

THE INSIDER

January 2004, Volume 11, Issue 1

HELP GET THE WORD OUT

Day after day the public relations department is working on getting the word out on what Lions are doing and why people should support and join them in their efforts. The projects and tasks involved in this effort are as various as the Lions themselves. Organizing and running the Peace Poster Contest, creating publications, overseeing the production of videos and communicating with the media are just a few of the areas of work that the department is involved in.

Perhaps the most difficult, as well as the most important, component of the public relations process at Lions Clubs International (LCI) is being aware of who the Lions really are and what they are doing.

"The public relations department is always looking for information about what clubs are doing, especially regarding upcoming events and projects," said **Melitta Cutright**, manager of LCI's public relations department.

Information regarding current Lions activities is vital to assisting the grass roots efforts of the Lions and helping them to progress in a positive direction. In order to remain updated on Lions projects and accomplishments, it is important to keep a line of communication open - not only between LCI public relations and the Lions, but also between LCI public relations and the numerous other departments at LCI headquarters.

"We would appreciate it if staff would let us know when they hear about exciting or unusual programs as well as outstanding Lions," said Melitta. "This information is very useful when we are talking to media and when we are deciding on what to film for the videos that we produce."

If you know of any interesting and/or unusual upcoming Lions projects, please contact the public relations department.

APPEARING IN A GALLERY NEAR YOU

January is a month for new beginnings but for the Peace Poster Contest, it marks the end of another year of hard work by students, teachers, youth group leaders and judges. The final Peace Poster Contest judging will take place in Chicago, with judges representing the art, education, media, peace and youth communities. This year, for the first time, the judging will take place at Gallery 37 Center for the Arts.

Located at 66 East Randolph Street (right off of Michigan Avenue), Gallery 37 Center for the Arts is a newly renovated building, housing a gallery, café, theater, teaching kitchen, store and other space dedicated to the Gallery 37 Program. The Gallery 37 Program provides Chicago residents between the ages of 14 and 21 with the opportunity to work as apprentices in various creative fields, including mask making, drama and even the culinary arts. Annually the program employs 4,000 of Chicago's youth, helping them to develop valuable job skills. The center is also host to various classes, workshops, residencies and performances.

For more information on Gallery 37, call (312) 744-8925 or visit their Web site at www.gallery37.org. Look for more information on the Peace Poster Contest judging, grand prize winner and merit award winners in the February issue of The Insider.

WELCOME

Heather Doyle, Wood Dale, Human Resources, ext. 245

Orlando Gonzalez, Des Plaines, Accounting, ext. 228

Maria Kubik, Bensenville, Export Traffic, ext. 273

Pramod Lal, Oak Brook, Export Traffic, ext. 273

Vivian Leabhart, Elgin, Convention Services & Meeting Logistics, ext. 341

ANNIVERSARIES

Congratulations to the following staff member who is celebrating an employment anniversary:

Rita Bianco, Legal, 10 years on January 17

OFFICE DIRECTORY

UPDATE

Please make the following change in your Office Directory:

Maria Fernandez, Inventory Control, ext. 269

RETIRED LAST MONTH

Tess Sigalos, Membership Billing

NEWS BRIEFS

- In accordance with established policy, the office will be closed Wednesday and Thursday, December 31 and January 1, in observance of the New Year.
- The Employee Activities Committee (EAC) will hold elections for its 2004 officers on Wednesday, January 7 at 9 a.m. in Conference Room D. All Lions Clubs International (LCI) headquarters employees are welcome to visit and/or join the committee. EAC members meet for an hour each month to plan various events including the holiday party and the employee picnic, which they also run. Joining the EAC is a great way to get to know staff from other parts of the building and to contribute to decisions that affect all LCI headquarters employees. For more information about the EAC, contact **Michelle Bell**, English Language or Sarah Beatty, Club Supplies Sales.
- As a reminder, especially since we have many new employees, Lions Clubs International has an official Style Guide. Available on the intranet, this publication provides guidelines on such tricky issues as when to capitalize (i.e. we capitalize Internet, but not intranet). For easy reference, it can be downloaded and printed.

NAMES IN THE NEWS

- Congratulations to **Melinda Plott**, Finance Division, this month's winner of movie tickets from the Employee Activities Committee.
- Congratulations to **Dawn Novak**, Program Design & Development, this month's winner of the reserved employee parking spot.
- Congratulations to Anthony, son of **Tangie Speer**, Stat & Membership, and Driscoll Catholic High School for winning their third consecutive 4A State Championship football game at Memorial Stadium in Champaign, Illinois. The game took place on November 28, 2003, with a final score of Driscoll 37 – Prairie Central (Fairbury) 21. Anthony also made the All Conference and the Sun-Times All State teams, as well as an honorable mention on the DuPage County Team.

INSIDER POLL

Valentines Day is near. Where do you go for a really romantic dinner?

Please e-mail your answers to Kristopher Kempski, Public Relations.

The following is in response to last month's Insider poll.

What is the best way to celebrate on New Year's Eve?

"Have dinner in a romantic restaurant, see a good movie ('The Return of the King') and then snuggle in front of the fireplace at home. That's what we're doing."

– **Joyce Truby**, Public Relations

"A bottle of champagne, Hugh Grant and the Savoy Hotel."

– **Vivian Leabhart**, Convention Services

"Last year I went to New York City to watch the ball drop in Times Square at midnight with a couple of friends and thousands of strangers. This year I plan on celebrating New Year's at the Rosemont Hyatt. The common denominator – celebrating with those I care about. In my mind it's the only way to bring in the New Year!"

– **Kristopher Kempski**, Public Relations

RECIPE OF THE MONTH

Zucchini with Pecans

- 1/2 cup chopped pecans
- 2 medium zucchini
- 2 Tbsp olive oil
- 1 Tbsp butter (or margarine)
- 1/4 Tsp nutmeg (freshly grated or ground)
- Salt and freshly ground black pepper

- Cut zucchini into 1/4" slices.

- Place chopped pecans in dry skillet over medium heat, stirring frequently until lightly toasted.

- Transfer pecans out of the skillet and into a bowl.

- Add olive oil and butter (or margarine) to the hot skillet.

- When butter or margarine is melted, add zucchini to the skillet and season with nutmeg, salt and pepper.

- Cook zucchini in skillet, stirring and turning until lightly brown but still crunchy.

- Place zucchini in a bowl and top with the pecans.

– Submitted by **Melitta Cutright**, Public Relations (courtesy of the Food Network)



HARD WORK, APPRECIATION AND GENEROSITY

In late October International Director Tschache (pronounced Shockey) donated a total of \$10,000 to Campaign SightFirst. In preparing for the Melvin Jones Fellowship pin presentations that are made at all board meetings, Yvonne Novak, LCIF Donor and Financial Services, noticed that Director Tschache had \$1,000 remaining that had not been used toward his recognition.

Yvonne met Director Tschache during the first year directors' orientation. As a courtesy Yvonne asked him if he wanted to receive his next Melvin Jones Fellow level or if he preferred to use the donation to recognize someone else.

"Can I do anything I want with the recognition?" asked Director Tschache.

Yvonne replied, "Absolutely."

Director Tschache then asked her who had received the least amount of recognition in Lions Clubs International Foundation (LCIF). Yvonne explained to him that most of the staff in LCIF had never received any Melvin Jones Fellow recognition and she listed a few that had been honored. Director Tschache asked Yvonne if she had a Melvin Jones Fellowship Award, to which she answered that she did not.

"You do now," he said.

This year's LCI Giving Tree was a great success. Thanks to the generosity of LCI employees and the efforts of the Humanitarian Service Project, 150 children in need throughout DuPage County had a happier holiday season.



The children who received the gifts live with multiple siblings in households that have a median income of less than \$1,000 a month. In preparation for next year's Giving Tree, please send the tops of your holiday cards to Kristopher Kempksi, Public Relations.

JANUARY BIRTHDAYS

1/2	Mary Vrchota	Club Supplies Sales
1/4	Joanne Kukielski	Club Supplies Shipping
1/7	Kathy Ryan	Travel & Administrative Services
1/8	Margaret Sweeney	Club Supplies Sales
1/9	Denise Whistler	Youth Programs
1/11	Diane Jakl	District & Club Administration
1/12	Abdul Barde	Club Supplies Shipping
1/15	Shirley Wodynski	Travel & Administrative Services
1/16	Peggy Malenchik	Human Resources
1/17	Vanaja Krishnan	Stat. & Membership
1/18	Tom Pietrasek	Program Design & Development
1/22	Judi Kukula	Extension & Membership
1/23	Cheryl O'Malley	Information Systems
1/27	Shmir Corzine	LCIF Lions Quest
1/28	Cyndi Bucher	Travel & Administrative Services
1/28	Lou Jean Simmons	LCIF Donor Services
1/28	Eva Sitek	Convention Services & Meetings Logistics

BREAST CANCER: EARLY DETECTION SAVES LIVES

More than 210,000 women will be diagnosed with breast cancer this year. Among those whose breast cancer is detected and treated early, the five-year survival rate is 97 percent. Regular screening could save your life.

Breast cancer is second only to lung cancer as the most deadly cancer for women. One of the major risk factors for breast cancer is age. Although the disease can strike younger women, about 75 percent of cases are diagnosed after age 50. A personal or family history of breast cancer can also increase risk. Obesity, high-fat diets and heavy drinking may also be linked to increased risk.

Regular exercise may help reduce your risk. If you're a new mother and choose to breastfeed, you'll also help lower your chances of developing breast cancer.

Detecting breast cancer early is very important, as symptoms may not appear until the disease has spread. The success of treatments such as surgery, radiation and chemotherapy depends partly on whether the cancer is confined to the breast.

A mammogram is the best way to detect breast cancer early. A clinical breast exam supplements mammography. Women should have a clinical breast exam every three years from ages 20 to 40. After 40, women should have a clinical breast exam every year and a mammogram every one to two years.

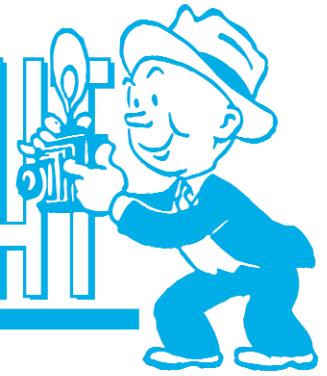
Speak with your physician about your breast cancer risk, and get the recommended screenings.

-Submitted by Human Resources

ABOUT THE INSIDER

The *Insider* is a newsletter for Lions Clubs International Headquarters' employees. It is published and posted on the intranet once a month. Employees are encouraged to submit news items such as story ideas, department happenings, births, weddings, anniversaries, awards received or any other information regarding International Headquarters' employees or their families to Kristopher Kempksi, Public Relations Department, at ext. 371 or by e-mail. **The deadline for submitting information for the February issue is Wednesday, January 7.**

EMPLOYEE SPOTLIGHT



EVA SITEK

Manager

Convention Services &
Meeting Logistics

Year started at LCI

2002

Job duties

Managing the logistics for the Convention and DGE Seminar

Education

Bachelor's Degree from the University of Illinois at Chicago (UIC)

Hometown

Chicago – Northwest Side

Family

One loving husband

If I were in the witness relocation program, my new name would be

Mrs. Russell Crowe

Something people would be surprised to know about me is

I was part of a folk dance group that performed for the Pope in Rome

Most unusual item in my cubicle

Double Decker Teapot

If I could be someone else for a day, I'd be

Steven Spielberg

My very first car was a

Toyota Corolla – 1977

If I weren't working at LCI, I would be

Running an organic vegetable farm

In my free time I

Study Ayurvedic Medicine

If I could only eat one food for the rest of my life, it would be

Spinach and mushroom pizza

Last good movie I went to was

"Master and Commander"

My dream vacation is

A ski trip in St. Moritz

Favorite book

"Autobiography of a Yogi"

Favorite television show

"Masterpiece Theater"

Favorite song

"Wish You Were Here" by Pink Floyd

If there were a movie about me, I would want to be played by

Jessica Lange

The four guests at my fantasy dinner party (alive or dead) would be

Betty Davis, John Lennon, Yogananda and Hemingway

My "Claim to Fame" is

Being targeted by the KGB for translating documents in Poland during the solidarity movement

The title of my autobiography would be

"Scooby Dooin' Down the Highway of Life"