



Crystal Lake Lions Club-Serving In Its **88th** Year

Pride

November, 2019

Fall Raffle – Friday, November 22

The Annual Fall Raffle will take place this year at Hickory Hall, formerly the American Legion Hall in Crystal Lake. Festivities will begin at 6pm with the raffle beginning about 7on,

The Board voted to make this event a regular Club meeting which will take the place of the November Program Meeting. There will be no meeting on Mon-

day November 25. There will be no charge for members attending the Fall Raffle for food.

Lion Jim Zambon informed the Club on Monday, October 28 that all tickets had been sold, not paid for yet in some cases, but sold.

This will, as usual, be an eventful and fun evening for all Lions and guests.

Shop With A Cop

Shop With A Cop, the more familiar term used by CL Lions for the McHenry County Police Charities Event will be on Sunday, December 8, 2019.,

Volunteers will be needed at Wal-Mart in Crystal Lake beginning at 6:30 am and at D'Andrea's Banquets at 7:30am.

Needy children are picked up and accompanied for a shopping trip at WalMart by a local policeman or policewoman. They are then taken to D'Andrea's for a breakfast while the gifts from WalMart are wrapped while they eat. Santa is available too.

For those who do not know, this event was originally begun by the Crystal Lake Lions Club but because it grew to nearby communities McHenry County Police Charities took it over several years ago. :Lion Ranch Boyd and his wife, Kit, both deceased, are credited with originating this event.



Susan Seiber, Director of Development for Creative Arts, Inc. addresses the Club at the October Program Meeting. Creative Arts offers scholarships to youth aged 4-17 who demonstrate financial need and a love of art.

Each scholarship, \$480, allows one scholarship student to enjoy after-school art classes throughout the school year.

Upcoming Events - Mark Your Calendars

Monday, Nov 11 Board Meeting Cottage 6:30

Friday, Nov 22 FALL RAFFLE Hickory Hall 6pm
Takes The Place of November's Program Meeting

Monday, Dec 9 Xmas/Holiday Party
Hickory Hall 6:30pm

Monday, January 13 Board Meeting Cottage 6:30



President's Letter

Dear Crystal Lake Lions Club Members,

Well we are done with our first fundraiser Candy Days. I want to thank Lion Richard and Lion Mark on all their hard work in putting this together and the time spent on candy Days Friday and Saturday. I would like to also thank those who were able to man storefronts, have friend's man storefronts and all those who arranged to be or get sponsors. We still have a few weeks to get more sponsors. So Job well done.

Now it's time to focus on the fall raffle. Lion Jim and Lion Randy have been working for some time now putting this together. This year we will be encouraging Lion members to attend as the raffle will be a club meeting in lieu of our second meeting of the month. So let try to adjust your schedule to attend the raffle which is the Friday before Thanksgiving November 22nd. I am not sure how many tickets are left so if you are interested in buying or selling tickets let Lion Jim know.

So a little bit off the beaten path Lion Limbach is one happy camper with the packers being in first place, Lion Doug and myself still in the hunt with the Vikings in second place, Lion Pete and Lion Mike doing ok with their chiefs and saints, and then there are those few chosen members that insisted the bears would return to the Super Bowl looking at a last place team. Just saying.

I hope that we see all of you at the first November meeting or fall raffle if not Have a safe and enjoyable Thanksgiving.

In closing for those of you that were saying we were not going to make the move a little update. Grace was out in Arizona last weekend and we bought a house in the city of Maricopa. So my retirement from work is still set for January but we will be in Arizona the week of Thanksgiving and set to close Monday before Thanksgiving. So we still have some time here but it is moving fast and we are looking forward to our next chapter. Maricopa does have a Lions Club so it's all good.

Lion Nick

Lion President Nick Parashis

Meeting Schedule

Monday, Nov 11	Board Meeting	The Cottage 6:30pm
Friday, Nov 22	FALL RAFFLE	Hickory Hall 6pm
Monday, Dec 9	Christmas/Holiday Party	Hickory Hall 6:30pm
Monday, Jan 13	Board Meeting	The Cottage 6:30pm

The Crystal Lake Lions Club meets the second and fourth Monday. There are no club meetings in July and August. However, the Board meets in July/August to plan for the upcoming Lions year.

(Regular Board & Program Meetings begin at 6:30pm. Lionization at 6:00pm)

2019-2020 Club Officers

President Nick Parashis

1st Vice President Bill Davies

2nd Vice President Anita Wingfield

3rd Vice President Peter Collins

Secretary John Landon

Asst Secretary Norm Vinton

Treasurer John Dewey

Asst Treas Bill Limbach

Tail Twister Brennan Markee

Asst Tail Twister Rob Parrish

Lion Tamer Meghan Davies

Asst Lion Tamer Dave Moore

Asst Lion Tamer Ashley Funk

Director Doug Lomen

Director Rob Wood

Director Rick Miller

Director Jeff Thorsen

Director Randy Funk



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WORLD DIABETES DAY – NOVEMBER 14, 2019



World Diabetes Day — celebrated every year on November 14 — was created in 1991 by the International Diabetes Foundation. Diabetes is a chronic disease where the pancreas doesn't produce enough insulin. It can also lead to other chronic conditions like kidney failure and heart attacks, hence the push to draw attention to an illness with increasing numbers worldwide. Curious as to why we celebrate this important day on November 14 specifically? This date was picked because it's the birthday of Frederick Banting, who discovered insulin in 1922. So read on, and help us raise awareness of this important condition.

WHY WORLD DIABETES DAY IS IMPORTANT

A. It draws attention to the diabetes epidemic

Over a 25 year span (from 1988 to 2013) diabetes diagnoses increased roughly 380%. And these diagnoses are dangerous—by the year 2030 the World Health Organization predicts diabetes will be the seventh leading cause of death in the world. This condition demands attention—and that's why having a whole day dedicated to it is crucial.

B. Type II diabetes can be avoided

World Diabetes Day serves as a reminder to live our lives more healthfully. Type II diabetes can be limited through a healthy diet, regular physical activity and maintaining a normal weight. Tobacco use exacerbates type II diabetes as well, and is best avoided.

C. It's a reminder to be educated about diabetes

Type II diabetes has grown to epidemic proportions, but type I diabetes, formerly known as juvenile diabetes, is just as serious a health threat. Approximately 1.25 million Americans are diagnosed with type I diabetes, but the cause of the disease is unknown. However, the health effects are just as devastating as type II diabetes. World Diabetes Day serves as a reminder to know the symptoms of diabetes, get tested, and get treatment.

Want to Learn More About Lionism?

Check Out These Websites:

Lions Clubs International
Multiple District 1(Illinois)
Lions District 1-J
Lions of Illinois Foundation
Crystal Lake Lions Club

www.lionsclubs.org
www.illinoislionsmd1.org
www.district1jlions.org
www.lionsofillinoisfoundation.org
www.crystallakelions.org

Did You Know.....

As of 9/30/19.....

Multiple District -1(Illinois) 10 Districts	13,741
District 1-J(Largest in Illinois) 58 Clubs	2,142
Crystal Lake Lions are	49 Strong

We Serve
Through
Diversity



Dr Jung-yul Choi

International President

Editor

Lion John Landon, PDG, PCC

landon@mc.net (815) 385-1110

Where there's a need, there's a Lion



SINCE 1917
100
Be A Lion!

FALL RAFFLE
FRIDAY NOV 22
MICKORY HALL



Crystal Lake Lions Club
PO Box 48
Crystal Lake, IL 60039-0048