

LIONESS OF DISTRICT A-1

PURRR



March 2015

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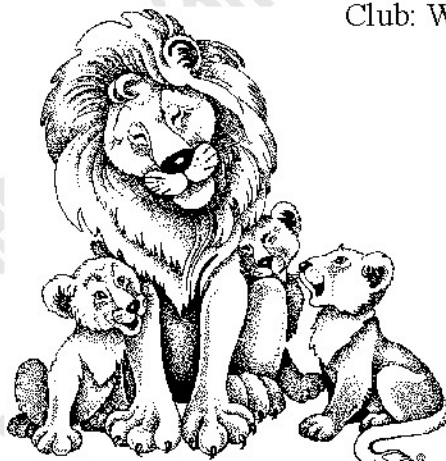
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HAPPY
&
PATRICK'S
DAY



A-1 LIONESS APPOINTED OFFICERS

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Finance Committee

Treasurer: Nancy Wright

Past Treasurer: Janice McCallum

President Beth Ann Connor

Past President PDP Joyce Leal

3 from Advisory - Ev Crisp

Anna Giles

Agnes Croft



President's Message



District A-1 Lioness

HAPPY ST. PATRICKS DAY!

Well March came in like a Lion, let's hope it goes out like a lamb. It's hard to believe that spring is supposed to be coming this month.

I would like to thank everyone who sent us cards and messages of condolences when my mom passed away. It is nice to know that others are thinking of you during this difficult time.

Thank you to all the Lioness who attended the cabinet meeting, despite the weather. There were 8 clubs represented, with a total of 41 Lioness, and one guest, District A-1 Governor Lion John Johnson. District A-1 has raised over \$53,000, so far this year. Thanks Lioness. The Wyoming Lioness did a great job of hosting the cabinet meeting. Thank you again Wyoming.

Our next cabinet meeting is on Saturday April 11th at 9:00 a.m. at the Best Western Lamplighter London. Let's try and have as many Lioness there as possible, to show our support to the Lioness Programme. All Lioness who come to the Convention for the first time registration is FREE! Please all new cubs and your sponsors try and be there.

I'm back on the road again visiting clubs. This month Glencoe, Springfield, and London Central. Thanks to all the clubs I have visited already. I have been enjoying every minute of my year.

Sorry about last month's message. I sent the wrong one to Purr Editor Geri.

Yours in Lionism,

District A-1 Lioness President

Beth Ann Connors

"Save the Monarch Butterfly, plant milkweed."

A-1 Lioness Presidents Official Visits 2015

March 9, 2015 Glencoe Lioness (with Chairman Ray)
March 19, 2015 Springfield Lioness

CABINET MEETINGS & Other Important Dates:

April 10 - 12 2015 A-1 Convention in London at the Best Western Lamplighter Inn
April 11, 2015 Cabinet Meeting – at Convention Saturday morning 9:00 am
April 25 Memorial for Port Stanley Lioness Bette Waite at Pt. Stanley Legion 2-4 pm
May 22 - 25 MD"A" Convention in Kingston at the Ambassador Hotel (1-800-267-7880)
June 21st, 2015 Cabinet Meeting hosted by Port Stanley Lioness Club

A warm welcome goes out to our new cubs, hope to see you at the Cabinet Meeting in London April 11th.

Mount Brydges Lioness Club - Josie Ogaick (sponsor Sharon Taylor)

Wheatley Lioness Club - Cathy Neroda (sponsor Nancy Wright)

P.S. The names are taken from M& A reports that I receive, I apologize if I have missed anyone please send your M&A to me Purr Editor Geri Vary at gangv@mnsi.net Thanks Lioness Geri



Celebrate with the Wearing of the Green

On St. Patrick's Day it is customary to wear shamrocks and/or green clothing or accessories (the "wearing of the green"). St Patrick is said to have used the shamrock, a three-leaved plant, to explain the Holy Trinity to the pagan Irish. This story first appears in writing in 1726, though it may be older. In pagan Ireland, three was a significant number and the Irish had many triple deities, a fact that aided St Patrick in his evangelisation efforts. The wearing of the 'St Patrick's Day Cross', especially in the World War I era, by the Irish, was also a popular custom. These St Patrick's Day Crosses have a Celtic Christian cross made of paper that is "covered with silk or ribbon of different colours, and a bunch or rosette of green silk in the centre.

The colour green has been associated with Ireland since at least the 1640s, when the green harp flag was used by the Irish Catholic Confederation. Green ribbons and shamrocks have been worn on St Patrick's Day since at least the 1680s. Green was adopted as the colour of the Friendly Brothers of St Patrick, an Irish fraternity founded in about 1750. However, when the Order of St. Patrick—an Anglo-Irish chivalric order—was founded in 1783 it adopted blue as its colour. This led to blue being associated with St Patrick. In the 1790s, green became associated with Irish nationalism when it was used by the United Irishmen. This was a republican organisation—led mostly by Protestants but with many Catholic members—who launched a rebellion in 1798 against British rule. The phrase "wearing of the green" comes from a song of the same name, which laments United Irishmen supporters being persecuted for wearing green. Throughout the 19th and 20th centuries, the colour green and its association with Saint Patrick's Day grew.

Saint Patrick

Much of what is known about St Patrick comes from the Declaration, which was allegedly written by Patrick himself. It is believed that he was born in Roman Britain in the fourth century, into a wealthy Romano-British family. His father was a deacon and his grandfather was a priest in the Christian church. According to the Declaration, at the age of sixteen, he was kidnapped by Irish raiders and taken as a slave to Gaelic Ireland. It says that he spent six years there working as a shepherd and that during this time he "found God". The Declaration says that God told Patrick to flee to the coast, where a ship would be waiting to take him home. After making his way home, Patrick went on to become a priest.

According to legend, Saint Patrick used the three-leaved shamrock to explain the Holy Trinity to Irish pagans. According to tradition, Patrick returned to Ireland to convert the pagan Irish to Christianity. The Declaration says that he spent many years evangelising in the northern half of Ireland and converted "thousands". Tradition holds that he died on 17 March and was buried at Downpatrick. Over the following centuries, many legends grew up around Patrick and he became Ireland's foremost saint.

BEST OF ALL

The Best Sermons are real life stories that teach us many things in life:

1. Today, I interviewed my grandmother for part of a research paper I'm working on for my Psychology class. When I asked her to define success in her own words, she said, *"Success is when you look back at your life and the memories make you smile."*
2. Today, I asked my mentor - a very successful business man in his 70's- what are his top 3 tips for success. He smiled and said, "Read something no one else is reading, think something no one else is thinking, and do something no one else is doing."
3. Today, I was traveling in Kenya and I met a refugee from Zimbabwe. He said he hadn't eaten anything in over 3 days and looked extremely skinny and unhealthy. Then my friend offered him the rest of the sandwich he was eating. The first thing the man said was, *"We can share it."*
4. Today, after I watched my dog get run over by a car, I sat on the side of the road holding him and crying. And just before he died, he licked the tears off my face.
5. Today at 7AM, I woke up feeling ill, but decided I needed the money, so I went into work. At 3PM I got laid off. On my drive home I got a flat tire. When I went into the trunk for the spare, it was flat too. A man in a BMW pulled over, gave me a ride, we chatted, and then he offered me a job. I start tomorrow.
6. Today, as my father, three brothers, and two sisters stood around my mother's hospital bed, my mother uttered her last coherent words before she died. She simply said, *"I feel so loved right now. We should have gotten together like this more often."*
7. Today, I kissed my dad on the forehead as he passed away in a small hospital bed. About 5 seconds after he passed, *I realized it was the first time I had given him a kiss since I was a little boy.*
8. Today, in the cutest voice, my 8-year-old daughter asked me to start recycling. I chuckled and asked, "Why?" She replied, "So you can help me save the planet." I chuckled again and asked, "And why do you want to save the planet?" Because that's where I keep all my stuff," she said.
9. Today, when I witnessed a 27-year-old breast cancer patient laughing hysterically at her 2-year-old daughter's antics, *I suddenly realized that I need to stop complaining about my life and start celebrating it again.*
10. Today, *a boy in a wheelchair* saw me desperately struggling on crutches with my broken leg and offered to carry my backpack and books for me. He helped me all the way across campus to my class and as he was leaving he said, *"I hope you feel better soon."*

The best sermons are lived, not preached.



What's Happening in District A-1

Arkona - Five members attended the Feb. 1st cabinet meeting. The club donated to Sarnia Hospice, Strathroy Middlesex General Hospital, Tactile Tales and purchased glasses for a diabetic senior. They continue to hold meat raffle's at Grogs and work Bingos in Sarnia for fundraising.

Aylmer - Dist. Pres. Beth Ann and Lioness Chairman Ray made their official visits in February along with 12 members of the Pt. Stanley Lioness. Club is busy preparing for Spring Ladies Night on May 29th at the Aylmer Legion. January volunteer hours numbered 192, the Nov & Dec hours were 436.5 & 274 respectively. They sponsor a monthly bingo at Jackpot city in St. Thomas. Club donated to Dist. Youth Exchange Program, the Aylmer Library for a March Break program as well as a service club bonspiel. Continue to serve the community through VON, Terrace Lodge Tuck Shop, senior fitness classes, home, church and school groups.

Belmont - In Feb. they reported 155 volunteer hours. They do bingos, foot care clinic every other month, church work, hospital volunteers, making wool blankets & weaving sleep mats out of milk bags for 3rd world countries.

Donations were made to Lambeth Lions, Belmont Skate Park, Tactile Tales, girls hockey, Ronald McDonald House, St. Thomas General Hospital, Harmony LEA and the VON.

Delaware - Members helped the Delaware Lions canvass the town for donations to Diabetes for a total of 170 volunteer hours. Donations were made to Women's Rural Resource centre, and the Salvation Army Strathroy.

Glencoe - Glencoe will be having the Dist. Pres. Lioness Beth Ann & Lioness Chairman Lion Ray at Mar. 9th mtg.

London Central - Club is planning on Plant Sales and a BBQ for spring fundraising. They continue to hold bingos at the Deerness Home. Donations to Eyes Right and to Teen Girls Party.

London East - The members are collecting new and used books. They are selling tickets on a 50/50 draw and sell Nevada for fundraising. They have donated to Eyes Right, Tactile Tales, Women's Community House and Lions Home for Deaf People.

Mount Brydges - They reported that A-1 Dist Pres Beth Ann Connors and 5 members of the Port Stanley Lioness Club visited them. They also have another new member Josie Ogaick her sponsor is new member Sharon Taylor. Monthly bingos are their main fundraiser. Lioness work the blood donor clinic and bingos with 220 volunteer hrs listed on the February M&A. Donations were made to Eyes Right, skating, Diabetes, and the Seniors Valentine Tea. Five members attended the Feb. 1st Cabinet meeting in Wyoming.

Port Stanley - Members have been busy travelling with Lioness Chairman Ray and District Lioness President Beth Ann. Club nominated Dist. Vice President Sherry Wismer for the position of Dist. A-1 President for next year. Club has every weekend in March booked at Palmer's Maple Syrup, stop by and see them for pancakes & waffles. They are having their annual Chili Cook off on March 20th at the Legion. Congratulations goes out to Lioness Barb Cook who has been a member of their club for 51 years. A Memorial service will be held for Lioness Bette Waite at the Port Stanley Legion on Apr. 25th from 2-4 pm. Volunteer hours reported on the February M&A were 120 hours for service projects. Donations went to Child Can, Lions Foundation of Canada (for Autism & Diabetic Dogs), Tactile Tales, Pt. Stanley Youth Group, Easter Egg Hunt (policing Committee) and Inn Out of the Cold.

South Windsor - They do not meet in January or February. However they continue to collect Canadian Tire Money and sell Nevada tickets as a fundraiser. Donations were made to Tactile Tales and Heart & Stroke in February.

What's Happening in District A-1 (continued)

Springfield - Lioness Chairman Lion Ray made his official visit in February and the March meeting will be the Dist President Beth Ann's Official Visit. The club has been busy selling Community Spirit birthday calendars, and the gold or purple twirlers with the Lioness emblem in the centre. Do you have yours yet? The club has three bingos a month (Mar-June) for fundraising. They also are planning a meal at the church on April 25th with all profits going to the church lift. 2 members attended the Feb.1st Cabinet meeting in Wyoming. The club donated grocery certificates to a needy family.

Tilbury - Club is very active with local School Breakfast Programs, Big Brother/Big Sister, Hudson Manor and they do a bingo at Tilbury Manor. Fundraising is ongoing with a very successful soup lunch and bake sale just last week. Donations went out to LFC Dog Guides, Windsor Classic Indoor Games for the Disabled, Tilbury Bowling League, Tilbury Easter Egg Hunt, Tilbury Summer FunFest and the Tilbury Skating Carnival. They reported 131 hours volunteering in church, breakfast clubs, soup luncheon, bingos, nursing homes.

Wheatley - Wheatley Lioness Club has nominated Lioness Nancy Wright for Dist. Treasurer for the coming year. Pres. Trudy inducted a new member Cathy Neroda at their March meeting. Volunteer hours for February were 110.5 hours for Hospital, church, Seniors bingo, school nutrition program, etc.. Donations to Leader Dogs, plus sponsoring a team for Minor Soccer and girls baseball ,also the Meadows Manor Social Fund (bingos at local seniors residence).

Wyoming - Club hosted the February 1st Lioness Cabinet meeting and enjoyed a pot luck dinner on Feb 16th. Donations were made to Eyes Right, Transportation for visually impaired, Youth Exchange, Petrolia Food Bank, Tactile Tales and Inn Of the Good Shepherd in Samia. They worked 2 bingos in February.

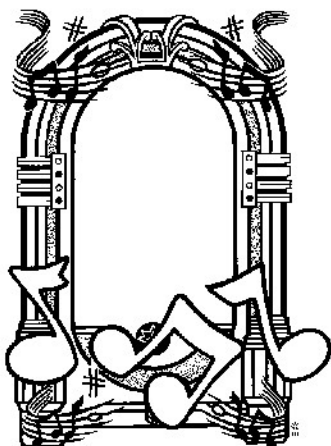
FYI PLEASE READ Important Information

Next District A-1 Lioness Cabinet Meeting is at Convention , Saturday morning April 11th at 900am at the Best Western Lamplighter Inn in London.

Dont Forget to Bring your Club's Penny Auction Item to the Convention , early Friday evening !! A reminder to please let Lioness PDP Joyce Leal know that you are bringing an item.

Remember there is a Sunday Morning Choir at Convention, so if you are a singer

please see Lion Joyce Mahovlich at Convention to find out when practice is.



WANTED OLD RECORDS

If you are spring cleaning and find some old records you no longer want, please remember to save them for the 2015 Laugh & Learn Committee. They will not be returned as they will be used for decorations. Contact Lioness Jovce Leal for more info

EASY LAYERED CABBAGE CASSEROLE

Prep time 35mins / Total 1 hour and 35 min.

Servings 8 servings, 1-1/2 cups each

What You Need

8 cups shredded green cabbage (about 1 head)

2 onions chopped

1/4 cup Kraft Extra Virgin Olive Oil Tuscan Italian Dressing

1 lb. (450g) extra-lean ground beef

2 cups instant brown rice, uncooked

2 cans (10fl. oz each) 25% less sodium condensed tomato soup

2 cans water



Cooking Instructions

Heat oven to 350 degrees F

Cook and stir cabbage and onions in dressing in large skillet on medium high heat for 5-10 minutes or until tender.

Remove from skillet

Brown meat in same skillet. Stir in rice, soup and water, until blended. Layer 1/3 of the cabbage mixture and half the meat mixture into a 13 x 9 inch baking dish. Repeat layers; top with remaining cabbage mixture. Cover.

Bake for 1 hour.

Diabetes Center Diet Exchange

1.5 Carbohydrates, 2 Meat & Alternatives 0.5 Fats

Nutritional Info Serving Size 1-1/2 cups

Calories per Serving 250

Total Fat 7g saturated fat 2g

Cholesterol 35mg

Sodium 150 mg

Total Carbohydrates 31 g dietary fibre 4 g sugars 7g

Protein 17 g

As a bonus, it provides a good source of iron

This is a Kraft What's Cooking Recipe