

The River

November 2024



Newsletter Editor: September Stokes

**CRL Clean Team
Gone Visiting....
Welcome new members!**



Feature: Diabetes

Coquitlam River Lions Club Monthly Newsletter
Coquitlam, British Columbia, Canada
District /Zone O-3, Multiple District 19

Club President: Rosalie Kunic

Zone Chair: Gerry Becker

Home Club: Coquitlam River Lions

District Governor: Beth James

Home Club: Renton Lions



MISSION 1.5





Did you know?

- **Every three minutes**, someone in Canada is diagnosed with diabetes.
- When you live with diabetes, **you're never off the clock**.
- Diabetes is a **continuous cycle** that demands your time, attention, and energy.
- People living with diabetes are two to three times more likely to live with **depression**.



Lions International

LIONS AND LEOS, WITH THE SUPPORT OF LIONS CLUBS INTERNATIONAL FOUNDATION (LCIF), ARE WORKING TO REDUCE THE PREVALENCE OF DIABETES AND IMPROVE THE LIVES OF THOSE LIVING WITH DIABETES.



FACTS AND SERVICE IDEAS

Learn about diabetes and how your club can make an impact.

lionsclubs.org/diabetes



In recent years, an annual **6.7 million deaths** are due to diabetes — **1 in every 5 seconds** (International Diabetes Federation).



It is estimated that by 2030 there will be **643 million adults** ages 20-79 living with diabetes (International Diabetes Federation).



Diabetes accounts for **11.5% (US\$966 billion)** of the global health expenditure (International Diabetes Federation).



About 3-in-4 adults with diabetes live in low- and middle-income countries. (International Diabetes Federation).



Promote education and awareness by taking one of several free online courses by the **International Diabetes Federation** to better understand diabetes. Consider featuring the courses in a club service activity and sharing with your district and multiple district.



Bring people together to raise awareness about diabetes on **World Diabetes Day** — November 14. Share your impact with photos, videos and other assets on social media using the #WorldDiabetesDay hashtag.



Develop a diabetes resource list by connecting with a local health department or hospital. Use the **Club and Community Needs Assessment** to address your community's specific needs.



Organize a weekly walking club or yoga event to promote healthy living.



It is important to know the risks of diabetes. Check out this online **Diabetes Risk Assessment** and share with your community.



Work with community health organizations to distribute diabetes supplies to individuals who may not have access to adequate tools to manage their diabetes.

Welcome Nicole and Kim to the Coquitlam River Lions!



Our Lions family just grew by two! On November 6th, our **1st Vice District Governor September Stokes** inducted two new members into the Coquitlam River Lions Club: **Nicole Byth and Kim Macey**. It was also the introduction of a new candlelight ceremony to welcome new Lions, and it made the event very special and memorable. Thank you so much to **Patti and Dave** for sponsoring our two new Lions, and we look forward to having them help us serve our community with fun and fellowship as only Lions can! **Welcome Nicole and Kim!**



Sarah received her International President's Certificate of Appreciation, originally given at our Zoom meeting by District Governor Beth James in September.

Environment: Adopt A Street meet The "CRL Clean Team!"

If you had told us that we would collect not one but two black trash bags full of garbage on one street in Coquitlam, along Pinetree Avenue from David to Guildford, I would have said "You're crazy. I walk that route regularly, and there's no litter." Boy was I wrong! On Sunday, November 24th, we implemented our first Adopt A Street cleanup. We adopted the project, in fact, from the former Barnet Lions, when a few of their members joined our club. **Sarah, Patti, Kim and September** were joined by **Byron Lim**, with all the tools we needed, and set out to look for garbage. It's not really visible until you start looking for it, but find it we did, and we felt such a sense of accomplishment in helping make our environment better. We even found a couple of large car parts, like a hubcap and a trunk liner. But all the little stuff sure added up to a lot of trash taken off the street. It took less than two hours, and we all had such a great time. We have official signs coming soon from the City of Coquitlam, that identify our club having adopted that street. In the New Year, we will set aside one day a month to make this a regular event. Stay tuned for the dates and times, and come join the **CRL Clean Team** with the Coquitlam River Lions Club.



Kim went a step further by clearing leaves out of the storm drains while we were at it.



Club Visits and Events in November



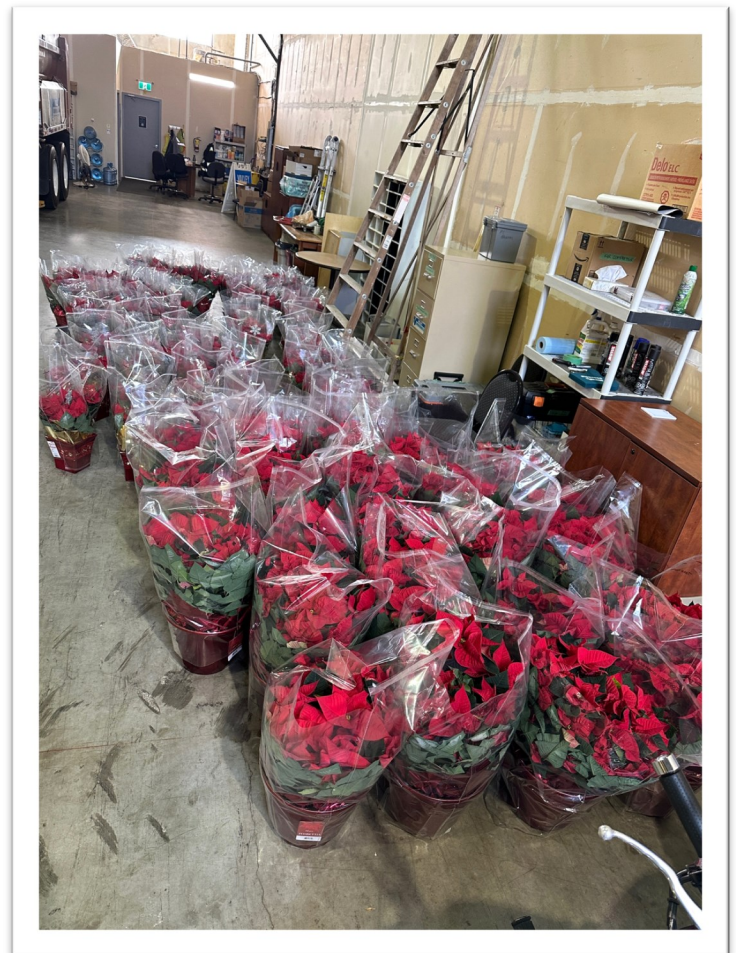
Congratulations to the Chilliwack Mount Cheam Lions Club on achieving Excellence! **1st Vice District Governor September Stokes** made her official visit to the club on November 26th, along with fellow CRL members **Rosalie and Richard**, and **Zone Chairman Gerry** (thank you for driving, Gerry!). On behalf of **District Governor Beth**, September was pleased to present them with a Club Excellence Award from Lions Clubs International, for the previous Lions year. **Past President Fred Notheisz** was presented with a special pin for him, and a banner patch for the club. Current President **Lesley Ward** was also on hand to receive this very special recognition; only 6 clubs in our District applied and received it, and of those, only two were Canadian clubs. Well done, Lions!



November 28th was delivery day at the Valley Driving School warehouse for over 150 poinsettias for our 2nd annual Poinsettia sale fundraiser. **This is more than double what we sold last year!**

Orders were taken in advance, for your choice of three sizes; \$10.00 for a six inch regular, \$15.00 for a six inch fancy (with glitter and a decorator pot) and \$35.00 for the big beautiful 14 inch version.

Thank you to Richard for coordinating all the orders and payment. Thank you to everyone who came and picked up their orders right away, and thanks to all who purchased these direct-from-the-grower holiday plants. All funds raised go to support our Lions Club projects.



"
SMALL ACTS, WHEN
MULTIPLIED BY MILLIONS OF
PEOPLE, CAN TRANSFORM
THE WORLD.
"

— HOWARD ZINN



December 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Club Meeting 7:00pm	5	6	7
8	9	10	11 Board Meeting 7:00pm @ Library	12	13	14
15 	16	17	18 Xmas Pot Luck! 7:00pm	19	20	21 SHARE Toy Bank Registration
22	23	24  Twas the Night before Christmas...	25 	26	27	28
29	30	31 				

Last Chance to get your 2025 Dog Guide Calendar!



Don't miss out, there's only a few left of the 2025 Green Capes 2024 Dog Guide Puppy Calendar. These make a wonderful gift, or treat yourself. It's only \$20.00, and the proceeds support the Lions Foundation of Canada Dog Guides. These will sell out, so don't wait. Contact **Richard** at lionrichard@shaw.ca to reserve yours.




Membership Roster 2024-25

Board of Directors:

Rosalie Kunic	rosaliekunic@shaw.ca	(President)
Sarah Swanson	ssarahcs@telus.net	(Vice Pres)
Patti Byth	pattibyth@gmail.com	(Secretary)
Ryan Stokes	ryansstokes@gmail.com	(Treasurer)
September Stokes	lionseptember92@gmail.com	(Director)
Richard Simonson	lionrichards@shaw.ca	(Director)
David Macey	davids.macey@gmail.com	(Director)
Rosemary Small	rosemary.small24@aol.com	(Director)
Gerry Becker	gbecker@telus.net	(Past Pres)

Members:

Dawn Becker	dawn.becker@iwafibp.ca
Nicole Byth	nicoleebyth@gmail.com
Sharon Hughes	moodydomesticgoddess@shaw.ca
Terry Hughes	askterryhughes@gmail.com
Yvonne Langevin	talking2yvonne@gmail.com
Kim Macey	kimmacey8@gmail.com
Lynne McInally	lm6463@outlook.com
Kim Schoffer	lionkimschoffer@gmail.com
Jim Small	jsmall1943@aol.com
Courtney Stokes	courtneystokes506@yahoo.ca



Bring your change to our club meetings for our new:

Let's Make A Deal 50/50 draw.

Each meeting, purchase your draw tickets, 1 for \$2.00 or 3 for \$5.00. If your ticket is drawn you can keep the cash prize, OR.....you can trade it for what's in the surprise package? You never know, it could be something fabulously unique and interesting, could be a TUG (totally useless gift) in the spirit of Let's Make a Deal. It's fun, entertaining, and the money raised goes to help our club.



Coquitlam River Lions Club

Chartered March 2022

Meets 1st and 3rd Wednesdays, 7:00pm
 River Springs Recreation Centre
 1950 Lodge Drive, Coquitlam, BC
 www.coquitlamriverlions.club
 Email: coquitlamriverlions@gmail.com



Canadian Lions Eyeglass Recycling Centre



CLERC

Centre de recyclage de lunettes Lions du Canada