



WE SERVE!

CALENDAR

Board Meeting at Cajun
Catfish on Feb. 10 at 6
p.m.

MidWinter Conference
Best Western
Feb. 20-21

USA/Canada Forum in
Memphis Sept 24-26

SPEAKERS

Lions Forum 2/11

Cabrini Hospice –what is
hospice care and how are
volunteers utilized 2/18

United Way of Cenla on
accountability 2/25

BIRTHDAYS

John Gilchrist 2/4
Brent Caplan 2/7

Door Prize

Lion Brent got an early
birthday present when
he won the \$10 door
prize!

THE LIONS TALE

Alexandria Lions Club

P.O. Box 13

Alexandria, Louisiana 71309

318.640.5020

www.alexlions.com

February 4, 2009

The Two Card Draw deck is still losing cards. Lion Chuck Tosten and Lion Gary Van Horn couldn't find the jokers.

The lovely Norrine Caplan was the guest of Lion David and Lion Brent.

Lion Henry and his Cubsight team worked hard Tuesday at Alexandria Country Day, screening 52 students. This was our last screening of the school year due to tax season, unless we have a special request and enough volunteers.

Lion sympathy to the family and friends of former Club President and PDG Lion Bill Womack who died this week.

UPCOMING EVENTS—

The Lions MidWinter Conference is in Alexandria at the Best Western on Feb. 20-21. Anyone wanting to attend needs to sign up with Lion Aaron. There is a banquet on Saturday night.

On Friday, Feb 20, the Club is sponsoring the Gumbo Dinner and social for the Conference. Lion Mike Monceaux is cooking and we need Lions to help serve and clean up. The Gumbo Dinner will be at the Main Street Community Center in Pineville.

The Forest Hill Nursery Festival is March 20-22. Plan now to help sell raffle tickets to raise money for our state projects.

Our Outback Fundraiser will be Administrative Professionals week in April. More info will be available soon



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On Saturday, Lion Bob, Lion Aaron, Lion Gary, and Lion David worked with Lion Chris Carlone of the LA Eye Foundation to load a trailer FULL of donated eyeglasses. A club in Pontchatoula cleans and gets the glasses ready to support Lions' vision programs.



Lion Viola introduced Jo Ann Marshall from the American Heart Association who was our speaker. She reminded us that heart disease kills more women than cancer.

The Heart Association has several campaigns each year to raise awareness and funds. The Go Red for Women is now. The Heart walk is coming up on March 7 at the England Airpark. Registration begins at 8 a.m. and the walk begins at 9. There will be several special areas for different groups such as survivors and kids. Teams can sign up now to help raise funds. Individuals are welcome to come walk at no cost.

Obesity among children is rising due to a more sedentary lifestyle. The Association has several programs to encourage exercise and good diet choices among kids. Schools need to encourage exercise through a good physical education program.

A new program is START. This gets people walking more and if you sign up, you can access the website for help in food shopping. The site compares the relative healthiness of brands.

To contact the Heart Association, call 318-416-2832.