# **LIONESS OF DISTRICT A-1**

PURR-R

## FEBRUARY 2014

A-1 LIONESS PRESIDENT Lioness Joyce Leal RR2, 3132 Hamilton Road Dorchester, ON N0L 1G5 Phone: 519 268-3661 Email: <u>da1prezjoyce@live.ca</u> Club: Belmont

IMMEDIATE PAST PRESIDENT PDP Lioness Trudy Brown Box 368, 127 Middleton Line Wheatley, ON NOP 2P0 Phone: 519 825-3054 Email: trudybrown4@sympatico.ca Club: Wheatley

A-1 LIONESS SECRETARY Lioness Sonja Kennedy 359 Scarlett Place Belmont, ON NOL 1B0 Phone: 519 644-0841 Email: <u>sonjakennedy2013@gmail.com</u> Club: Belmont

#### **DISTRICT GOVERNOR**

Lion Bob Tanner 3848 Petrolia Line Petrolia, ON N0N 1R0 Phone: 519 882-0765 Email: <u>lionbobt@bell.net</u> Club: Petrolia

A-1 LIONESS VICE PRESIDENT

#### A-1 LIONESS TREASURER

Lioness Janice McCallum RR2, 49566 Lyons Line Springfield, ON NOL 2J0 Phone: 519 765-4259 Email: jmccallum@amtelecom.net Club: Springfield

WHAT LIONESS TOWN IS THIS?

President's Message

Hello Lioness:

Well we sure have had our share of snow and cold. Record temperatures and all. And again this week we are in for more snow and cold. I am so looking forward to an early Spring!!!



Visits are going well - Aylmer, Belmont, my home club and London Central. I shared my home visit with Lion Bob Bride and had a great night. There has been lots of good food and great hospitality. Thanks Lioness.

For those clubs that visit other clubs, etc. the Visitation Committee Chair for your club may send your visitation reports to me. Also on the M&A reports, it is important to report your volunteer hours. We all do a lot of volunteering in our communities and it is worthy of being recorded.

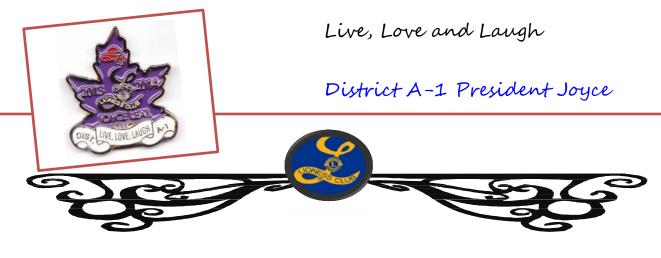
I attended the MDA meeting in Markham this month. What a great group of ladies. Lots of items were discussed, such as MDA Convention - May 2-4th. at Deerhurst, near Huntsville; International Convention - July 4-6th. in Toronto; as well as 2014 Laugh and Learn Forum - Nov. 7-9th in Barrie. Registrations forms are available for all these events. A full report will be made at the District Cabinet meeting on Feb. 2nd.

Springfield Lioness club will be hosting the Cabinet meeting, Feb. 2nd. at the IOOF Hall in Harrietsville. As well, they have been selling tickets for the District to all Lioness on a great prize - MONEY - who doesn't like money!

Well, no club has come forward to host the 2014 Rally, so I'm hoping each club is considering a 2015 Rally. Please talk it up at your meetings. I really would like to make an announcement at the Cabinet meeting held at Convention.

Speaking of convention - registration forms are available now. Early bird registration closes Feb. 20th. so get your registration in early.

That's all for now, but I am looking forward to seeing you at the Cabinet meeting, Feb. 2nd.



#### A-1 LIONESS APPOINTED OFFICERS

#### Advisory Chair

PDP Ruby Hunter RR#2, 5068, Dorchester Rd., Belmont, ON NOL 1B0 Phone: 519 269-3095 Email: <u>rubyredpdp@gmail.com</u> Club: Springfield

#### Lioness Convention Representative

PDP Trudy Brown Box 368, 127 Middleton Line, Wheatley, ON NOP 2P0 Phone: 519 825-3054 Email: <u>trudybrown4@sympatico.ca</u> Club: Wheatley

#### Eyes Right

Sherry Wismer RR#1, 37538 Lake Road, Port Stanley, ON N5L 1J1 Phone: 519 782-3869 Email: wismer@sympatico.ca Club: Port Stanley

#### Lions Foundation of Canada

**Bev Filewood** 507 West Edith Cavell, Port Stanley, ON N5L 1G8 Phone: 519 782-4308 Email: <u>bevfilewood@rogers.com</u> Club: Port Stanley

#### Finance Committee

Treasurer: Janice McCallum President: Joyce Leal Past Treasurer: PDP Janet Payne Past President: PDP Trudy Brown 3 from Advisory: PPMD"A" Carrol Vinncent PPMD"A" Geri Vary PDP Rosemary Kennedy



## Lions Home for the Deaf

**PPMD"A" Anna Giles** RR#1, 22282 Pratt Siding Rd., Glencoe, ON NOL 1M0 Phone: 519 693-4633 Fax: 519 693-4610 Email: <u>amgiles@xplornet.com</u> Club: Glencoe

#### <u>Membership</u>

Barb Wintermute 208 Union Street, Belmont, ON NOL 1B0 Phone: 519 644-0474 Email: <u>lionessbarb@gmail.com</u> Club: Belmont

#### Purr Editor

Nancy Wright 21331 Harbour Rd., RR#1, Wheatley, ON NOP 2P0 Phone: 519 825-4336 Email: <u>wwright99@sympatico.ca</u> Club: Wheatley

#### Sensory Conservation

PDP Robbie Matthews 9719 Melville Drive, Windsor, ON N8R 1B4 Phone: 519 735-9218 Email: <u>smathews12@cogeco.ca</u> Club: South Windsor

#### Social Services

Cathie Matthews 935 Homedale Boulevard, Windsor, ON N8S 2T1 Phone: 519 948-4537 Email: Club: South Windsor

#### Tactile Tales

Maureen Coleman 983 Maitland Street London, ON N5Y 2X5 Phone: 519 433-3694 Email: <u>acoleman@bell.net</u> Club: London Central

#### Youth & Substance Abuse

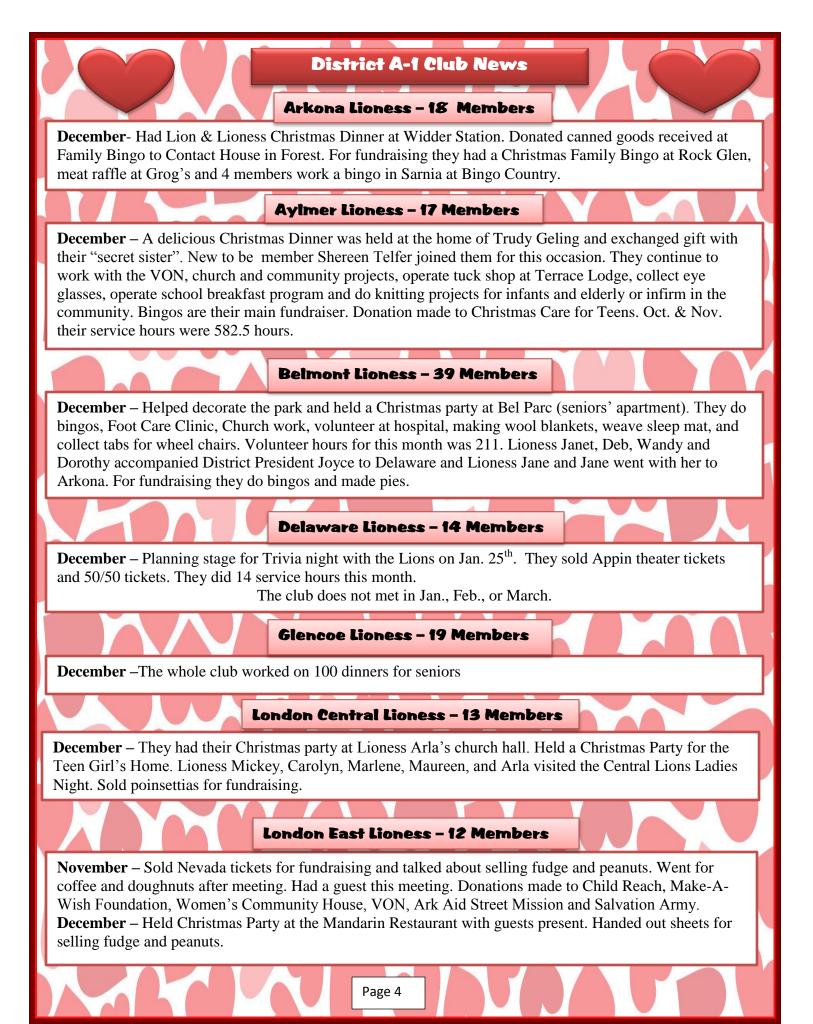
Karen Watson 25 Elmina Street, St. Thomas, ON N5R 4A3 Phone: 226 785-1657 Email: <u>karen-wg@hotmail.com</u> Club: Port Stanley

#### Youth Camp Lioness Co-Chair

**PPMD"A" Carrol Vincent** 92 Bradley Avenue, Strathroy, ON N7G 3Y9 Phone: 519 245-1387 Email: Club: Springfield

#### The Cake of Friendship

Preheat the oven of love With plenty of secrets and hugs Mix in giggles and laughs That make your sides split in half Bake with the love and care And all the things you both should share Decorate with the frosting of trust This is really a must Enjoy the cake do not eat it fast Just like your friendship make it last.



#### Mount Brydges Lioness - 14 Members

**December** – Held a Christmas Party at the Mount Brydges Nursing home with Santa and the school band present. Nine Lioness visited the Mount Brydges Lions Party and Lioness President Ev visited Poplar Hill Lions Christmas Party. Work bingos for fundraising. Donations made to Mt. Brydges Nursing Home Christmas Party. Thirty two service hours this month.

#### Port Stanley Lioness - 43 members

**December** – Guest speaker at their meeting was from Canadian Mental Health Association, speaking on depression. After a delicious Christmas Dinner they had a Christmas trivia game and made beautiful table centerpieces out of bits and pieces of assorted paper and pieces of Christmas decorations.

#### South Windsor Lioness - 14 members

**December** – Lioness Chairman Lion George Vary visited this meeting. Instead of a gift exchange the members collected materials for Coronation School. They collected 13 scarfs, 25 hats, 45 pairs of gloves and 134 pairs of socks and also donated pencil crayons, soaps, back packs and thermal lunch bags. They sell Nevada Tickets and hold a book sale each meeting. Donations made to – Effective speaking, Cancer Society, Diabetes, Heart and Stroke and Tactile Tales. They won the Kitchen Basket from London East Lioness Club and donated it to Hiatus House (home for abused women).

The Club does not meet in January and February.

#### **Springfield Lioness - 15 Members**

**December** – Worked 2 bingos this month and take part in various committees in the community. Continue to maintain the Mary H Pearson Memorial Park and sell memorial bricks for the pathway. Still sending cards to area residents on events in their life. Attended the Springfield Santa Claus Parade. They are selling community spirit birthday calendars. Donations made to Springfield Santa Parade, needy families and the Christmas Shoppe.

#### **Tilbury Lioness - 25 Members**

**December** – Their service activities are Nursing Homes and School Breakfast Club for a total of 147 hours. They had a Craft and Bake Sale and do 50/50 draws. Donations made to Effective Speaking, St. Joseph Giving Tree and Tilbury Figure Skating.

#### Wheatley Lioness - 18 Members

**December** – The Wheatley Lions join them for their Christmas Dinner Meeting, the occasion being their 65<sup>th</sup>. AnniversaryCelebration. They joined the Lions for a Christmas Party on the 13<sup>th</sup>. Participated in the Santa Parade on December 1<sup>st</sup>. and held a Ham, Turkey and Food Basket raffle give-a-way and meet Santa at the Arena after the parade. For fundraising they do bingos and sold tickets on a Trip to Las Vegas and are selling tickets for a Quilt Raffle in February. Donations made to Wheatley Community Chest, Leamington Hospital Continuing Care, Eyes Right, Lion's Camp Dorest and The Hospice of Windsor and Essex County.

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## Wyoming Lioness - 17 Members

**December – Congratulations and Welcome -** Two new members – Lioness Sue Jennings and Lioness Joan St. Marie. Had a Wine and Cheese Party – Pot luck finger food and each member took a gift to be donated to Petrolia and District Christmas for Everyone. Had a joint Christmas Dinner with the Lions Club and spouses. Visited Continuing Care Unit of local hospital and arranged for musical entertainment and took cupcakes. They worked two bingos this month and had a pie bee. Donations made to transportation of visually impaired, diapers for handicapped person and Continuing Care Unit of Petrolia



## Port Stanley Lioness Club now has a Published Author!

Lioness Margaret Berry has had her book "Till Death Does Us Part" published. If you go on Amazon.ca and put in the title of her book and her name you will see the book. The setting for the story is Port William on the shores of Lake Erie. Check it out!

We wish you all the best in this new venture and look forward to hearing more from her in the publishing world. Congratulations!

# A Woman's Heart Attack

If you are a woman, recognizing a heart attack may have its own set of hurdles and obstacles. A recent study in women who were hospitalized for a heart attack found that they tended to be slightly less likely to have reported chest pain/discomfort than men. Instead, they may report what doctors call vague or less-typical symptoms, including the following:

- Upper back pain, shoulder pain
- Jaw pain or pain spreading to the jaw
- Pressure in the center of the chest
- ➢ Some sweating
- Light-headedness or dizziness
- ▶ Unusual fatigue, like they just ran a marathon

It's also important to keep in mind that doctors cannot necessarily tell from your symptoms, alone, whether or not there is a cardiac problem. They work based on the level of suspicion, folding in the results from further tests and evaluation. That's why knowing your risk factors and having a healthy (but not to the point of obsessing) suspicion that it could happen to you is so important.

In considering the list of heart attack symptoms, consider the following:

- > You can definitely have a heart attack without chest pain.
- Chest pain/pressure/discomfort is often present, but not always.
- Women are more likely than men to have so-called atypical symptoms (and no chest pain) such as upset stomach, nausea and shortness of breath.
- Not having chest pain can make it harder for both you and your doctor to recognize a heart attack.

## **Symptoms of Stroke**

If you experience a stroke on the left side of the brain, the right side of the body is impacted, often resulting in numbness, tingling, etc. If the right side of the brain is injured, then the left side of the body is affected. A stroke in the back of the brain can impact vision, while a stroke in the front of the brain can impair speech.

The classic symptoms of strokes include:

- Sudden numbness or weakness of the face, arm or leg especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination

While women experience the classic symptoms of stroke, they can also experience different symptoms that are often dismissed as something else.

These include:

**1. Sudden Nausea and Vomiting:** These symptoms are usually very sudden and are often accompanied by other more common stroke symptoms.

**2. Pain on One Side of the Body:** In addition to or instead of the traditional numbress or tingling, women often feel pain that can occur anywhere in the body, such as the face, arm, or leg.

**3. Hiccups:** These involuntary contractions of the diaphragm are controlled by nerves in the brain which, when irritated, may cause a stroke. It is unknown why this occurs in women but not in men.

**4. Extreme Exhaustion:** Women often experience a sudden fit of sleepiness, such as the urge to lie down and take a nap before having a stroke. However, taking a nap is the worst thing you can do when having a stroke since your brain needs to stay active so you can take action and get help right away.

If you ever think you are having a stroke, take these action steps:

- First, appraise your symptoms. Bear in mind that stroke symptoms tend to come on suddenly, and victims often experience at least two symptoms.
- If you think you're having a stroke, call 911 immediately in order to get to a hospital within 3 hours for best chance of recovery. The most effective stroke treatments are only available if the stroke is recognized and diagnosed within the first three hours of the first symptoms. Many Americans are not aware that stroke patients may not be eligible for stroke treatments if they arrive at the hospital after the 3-hour window.

If you think someone may be having a stroke, act **F.A.S.T.** and do this simple test:

- F—FACE: Ask the person to smile. Does one side of the face droop?
- A—ARMS: Ask the person to raise both arms. Does one arm drift downward?
- S—SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- T—TIME: If you observe any of these signs, call 911 immediately.



## **CABINET MEETINGS & OTHER IMPORTANT DATES:**

#### 2013 -2014 A-1 LIONESS PRESIDENTS VISITS

**FEBRUARY 2014** Monday Feb. 10 Wednesday Feb. 12 Monday Feb. 17

Glencoe Port Stanley Wyoming

#### **MARCH 2014**

Wednesday Mar. 5 Monday Mar.10 Thursday Mar. 20 Monday Mar. 25 South Windsor Tilbury Springfield Mount Brydges



#### LIONESS CHAIRMAN

PDG Lion George VaryBox 865, 28 Foster Street, WHEATLEY, ON NOP 2P0Phone 519-825-7628Email: gangv@mnsi.netClub: Wheatley Lions

Visitations: Wheatley - 3 February 2014 Tilbury - 10 February 2014

Lion Bob Bride 71 Dreaney Avenue. LONDON, ON N5Z 1W7 Phone: 519-660-1482 Email: <u>rj.bride@rogers.com</u> Club: Lambeth Lions

Visitations: Mount Brydges - 24 February 2014 Aylmer - 25 March 2014

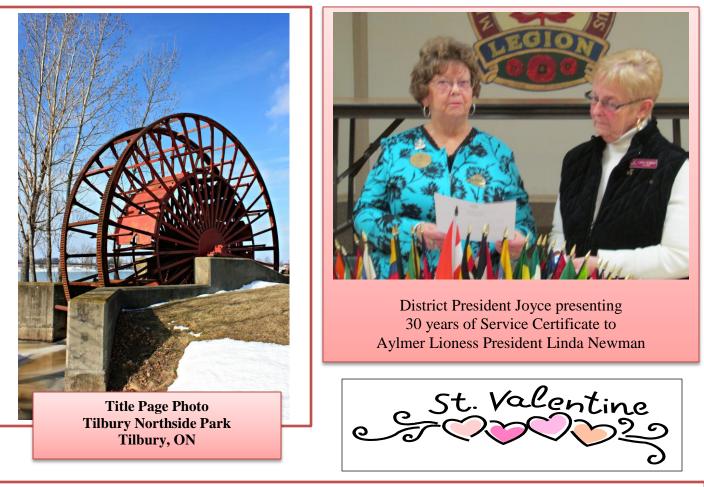
## PRESIDENT JOYCE'S GOALS

To support the goals of District Governor Lion Bob Tanner and his Theme of "SHARE THE EXPERIENCE"

### PERSONAL GOALS/PROJECTS

To support Camp for Junior Diabetes, such as Camp Huronda, so that each child may be eligible to attend camp, if desired. To support local food banks, ever needed in these times.

To continue making pillowcases for Con Kerr Cancer



## PHOTO CORNER Rule #6 Background

How many times have you taken what you thought would be a great shot, only to find that the final image lacks impact because the subject blends into a busy background? The human eye is excellent at distinguishing between different elements in a scene, whereas a camera has a tendency to flatten the foreground and background, and this can often ruin an otherwise great photo. Thankfully this problem is usually easy to overcome at the time of shooting - look around for a plain and unobtrusive background and compose your shot so that it doesn't distract or detract from the subject.





The plain background in this composition ensures nothing distracts from the subject.



# **"FOLLOW YOUR DREAM"**

## 39<sup>th</sup> Annual DISTRICT A-1 Convention Registration Form



April 4, 5, 6, 2014, at the Holiday Inn Point Edward (Sarnia) Reserve rooms directly with the Hotel 1-888-212-2252

All persons attending the Convention must be registered (including guests and exhibitors) to participate in any portion of the Convention including meetings, seminars, luncheons and the banquet. Complete names exactly as you would like them to appear on your name badge.

PERSON "A" Club:	🗆 Lion	Lion Lioness Leo Guest/ <i>Title:</i>				
Name:		_ ema	ail:			
Address:						
CITY: PROV:	Post	al Code	•	P	hone:	
Check if special diet 🗆						
FIRST TIME REGISTRATION: Free registration prior to April 3 <sup>rd</sup>	□ 1 <sup>st</sup> time	e Lion/	Lioness	🗆 Leo	Childro	en Under 12
PERSON "B" Club:	🗆 Lion	🗆 Lio	ness 🗆	Leo 🗆 Gu	est/ Title: _	
Name:	email:					
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FIRST TIME REGISTRATION: Free registration prior to April 3 <sup>rd</sup>	🗆 1 <sup>st</sup> time	e Lion/	Lioness	🗆 Leo	Childro	en Under 12
EARLY BIRD DRAW – Entry if r			to Feb	ruary 20,	2014	
PAYMEN	T INFORMA	Contraction of the second	ON A	DER	SON B	TOTAL COST
REGISTRATION prior to February 20 <sup>th</sup> \$ 20.00	ATION prior to February 20 <sup>th</sup> \$ 20.00		\$			\$
REGISTRATION after February 19 <sup>th</sup> \$ 25.00	<sup>h</sup> \$25.00		\$			\$
SATURDAY LUNCHEON \$ 23.00	\$ 23.00		\$			\$
SATURDAY BANQUET \$ 43.00	\$ 43.00		\$		2201	\$
CONVENTION PIN \$ 6.00		#	\$	#	\$	\$
WEEKEND DRAWS 3 for \$5.00 (Fri/Sat/Sun	Draw)	#	\$	#	\$	\$
	TOTAL	\$		\$		\$

Make cheque payable to "District A-1 Convention" and send to PDG Lion Steve Mahovlich, 413 Lillian Ln, Belle River, Ontario NOR 1A0 phone 519-728-9637, email stevena1@kelcom.net

HOSPITALITY ROOMS MUST BE BOOKED BY February 20<sup>th</sup>, 2014 Email: <u>hi-sarnia@fortisproperties.com</u> website: www.holidayinn.co/sarniaon

Hosted by th	MUSKOKA ROCKS DEERHURST RESORT HUNTSVILLE MAY 2 - MAY 4, 2014 TE LIONS CLUBS OF DISTRICT A12	Muskoka Rocks
A District	Club	
Lion 🗆 Lioness 🗆 Le	eo 🗆 Partner in Service 🗆 Highest Office	Past 🗆 Present 🗆
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booking your roo information flyer - o	is being handled by Deerhurst Resort and <u>you</u> and m directly with them. Please refer to the <b>ACCOMM</b> choose your room then call <b>Deerhurst</b> and make you I reservations is <b>APRIL 1, 2014</b> . Book early and av	<i>noDATIONS</i> Ir reservation.

<ul> <li>Everyone, including guests and exh convention functions, including meals.</li> <li>All cancellations must be in writing by received after <i>March 1, 2014</i> will be su NO REFUNDS AFTER April 1, 2014</li> </ul>	mail or e-mail and ackn	owledged. C	
FUNCTION TICKETS	COST PER PERSON	"A""B"	TOTAL
Saturday Luncheon Saturday Night Banquet & Entertainment If you purchase both tickets, the	\$ 45 \$ 70 e cost is \$105		\$ \$
	Total Amount for Function	n Tickets Requ	iired \$
Fickets must be ordered by April 1, 2014 and ar	e available only while q	<i>lantities last</i> .	Don't delay!
NO FUNCTION TICKET	S WILL BE SOLD AT 1	HE CONVEN	TION
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Pay by cheque: payable to "MDA/A12 2014 Con         OR charge to your       □Visa or       □ Master Carc         Card #	1 	DHA ROCI	be part of the fun! BY

## PERSON OF INTEREST THE MIRACLE WORKER - ANNE SULLIVAN

#### Anne as Teacher (1886-1904)

In August of 1886, Michael Anagnos, Director of the Perkins School for the Blind, asked his star pupil, Anne, if she was interested in working for the Keller family in Tuscumbia, Alabama. He told her that their six-yearold daughter, Helen, had been deaf and blind since the age of 19 months because of a severe illness. Since that time the baby had grown into a wild and increasingly uncontrollable child. The parents, Kate and Arthur Keller, had contacted the famous inventor and educator of the deaf, Alexander Graham Bell in Washington, D.C. for help. He, in turn, had put them in touch with the Perkins School for the Blind.

In June 1892, Anne was elected a member of the American Association to Promote the Teaching of Speech to the Deaf. In 1894, Alexander Graham Bell asked her to give a speech at an Association meeting. She was so shy, however, that Bell had to deliver the speech for her.

It was at this meeting that Anne and Helen met a man named John D. Wright. He convinced them to attend a new school in New York City run by him and a colleague. Helen was the only deaf-blind pupil at the Wright-Humason School for the Deaf. Anne was critical of the teaching methods used there, which were very different from hers.

Alexander Graham Bell was a towering figure in Anne's life from the time she arrived in Tuscumbia, Alabama until the early 1920s. The inventor and educator of the deaf strongly supported Anne's great talent as a teacher. Many times Bell helped her in dealing with others. He gave her emotional support as well. Bell understood Anne's anxiety over her past. He was also good at dealing with her prickly nature. More importantly, perhaps, he came to her aid in times of crisis. Several times during Anne's early career as Helen's teacher, she was accused of being too controlling. Some claimed she tried to mold Helen's thoughts and opinions. Bell's solid support was a constant source of strength to Anne.



Left to right, Helen, Anne, Alexander Graham Bell, and possibly John Hitz, on a hilltop in Nova Scotia, 1901. Helen is kneeling next to Anne and Bell, who are seated. Everyone is wearing a hat. Helen's straw hat has a spiral of sheer fabric on top and a big dark feather sticking straight up on the left side of the brim. Anne wears a hat with huge flowers and a white dress with black ribbon trim and elbow-length gloves. She has one hand on her hat and the other hand in Helen's left hand. Bell is sitting on a wicker chair to the left of Anne. His head is turned toward Helen, and he is wearing a pith helmet. His right hand is outstretched to Helen's right hand, and he seems to be communicating with her using the manual alphabet. Behind Bell is another man, possibly John Hitz of the Volta Bureau.