

**Regular Minutes of the Houston Cy-Fair Lions Club  
Tuesday November 13, 2018 at 7PM at the Lions Den**

**Members: 13**

**Guests: 1**

President Mazher opened the meeting promptly. Lion John led the pledges to the flags. Lion Julie gave prayer. There was no song. Guest Jan Potts of Paws for Heroes was introduced and will be our speaker.

After the meal, Ms. Potts explained that Paws for Heroes is a nonprofit, all volunteer organization, which she and a friend started in 2013. Both have a passion for veterans with post traumatic stress disorder, and homeless dogs. The Paws for Heroes Mission is “to improve the life of veterans and save the lives of homeless dogs.” Houston has the second largest veteran’s population in the country. It has been estimated that 11-20% of recent war veterans have PTSD. No one knows why some develop this disorder while others do not. Continuous exposure to dangerous situations causes changes in the brain, producing increased levels of cortisone and adrenalin, which can cause increased depression, and alcohol and drug use. “Every 65 minutes a Veteran commits suicide.” Ms. Potts said that dogs are magical creatures, a gift from God for mankind. Studies have shown that having a dog decreased blood pressure and stress. The brain then produces dopamine, serotonin, and oxytocin which increase calmness and a sense of love. Dogs naturally counteract the negative feelings of veterans, and provide camaraderie and security, which then reduces the medications veterans need, they sleep better, and have increased security.

The dogs are found at shelters and rescue groups. They look for a dog with the specific size and energy levels the veteran would like. The dogs are first put through testing by the Paws for Heroes staff. They need to be self confident and get along with people and other dogs. Dogs that pass these tests are then seen by a professional dog behaviorist, to check if the dog is trainable and eager to learn and please. They are then sent to foster homes where they learn simple commands, being with people, etc. Once this is accomplished, they receive daily training for a month, and are considered companion dogs, not service dogs. Each veteran is presented with not only his trained dog, but a leash, bed, crate, medication, and food. Paws for Heroes stays in close communication with the pair to make sure they are bonding and doing well together, and continue to stay in touch with them. It cost between \$5000-\$6000 to train and equip a dog from rescue to delivery to the veteran, and is very time intensive. Paws for Heroes’ goal is to present 8 dogs per year. If the veteran desires his dog to be trained as a Service dog, Paws for Heroes will fund that special training. All veterans who have received these once rejected animals are all greatly appreciative of their new companions.

President Mazher then presented Lion Keith with a cake made by Lion Merrell, and his favorite Cherry Garcia ice cream in honor of his birthday today.

Minutes of the last meeting were emailed to all, without any corrections. Motion to accept as written was made by Lion Chuck, seconded by Lion John, and passed.

Treasurer’s report was given.

Membership: Lion Merrell sent emails encouraging others to attend, with no success.

Lion Becca reported that Senior Rides has a new director, and they will present a program to us in January.

Lion Julie will attend a workshop with iBug, and hopes to learn more about how we can help collect used phones to assist the blind.

The Library Harry Potter event was held this past Sat. in our building and the library. We did KidSight Vision screening on 14 children, with one refer, but the mom said that child has glasses at home, but was not wearing them.

Christmas Wish List cards were passed around. Those who requested names were to chose a card and write their names on the corresponding copied page. Gifts are to be brought to the next Lions meeting, Tues. Nov. 27, UNWRAPPED, but with wrapping paper or gift bag, and the Wish List attached to the gift so that the counselors know to whom the gift is for. Lions Chuck and Sandy will then deliver them to the next PSC meeting.

The bronze plaque and pole for PDG Don Robinson's memorial oak tree arrived today. Lion Chuck will install it this week. We would like to invite his widow and daughters to a simple dedication of the tree, but due to the early darkness and cold, may wait until warmer weather.

Sat. Feb. 9, 2019 will be the annual Lions Eye Bank Foundation Bowl-A-Thon at AMF Diamond Lanes. We need bowlers and persons to cheer on our team. Lions Brad, Julie, John, Keith along with Becca's husband and son would like to bowl. Lion Chuck will send in the money and application for our team, which won the tournament last year.

Lion John reported that 30 live wreaths have been sold for Wreath's Across America thus far. Sales will continue until placement of the wreaths on Dec. 15. Forms are available.

President Mazher recognized Lions Keith and Terry for having birthdays this month.

Lion Becca read a letter that her mother just found, written to her grandmother by the McKinney Lions Club in 1938 after her grandfather, a Lion, died. Becca had no idea that her grandfather was a Lion. She said she now knows that her love of service and helping others has been genetically passed down from her grandfather that she does not remember.

Lion Tail Twister Julie provided some interesting facts about Lions, and we were to guess who the Lion is. Each was to tell what motivated them to be a Lion.

1: This couple has 4 kids, 5 grandkids, and 1 great grandchild, the 4 kids all live in different states, their grandson-in-law just returned from his second tour of duty in Japan with the Marines, and they were foster parents who usually had two foster children besides their 4, and looked like a circus going anywhere. (Lions Chuck and Sandy)

2: This Lion won honors in track and held the school record in the High Jump for 31 years. (Lion John)

3: This Lion's future goal is to retire on the last day of this year. (Lion Paul)

4: This Lion has a Masters Degree in Computer Science. (Lion Merrell)

5: This Lion competed in synchronized swimming. (Lion Julie)

6: This Lion has been to all 50 states. (Lion Bob)

7: This Lions non accomplishment or most embarrassing moment was when he was standing at attention at a Webelos Scout function and threw up. (Lion Keith)

All agreed that helping others, especially children, with vision screening, food baskets, etc, kept them in Lions Clubs International. Lion Julie then had Lion Milly draw a name for the prize tonight. Lion Paul was the lucky winner.

Lion Chuck thanked Lion Bob for coming "in the snow storm" today to help fix the flag light.

Lion Sandy collected 10 cases of used eyeglasses which were to be delivered to the Conroe Noon Lions Club Eyeglass Recycling Center. Prior to this, an elementary teacher contacted her looking for parts to repair the eyeglasses of many of her students. Lion Sandy

presented her with a bag of broken and badly scratched eyeglasses, which can be used for lost screws, broken temples, etc.

Lion Chuck received a very nice Thank You letter from the New Bern Lions Club in North Carolina, thanking us for our donation of \$500 towards hurricane relief in their area. Lion Chuck motioned, seconded by Lion Keith, that we send another \$500 to a Lions Club in the Panama City Beach, Fl. Area, again for hurricane assistance. Motion passed.

Lion Becca said the Scouts are collecting non perishable foods for the Cheer baskets. The CFISD new health coordinator is to collect the names of 70 needy children, with 10 alternates. Any baskets not deliverable will be donated to Camp Hope. We can again have the Cookie Swap on the Tues. while sorting foods for the baskets. Please contact Lion Becca for forms if you have a family in need to receive the food baskets.

There will be a baseball tournament this weekend with approximately 50 games. Lion Paul would love for you to volunteer to work the concession stand this weekend.

With no further business, Lion Bob dismissed us with two hearty roars after the count of 3.

Respectfully submitted,

Sandy Martin, Secretary