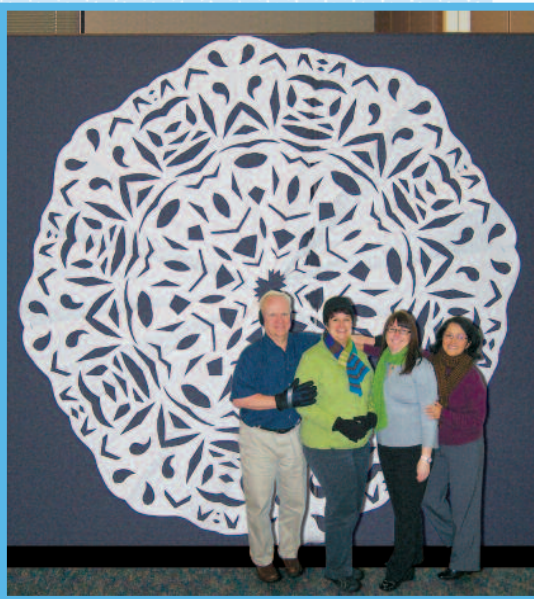


# INSIDER

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**Graphics Department. attacked by world's largest snowflake.**

## welcome

**Melinda Varga Florido**, Darien,  
Youth Programs

**Kelly Janowski**, Addison,  
PR/LION Magazine

**Nate Miles**, Chicago, LCIF  
Development

**Tammy Diaz Perri**, Des Plaines,  
English Language

**Cathy Rock**, Westchester, LCIF  
Humanitarian Programs Department

## LIONS IN SIGHT

In an effort to increase the awareness of Lions around the world, this January Lions clubs, districts and multiple districts will organize highly visible activities as part of Lions In Sight. Projects might include anything from organizing a vision screening to displaying local level peace posters in an area library.

For their Lions In Sight campaign, the Oregon and Northern California Lions will collect food to support local food pantries and the Oregon Food Bank. The supply of food at food banks and pantries tends to drop greatly following the holidays when donations are less prevalent.

"The statistics are staggering and the need is great," said Lion David Rich, member of the Oregon Lions Expand the Horizon Team. "We anticipate their supplies to be very low in January."

Encourage Lions to participate in Lions In Sight and to submit stories and photos of Lions activities and projects to the Public Relations Department. Lions can share their stories and photos through the LCI Web site's Member Center. The Online Community section offers "Submit Your Story" and "Submit a Photo."

## CHILDREN CHEER FOR LCI'S GIVING TREE

In December, staff members participated in the annual LCI Giving Tree project, providing gifts for 125 children from families in need in DuPage County. The tree, which has been a tradition at LCI for many years, provides a fun way for staff members to help brighten the lives of children during the holiday season.

The gifts were purchased and wrapped by several generous staff members, bagged by members of the EAC and delivered by Export Traffic to the Humanitarian Service Project's (HSP) headquarters in Carol Stream. The HSP, which runs this



project and several others that assist children, elderly and families in need throughout the year, said that this is one of the larger donations they receive for the Giving Tree project.

"It is such an awesome donation," said Sheila of the HSP. "We really appreciate it."

Appreciating it most are the 125 children and their families, whose holiday season would have been a little less bright without the consideration and kindness of LCI staff.

- 1/2 Mary Vrchota**  
Club Supplies Sales
- 1/7 Kathy Ryan**  
Leadership/Institute & Seminars
- 1/7 Don Grant**  
Facility Maintenance & Services
- 1/8 Tamara Wisneski**  
Membership Programs &  
New Club Marketing
- 1/9 Denise Whistler**  
LCIF Donor Services
- 1/12 Abdul Barde**  
Club Supplies Shipping
- 1/12 Jennifer Quinn**  
Legal
- 1/15 Donna Enselman**  
Club & Officers Record  
Administration
- 1/15 Annette Jones**  
LCIF Donor Services
- 1/17 Vanaja Krishnan**  
Club & Officers Record  
Administration
- 1/17 Cheryl Cox**  
Export Traffic
- 1/22 Cynthia Wicklund**  
Youth Programs
- 1/18 Tom Pietrasek**  
Leadership/Facilitated Learning
- 1/23 Cheryl O'Malley**  
Information Systems
- 1/25 Rudi Zhang**  
Information Systems
- 1/28 Cyndi Bucher**  
Information Systems
- 1/29 Gloria Geske**  
Convention Registration  
& Housing
- 1/31 Rosemary Machado**  
Ibero-American
- 1/31 Kristen Eckert**  
LCIF Sight Programs

## WINTER SLIPS, TRIPS AND FALLS

Slips, trips and falls are very common hazards in the winter months, especially in parking lots and walkways leading to buildings. We often forget how dangerous slipping and falling can be. Snow and ice removal services do a great job clearing snow and salting the walking surfaces, but that is not necessarily going to eliminate all of the potential injuries. Some key elements to remember are:

- Always use handrails when they are available.
- Select the appropriate footwear (e.g. winter boots or rubber soled shoes).
- Keep your hands out of your pockets for better balance.
- Be aware of your footing and try to visualize your steps before you take them.
- Take your time and walk slowly and carefully on icy ground.
- Walk in designated walkways as much as possible; they are usually salted more often and more thoroughly.
- When entering a building, use the mats near the entrance to remove as much moisture from your footwear as you can. On a wet or snowy day, the floor just inside of a building can be just as dangerous as the outdoor areas.
- Don't forget that it gets dark outside earlier at this time of the year, and it may become difficult to see where you are walking. Bringing a flashlight with you could help you when walking to your vehicle after work.

## Wellness Corner

### ARE YOU TRYING TO LOSE WEIGHT?

When the holidays are behind us, how can we shed those extra pounds? Add high-fiber foods to your diet. They're filling and nutritious—plus fiber helps reduce the number of calories that your body absorbs. Use these tips to increase your daily fiber intake:

- Eat more fruits and vegetables—at least 2 cups of fruit and 2 cups of vegetables each day. Berries are especially high in fiber and offer a good alternative to fruit you may normally select.
- Choose a variety of fiber sources such as whole grain bread and cereal, oatmeal and beans.
- Serve meat entrees on a bed of grilled zucchini, sautéed spinach or sliced onions. Skip the rice and potatoes.
- Snack on air-popped popcorn, dry-roasted nuts and seeds.

Source: University of California, Berkeley Wellness Letter

## names in the news

- Congratulations to **Bonnie Burdorf**, Membership Operations, this month's winner of movie tickets from the Employee Activities Committee.
- Congratulations to **Gina Prendki**, LCIF Sight Programs, this month's winner of the reserved employee parking spot.
- Congratulations to **Marie Clarke-Doane**, Eurafican, and her husband, Joe Policastro, on the birth of their daughter, Ava Marie Policastro. Ava was born on Tuesday, November 24, weighing 4 pounds and 13 ounces and measuring 18 inches long.
- Ron, son of **Candy Nowobielski**, Program Design and Development, will be featured in commercials for Menards called "Menards Minutes." These commercials will be shown on CLTV and WGN starting in January. There will be thirteen one-minute segments on TV and viewers will be directed to a link on a Web site, which will include five-minute segments. The commercials will cover topics such as landscaping, painting, flooring, plumbing and energy efficient lighting among others. Ron is currently the Contractor Sales Manager for the Bridgeview Menards location.

**On Friday, December 18, staff members gathered in the lunchroom to say their good-byes to three retirees: Maria Fernandez, Inventory Control; Karen Fibinger, LCIF Donor Services; and Chuck Levitt, Information Systems. We wish them and Zita Cicenas, Youth Programs, very happy retirements.**



# Here comes Santa Claus



Justin and Haley, children of Lisa Smith, Graphics.



Tyler, son of Michelle Blomeke, Public Relations.



Griffin and Ella, children of Christy Jacobs, Graphics.



Emily and Adama, children of Rebecca Daou, LCIF.



Shannon, Joey, Christian and Genevieve, children of Jim Sinclair, Print Production/Reprographics.



# spotlight

*Adriana Albrecht*

Ibero American | Portuguese Translator/Interpreter

**Year started at LCI**  
2009

**Job duties**  
Translation/Interpretation for Portuguese speaking districts

**Education**  
B. A. in Languages, Major in English-Portuguese Translation from UFRGS (University of Rio Grande do Sul- Brazil)

**Hometown**  
Porto Alegre, RS, Brazil

**Family**  
My daughter lives in Chicago and attends Chicago Portfolio School; my son is at U of I, still changing majors; and I live at home with my husband and our dog Toffy. I also have a huge extended family in Brazil.

**My first job was**  
Working at a candy store

**If I were an actor, my ideal role would be**  
Queen Elizabeth I

**The first music CD I ever owned was**  
"The Police"? I think so. Don't ask me about the first LP.

**Most memorable/funniest moment on the job**

Actually, this is more like a tragic moment than memorable or funny one. I went to the last Board Meeting in New Orleans after being at LCI for about 50 days for the informal hearing interpretation into Portuguese. It was not easy; all the interpreters know what I am talking about, because I was not familiar with the vocabulary and names. On the last report, the Director was speaking clearly and slowly, and I was finally feeling more comfortable and confident with the interpretation, when all of a sudden someone came running into the booth and turned on my microphone.

**Something people would be surprised to know about me is**

I can prepare delicious vegetarian meals. My kids became vegetarians seven years ago. After panicking for a moment about their nutrition, I realized I had a lot to learn about soy products, whole grains and a balanced diet. Now I believe health-wise, all the family has profited from their decision. I am not surprised anymore with the result of my recipes: delicious vegetarian lasagna or Tofu stuffed crepes.

**When I was a kid, I wanted to grow up to be an**

Influential politician

**In my free time**  
I like to read mainly, alternating Portuguese, English and Spanish written books.

**My very first vehicle was a**  
Fiat Premio

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

Arroz com feijão (rice and black beans - Brazilian everyday food)

**I recommend that people see**  
"The Men Who Stare at Goats" (in the theaters) and "So You Think You Can Dance" (on TV on Tuesdays - it is awesome)

**If I won the lotto, I would**  
Have long trip, probably to the below mentioned places!

**I have always wanted to go to**  
Turkey, Greek Islands and a road trip to Patagonia in Chile

**If I were in a karaoke contest, I would sing**

If I could, a "Bossa nova" song (Brazilian jazz from the 50s- 60s)

**If my life were a movie, the theme song would be**  
"Beautiful Day" by U2

**The fictional character I relate to the most is**  
Lucy from "Charlie Brown"

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

**If I started a book club, our first read would be**

"100 años de soledad" Gabriel García Márquez

**The four guests at my fantasy dinner party (alive or dead) would be**  
Bono, Pablo Neruda, Mario Quintana (Brazilian poet) and Tina Fey

**I recently learned**  
I know it is cliché, but I am always learning.

**The title of my autobiography would be**  
"Embracing life"

**What's for lunch?**  
Pastel de carne (typical Brazilian ground beef turnover)

## insider poll

The recent release of the "Twilight" sequel, "New Moon," has broken box office records and the film's images can be seen on everything from Burger King paper crowns to Barbie dolls. Are you on Team Edward or Team Jacob?

Please e-mail your responses to Kristopher Kempksi, Public Relations.

The following is in response to the last Insider Poll: **With LCI officially hitting the 5,000 friends/subscribers/followers/fans mark on the four major social networks (YouTube, Twitter, MySpace and Facebook), it seems like everyone is utilizing these online resources. What social networks do you visit the most?**

"I use Facebook to stay connected with other Boston Terrier breeders, and also my widely dispersed family."  
**Dane LaJoye**, Public Relations & Communications Division

"I got sucked into the Facebook craze about a year ago, but still nothing beats Youtube for videos of cute animals and people making fools of themselves. I encourage everyone to look up 'Slow Loris' on youtube. OMG SO CUTE."

**Jill Neumann**, LCIF Humanitarian Programs

"Facebook and Flickr"  
**Kim Heyne**, Membership Programs/New Clubs & Marketing

"Facebook"  
**Corina Gallardo**, New Clubs & Marketing

## anniversaries

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

**Dave Bussa**, Export Traffic, 10 years on January 31

**Darlene Gleich**, Executive Director's Office, 5 years on January 3

**Gloria Geske**, Convention, 5 years on January 24

## news briefs

- The office will be closed Friday, January 1 in observance of the New Year holiday.

## 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 Kempski, Public Relations Department, at ext. 6835 or by e-mail. **The deadline for submitting information for the February issue is Friday, January 8.**