

LIONESS OF DISTRICT A-1



POUR



NOVEMBER 2014

A-1 LIONESS PRESIDENT

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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



Hello District A-1 Lioness:

Wow, I cannot believe that it is November. The leaves are all gone and there has been snow up north already. I have visited three dubs so far, with Lioness Liaison Ray. All the clubs are in full swing raising funds for their communities. Spaghetti dinners, Bingos and Ladies Nights are some of the fundraisers in the district... Thank you to the dubs we have already visited. I'm enjoying my year so far. It is great to see old friends at the meetings.

In Wheatley we picked up our travelling pumpkin "L". She has been to five different clubs so far. She spent a couple of days at the Wismers farm just hanging around. She visited the Port Stanley Lioness Club where Lioness Karen Watson and she had a great reunion. Then "L" got to hang on at the beach at the Filewoods for a couple of days. Then off to visit the Wyoming dub. She was a little rattled on the way home, we could hear her rolling around in the trunk. (I think she was afraid she would turn up in pie like the ones President Beth Ann was bring home from Wyoming). Not a moments rest for "L", as she was off to the Wine and Cheese Night in Port Stanley, where she danced and partied it up with the bartenders. "L" then came for a visit to the South Windsor Club. Stay tuned for more adventures of "L". She is starting to show her age a little, so we hope she can visit a couple of more clubs.

November is Diabetes month. I would like to urge all clubs to have some kind of Diabetes Awareness Day. Even if you have someone at your meeting read all the facts about the dangers of Type 2 Diabetes. Go and get a blood test this month. One little prick on your finger could save your life. Remember that we light our "Flames of Hope" at our meetings. Let's pray they soon find a cure for Diabetes, so we can extinguish the flame in our lifetime.

Let us not forget our veterans at this time. Wear your poppy with pride, and show the men and women who put their lives in danger, that we care. Go to a Remembrance Day service if you can. That is the least we can do to thank those who made the ultimate sacrifice so we could live in freedom.

The Laugh and Learn is this weekend. I hope to see many of you there. Remember though "what happens at the Laugh and Learn, stays at the Laugh and Learn."

Yours in Lionism

District A-1 Lioness President Beth Ann Connors

**** Please take note of the change of address on the cover page for

District Governor Lion John Johnston.

"Save the Monarch Butterfly, plant milkweed."





Port Stanley Lioness Black & White Event

Port Stanley held a very successful Wine & Cheese Night with Bob Finlay on hand to entertain the Ladies. The food was awesome as usual. There was also a funny fashion show and a musical skit put on by some of the Port members. A new member who hasn't yet been inducted stole the fashion runway with her many creative outfits and her ability to clearly change on the run, so to speak. A local business Studio Style hosted a Fashion Show and several Port Stanley Lioness were runway models. All in all a great evening, and there were lots of prizes to be won.



Bob Finlay in his kilt (showing a little leg)



Wheatley Lioness & Mount Brydges enjoyed the evening

Last Month's Trivia Quiz Answers

Lions Clubs International President this year is Lion Joe Preston from Arizona, USA. He joined the Mesa Host Lions Club of Arizona at the age of 21. He is married to wife Joni, whom he first met at the Pinnacle Peak Lioness Club that he attended as a District Governor to install the club's charter members. MDA Council Chair is none other than our own Imm Past District Governor Lion Bob Tanner from the Petrolia Lions Club. Our MDA Lioness President is Margaret Turon from the Goderich Lioness Club.

There are 14 Lioness Clubs in District A-1 and there are 10 Lions Districts in MDA.

Our District Lioness President is Beth Ann Cornors from the Port Stanley Lioness Club and the District Governor is Lion John Johnston from the Belmont Lions Club.

The founder of the Association of Lions Clubs was Melvin Jones, a Chicago business man and the organizational meeting was held on June 7, 1917 in Chicago, Illinois, USA. Within 3 years it became an international organization with the formation of a club in Windsor, ON, Canada in 1920.

The International President's theme this year is "Strengthen the Pride" the logo is on our Purr Cover Page.

The headquarters of Lions Clubs International is located at 300W 22nd Street, Oak Brook, Illinois, USA.

For more info on Lions Clubs go to www.lionsclubsinternational.com

Some of the Lions sponsored camps & projects within MDA - Camp Dorset, Camp Huronda, Camp Kirk, CNIB Lake Joe, Eyes Right, LCIF, Lions Foundation of Canada, Lions Homes for Deaf People, Lions Quest, Literacy Reading Action Program, Leader Dogs, MDA Effective Speaking, Sightfirst, Lions Youth Exchange Camps. I am sure there are many more but I am running out of space. Most of these answers could actually be found by reading the Purr or by checking out the District A-1 Lions website or Lioness Directory. I hope you enjoyed this little bit of Trivia.

A-1 Lioness Presidents Official Visits 2014 - 2015

October 6, 2014	Wheatley (with Chairman Ray)
October 20	Wyoming (with Chairman Ray)
November 5, 2014	South Windsor (with Chairman Ray)
November 10,	Tilbury (with Chairman Ray)
November 18,	Delaware (with Chairman Ray)
November 25	Arkona (with Chairman Ray)
January 12, 2015	Belmont
January 14	Port Stanley
January 27	London Central
February 12, 2015	Aylmer
February 18	London East
February 23	Mount Brydges
March 9, 2015	Glencoe (with Chairman Ray)
March 19	Springfield

CABINET MEETINGS & Other Important Dates:

November 11th	Remembrance Day
November 14th	World Diabetes Day
January 17, 18, 2015	MD"A" Cabinet Meeting – Markham
Jan/ Feb 2015 ??	Cabinet Meeting hosted by Wyoming Lioness Please note change of club
April 10 - 12, 2015	A-1 Convention in London at Best Western LampLighter Inn
April 11 , 2015	Cabinet Meeting – at convention
Apr/May 2015	A-1 Spring Rally
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

LIONESS CLUBS OF MD"A" OFFICERS

Lioness President of MD"A"	Administrative Assistant	MD"A" Advisory Committee
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Vice Pres. Bev Siren	Treasurer Betty Petten	Hugs Editor Veronique Harman
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Club: Grantham Lioness	Club: Pepperlaw District Lioness	Club: Goderich Lioness

Diabetes is a stealthy (often invisible) disease that, together with prediabetes, now affects about more than 30 per cent of Canadians. Upon diagnosis, the burden of diabetes may seem limited to the difficult reality of managing blood glucose (sugar) with various self-management techniques, including medication, careful attention to diet and exercise, and constant vigilance, but its longer-term impact can be devastating: **It is the leading cause of vision loss and kidney disease, as well as one of the leading causes of heart disease, stroke, amputations and depression.**

In order to help prevent complications by ensuring that people with diabetes get the support they need, the Canadian Diabetes Association's (CDA's) new **Diabetes Charter for Canada** confirms their rights and responsibilities, along with those of governments, service providers, employers, schools, preschools and daycares. Introduced by the CDA this year, the Charter "provides a set of standards that allow people with diabetes to optimally self-manage and live their lives to their full potential, with dignity and respect," says Aileen Leo, executive director of government relations and public affairs, CDA.

Having diabetes is a 24-hour, seven-day-a-week job, she points out. "If people living with diabetes are very lucky and very good at self-management, it's **possible to delay complications**. But we need support—we need access to education and information, as well as diabetes medications, devices and supplies." As most provincial health-care systems don't cover the costs of meds except for protected groups such as seniors, "if you're low income, even if you're middle income, the costs of diabetes medications, devices and supplies may be beyond your reach," Ms. Leo explains. People talk about ending up in the hospital because they simply couldn't afford their medication."

"When you come right down to it, if you can't afford healthy food choices, or if you don't have a health plan that helps to pay for medications, devices and supplies, diabetes is very difficult to manage," says Rob Beck. The CDA chair of the National Advocacy Council, Mr. Beck was diagnosed with type 2 diabetes about 10 years ago. "I'm very fortunate – my benefit plan pays for 90 per cent of my medications. Yet the last time I refilled my insulins and test strips, my copay was \$85." Mr. Beck says that he meets many people from Nova Scotia communities with "a very high incidence of diabetes and very low incomes. They have limited access to education, healthy foods, medications and medical advice."

The Charter is about achieving equal access for them and all of the more than nine million Canadians living with diabetes or prediabetes, he stresses. "We're not demanding this just for us—we're saying that if you want to keep your health-care system intact for everyone who needs it, you have to manage diabetes." Emily Johnson, a nurse and diabetes educator who was diagnosed with type 1 diabetes in her forties, is also a member of the CDA National Advocacy Council. The Charter recognizes that people with diabetes have unique needs because of their diabetes, she says. When the daughter of one of her colleagues wasn't allowed to keep her diabetes supplies with her in her classroom – a common occurrence as well as a risk for the student involved – the colleague brought the Charter to the school, which then changed its policy. There is no easy fix for diabetes, Ms. Johnson adds. "But it's doable – I describe it as a new norm in my life. I tell all my clients about the Charter, and I hope it will encourage them to speak up and advocate for themselves."

The Charter also addresses inequality of access to care across the country. In Saskatchewan, for example, some diabetes management supplies such as test strips and lancets are publicly covered for anyone who is living with diabetes. "To me, that makes absolute sense, because the key to leading a healthy life with this insidious, chronic, progressive disease is to manage it properly from the onset," says Phil Bobawsky. Regrettably, Mr. Bobawsky lives in the province next door, where public coverage for supplies is more limited than in Saskatchewan. As the CDA regional chair for Southern Alberta, he says he hears "all too often" from people diagnosed with diabetes who can't get the support they need. The cost of an insulin pump is \$7,000, he says. While some may be quick to say there simply isn't funding available to cover these costs, health-care systems inevitably end up paying much more for hospital visits and treatment of complications, he adds. An insulin pump program was introduced in Alberta in 2013. Mr. Bobawsky knows too well the cost of less-than-optimal management of diabetes. Diagnosed with type 2 diabetes 17 years ago, he has since lost his sight and his kidney function. "We have to make management of the disease attainable for everyone. And we have to educate everyone on how to manage the disease. Because if we do that successfully, there won't be as many complications," he stresses.

Launched on April 7, the Charter has already been signed by more than more than 17,000 Canadians. "We're going to work together to ensure that the Charter is a tangible, robust advocacy tool to make the lives of people with diabetes in Canada better – in two years, five years, 10 years and 20 years," says Ms. Leo.

To sign the Diabetes Charter for Canada or for more information, visit www.diabetes.ca/charter.

What's Happening in District A-1

Arkona - 19 members - A new member will be inducted at the November dinner meeting. Club held a turkey bingo on Oct. 7th and a meat raffle at Grog's on Oct. 11th. Donations were made to Eyes Right, LFC, Kids Help Phone, Effective speaking, United Way as well as Gifts of Hope and Joy-full Socks.

Aylmer - 18 members - One member dropped due to health concerns. Club sponsors a monthly bingo and collects eyeglasses 81 pr of glasses and 12 single lenses were delivered to Hakim Optical. Donations were made to Lupus Foundation and the Canadian Legion for Remembrance Day Memorial.

Belmont - 36 members - Welcomes new member Sandy Carter however, their membership remains the same as they also dropped a member. They held a foot care clinic in Sept. and accumulated 350 volunteer hours in Sept. They held a bazaar on Oct. 25th and they made and sold 125 pies. The club gave out 2 school awards for \$250.00 each and made donations to Eyes Right, VON and Harmony LEA #3. The club is planning their annual November Bazaar and they work bingos and collect pop tabs for wheelchairs.

Delaware - 13 members - They are gearing up for their annual craft show on Nov. 16th and tables are already sold out. A donation was made to the local Poppy Fund. There was a mix up and their club is not hosting the next cabinet mtg.

Glencoe - 19 members - Club hosted the Sept. Cabinet Meeting at the Glencoe Legion and did a superb job.

London Central - 13 members - They had Lioness Chairman Ray attend their Oct. mtg. it was his official visit, he brought along 3 Port Stanley Lioness. The club continues to hold bingos at the Dearness Home. Donations were made to Eyes Right and A-1 Effective Speaking.

London East - 11 members - 4 members attended the Cabinet Meeting 2 members volunteered for the breast cancer ribbon campaign, still doing Nevada for fundraising Donations totalled \$185.00 in Sept.

Mount Brydges - 15 members - Welcome to new member Janice Turnbull and thank you to her sponsor Kay Whitburne for inviting her to join. They enjoyed a guest speaker Dr. Michael Hurley at their Oct. meeting and made a donation to the Middlesex Spine & Sport Clinic. Also donated to Camp Kirk and a needy family. One member attended the Glencoe Lions 40th Anniv. and two members attended Port Stanley's Wine & Cheese Event. Two members also attended the A-9 Cabinet Meeting in Ayton. The club still does bingo twice a month for fundraising.

Port Stanley - 43 members - 8 members travelled to Wheatley with Dist Pres Beth Ann and Dist. Lioness Chair Ray Filewood and 4 members travelled with them to Wyoming and 3 members travelled with them to London Central. They held a successful Wine & Cheese Party on Oct. 24th. Donations to LFC and the local arena for skating aids. Members are busy volunteering in numerous ways they had 205 hours reported in October. Two members attended the Glencoe Lions 40th Anniversary. One member attended the LHDP Open House for the new Gary Martin Home.

What's Happening in A-1 (continued)

South Windsor - 14 members - No meetings were held in October because they were having spaghetti fundraisers at the Riverside Sportsman's Club every Wednesday in October. They continue to do Nevada tickets as a fundraiser & donate to Coronation School Breakfast Program.

Springfield - 17 members - They had one member resign. Springfield won the Visitation Contest for 19 members & under for last year and received the award at the Cabinet Meeting in Glencoe. They are holding their Annual Craft show on Nov. 16th. Donations to Legion for Wreath & Poppy Fund and Eyes Right. Club is selling Lioness twirlers in two sizes large \$25.00 small \$18.00. Still working bingos about 3 each month

Tibury - 26 members - held a very successful Baked Potato/Bake Sale Fundraiser they sold 153 potatoes and raised \$1,365.65 They are already booking their rooms for convention.

Wheatley - 18 members - In Sept the club had 99 volunteer hours. They work a monthly bingo in Leamington at Chances, continue to sell tickets on their Las Vegas Trip drawn on Dec. 24th and they collect used eyeglasses for recycling. Lioness Trudy toured the Lions Diabetes Camp in Huntsville during the summer. Donations went to LFC - Autism Dogs, Dist. A-1 Youth Exchange, Salvation Army and Jesse's Journey. 7 members attended Port Stanley's Wine & Cheese Fundraiser in October.

Wyoming - 22 members - Dist. Pres. Beth Ann and Lioness Chair Ray Filewood made their official visits in October. The club had one member drop out so membership is down one from last month. They continue to work bingos and do pie bees, they also catered dinner for a local group.



Diabetes Facts Are You at Risk ?

What is Diabetes?

It is a disease in which the body either cannot produce insulin or cannot properly use the insulin it produces.

This leads to high levels of glucose in the blood which can damage organs, blood vessels & nerves over time.

The good news is you can live a long & healthy life by keeping your blood glucose (sugar) levels in the target range set by your doctor. This can be done by eating healthy meals and snacks. Enjoying regular physical activity.

Monitoring your blood sugar using a home blood glucose meter. Aiming for a healthy body weight. Taking your medications as prescribed by your doctor. Managing stress effectively.

If you are over the age of 40, the Canadian Diabetes Association (CDA) recommends you get checked every three years, and more frequently if you have any of these risk factors:

A parent or sibling with diabetes Are overweight

Are a member of an ethnic group at high risk for type 2 diabetes (African, Hispanic, Asian, Aboriginal Indian etc)

Have high blood pressure or high cholesterol Have been diagnosed with prediabetes

Have polycystic ovary syndrome

To find out your risk of type 2 diabetes, the Don't Be Risky campaign asks you to take the Canadian Diabetes Risk (CANRISK) test at www.DontBeRisky.ca and tell your friends and loved ones about it, so they can take it, too.

Talk to your doctor if you think you are at risk!

From the Editor's Desk



As I write this issue many of my Lioness friends are in Barrie enjoying the Laugh & Learn Forum. I know the committee has worked very hard and I am sure everyone is enjoying the weekend. I went on facebook to see if we had as of yet posted any pictures but I didnt see any, hopefully we will hear about all the fun that was had in our next edition. If your club has a fundraiser they wish to promote or a special event in their club please send me the info. Deadline for submissions for the Dec/Jan issue will be Dec. 31st, so it can be out by Jan. 5th Please mark these dates on your calendar. I am off to Cozumel from Jan. 24th to the 31st so the February issue may be delayed a little. Dates for that will be in next month's Purr.

Yours in Lionism,

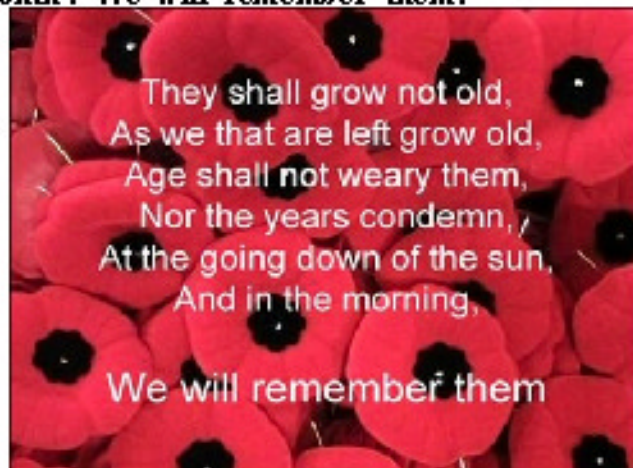
Lioness Geri Vary Purr Editor

November 11th is Remembrance Day -

On the 11th hour of the 11th day of the 11th month. We will remember them.



Photos courtesy of the Dept. of National Defence



Lioness Chairman Official Visits

Lion Ray Filewood 507 West Edith Cavell, PORT STANLEY, ON N5L 1G8

Phone: 519-782-4308 email: rayfilewood@rogers.com Club: Port Stanley Lions

2014 Dates Monday 10th November - Tilbury (with President)
Tuesday 18th November - Delaware (with President)
Tuesday 25th November - Arkona (with President)

2015 Dates Thursday 8th January - Aylmer
Wednesday 21st January - London East
Monday 26th January - Mount Brydges
Monday 9th February - Belmont
Thursday 19th February - Springfield
Tuesday 24th February - London Central
Monday 9th March - Glencoe (with President)
Wednesday 11th March - Port Stanley





Wheatley Lioness Club Annual Fundraiser

Tickets on a chance to win a

Las Vegas Vacation

Airfare + 3 nights accommodations for two

plus \$200.00 spending cash

Tickets cost \$5.00 each only 750 printed

Winner is drawn on Dec. 24th, 2014 in the afternoon 4 pm.



Draw takes place at the Wheatley Legion Br. #324 at the Community Draws Event
Don't miss out on your chance to win a trip to Las Vegas, call any Wheatley Lioness member or Geri Vary 519-825-7628 or email me at: gangv@mnsi.net and I will arrange to send you the ticket as soon as your cheque is received in the mail.

(in lieu of trip winner may choose \$750.00 cash)



Springfield Lioness
Annual



CRAFTS & MORE !

SUNDAY, Nov 16, 2014

10:30 am to 3 pm

MALAHIDE COMMUNITY PLACE

12105 WHITTAKER ROAD, SPRINGFIELD

Bake Table

Craft Vendors

★ Admission \$2.00 ★

Draws

Reverse Penny Table

Tea Room



The Springfield Lioness acknowledges with thanks
the Township of Malahide for their grant towards the facility fees