



**COQUITLAM RIVER**  
LIONS CLUB

# The River

**November 2023**



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

**Club President: Rosalie Kunic**

**Zone Chair: Robin Woolmer**  
Home Club: Surrey Central Lions

**District Governor: Joel Haggen**  
Home Club: Bellingham Fairhaven Lions

**Newsletter Editor: September Stokes**

# District Governor Joel makes it official: Patti is now a Lion!

Coquitlam River Lions Club  
welcomes you to

An evening with  
District Governor Joel Haggen



Wednesday, November 15th, 7:00pm



MISSION 1.5 



It's always a special honour when the District Governor visits our club, but it's even more special when they have the privilege of officially welcoming a new member into the Lions family. **District Governor Joel Haggen** visited our club on November 15th, and he had the distinct pleasure of inducting our newest member, **Patti Byth** into the club. Her sponsor **Sarah** was also on hand to be part of the official-ness. Each received a certificate, **Sarah** received a special sponsor Lion pin, and they both received a brand new "Mission 1.5 pin" which is part of the new strategic plan by Lions Clubs International to grow our membership to 1.5 million members by 2027. It doesn't have to be hard to find new members; Sarah says she asked her good friend Patti to join so they could spend more time together!

The District Governor's visit on November 15th was well attended by club members and guests alike: we welcomed **PDG Ken Ball**, **ZC Robin Woolmer**, and even Patti's daughter **Nicole** was on hand to enjoy the moment. We had lots of goodies, **Tailtwister Sharon** got us good with Lions trivia, and a special thanks to **VP Kim** for chairing the meeting.

All in all, a fitting evening spent with our District Governor, and we look forward to seeing him at the Spring Conference in March 2024. The theme is Let's Go Fishing, so this should be fun!

# November is Diabetes Awareness Month

## *About diabetes*

### Diabetes is a global epidemic

An estimated 463 million adults across the world are living with diabetes, and its prevalence is increasing rapidly. By 2045, the number is expected to reach 700 million. Diabetes is a global epidemic that touches every corner of the globe.

Lions Clubs International and LCIF are dedicated to empowering Lions and Leos around the world to fight diabetes by serving their communities one by one.

**463M**

Adults living with diabetes in 2019

**1 in 2**

Cases undiagnosed (232 million)

**1 in 5**

People above 65 years old have diabetes

**4.2M**

Deaths from diabetes in 2019

## My journey with Diabetes...

At the age of 33, while pregnant with Courtney, I developed gestational diabetes very early on. In fact, my doctors suspected I actually had been living with diabetes for a long time, and didn't know it. Sure enough, when she was 9 months old, I received a confirmed diagnosis of Type 2 Diabetes.

I have been a diabetic now for 23 years, which surprises me sometimes; most people develop diabetes when they are much older. I discovered there's a history of diabetes in my family, which we didn't know before.

It didn't take me long to realize that while diabetes is **not** reversible, you **can control it** and live well with it, but it takes work. For me, it's been an up and down battle. There have been many times throughout these last 23 years when I just didn't care anymore. Meanwhile, I've lost friends and family to this disease.

I've always said that the best part of having diabetes is that you can control it because you can choose every day to take care of yourself. It's also the worst part; so much of it is how you control it, and it IS up to you, and sometimes that's hard, because every day, every meal, every mouthful of food, you have to decide what you eat. Exercise and movement helps, but the biggest factor is what you eat and drink.

Fortunately, these days I'm in a good place and my diabetes is well-managed. My goal is to stay that way, because I plan to be around for a long time. That's why I'm SO glad that Lions International recognizes the importance of diabetes awareness worldwide. We all know someone who has diabetes, maybe even lost loved ones to it. The best way to treat diabetes is to do your best to not get it in the first place. Awareness is key, so check out the links to learn more and reduce your risk.



A Harvard study showed that eating one serving of cooked oatmeal two to four times a week was linked to a 16% reduction in the risk of developing Type 2 diabetes. One serving five or six times a week was linked to a 39% reduction in risk.<sup>[1]</sup>

[Click here for more interesting facts about Diabetes.](#)



# December 2023



| Sun                     | Mon    | Tue | Wed                          | Thu                               | Fri | Sat                     |
|-------------------------|--------|-----|------------------------------|-----------------------------------|-----|-------------------------|
|                         |        |     |                              |                                   | 1   | 2                       |
| 3                       | 4      | 5   | 6<br>Holiday Party<br>7:00pm | 7<br>Visitation:<br>Langley Lions | 8   | 9                       |
| 10                      | 11     | 12  | 13<br>Board Mtg<br>7:00pm    | 14                                | 15  | 16<br>SHARE<br>Toy Bank |
| 17                      | 18     | 19  | 20                           | 21                                | 22  | 23                      |
| 24                      | 25<br> | 26  | 27                           | 28                                | 29  | 30                      |
| 31<br>HAPPY<br>NEW YEAR |        |     |                              |                                   |     |                         |



SWOT stands for Strengths, Weaknesses, Opportunities and Threats, and for us Lions, it's the format we are using to help us move forward as the new District O. **September** has been part of the Zoom meetings with other Lions from around our new district, it's such a positive group of Lions who are certainly going to make an impact on the direction of our District.



**L'est we forget:** Thank you to **Sharon and Kim** for making sure our club participated in the Remembrance Day ceremonies in Coquitlam on November 11th. The wreath is beautiful.

## Here's what you missed, from the Board:

- Due to health reasons, charter member **David Macey** has decided to step down from Lions. We wish him all the best, and will miss his enthusiasm and big smile.
- The board has approved that the club will pay the \$35.00US entrance fee from LCI for new members
- We are this close to being sold out of our Green Capes calendars and the Cookbooks! Well done to **Richard and Sharon** for making these such a success.
- **Richard and Rosalie** are going to Sooke on December 3rd for their club's 20th Anniversary. Rosalie used to be a member of the Sooke Lioness, and not only will International President Dr. Patti Hill be in attendance (please get some great photos!) but it's also going to be Rosalie's birthday that day. So exciting.
- Get out your Ugly Christmas Sweaters, and join us for our Holiday Party on Wednesday, December 6th. It's a pot luck dinner. **Rosalie** will bring the turkey, **September** will bring the stuffing. The rest is up to you! Bring your own plate and cutlery, and bring a friend, too! There will be a special Christmas raffle, and lots of festive cheer. Can't wait to see all your sweaters!



Lions are people who are  
**CRAZY ENOUGH**  
TO think THEY CAN  
**CHANGE**  
THE WORLD  
AND WE DO.

## Project Checklist

### October:

MD19 Convention ✓

~~Halloween Fun Bowl~~

Cookbook Launch ✓



### November:

Remembrance Day Wreath ✓

Christmas Poinsettia Sales ✓

Cookbook Sales ✓

### December:

Gift wrapping with Surrey Central

Aunt Leah's Xmas Tree Sales

Christmas Party

### January:

Back in action in 2024/Planning

### February:

Burger and Brew

### March:

Spring Conference

Easter Project

Charter Celebration

### April:

Annual Spring Hanging Basket Sales

### May:

Mothers Day activity

LFC Dog Walk

### June:

Fathers Day event @ Eagle Quest

Installation and Awards Night

Do you have an idea for a club project, service activity or fundraiser? Let us know, new ideas are always welcome!

## Membership Roster: 21 strong

### Board of Directors:

|                         |                            |             |
|-------------------------|----------------------------|-------------|
| <b>Rosalie Kunic</b>    | rosaliekunic@shaw.ca       | (President) |
| <b>Kim Schoffer</b>     | lionkimschoffer@gmail.com  | (Vice Pres) |
| <b>September Stokes</b> | septemberjstokes@gmail.com | (Secretary) |
| <b>Ryan Stokes</b>      | ryansstokes@gmail.com      | (Treasurer) |
| <b>Terry Hughes</b>     | askterryhughes@gmail.com   | (Director)  |
| <b>Richard Simonson</b> | lionrichards@shaw.ca       | (Director)  |
| <b>Gerry Becker</b>     | gbecker@telus.net          | (Past Pres) |

### Members:

|                         |                              |
|-------------------------|------------------------------|
| <b>Dawn Becker</b>      | dawn.becker@iwafibp.ca       |
| <b>Patti Byth</b>       | pattibyth@gmail.com          |
| <b>Sharon Hughes</b>    | moodydomesticgoddess@shaw.ca |
| <b>Elsa Kouvousis</b>   | ekouvousis@gmail.com         |
| <b>Yvonne Langevin</b>  | talking2yvonne@gmail.com     |
| <b>Lynne McInally</b>   | lm6463@outlook.com           |
| <b>Terry Parent</b>     | btparent@gmail.com           |
| <b>Jim Small</b>        | jsmall1943@aol.com           |
| <b>Rosemary Small</b>   | rosemary.small24@aol.com     |
| <b>Courtney Stokes</b>  | courtneystokes506@yahoo.ca   |
| <b>Sarah Swanson</b>    | ssarahcs@telus.net           |
| <b>Carol Tasker</b>     | carol.tasker@telus.net       |
| <b>Byron Tiu Lim</b>    | byrontiulim@hotmail.com      |
| <b>Jeremiah Tiu Lim</b> | jeremiahtl@hotmail.com       |

Don't forget your spare change for our club meetings!  
We have all sorts of fun things:

#### Tailtwister Activities

**Joker Jackpot 50/50 draw**

#### Fun raffles

Also, if you have empty returnable bottles, and don't want to make the trip to the Bottle Depot yourself, bring them to a meeting! We have a few members who go there often, and since all the money is going to the club, they can take it for you. How easy is that? All funds go to support our club.



Did you know?



## Coquitlam trivia

1. The Coast Salish people were the first to live in this area, and archaeology confirms continuous occupation of the territory for at least 9,000 years.
2. The name Kwikwetlem is said to be derived from a Coast Salish term meaning "red fish up the river".
3. Explorer Simon Fraser came through the region in 1808, and in the 1860s Europeans gradually started settling the area. Coquitlam began as a "place-in-between" with the construction of North Road in the mid-19th century to provide Royal Engineers in New Westminster access to the year-round port facilities in Port Moody.
4. The District of Coquitlam was incorporated in 1891. By 1908, a mill town of 20 houses, a store, post office, hospital, office block, barber shop, pool hall and a Sikh temple had grown around the mill.

## 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**

