



# Lioness District 11-C2 Newsletter



February 2015

Newsletter Editor Lioness Denise Temple DS PDP

Edition 6

From Your District President:

Hello to all Lionesses

It's that time of the year for Lions and Lionesses District Convention. Our Convention Committee has been hard at work planning it. From what I hear this Convention is going to be GREAT. Hope to see MANY, MANY of you there.

Remember: Every time you smile at someone, it is an action of love, a gift to that person, a BEAUTIFUL THING!



## DATES TO MARK ON YOUR LIONESSE CALENDAR

Feb. 7, 2015 District Cabinet Meeting 9 a.m. Prairie Creek, DeWitt

Feb 22, 2015 2:00pm District Get-together at the Bancroft Lions Hall

March 20-23 District Convention, Comfort Inn, Mt Pleasant

April 10, 2015 6:00pm Lions Bear Lake fundraiser, Masonic Temple Grand Ledge

May 2, 2015 District Cabinet Meeting 9 a.m. DeWitt Memorial Building



## KNOW THE WARNING SIGNS



**One in Three women dies of heart disease or stroke every year according to the American Heart Association! These are not good odds for us!**

### **SIGNS OF A HEART ATTACK**

1. Feeling like you are suffocating, or can't catch your breath
2. Dizziness
3. Sweating, cold and clammy
4. Extreme fatigue
5. Pain in the chest, either arm, jaw, between shoulder blades
6. Heart burn, nausea, vomiting (and you didn't eat something bad)
7. When symptoms are sudden and last at least 3-5 minutes or longer, get checked out
8. Women typically feel like they have a burp that needs to come out, a pocket of trapped air.

**Don't hesitate, seek medical attention!**

### **SIGNS OF A STROKE**

1. Sudden numbness or weakness of the face, arm or leg, especially if it is one sided
2. Sudden confusion, trouble speaking or understanding
3. Sudden trouble seeing or blurred vision in one or both eyes
4. Sudden trouble walking, dizziness, loss of balance or coordination
5. Sudden severe headache with no known cause

**NOTE THE TIME OF SYMPTOM OCCURRING AND CALL 911!!**

## Region Meeting:

We have some very yummy homemade soups and desserts coming your way at a very reasonable price with the opportunity to make some great memories with your Lioness family. February 22 at 2pm @the Bancroft Lions Hall.

Lioness Janet Amidon 989-413-0641 & Lioness Aleta Cozart 989-277-2833

Your District President wants us to  
"Blend in Service"

Visit the other clubs in our District  
Surprise everyone and  
Visit clubs in other Districts!!



Prayers to all!  
These are a few of our Lioness Family  
That I have heard are in need  
Of some extra Prayers  
Lioness Janet Dunn  
Lioness Karen Kraft PDP  
Lioness Denise Temple PDP  
Lioness Laura Spence PDP  
Family of Lioness Carolyn Spitzley  
Our Lioness District and Leadership



**We need Lioness members to take District Offices for 2015-2016**  
**Start talking about it at your local meetings**  
**Don't be afraid to step up, you don't get fired, just more training!**



The leadership and membership committee  
Has a new program this year  
And would LOVE  
To visit your club!!

We need more members, give us a try!  
Contact Lioness Dona Gartside PDP



**“St. Valentine’s Day is the most romantic day of the year and has been for many centuries; however do you know the trivia behind the holiday? Where did the celebration of Valentine’s Day originate? Or how traditional gifts of love became popular?”**

**\*2<sup>nd</sup> highest card sending holiday- The greeting card assoc. estimates that approximately one billion valentines are sent annually.**

**\*Valentine’s Day Cards are not just for lovers anymore. Many are bought for friends, family and lovers.**

**\*Married Valentine’s. During the mid-17<sup>th</sup> century, even married folk took a Valentine and that person was not always their legal significant other.**

**\*The name Valentine comes from the Latin word valor, meaning worthy**

**\*Valentine’s Day was named for two men, both Christian martyrs named Valentine who were associated with romantic love in the middle ages.**

**\*St. Valentine’s Day was declared an official holiday in 1537 when England’s King Henry VIII declared it for the first time.**

**\*In the Middle Ages, people believed that the first unmarried person of the opposite sex that they met on the morning of Valentine’s Day was the person they were destined to marry.**

**\*In Medieval times, girls ate unusual foods on St Valentine’s Day to make them dream of their future husband.**

**\*February 14 was long associated with fertility and love even before St. Valentine lived. It was the day that birds traditionally chose their mates.**

**\*Elaborate handmade love messages, cards and gifts for Valentine’s Day became popular during the 17<sup>th</sup> century.**

**\*It was believed that if a woman saw a robin flying overhead on Valentine’s Day, it meant she would marry a sailor.**

**\*Consumers spend an average of over \$75.00 on Valentine’s Day gifts, the most popular being chocolates, food, wine and flowers.**

**\*The greeting card association estimates that 85% of all Valentine Cards are purchased by women.**



District 11C-2 Lions & Lioness!  
WANT TO HAVE A FUN TIME?  
JOIN US....



Your District Convention committee is working very hard to plan a GREAT weekend. The District 11-C2 Convention will be held March 20-22, 2015 at the Comfort Inn in Mt Pleasant. The phone number to reserve your room is 989-772-4000 and make sure you tell them that you are with the Lions of Michigan District 11-C2 Convention. The room rate is \$75.00 plus taxes. We will have a very entertaining DJ at our Friday night party. They will be serving snack foods at the Friday night party, so take advantage of the local restaurants to have a good dinner with your friends. There will be an open bar Friday night too. The theme for Friday night is “we mustache you to paint the night”, so let’s see you wear your best mustache and/or your best Rembrandt imitation! Saturday morning is the Lioness Awards Breakfast, open to all! We will be having a buffet style breakfast with good choices like quiche and pancakes. We will then break for Lions and Lioness business meetings. In the afternoon we will all get back together for the Lions Awards Luncheon, open to all! We will be having either meat lasagna or veggie lasagna with salad and extras. We will have 3 choices of things to attend after the luncheon. 1. You ask, We answer seminar. The visiting ID will be available for comments at this. 2. Lion Tom Doyle PDG is doing “The end of Lionism as we know it today” and 3. The MI Eye Bank has some announcements to share with all of us. Take your pick, they all sound very interesting. Lion Billy White DG and Lioness Jean Stah DP are both on the same page with their basic beliefs. They both want to see all of us “Blending in Service”. We all have the same goals to help make this world a better place. The theme for the entire weekend is “We mustache all Lions and Lioness to Blend together in service”. We will be recognizing our Veterans at the Lion luncheon, and if you haven’t witnessed this, it is very heartwarming! The Saturday night banquet will offer a ham or turkey dinner. The visiting ID will be our guest speaker. It is always nice to see everyone all gussied up. Lion Mike Golden and Lion Ken Ridalls 1VDG will be running a raffle, giving away prizes at the Friday party, Lioness breakfast, Lion luncheon and finish giving the rest of the gifts out at the Saturday night banquet. Lion Mike has received some donations from Lion and Lioness clubs, but is still looking for more donations. The Sunday morning Memorial Service is our way to pay tribute to our Lion and Lioness that have passed on in the past year. If your club has lost anyone, please get the information and a picture to Lion Bob Tetzlaff PDG so he can prepare the memorial. Lion Dave Bennett PDG will once again be the chairperson for the memorial and the breakfast will be a buffet with French toast, quiche, potatoes, ham and croissants. Please get your registrations in asap. Please keep in mind, the more people we have that attend the meals, the better price options we will get in the future.