical appointment and led a Tai Chi class for seniors. Whew!! Busy December!!! Donation to Eyes Right, Wheatley Community Chest and Leamington Hospital Continuing Care.

### Tilbury – 26 members

Welcome TWO new members – Lioness Mary Lynn McGuire and Lioness Corinne Lowes!! Donation to Community Of Living snowflake campaign. Sold fudge & brittle as fundraiser. Donations to Effective Speaking and Kids Talk Helpline, Windsor Classic Indoor Games, and President Trudy's project. Volunteer hours total 108 for January! Way to go!!

### Springfield – 14 members

Welcome to newest member Lioness Julie Teather! (I've been waiting FOURTEEN years to say that!! Julie started helping at four years of age at our Lioness functions with her Mom Lioness Joanne. She's finally at the age she can join in the fun!! ... KP) Donations to area senior and Springfield Library "Memories of Springfield" project, and Eyes Right. Planning annual "Christmas In July" for area seniors.

### South Windsor – 14 members

Donation to Eyes Right and Heart & Stroke. Club will not meet in December, January and February but will meet in the summer months. Lioness Shirley Baillargeon received a Leader Dog Foundation Award from the club for her dedication and work within the club. Collecting pennies for Windsor Downtown Mission. Collected 25 pair of glasses. Twenty five coats were purchased for Coats for Kids. Donations to Canadian Diabetes and Needy Family.

### Port Stanley – 43 members

Thirteen members attended Laugh & Learn. Won Best Float for Charitable Organization in the Fingal Santa Claus Parade!! Congrats Lioness & Lions!! December meeting was Christmas party with lots of games and fellowship. Donations to Fresh Start and Violence Against Women. Planning a Chili Cook Off on Feb 22, A-1 Lioness Spring Rally on April 24<sup>th</sup>. Working Maple Syrup Days in the month of March.

### Mount Brydges – 14 members

Held a Christmas party at Nursing Home with Santa in attendance to hand out gifts. Continue to hold bingos. Donated used eyeglasses. Purchased gifts for needy children before Christmas, and food vouchers for needy families.

Have the courage to eliminate the negatives in your life so the positives have a chance to speak.

*Success can be measured not only in achievements, but in lessons learned, lives touched, and moments shared along the way.*

*True wisdom – knowing that you DON'T know everything.*





## News Around A-1



### London East – 11 members

Before Christmas, visited a member who lives in a Seniors Home and presented her with a gift.

### London Central – 13 members

Held a bingo for residents of Dearness Home, and a Christmas Party at a Teen Girls Home in London.

### Glencoe and District Lioness – 19 members

Donations to Southwest Middlesex Flower baskets and Eyes Right. Continue with catering meals. Total volunteer hours for November 292!! Way to go!!

### Delaware – 12 members

Donations to local library, Salvation Army and Women's Rural Resource Centre. Helping Lions with annual Trivia Night. Assisted Lions with their Seniors Open House. Volunteer hours for Nov/December total 40!! Way to go!!

### Belmont – 42 members

Work Bingo's. Hold a Foot Care Clinic every other month, and Bel Parc Bingo (seniors apartment), Church Work, Hospital volunteers, making wool blankets, weaving sleep mats out of milk bags for Third world countries, collecting tabs for wheel chairs.

### Aylmer - 17 members

Hosting an area Service Club Bonspiel in March. Members continue to volunteer at Nursing Home Tuck Shop.

### Arkona – 17 members

Welcome to new member Brenda Wilkins!! Donation to Eyes Right. Members work bingos in Sarnia and hold meat raffles monthly.

Don't miss your opportunity to make a difference every day. Touch someone's heart. Encourage a mind and lead someone to become what they aspire to be.



### CLEVER ANAGRAMS: (thanks President Trudy)

- ♥ THE EYES : When you rearrange the letters: THEY SEE
- ♥ THE MORSE CODE becomes HERE COME DOTS
- ♥ DORMITORY becomes DIRTY ROOM
- ♥ SLOT MACHINES becomes CASH LOST IN ME
- ♥ ELECTION RESULTS becomes LIES - LET'S RECOUNT
- ♥ SNOOZE ALARMS becomes ALAS ! NO MORE Z'S
- ♥ A DECIMAL POINT becomes I'M A DOT IN PLACE
- ♥ THE EARTHQUAKES becomes THAT QUEER SHAKE
- ♥ ELEVEN PLUS TWO becomes TWELVE PLUS ONE
- ♥ MOTHER-IN-LAW becomes WOMAN HITLER



# Laugh 'N Learn 2012







Lioness

Back in November I sent out a challenge to each club .... to send me a picture of a service activity you do **OR** a picture of your major fundraiser.

I still challenge each club to submit a photo of a service activity or fundraiser.

Lioness need to toot their own horn!! BRAG A BIT!!

☺ Come on A-1 Lioness – SHOW ME THE PICS!!!

# CHANGE

**In International President Madden's Program information he states:**

"Service is what we do, and who we are. It defines us as a revered, highly respected institution. We will always be true to our heritage. But embracing our heritage does not mean we should not be open to change. The world is changing. The world is evolving. We must evolve with it if we hope to keep pace and continue to make a difference in the lives of millions of people in need. I challenge clubs this year to seek self improvement and always be receptive to new ways of doing business and new traditions."

"Change: A bend in the road is not the end of the road...Unless you fail to make the turn."

— Helen Keller

Happy Valentine's Day



Here's a tip as you get older:  
Never wear a hearing aid,  
because if you do,  
people expect you  
to listen to them.



I can relate to THIS ONE!!! ☺





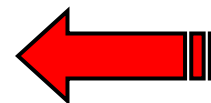


The Heart Truth is Heart and Stroke Foundation's campaign to raise awareness about the risk of heart disease and stroke for women. [www.thehearttruth.ca](http://www.thehearttruth.ca)

#### Mission

THE HEART TRUTH campaign raises awareness among women of ways to reduce their risk of heart disease and stroke, and give them the tools they need to protect themselves.

- ♥ **Heart disease and stroke is a leading cause of death for Canadian women**
- ♥ Most women believe heart disease is a 'man's disease'
- ♥ Women are more likely to die of a heart attack or stroke
- ♥ Women can reduce their risk by as much as 80 per cent by making lifestyle changes and taking action to improve their health
- ♥ The Red Dress is the official symbol of The Heart Truth campaign
- ♥ It represents women's courage, passion and their power for change as they 'share the truth' with others and raise awareness of the importance of heart health.



## Warning Signs

Every minute counts during the onset of a heart attack or stroke—the faster you receive medical treatment, the more likely you are to survive and the better your chances of a more complete recovery.

**Women often experience the same symptoms as men do, but women and men don't respond to a heart attack in the same ways and women often describe their symptoms differently than men. Women are less likely to believe they're having a heart attack, and they are more likely to put off seeking treatment.**

### Heart Attack

- ♥ **Chest discomfort** (uncomfortable chest pressure, squeezing, fullness or pain, burning or heaviness)
- ♥ **Discomfort** in other areas of the upper body (neck, jaw, shoulder, arms, back)
- ♥ **Shortness of breath**
- ♥ **Sweating**
- ♥ **Nausea**
- ♥ **Light-headedness**

Although symptoms are generally the same for men and women, women can sometimes experience symptoms that are less definite, such as chest discomfort rather than pain.

For women, chest pain may not be the first sign of heart trouble. Women have reported experiencing unusual tiredness, trouble sleeping, problems breathing, indigestion, and anxiety up to a month or so before the heart attack. *(Editor's Note: my co-worker had a heart attack on Dec 15, 2010. Looking back, she & her family can see warning signs up to a month before her attack. She was lucky. She was at a school concert where help was available. Had she been home – she would have rested and not taken the pain seriously. CHECK IT OUT!)*

### Stroke

- ♥ **Weakness:** Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.
- ♥ **Trouble speaking:** Sudden difficulty speaking or understanding or sudden confusion, even if temporary.
- ♥ **Vision problems:** Sudden trouble with vision, even if temporary.
- ♥ **Headache:** Sudden severe and unusual headache.
- ♥ **Dizziness:** Sudden loss of balance, especially with any of the above signs.