



## TROUTVILLE LIONS CLUB NEWSLETTER

President – Helen Tippie  
Secretary – Susie Argabright  
Treasurer – Everett Hurst  
Membership Chairman – Sage Bassett

### Officers and Directors – 2010-2011

1<sup>st</sup> VP – Bob Venable  
Newsletter Editor – Stan Diez  
Directors: Stan Diez (2), Bill Rader (2), Leonard Tolley (1),  
Harvey Kincer (1), Ken Venable (Past Pres), Devin Moeller (PDG)

Tail Twister – Chuck Kessler  
Lion Tamer – Lewis Bourne

## 11 OCTOBER 2010 MEETING

**BOARD MEETING** - The meeting was called to order by President Helen Tippie with 10 board members present. Lion Susie attended the Fall Conference at the Valley View Holiday Inn On October 9th. Lion Sage has White Cane signup sheets and will pass them out during the regular meeting and the next meeting. Lion Leonard called Jerry Fink who said he would be willing to help out. Lion Bill Rader has been too ill to participate in apple butter production this year. All the equipment, apple sauce, and spices are taken care of. Lion Henry plans to come over when we add the sugar. Lion Lewis has a list of members available to help. Jack Sutliff is going to take care of the propane tanks. We need to write a letter to Kroger to buy the sugar. Lion Lewis Bourne will call and order the labels for the jars. The Board approved a request from Lion Henry Amos to become a Member at Large due to poor health.

**ANNOUNCEMENTS** - The regular meeting was called to order by President Lion Helen Tippie. Lion Everett Hurst led the pledge to our flag, Lion Leonard Tolley led the singing of the song “America”, and Lion Larry Roberts gave the invocation. Lion Bill Rader was back in the hospital for a second time and will not be able to help with apple butter. Lions Stan, Chuck and Bob Ellis are out of town. Lion Henry Amos, who had been sick, was back tonight. Guests tonight are Lion Richard Rock visiting from Suffolk, Virginia and Charlene Elstead. Members enjoyed another fine meal prepared by Randy Marinetti consisting of a salad of marinated tomatoes, cucumbers and onions and Cottage cheese with fresh pineapple. The entrée was grilled chicken breast over potato cakes with gravy and a side dish of Squash vegetable medley. Dessert was pumpkin pound cake. Apple butter will be made Thursday, Friday and Saturday. We need everyone to turn out and help. Lion Lewis has a signup sheet. Lion Henry Amos indicated that one electric stirrer was in Lynchburg and will be picked up on Wednesday. Lion Richard Rock will be there on Thursday to help. Lion Harvey conducted the 50/50 drawing won by Lion Leonard. Lion Everett conducted the auction of an Apple cinnamon candle provided by Lion Helen Tippie. Lion Richard Rock was the highest bidder.

**PROGRAM** – Lion Leonard Tolley introduced guest speaker Charlene Elstead from Carilion who spoke on nutrition and diabetes. Diabetes is one of the most prevalent diseases and is the leading cause of blindness, heart disease, and amputation. It is also a leading cause of kidney disease. Diabetes Type II is developed as people get older and put on weight. Type I diabetes is generally seen in children who must have insulin every day. Diabetes blood testing has come a long way in the last 30 years. Testing procedures are more accurate, less painful and provide quicker results. Diabetes can be controlled with proper care, careful monitoring of blood sugar, and proper diet. Patients should eat three regular meals a day. Charlene demonstrated portion control size using a dinner plate. 25% of the meal should consist of protein, 25% should be a starch (corn, rice, potatoes, lima beans, cake), and the remaining 50% should be vegetables (non-starchy). Vegetables provide anti-oxidants. Variety is important when planning meals. Sweets are acceptable if consumed in moderation. Sugar is a carbohydrate (starch). Exercise is one of the most important activities in controlling diabetes. It helps the cells readily take in insulin. Exercise also helps maintain muscle strength and healthy tissue which we need to maintain balance and prevent bone breakage as we age. Most of the obese population does not eat breakfast. Some have little or no lunch and then “graze” the rest of the day. Handouts were provided to members. Lion President Helen presented our guest speaker with a gift of our gourmet apple butter and a certificate of appreciation.

## **25 OCTOBER 2010 MEETING**

**ANNOUNCEMENTS** – The meeting was called to order by President Lion Helen Tippie. Lion Bob Venable led in the Pledge to our flag, Lion Leonard Tolley led singing the song America, and Lion Bob Ellis gave the invocation. The members enjoyed a lasagna meal prepared by Randy Marinetti. Lion Harvey conducted the 50/50 won by Lion Chuck Kessler. Lion Lewis reported on apple butter production which took place October 14-16. We produced 590 pints and 414 quarts for a total of 709 quart-equivalents for an average of 118 quarts per kettle. Lion Sage Bassett reported he still had a few openings for White Cane which is scheduled for October 29<sup>th</sup> and 30<sup>th</sup> at Hollins Kroger and Daleville Kroger. We will start Friday at 9am and end later than normal. Lion Everett auctioned off a beautiful book mark donated by Lion President Helen Tippie. Lion President Helen reminded everyone that we need to bring new or good items laying around the house that we don’t plan to use for future auctions.

**PROGRAM** - Lion Sage Bassett introduced Kay Ford who is a Certified Ophthalmic Technician with 41 years of experience . Kay worked at Wills Eye Hospital in Philadelphia which is considered one of the most advanced eye centers in the world. She now works at the Vistar Eye Center in Roanoke. She gave a comprehensive review of the construction of the eye from front to rear using clever examples of things we use or see everyday. Kay explained how doctors treat the many eye problems that we experience over a lifetime. She offered good tips on eye care. Her discussion was both entertaining and informative. There were many questions from members. At the end of the program Lion President Helen Tippie presented Kay Ford with a jar of apple butter, a certificate of appreciation and thanked her for her excellent presentation.

## **NOVEMBER BIRTHDAYS**

13 – Bill Rader  
19 – Bob Venable  
20 – John Vail



Lion Leonard Tolley and Charlene Elstead



Lion Helen Tippie and Kay Ford



Lions Ken Venable and Henry Amos



Lions Daniel Humbert and Lewis Bourne



Lion Leonard Tolley preparing labels



Lions Bob Venable, Phil Argabright, and Everett Hurst