



THE INSIDER

February 2004, Volume 11, Issue 2

BRAVISSIMA!

On Tuesday, January 13, 2004, the international judging for the 16th annual Lions International Peace Poster Contest took place at Chicago's Gallery 37 Center for the Arts and the results are in. The grand prize winner of the 2003-2004 contest is Vittoria Sansebastiana, a 12-year-old girl from Italy. As the winner, Vittoria will receive a trip for her, two family members and the president of the sponsoring Lions club (Novi Ligure Lions Club, district 108-IA2) to New York City for a special awards ceremony at Lions Day with the United Nations, the local equivalent of US\$2,500 and a plaque.



This year, Vittoria, along with approximately 350,000 children from 58 countries, created peace posters reflecting the theme "Create a Brighter Tomorrow." The peace posters were judged at the club, district and multiple district levels before being sent to International Headquarters for the international level of judging. By the time the posters had been narrowed down, 101 posters remained.

The panel of judges who chose Vittoria's poster as the grand prize winner, as well as the 23 merit award winning posters, consisted of members of Chicagoland's art, education, media, peace and youth communities. The 32 judges included Jeanne Kusiak, wife of Clement Kusiak Lions Clubs International's first vice president; Kokila

Mehta, wife of Ashok Mehta Lions Clubs International's second vice president; Allison Rosati, NBC News; Mike Barz, WGN Morning News; and Marjorie Craig Benton, founder of the Peace Museum and former United States representative to UNICEF.

One poster chosen among this year's 23 merit award winning posters was sponsored by the Downers Grove Noon Lions Club. The student, Natalie Chan, is 13 years old and a student at The Avery Coonley School in Downers Grove.

"People, regardless of their differences, can create a better world and a brighter future through peace," said Natalie.

The 2003-2004 grand prize and merit award posters will be posted on the Lions Web site at the end of February. For more information regarding the Peace Poster Contest, please contact Michelle Burba, Public Relations.

WEIGHT WATCHERS AT WORK

Lions Clubs International is offering the "Weight Watchers at Work" program as a benefit to its employees. During the program, employees meet once a week during their lunch period for 45 minutes to an hour (time is not docked by the association).

The first group of 20 employees to join the program lost a combined total of 94.8 pounds in the first five weeks – that was during the holidays. The cost for a ten-week session is \$109.50. The next session is scheduled to begin on February 16.

If you are interested in joining or have any questions, please contact Margaret Jaskiewicz, Human Resources.

WELCOME

Robert Barder, River Forest, International Activities, ext. 320

ANNIVERSARIES

Congratulations to the following staff members who are celebrating employment anniversaries:

Elaine Lisarz, Inventory Control, 15 years on February 6

Robin Martinec, Club Supplies Sales, 20 years on February 20

Loretta Taylor, Purchasing, 5 years on February 1

OFFICE DIRECTORY

UPDATE

Please make the following change in your Office Directory:

Esther Ancira, Travel & Administrative Services, ext. 640

Rosemary Halawa, Club Supplies Sales, ext. 592

Joann Janson, Travel & Administrative Services, ext. 645

Amy Peña, Legal, ext 298

RETIRING THIS MONTH

Inkeri Herranen, Eurafican

NEWS BRIEFS

- 2003 Federal and Illinois tax forms are available in the Finance Division on the first floor, behind the Budget & Auditing Department across from Kim Hugo. If additional information is needed, please see Kim or call Ext. 214.

NAMES IN THE NEWS

- Congratulations to **Denise Whistler**, Youth Programs, this month's winner of movie tickets from the Employee Activities Committee.
- Congratulations to **Dave Bussa**, Inventory Control, this month's winner of the reserved employee parking spot.
- Congratulations to the **Burr Ridge-Hinsdale-Oak Brook Lions Club** – of which many members are International Headquarters employees – on the success of their annual holiday party. Forty-one club members and guests attended this year's party. The club's silent auction and white elephant sale raised \$1,112, a 47% increase over last year, to go to the Humanitarian Service Project. The club also collected approximately 50 new toys for local children in need. For more information on the party, the club or to inquire about becoming a member, please contact **Nancy Gearhart**, English Language.

PUT YOUR HEART INTO IT

Remember the days when you used to make your own heartfelt message for the



one that you loved? It's now time to bring back that tradition and make your own

valentine. Any materials can be used to make your valentine and feel free to include a poem, verse or message on it. First prize for this contest will be a bouquet of flowers sent to the valentine of your choice. Entries should be submitted to **Sarah Beatty**, Club Supplies Sales or **Kristopher Kempfski**, Public Relations by Friday, February 6. The valentines will be displayed in the lunchroom until Friday, February 13, when you can take yours down to give to your valentine.

INSIDER POLL

The 76th Annual Academy Awards will be presented on Sunday, February 29. Which celebrity absolutely does or does not deserve an award and why?

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

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

Valentine's Day is near. Where do you go for a really romantic dinner?

"My favorite place for a romantic dinner is the North Pond Restaurant in Lincoln Park. The view is beautiful – the North Pond, what else? The place is especially lovely; it originally was a warming shed for skating on the pond in the 1920s. It was remodeled in Arts & Crafts style décor when it was turned into a restaurant. Check it out."

–*Betty Chrastka, LCIF*

RECIPE OF THE MONTH

SWEET-SOUR CABBAGE SOUP

- 2-3 lbs neck bones or short ribs (depending how rich you feel)
- 1 or 2 heads of cabbage
- 1-2 cans of tomato soup
- 1 large can of whole tomatoes
- 1 can of tomato paste
- 2-4 tbsp sour salt (citric acid)
- Carrots
- Onion
- Salt and pepper (for taste)
- Sugar

- Brown the neck bones in the pot with a little oil.
- Once brown, add water (about half way).
- Cut up the cabbage and put in the pot.
- Add carrots and onion.
- Add tomato soup and tomato paste.
- Slice the whole tomatoes into quarters and add the liquid in can.
- Add salt and pepper
- Cook until cabbage is cooked down (usually a couple of hours).
- Add the sour salt.
- Add enough sugar to get the right mixture of sweet and sour.
- Let it cook for a while longer and then taste after a couple of minutes to be sure the sweet sour mixture is right. If not add more sugar or sour salt.

NOTE: When I make this, I use a 20 quart pot.

– *Submitted by Charles Levitt, Information Systems*



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 Kempfski, Public Relations Department, at ext. 371 or by e-mail. **The deadline for submitting information for the March issue is Monday, February 9.**

FEBRUARY BIRTHDAYS

2/1	Efrena Holtz	Stat. & Membership
2/1	Virginia Wilson	Export Traffic
2/2	Scott Drumheller	Legal
2/3	Kathryn Grossinger	Club Supplies Sales
2/3	Lucy Mettewie	Ibero-American
2/8	Sandra Raddatz	Data Control
2/15	Lisa Venegas	Purchasing
2/16	Gerry Bara	LCIF Donor & Financial Services
2/17	Clarence Ternoir	Information Systems
2/21	Jayne Westerlund	LCIF Lions Quest
2/28	Dawn Novak	Program Design & Development



ALCOHOLISM AND

ALCOHOL ABUSE

Fifty-three percent of men and women in the United States say they have a relative with a drinking problem. Help is available for those who recognize that they have a problem. With support and treatment, many alcoholics can stop drinking and start building a new life.

Alcoholism is a chronic disease. Alcohol abuse is a pattern of drinking that leads to problems at work, school or home.

Alcoholism has been linked to health problems such as brain damage, liver disease, cancer and injuries. Alcohol is especially dangerous for pregnant women, diabetics and the elderly. Heavy drinking can lead to other concerns, such as violence, drunk driving, strained relationships and decreased productivity on the job.

Studies show that alcoholism can run in families. However, there are other important risk factors, such as stress, peer pressure and social habits.

Symptoms of alcoholism include: craving alcohol – feeling a strong need to drink; loss of control – inability to stop drinking once started; physical dependence – withdrawal symptoms, including nausea, anxiety, trembling and sweating; and increased tolerance – a need to drink more alcohol to feel the effect

Although there is no cure yet for alcoholism, it can be treated. The sooner the problem is addressed, the better the chance for recovery. Most alcoholics need assistance to stop drinking. Treatment programs may include counseling and medication to help a person stop drinking. For more information or to get help, please visit the National Institute on Alcohol Abuse and Alcoholism Web site at www.niaaa.nih.gov/faq/faq.htm or call Alcoholics Anonymous at (212) 870-3400.

– Submitted by Human Resources



At the annual Lions Clubs International headquarters holiday party, employees enjoyed a catered lunch, "Acoustic Christmas Music Across the Ages" by our very own Art Lang, IS, and his musical partner Cathy Ciolac, and gifts from the EAC.

EAC UPDATE

The Employee Activities Committee (EAC) held elections for its 2004 officers at its Wednesday, January 7 meeting. After being nominated by fellow members and accepting the positions, the 2004 EAC officers are: president – **Daniela Salas**, LCIF Humanitarian Projects; vice president – **Christine Klingsporn**, Program Development; treasurer – **Angie Adams**, Membership Operations; and secretary – **Sarah Beatty**, Club Supplies Sales. As officers of the EAC, these individuals will oversee the planning and execution of

projects including, but not limited to, the employee picnic and the annual holiday party.

All Lions Clubs International (LCI) headquarters employees are welcome to visit and/or join the EAC. Committee members meet for an hour each month to plan various events, which they also run. Joining the EAC is a great way to get to know staff from other parts of the building, to contribute to decisions that affect all LCI headquarters employees, to add to your resume and to have fun. For more information about the EAC, contact any of the EAC officers listed above.

Poetry Patch

coming home
landing safe
returning to work

sailors know it
astronauts know it
now I also know it

After the long absence
the joy of seeing
flashing smiles

– Submitted by Rosemary Halawa, Club Supplies Sales

sparkling eyes
of true friends

The greatest possession
or position to acquire
is not gold or fame but
people's good will

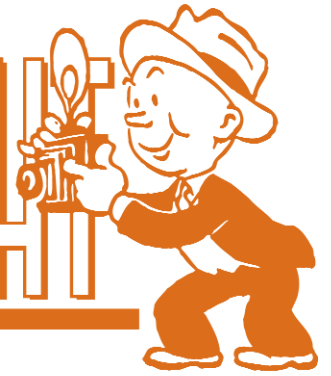
We live, work and grow
in the loving circles of

family and friends
and LCI is just that

Friends
dear, special and nourishing
to our lives!

Thank you all
for making me believe
in the magic of friendship!

EMPLOYEE SPOTLIGHT



NICOLE BROWN

Assistant Editor

THE LION Magazine and Public Relations

Year started at LCI

2003

Job duties

Write and edit for the magazine, various public relations projects

Education

Bachelor's Degree in journalism from Indiana University

Hometown

Columbus, Ohio

Family

Husband, Kevin (just married in May)

Something people would be surprised to know about me is:

One of the most rewarding experiences of my life was donating 12 inches of my hair to "Locks for Love," an organization that makes wigs for cancer children, and I plan to do this again soon.

Most unusual item in my cubicle

An African fertility woodcarving – left by my predecessor

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

Jennifer Aniston – she's wealthy, downright gorgeous, has a great job and is married to Brad Pitt!

My very first car was a

1993 Toyota Camry

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

A photojournalist for "National Geographic" or writing a book

In my free time I

Love to ski, travel and read

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

Pasta

Last good movie I went to was

"Lord of the Rings" at the IMAX

My dream vacation is

Touring Italy and eating pasta to my heart's content

Favorite book

"The Count of Monte Cristo"

Favorite television show

"CSI" and "Friends"

Favorite cartoon

"Smurfs"

Favorite song

Any 80s song

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

Julia Roberts

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

Ernest Hemingway, Oprah Winfrey, Winston Churchill and my grandfather – all are people who fascinate me and who have led interesting lives

My "Claim to Fame" is

Knowing Dave Thomas, founder of Wendy's, semi-personally. My parents attended his funeral.

The title of my autobiography would be

"Don't Worry, Be Happy"