



# Cagey Comments

Coupeville Lions Club | September 2016, Vol. 8 Issue 3

## SEPTEMBER EVENTS

2 - Commodities: Cam Bey Apts.  
9:30 am (POC Marilyn Pulk)

7- Board/General Dinner Meeting

Environmental Photo Contest Begins MAYBE -Are you still interested? Contact Lion Sue.

10 - Barn Sort 9 am-Boyer Barn  
(POC Brian Pulk)

11 - Salmon BBQ at Town Park

14- General Dinner Meeting, Program: Commander Geoff Moore, Commander of NAS Whidbey.

21- Board/General Dinner Meeting

22- a CELEBRATION of the new marine display at the Coupeville Wharf. 4-5:30 pm

28- General Dinner Meeting, Program: Laura Luginbill from the "Farm to School" program to give a thank you.

*The Coupeville Lions Club meets Wednesday Evenings  
6 p.m. Fellowship-Networking/6:30 p.m. Dinner/7 p.m.-1 hour meeting & program.  
We meet at the Coupeville United Methodist Church (North Main and 7th Street)*

## President's Message

Hello fellow Lions,

The summer months have given us some very hot days with a lot of activities. Sadly not all were happy. Some of us attended memorial services for departed Lions, while others took the time to visit those who became ill or were on the road to recovery.



*Ricardo Reyes*

There were activities that took time when perhaps we only wanted to relax and enjoy the summer days. However, we do not mind because we are called to service – to help our community and fellow beings. Members made trips to Camp Horizon; visited other local clubs; and prepared for our big centennial project.

Our club members also participated with the August blood drive, while others helped with the set up of the 20x40 pole tent and parking at the Ferry House open house.

So many events and activities kept us busy and engaged throughout the community!

The centennial project is a joint venture with the Town of Coupeville, to renovate the town park's outdoor kitchen. This project will need the full cooperation of all volunteers to complete the renovation within the time allotted. Our portion of the

project is due to start after our salmon barbeque and be complete before Thanksgiving.

We are gearing up for our annual Salmon BBQ held in conjunction with the Town's free concert in the park, on Sunday, September 11. Many hands are needed to sell tickets prior to the event. On the day of the event we require help with set up, to distribute food (cook and service), and clean up. Please consider attending and helping while enjoying the food and music.

There is a need of a chairperson to takeover the shopping spree for Penny Barville.

Penny is excited to help make the transition easy and fun for the person who is willing to take her position as shopping spree chair. The date of this year's spree will be November 12th with the drawing held the Wednesday prior, at our meeting.

Sue Hartin would like to request the names of those that helped at the Coupeville Arts and Crafts festival prior to the September 7th meeting.

Please read our monthly minutes report, there is a lot of important information from our members within as well as requests from the community and other local Lions clubs.

Thank you all for all you do and the time you share with us in service to our community!

*Lion Ricardo Reyes  
President*

### COUPEVILLE LIONS CLUB OFFICERS:

*Ricardo Reyes, President  
Sue Hartin, Secretary;  
Jackie Feusier, Treasurer  
Dave Fish, 1st Vice President; Doug Kroon,  
2nd Vice President; Brian Pulk, 3rd Vice  
President*

### FOR MORE INFORMATION:

Phone: 360-678-4105

*Editor—Megan Hansen; Photos by Marsha Phay and various helpers.*

# New membership chair excited to help

I am honored and thrilled to be assuming the role as your Membership Chair. John Kohlmann and Sue Waters graciously passed on their knowledge and expertise as well as a plethora of forms, pamphlets, vests and pins for me to carry on and keep the torch lit!

With the assumption of this role, I am excited about the new Orientation Manual which is ready for production and into the hands of our newest Lions member.

Please feel free to check out the new information brochure which includes our newest programs, cool pictures

and my contact information made available for any membership questions.

Additionally, I have asked John Kohlmann to continue heading up the visitation program, so look forward to signing up and visiting our neighboring Lions Clubs.

Again, I look forward to working with all of you as my goal is to promote our valuable Service Projects and Major Committees responsible for fundraisers.

*Sincerely,  
Lion Sandy Johnson*

## District News

# Convention to focus on Diabetes cause

To All the Lions in MD-19:

As your Chairman for Diabetes, I want to make you aware of some planning taking place for our upcoming Annual Convention in Spokane, WA. – Oct. 20-22.

Our International Lions President, Robert “Bob” Corlew chose to focus on the disease, DIABETES. International President Bob chose this focus for all the reasons listed below:

### Overall Numbers, Diabetes and Pre-diabetes

**Prevalence:** In 2012, 29.1 million Americans, or 9.3% of the population, had diabetes.

Approximately 1.25 million American children and adults have type 1 diabetes.

**Undiagnosed:** Of the 29.1 million, 21.0 million were diagnosed, and 8.1 million were undiagnosed.

**Prevalence in Seniors:** The percentage of Americans age 65 and older remains high, at 25.9%, or 11.8 million seniors (diagnosed and undiagnosed).

**New Cases:** 1.4 million Americans are diagnosed with diabetes every year.

**Prediabetes:** In 2012, 86 million Americans age 20 and older had pre-diabetes; this is up from 79 million in 2010.

**Deaths:** Diabetes remains the 7th

leading cause of death in the United States in 2010, with 69,071 death certificates listing it as the underlying cause of death, and a total of 234,051 death certificates listing diabetes as an underlying or contributing cause of death.

### Diabetes in Youth

About 208,000 Americans under age 20 are estimated to have diagnosed diabetes, approximately 0.25% of that population.

In 2008—2009, the annual incidence of diagnosed diabetes in youth was estimated at 18,436 with type 1 diabetes, 5,089 with type 2 diabetes.

### Complications/Co-Morbid Conditions

- \* Hypoglycemia
- \* Hypertension
- \* Dyslipidemia
- \* CVD Death Rates
- \* Heart Attack Rates
- \* Stroke
- \* Blindness and Eye Problems:
- \* Kidney Disease:
- \* Amputations:

### Cost of Diabetes

*Updated March 6, 2013*

- \* \$245 billion: Total costs of diag-

nosed diabetes in the United States in 2012

\* \$176 billion for direct medical costs

\* \$69 billion in reduced productivity

After adjusting for population age and sex differences, average medical expenditures among people with diagnosed diabetes were 2.3 times higher than what expenditures would be in the absence of diabetes.

For the many complications this disease causes and one of them associated with blindness, we are going to have a Lions “STRIDES WALK” a morning at our Oct. Lions Convention in Spokane. Our team of Lions will keep posting updates as we get closer to the date in Oct.

Come join in a great walk for the cause, walk with your fellow Lions, and make this event a part of our Lions Motto: WE SERVE.

*Walking with a friend in the dark is better than walking alone in the light.*

*- Helen Keller*

Hope to see you all in Spokane for a great Convention and don't forget our Strides Walk.

*Tom Smarsh,  
Diabetes Chair for MD-19*

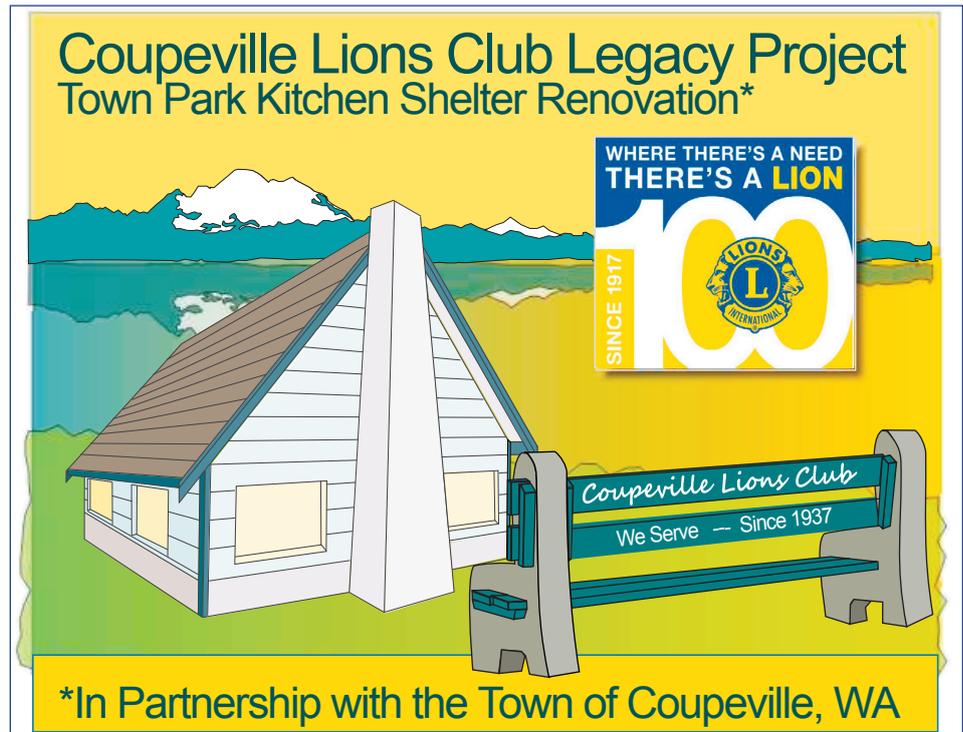
# Centennial kitchen project is underway

The work has begun for the renovation of the Town Park Kitchen Shelter. New metal roofing is in place on the Shelter and bathroom buildings. With the installation of plywood sheeting under the metal panels the underside of the roof looks much better. The Town will be installing a new water supply line drainable shutoff valve for easy winterizing. As soon as the last scheduled event in the Shelter is over on September 19th, we can get back to work on the renovation.

This project is our Lions 100th Anniversary Legacy Service project and Lion Jackie has created a great image for us to help identify what we are doing for the Town of Coupeville. We gave you an overview of what all is involved in the renovation in the August Cagey Comments. You will be hearing more about the plans for the 2017 celebration.

Now is the time for us to get to work. Sign-up sheets will be at the Club meeting on September 7th. The first step will be finish removing the BBQ pit and filling the hole in the floor then removing the existing sinks and plumbing.

Next pressure washing will be done both inside and the outside of the building to get ready for painting. After washing, several areas of rotted wood will be replaced or repaired.



Hopefully painting will start by the first week of October.

The first piece of new equipment has arrived - the portable hot water heater and more is on the way.

The sinks and counters will be temporarily set up in the barn to check for fit prior to installation across the entire back wall of the Shelter.

Meanwhile we will be working with a local licensed electrician to upgrade the power system to provide enough

power for our needs and other Shelter users.

Lions Bob, and hopefully with a Co-Chair (to be named later), will be organizing the teams, scheduling their work, procuring needed supplies, and coordinating with Kelly Riepma, Public Works Superintendent for the Town of Coupeville and Lion Mayor Molly.

Please support our Centennial Legacy Project and sign up.

*Lion Bob Johnson*

# August blood drive exceeded expectations

Once again the community of Coupeville rises to the occasion.

The demand for blood is higher in the summer months and donations are often lower because of vacations and other summer activities.

However, the August 18 Coupeville Blood Drive exceeded expectations.

In addition to the large turnout,

donors are now able to give plasma, platelets, and double red cell donations here in Coupeville.

Of the 87 whole blood registrations, 78 pints of whole blood were collected, 4 platelet donations, 1 plasma donation and 1 double red cell donation.

Fifteen were first time donors.

Along with BLOODWORKS NW we want to thank all those who donated or attempted to donate blood as well as all the Lion's and non-Lions who worked hard to make this another very successful blood drive.

*Lion Paddy Roberts*

*Lion Sue Hartin*

### OCTOBER EVENTS

**1-** Mentor training will be provided at the Coupeville Library on Saturday, October 1, 2016. We have the room reserved from 2:00 - 5:00 PM. The workshop will be from 2:15 to 4:15 PM. Please register at the Library prior to 2:15 PM. Our workshop trainer is Ron Smircich from Olympia. Lion Ron is a 1st Vice District Governor (of District C) who lives in Olympia.

**5-** Board/General Dinner Meeting

**7 -** Commodities Distr. Cam Bey Apts. 9:30 am (POC Marilyn Pulk)

**8-** Barn Sort 9 am-Boyer Barn (POC Brian Pulk)

**12-** General Dinner Meeting, Program: Mike Nortier, Executive Director of Island Transit

**19-** Board/General Dinner Meeting

**26-** General Dinner Meeting, Program: Peace Poster Contest, (POC Gary and Sandy Leake) TBD: Coupeville Scarecrow Contest, Harvest Fest Races

# Meeting set Sept. 29 for longterm garage sale plan

Garage Sale donations and pick-ups have started off with a bang and we are looking forward to a great year.

As you can see, our newly constructed platform, designed and built by Julian Sayers with help from Don Richardson and Bill Roberts, is starting to fill. Thanks to Freeman and Mary Boyer for granting permission for this construction.

We always strive to handle pick-ups and their scheduling more efficiently and thus, this year, we will coordinate primarily by Email. When calls come in, they will be Emailed to our Pick-Up Leader list.

These are the folks who coordinate with the donors. We also have a list of Pick-Up Crew to draw upon when the Leaders need help.

Even though we have good lists of Leader and Crew teams, it seems that it's always a certain few who step up, so we are asking all Lions to pitch in, spread the workload and keep an eye on your Email inbox.

We would also like to add more volunteers to both of these teams. Contact Brian Pulk to volunteer for occasional pick-up duty.

As donations come into the barns, they are usually left in pre-sorting areas—both on the racks or nearby. Some sorting and storing goes on periodically in between Barn Sorts, so that we don't get too far behind.

However, the Barn Sorts, which occur at 9 a.m. on the Second Saturday of each month are the primary work parties where we get really caught up from the previous month's donations. All Lions are invited and

coffee and donuts are provided as nourishment.

In general, the Garage Sale is facing long-term issues. We do not have enough storage space for donations and our current space has an uncertain future commitment.

Also, the number of Lions capable of heavy lifting during pick-ups and especially during the June big move to the school seems to be declining.

These issues cast a shadow on our long-term viability, but both may have solutions.

While the Garage Sale is our major fundraiser, it is much more than a fundraiser.

It has become a much anticipated, island-wide event and beneficial community service, where donated items are recycled to new owners at affordable prices.

In order to address these concerns, we have planned a Garage Sale Long-Range Planning meeting for September 29th at 6:30 p.m. at the Coupeville Library.

The meeting's purpose is:

- First achieve consensus on what the club wants to do
- Discuss the issues and brainstorm solutions
- If appropriate, form committee(s) to implement solutions

All Lions are invited to this open forum conversation, so mark your calendars and come ready to "roar" with ideas/suggestions on this vital element of Coupeville Lions Club fundraising and culture.

*Lion Brian Pulk*