

# The River

September 2024



Newsletter Editor: September Stokes

- Planning Session
- Environment Corner
- Gone Visiting....
- The Muffin Analogy



The buzzword was “re-energized” after our Planning Session on Saturday, September 28th. Facilitated by **Kim Macey**, we had some insightful discussions on where we see the club and its role in the community as well as with Lions International. We identified a few key focus areas that will help us to perfect our “Elevator Speech” about the Coquitlam River Lions and what we do, which should help us to hone in on projects and build our membership. Thank you to **Dave, Ryan, Sarah, September, Rosalie and Richard** for being there, and check out our new banner!!

## Feature: Childhood Cancer

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



Council of Governors meeting  
October 18 and 19  
Chilliwack, BC

# Monthly Spotlight: Childhood Cancer

One of the Lions International Causes is Childhood Cancer, so since the month of September is Childhood Cancer Awareness month, let's look into this. Did you know that in the United States, one in five children diagnosed with cancer will not survive? That's frightening. As a parent, when your child is sick or injured they look to you to make them feel better. Cancer is not something you can "kiss and make it go away." We all know someone who's battled cancer, here's some info about children:

## Facts

Globally, childhood cancer looks like this:\*

**400,000**

children diagnosed annually

**9 in 10**

diagnosed children live in low- and middle-income countries (LMICs)

**<30%**

of children with cancer in LMICs survive, compared to  $\geq 80\%$  in high-income countries

\*World Health Organization (Updated annually)



Lions International

LIONS AND LEOS, WITH THE SUPPORT OF LIONS CLUBS INTERNATIONAL FOUNDATION (LCIF), PROVIDE SUPPORT FOR THE NEEDS OF CHILDREN AND FAMILIES AFFECTED BY CHILDHOOD CANCER THROUGH IMPACTFUL SERVICE ACTIVITIES.

Organization or Facility Support

Patient and Family Support



## CHILDHOOD CANCER AWARENESS, EDUCATION AND ADVOCACY

Raise awareness of the impact of childhood cancer, educate your community members and create positive change.

### SUSTAINABLE DEVELOPMENT GOALS

The United Nations Sustainable Development Goals (SDGs) provide a shared blueprint for peace and prosperity for people and the planet, now and into the future. The 17 goals are an urgent call for action by all countries — developed and developing — in a global partnership. Achievement of the SDGs also relies on the involvement of volunteer organizations who connect governmental strategies and initiatives with complementary, yet essential, community action.



Cancer is the **number one** cause of death by disease among children (Children's Cancer Cause).



A cure is possible for more than **80% of children** with cancer when childhood cancer services are accessible (World Health Organization).



Of children diagnosed with cancer globally, **62.6% die** from the disease within five years (Cancer.net).



Only **20% of countries** globally reported early detection programs or guidelines to strengthen early diagnosis of childhood cancer symptoms at the primary care level (World Health Organization).

### THIS SERVICE AREA SUPPORTS SDG #3

**3** GOOD HEALTH AND WELL-BEING



**ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES**



**6.2 million child deaths** could be averted between 2020-2050 through investments to increase the availability of childhood cancer healthcare services (World Health Organization).



The most effective strategy to reduce the impact of cancer in children is prompt, accurate diagnosis followed by effective, **evidence-based therapy with tailored supportive care** (World Health Organization).

Childhood cancer is rare, but it can be more dangerous than adult cancer, since children are still growing and their bodies are not fully developed. About 1000 children in Canada are diagnosed with cancer each year. What are the most common types of childhood cancer?

- **Leukemia** - Leukemia is a cancer of the blood and bone marrow, and it accounts for about 30% of all childhood cancers.
- **Brain and Central Nervous System Tumors** - These tumors can occur in various parts of the brain and spinal cord and can cause symptoms such as headaches, nausea, and changes in vision.
- **Neuroblastoma** - This cancer develops from nerve cells. It is most commonly found in the adrenal gland, but it can also occur in the neck, chest, or abdomen.
- **Wilms Tumor** - This affects the kidneys, primarily in children under the age of five. Symptoms can include a

# October 2024





# Club Visits and Zone Meeting highlight



North Surrey Board of Directors: Toni, Rick, Sheela, Donna, David and Val with 1st VDG September



President Donna sponsored Visham and Shiva Bissessar into the North Surrey Lions



Richard and Gerry joined our 1st VDG September on her first official visit in this new role, to the Chilliwack Stellers Jay Lions Club on September 16th. The club served a hearty meal and they love to sing! It was a very enjoyable evening for all. The next night, Gerry and Rosalie joined September at the North Surrey Lions where she not only installed their incoming club officers, but also inducted two new members: Visham and Shiva, who were both sponsored by President Donna.



Zone Chair O-3 Gerry Becker hosted his first Zone meeting on Wednesday, September 18th. Hosted by Coquitlam River Lions, it was attended by three of our four clubs (Surrey Central had their Spaghetti Feed that night) and the 20 attendees enjoyed a super presentation by Greg Reeder, who works with the Mission Aviation Fellowship. Their purpose is to fly into hard to reach areas around the world to provide aid and assistance, and there are many similarities to what Lions do. Visit their website at [maf.org](http://maf.org) to learn more, and thank you to Greg for a great presentation. We learned a lot!



Greg Reeder from the Mission Aviation Fellowship spoke at our Zone meeting on September 18th



People are often shocked to find out that we pay yearly dues but.... they only work out to about a cup of coffee a week & these dues cover the cost of running our club which means

**100%**

of the money we raise through events & donations goes right back in to our community.

**We're PROUD of that!**



## Environment Corner:

Here are some ideas you can try to help make this fall season sustainable and environmentally friendly:

**Visit a forest.** We have one right here, just go for a walk along the Coquitlam River.

**Decorate your home** with elements from nature. Make a wreath out of fallen twigs and leaves.

**Enjoy a pumpkin-spice latte** even more by bringing your own reusable mug.

**Go shopping at a thrift store.** Buying things second-hand benefits the environment.

**Read books** when it's raining.

**Donate warm-weather clothes** to a local shelter

**Make your own Halloween costume**, instead of buying a pre-made one.

**Bake your own treats.** This cuts down on packaging, and it tastes so much better.

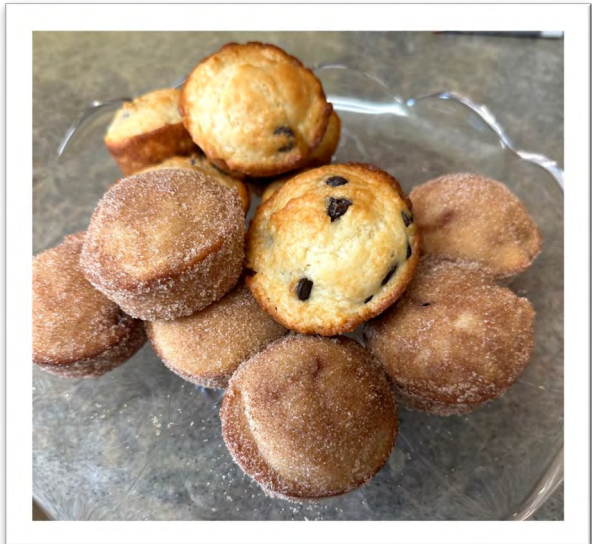
**Make your own non-toxic candles** for yourself or for gifts. [Click here](#) to learn how to do this.

**Go to the Farmers Market**, buy foods grown locally.



## The Muffin Analogy

At our planning meeting, Rosalie brought homemade egg bites (yum!) Sarah brought Starbucks coffee, and September brought muffins. So what was the muffin analogy? September explained: "When I started baking the muffins for this session, I was just going to do a double batch of my favourite chocolate chip muffins. However, I decided instead to do two different recipes, so I picked something I had never tried, but it had a cool name; Muffins that Taste Like a Donut. I realized soon after I started baking them that these muffins represented Lions Club projects. You have some projects that are tried and true, sometimes a tradition even, and people know what it is, and even look forward to it. But you can't just rely on those same old projects year after year, so to have a balance, generate new enthusiasm and even bring in new members, you need to introduce new projects too. Do you have all the ingredients? Have you got the plan? And once you try it the first time, will there be any tweaks and adjustments to make it better the next time? You can't always just have new projects, so you need both." We are working on developing some new projects, so keep "the muffin analogy" in mind. "Oh, and I will be tweaking the new recipe when I do it next time, so that I can inject the jam filling rather than spoon it in." Don't be afraid to try new projects, and if you have an idea for one, we'd love to hear it, send us an email or bring it up at one of our club meetings.





# 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
Sharon Hughes	moodydomesticgoddess@shaw.ca
Terry Hughes	askterryhughes@gmail.com
Yvonne Langevin	talking2yvonne@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

