



# Rochester Lions Club

Home Club of Leader Dogs for the Blind  
[www.rochesterlionsclub.org](http://www.rochesterlionsclub.org)  
Meetings: 1st & 3rd Mondays, 6:30 pm Rivercrest

June, 2008  
**NEWSLETTER**



## President's Message...

**T**his past year was filled with a host of activities that brought our Lions together in a common bond that resulted in even greater levels of fund raising for those who depend on us most in our community. While we certainly accomplished quite a lot, we also felt the sadness of losing four valued Lions this past year. Lions Ralph Vitale, Edsel Peacock, David Beane and Joe Vigliotti will be sorely missed. I'm sure their maker will be putting all to work and taking advantage of their invaluable skills, talent and caring. They were "Lions" in every sense of the word.

This has also been a year that will always remain special to me. Being President of our Rochester Lions was a great privilege and honor, but also a wonderful challenge and a great learning experience. Thanks for your wonderful participation, your patience...but most of all your genuine caring and concern in all that we accomplished together.

The Club served the community in many ways this past year...and accomplished a lot through the efforts and hard work of our respective Board of Directors and, of course, you, our valued Lions. What a wonderful group of men and women we are blessed to have in our Club. Thanks to each and every one of you. Together, our Club made things happen that no individual could have accomplished alone. You should all be justifiably proud.

David McKenzie will be assuming the reins of office later this month. I am confident David will do a superb job as our 2008/2009 President. I'm sure he will have the same kind of support you afforded me as our Club continues its outstanding job of serving. While my tenure as your President comes to an end, it certainly isn't the end of my Lionism by any means. I now become "Immediate Past President" and have a year that I will especially cherish forever. I now have had many different experiences as a Lion and you all, my fellow Rochester Lions, have helped me to see life, and our community... from a much wider and wonderful perspective. **May God Bless You All!**

*With Thanks and Much Gratitude  
Sincerely, Jim Williams*

**"Be thankful we're not getting all the government we're paying for."**

**Will Rogers (1879-1935)**



**June Meeting Theme**



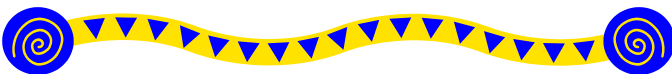
“I am what you make me; nothing more. I swing before your eyes as a bright gleam of color, a symbol of yourself.” Franklin K. Lane—

US Secretary of the Interior—Flag Day, 1914



**Looking Ahead—**

- June 2**—Regular Meeting, Doc O’Brien Grant Award Dinner served at 7pm
- June 9**—RLC Board Meeting—Williams’ Home 7 pm
- June 16**—RLC Installation Banquet—Rivercrest Reservations—David McKenzie 6:30 pm
- June 28**—Puppy Day at Leader Dogs for the Blind



**District Events**

**June 7**—Dad to Dad Yard Sale/Flea Market  
Sterling Heights Lions Club  
7 am to 4 pm (rain or shine)  
All Sorts of Goodies  
All Spots \$20.00  
Contact Gus Malmberg 586-293-3466  
for more information or to register

**June 21**—5th Annual “Wag, Woof & Walk for Leader Dogs” Bloomer Park  
All Proceeds Benefit Leader Dogs for the Blind  
Contact Leader Dogs for More Info.

**June 17**—Clawson Steak House Open  
Boulder Pointe Golf Club  
Scramble Format 12:30 pm Shotgun Start  
Clawson Lions Club  
\$125 per person incl 18 holes + dinner, etc.  
Contact: Jim, Nick or Kosta –Clawson Steak House—248-588-5788 to register  
All proceeds to Leader Dogs for the Blind

**July 19**—Lake Orion Lions Club  
13th Annual Golf Outing  
Devils Ridge Golf Course  
3700 Metamora Rd.– Oxford, MI  
\$95 per person incl steak dinner & dancing  
At Opa’s in Lake Orion—Live Band



**New CPR Rules...  
No Mouth to Mouth...Chest  
Compressions Only**

**C**athy DeLave of CPR Plus made a very interesting presentation to our Club on May 19 on the latest CPR (cardio-pulmonary resuscitation) techniques.

In the photo at left, Jared Hjelmstad (left) of Temecula, CA...visits with Garth Goodall at the Rancho Springs Medical Center in Murrieta, CA...days after Goodall collapsed while working out at local health and fitness center. Hjelmstad used “hands only” CPR technique to keep Goodall’s blood circulating until paramedics arrived and took over.

This is but one more example demonstrating how vitally important it is to have a small group of our Rochester Club members trained in CPR...to assist anyone, including our members, at the many events we sponsor and participate in throughout the year. It could save a life.

If any Lions are interested in getting trained in the latest CPR techniques, please contact Randy Whitmire at (248) 930-6420 for more info.



## Happy Birthday!



The following Lions have a birthday in June:

Bill Luberda—June 18  
David McKenzie—June 20

Wishing each of you...a very Happy Birthday!

**“Far and away the best prize that life offers is the chance to work hard...at work worth doing.”**

Theodore Roosevelt  
Speech in New York, Sept 7, 1903

## Donor Organs Saved Lives..

Nicole Lingeman, granddaughter of Rochester Lions Jim & Diane Leach, passed away recently giving birth to a lovely great granddaughter. And, through the generosity and kindness of her husband and the immediate family...Nicole's donated organs have saved the lives of six (6) other individuals in our community: a 51 yr old man received her heart; a 55 yr old man received her liver; a 17 yr old woman received her right kidney; a 51 yr old woman received her pancreas, and a 24 yr old woman received a double lung transplant.

Nicole was a hero in every sense of the word. Her life goes on...in the minds and bodies of those she saved. Please consider organ donation today. Regardless of your age...your organs could save the lives of many others.

Ed.



## Lions Respond... China Castastrophe

Dear Fellow Lions,

Press Release

(Sunday– May 15) - I want to update you on LCIF's response to the devastating 7.9 magnitude earthquake that struck central China on Monday, May 12. LCIF is mobilizing US\$1.5 million to aid Lions-led relief efforts in China.

Lions and LCIF are already responding to the powerful, massive earthquake. Lions in Hong Kong and Macau have raised more than US\$600K and LCIF has committed an initial grant of US\$500K to address immediate needs and provide medicines, clothing, blankets, water purification and temporary housing.

Local Lions have already sent 5,000 tents for displaced victims, and more are on the way. Through a vast network of Lions clubs members in Hong Kong and China, Lions and LCIF are also dispatching relief teams to the affected areas to deliver supplies and assist with hands-on relief efforts.

The foundation expects donations from Lions around the world to surpass US\$400K in the first week alone. Your donations will support both immediate and long-term reconstruction efforts. Every dollar that you donate will go directly toward the relief efforts in China. Please visit the LCIF website to contribute.

For more information about LCIF's relief efforts for the Chinese earthquake, please view the foundation's website. This page will continue to be updated regularly with response efforts. Please distribute this release to your local media.

Together, Lions can bring a sense of hope and healing to those greatly affected by this disaster.

Yours in Lionism,

Jimmy M. Ross, Chairperson, LCIF



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# Press Release

Contact: Bill Claussen

Phone: (248) 760-4234

FOR IMMEDIATE RELEASE

9 A.M. EDT, May 7, 2008

**COMMUNITY FOUNDATION OF GREATER ROCHESTER  
 ANNOUNCES THE CREATION OF THE ROCHESTER LIONS  
 CLUB, TODD MINBIOLE MEMORIAL NEW SCHOLARSHIP FUND**

ROCHESTER HILLS MI, MAY 7, 2008: The Community Scholarship Awards Reception was held Tuesday May 6<sup>th</sup> at the Rochester Older Person's Commission auditorium in Rochester. The annual event is held each year to award the winners of scholarships from The Community Foundation of Greater Rochester, the Rochester Community Schools Foundation, Rochester Kiwanis Club and the Rochester Rotary Club. This year there were fifty five scholarships, from 33 different sources, presented to deserving Rochester area graduating seniors. During the opening ceremonies, Peggy Hamilton, Executive Director of the Community Foundation of Greater Rochester, announced the creation of a new scholarship fund. Beginning in 2009, the Rochester Lions Club, Todd Minbiole Memorial Scholarship will be added to the growing list of scholarship funds. This scholarship will be awarded to a Rochester, Adams or Stoney Creek High School senior pursuing continuing education in college or technical/vocational training. The student must have maintained a 2.75 or higher GPA, and actively involved in and demonstrated a contribution to community service.

Peggy recognized Craig and Barbara Minbiole as well as Jim William, President of the Rochester Lions, and Bill Claussen, Chairman of the scholarship fund project, present at the awards reception. Peggy thanked the representatives and said how pleased the Community Foundation was to add this new scholarship to the growing number of annual awards.



From L – R Bill Claussen, Craig and Barbara Minbiole, Peggy Hamilton and Jim Williams



## Larry Cole—Lion of the Month!

Larry Cole has been a member of Rochester Lions Club since 1988. In those 20 years he has contributed a great deal of his time, talent and energy not only to our Club, but to the entire region. He served as secretary for the club for many years before going through the chairs and taking on the presidency from 99-2000. He has also served on the board of directors for many years.

At the district level he has been a Zone Chair, Cabinet Secretary/Treasurer and is currently Region Chair-elect. He has served as membership zar and been involved in Campaign Site First.

Larry has earned both a Melvin Jones and Progressive Melvin Jones awards during his illustrious service for Lions.

Being born a triplet perhaps Larry thinks he has to do three times as much as most! He was born in Muskegon, Michigan along with his brother and sister to very surprised parents. He also has two older brothers and another sister. Growing up on a small farm in Fremont, Michigan Larry did everything from picking cherries to bailing hay. His parents stressed individuality so after graduation from high school each of the triplets headed off to different colleges. Larry went to Michigan State University and majored in computer science. Larry met Kate Cryderman through a good friend and Kate and Larry married in 1974. The Coles moved to Rochester from Novi in 1975. Daughter Kara was born in 1976 and son Kevin followed in 1979. Larry worked for Control Data Corp. as a contract employee to Chrysler and eventually was hired by Chrysler.

The Coles are active members of The First Congregational Church where Larry has served on many committees. In 1979 Larry purchased his sailboat, was given pointers by a good friend. Larry and Kate raced the boat for several years. Larry enjoys going out with his lovely, beautiful wife, Kate, and specially spending time with his grand daughter, Taylor, and sailing, skiing, wood working and serving with our Rochester Lions.

Larry, we appreciate the dedication you have demonstrated in serving others through Lionism. We are lucky and proud to have you as a friend and fellow member of the Rochester Lions Club.

**We proudly salute Larry Cole ...as Rochester Lions Club...."Lion of the Month."**

**"I'm not concerned about all hell breaking loose, but that a PART of hell will break loose...it'll be much harder to detect."**

George Carlin



# Heritage Rod & CustomCar Festival Saturday, May 24, 2008





# Heritage Rod & Custom Car Festival

Continued from Previous Page



Obviously, our Heritage Rod & Custom Car Festival was a smashing success this year! While we haven't tallied up our gross or net proceeds...we KNOW that it will be an improvement over last year's "water logged" event. Special thanks to all those who volunteered: Celia Domalewski, Dan & Jim Williams, John Benczik, David McKenzie, Bill Luberd, Pat Essian, Dennis Scott, David Bates, Randy & Sharon Whitmire, Art Carlson, Chris DeVilling, Sherry McBroom, Lynn Miller, Arnold Sell, Don Westphal, Jim & Diane Leach. Final results will be announced at our next regular meeting. Sincerely, Bill Claussen & Eric Bothwell.

## Special Guests in May



**Highlights—**Jim Johnston visited our Club on May 5 and gave a brief presentation on the Lions Michigan Hearing Center..while also assisting one of our guests with a hearing aid application. Lion Al Lucas gave us the results of our White Cane Week efforts...to loud applause..as we exceeded our goals this year...with more than \$21,000 in overall donations. Lion and Immediate Past President Sherry McBroom also was awarded her “100% President’s Award” for meeting District Governor’s goals as our Rochester Lions Club President during her 2006/2007 tenure.





### Benefits of Garlic in Fighting Heart Disease

Numerous clinical trials have looked at the role and benefits of garlic supplements in heart disease. Many of these randomized studies showed positive benefits of garlic in heart disease: in particular, lowering total cholesterol, LDL cholesterol (the [Bad cholesterol](#)) and triglycerides (Also Read: [How to lower Triglycerides?](#)). A few small randomized trials also suggested the benefits of garlic in the prevention of platelet aggregation and thrombosis (the formation of plaques in the blood). Another study also showed that aged garlic extracts lowered [high blood pressure](#). Most of these studies are relatively short-term, therefore we do not know if the positive benefits of garlic will last more than 3 months. Please also note that there were a number of studies showing conflicting results.

#### How much Garlic?

The American Dietetic Association suggested that in order to obtain the potential health benefits of garlic, one must take 600 - 900mg (about 1 fresh clove) per day.

#### Other Benefits of Garlic

Some studies looked at the potential benefits of garlic in cancer prevention. Some suggested that garlic inhibited the development and progression of breast, colon, stomach, esophagus, prostate and skin cancers in test tubes and in animals. Read [Benefits of Garlic in Cancer](#)

Other studies also showed that garlic exhibits antibiotic and antifungal effects.

“Remember, that there is nothing stable in human affairs; therefore avoid undue elation in prosperity, or undue depression in adversity.”  
Socrates (469BC—399 BC)

Canister Collections Update  
Lion Arnold Sell collected a total of \$657.50 for the period March 28 to May 22, 2008 from 9 canister locations around the area.  
Thanks so much, Lion Arnold!



### Stretching Muscles - Benefits

Most people do not generally give stretching enough consideration. However, stretching reduces the chance of injury. Age stiffens and shortens our tendons and ligaments. The result is limited range of motion, bad posture and painful movements. Stretching can reverse these effects of aging. Exercise can also shorten range of motion. When a muscle is exercised, it becomes shortened and tight. Over a period of time, as the muscle gains strength, it stays in this tight and contracted form reducing range of motion.

Cold muscles should never be stretched. Always warm-up the muscles before stretching. Warm muscles and connective tissues are more pliable than cold ones. Stretching reduces the potential for injury by warming up and lengthening the muscles and connective tissue. Stretching after exercise reverses the tightening and shortening effect of exercise on the muscles and connective tissues. Stretching and strength increase together because when the muscle is lengthened is has a longer stroke to full contraction, thereby generating more work. Stretching can also reduce tension. Studies have shown less electrical activity within a muscle after stretching.



# You....



## ...have a **GREAT Day!!!**

**Life is short!  
Break the rules! Forgive quickly! Kiss Slowly!  
Love Truly. Laugh uncontrollably...**

**And never regret anything that made you smile.**

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