



We Serve



18-D

District Bulletin



District Governor Ed Hashbarger

Fellow Lions,
Happy NEW YEAR to you ALL!

This is Founder's and Re-dedication Month. Also this is Remembrance Month for our not forgotten Lions. Please take a minute of your meeting time in silence in their honor.

Now is the time for every good Lion and LEO to think of the good that Lions have done in the past. Once we have done this, we now have to envision our future. Our future is now and we have to complete our goals and reach for better and fresher ideas. We have the opportunity to take appropriate actions and are able to invite new Lions to participate in our bright future. You are the greatest and are working together making Lions Clubs International the best organization in the world. In looking into the future, we must also think of Training that must be accomplished - training can also revitalize your club - so let's check it out and get involved.

We have made tremendous progress. Part of what I envisioned has been accomplished. Of course, you were the Lions that made it possible thus far and we have just a short time left in order to complete this Lions' year. I will be going around and trying to help in rebuilding of one club and I hope to start another Campus Lions Club. But, while I do this with help from a few other Lions, I request that you look at your donations and make sure that you contribute a minimum of \$25.00 or more to the Lighthouse, Camp for the Blind, Leader Dogs for the Blind and LCIF. We need 100% participation from every club within the District. All other monies - I understand will go into helping your community - make sure that you get the word out in your local papers on what you are doing - once they know - they will also be willing to help.

We still have much to do and we HAVE TO BUILD OUR LEADERSHIP = check pages 9 and 10.

Now is the time to start planning = new officers will be assigned leadership roles in your club - elections are just a few months away. The new Peace Poster and Essay contest theme is out - "Imagine Peace" - now we have to get out and find students who are interested in competing for the top prizes. We are not restricted on children in schools - check with the Scouts, or boys and girls clubs or church groups and get them involved. In fact, Auburn Carl Lions has had essay contests going on for years (of course International Essay is only for visually impaired or blind students). I remember one that I will put in the Editorial section - its a few year's old, but still things that are in children's minds can be amazing. We really have to work as much as we can in mentoring children and getting them involved.

Tanx for being who you are - LIONS

Publicity and Communication are the KEYS - use them.



Yours in Lionism, Ed Hashbarger

UPCOMING EVENTS

You know how time flies when you're having fun -- mark your calendars for:

“Relieving the Hunger” Campaign ORGANIZE A FOOD DRIVE TO ALLEVIATE HUNGER

January is Glaucoma Awareness Month



Millions of Americans are at risk of losing their eyesight to glaucoma, a leading cause of blindness in the United States.

During Glaucoma Awareness Month in January, community leaders and health professionals are encouraged to provide sight saving information to those who are at higher risk. The National Eye Institute (NEI) offers a variety of resources and materials that Lions clubs can use to plan and conduct successful campaign activities. www.nei.nih.gov To learn more check out this web site: www.aoa.org Stories of discovery, translational research, and news highlights.

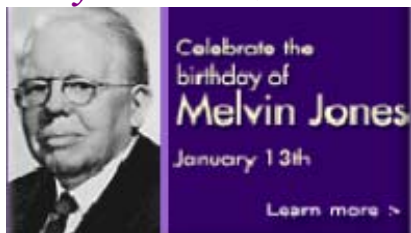
Advances in Science

Advances in Vision Science

Stories of discovery, translational research, and news highlights.

3 of 3

13 January is Melvin Jones' Birthday



13-19 January: LCIF Week

24 January: World Peace Day

21-22 January 2012

**Georgia Lions
Lighthouse Foundation**

Better Vision. Better Hearing. Better Georgia.

Georgia Lions Lighthouse Meeting at Holiday Inn Atlanta Perimeter, Chamblee, GA.

Highlights of the weekend include:

- Volunteer Training - Screenings & Clinics
- Using Facebook to benefit your club
- Tax Benefits to Charitable Estate Planning
- Special Speakers
- Elections

Check page 22 for more details.



4-5 February 2012

Council Of Governors Meeting



Camp For The Blind, Warner Robbins

March – Prepare Club Elections and PU-101 forms YOU CAN DO THIS EARLY.



5 May 2012 CHANGE

4th Cabinet Meeting and Family Picnic/Outing FORT YARGO STATE PARK, Winder GA. Mark this on your calendar and be prepared – this is FOR ALL.

We are the greatest secret in the world and it's up to you to spread the word



Where in the World

Have you ever checked the Lions Web site – click on Lions Newswire or check out = [Lions News Network](#)  • [LQ-Lions Quarterly](#) 

I Believe in You



**Wing-Kun Tam,
International
President**

I Believe Resources

Use the following resources to help your club – and our association – make a difference through service and impactful projects this year:

- [I Believe brochure](#): Read about 2011-2012 international president's theme brochure, *I Believe*.
- [I Believe logo](#): Download 2011-2012 international president logo to use on club communications and promotional materials.
- [Global Service Action Campaigns](#): Participate in Global Service Action Campaigns to bring attention to the service Lions provide for the environment, youth, sight and more.
- [Tree Planting Campaign](#): Take part in International President Tam's campaign to plant 1,000,000 trees during his presidential year.
- ["The Believer's" Award](#): Read about "The Believer's" Award – a special recognition award for those who demonstrate their belief in the power of service by planting a tree.

- [First Believer Awards](#): Learn how the First Believer Awards will recognize District Governors who achieve strong membership results in the first four months of their year.
- [Service Awards](#): Find out about the Service Awards – and how they will recognize outstanding achievement by clubs and districts in the area of service.
- [My Club, My Family](#): Get tips your club can use to instill the philosophy "my club, my family."
- [Welcoming New Members](#): Use this pocket card checklist as a reminder to welcome new members as you would family.

Download the New Lions Clubs App for Android

Stay in touch with Lions Clubs International with your Android phone by downloading our new [Lions Clubs App](#). With the Lions Clubs App, you can access videos from Lions Clubs International – and Lions around the world – on YouTube. Photos from other clubs on Flickr. The Lions Clubs International Facebook page, Web site, Club Locator and more. Stay up to date on Lions Clubs International news and information – [download the Lions Clubs App from the Android Market now](#).

Enter the 2011-12 Environmental Photo Contest

The Environmental Photo Contest (EPC) is a wonderful way for Lions from around the world to showcase the beauty of their environment. We invite all multiple districts to submit one photograph for the international EPC that will take place during our 2012 International Convention. We also feature many of the photos in our annual EPC wall calendar. [Learn more about the 2012 EPC – and how to purchase the 2012 calendar](#).

Entry Guidelines

Lions can submit photographs of their environment in one of the following five categories:

- Animal life
- Plant life
- Urban or natural landscape
- Weather phenomenon
- Special theme: **Protecting our Future with Trees**
 - Photos of trees and the vital role they play in our communities.

Winning club-level photographs will advance to the district, multiple district, and international competitions. Registered attendees of the Lions international convention will vote for their favorite in each category, as well as their overall favorite photograph. The six photos will appear [on the Contest Winners page](#). The six Lions photographers will receive an award.

- [Photo Contest Rules](#)
- [Multiple District Entry Form](#)

Wall Calendar

The [Lions Environmental Photo Contest Wall Calendar](#) featuring most of the multiple district entries is available for purchase for US\$5.00. The calendar includes Lions events in all 11 official languages of Lions Clubs International.

- To order your calendar, please complete and submit the [Wall Calendar Order Form](#).
- To bill your calendar purchase to a club, district or multiple district, please complete and submit the [Green Team Order Form](#).

Help Relieve Hunger in Your Community

International President Tam encourages us to believe that the world can be changed when we come together as Lions. During January, you can make a difference by joining our "Relieving the Hunger" Global Service Action Campaign. As part of this campaign, we're providing resources to help you assess local needs, mobilize your club and plan a project. Consider organizing a community food drive, delivering food baskets to families in need, or planting a school vegetable garden. [Find out about project resources](#).

How Lions Clubs Can Help

Your club can organize and implement a successful children's service project in your community. The **Lions Children First Program Kit (KITCF)** includes materials and resources to implement successful Lions Children First projects.

Lions Children First Program Kit (KITCF):

- [Materials Order Form \(IAD 251\)](#)
- [Activity Guide \(IAD 252\)](#)
- [Program Brochure \(IAD 253\)](#)
- [Community Poster features photo of small girl at mealtime \(IAD 254A\)](#)
- [Community Poster depicts child in need of shoes and clothing \(IAD 254B\)](#)
- [Certificate of Appreciation \(IAD 255\)](#)
- [Sample News Release \(IAD 256\)](#)
- [25 Project Ideas to Serve Children \(IAD 257\)](#)

In addition, Lions may also download the following **project idea sheets**:

- [Organize a Food Drive to Alleviate Hunger \(IAD 258\)](#)
 - Get involved in "Relieving the Hunger" - [Global Service Action Campaign for December and January!](#)
- [Organize a Children's Clothing Drive \(IAD 259\)](#)
- [Collect Suitcases for Foster Care Children \(IAD 260\)](#)
- [Organize a Hearing Screening for Preschool and School Age Children \(IAD 261\)](#)

To place an order for the Lions Children First Program Kit please [contact us](#).

President's Service Blog: Chartering a Campus Lions Club, Georgia, USA

Growing our organization and laying strong roots for the future are responsibilities each Lion should embrace. I believe [engaging young people](#) can bring energy into our clubs and provide new insights into additional service activities.



When I traveled to Georgia, I was honored to participate in a charter ceremony for a [Campus Lions Club](#) at the University of Georgia. The new Lions there were so enthusiastic about giving back and living out the "We Serve" motto. I was pleased to learn that the club's president, Erik Krumins, is the grandson of Former International President Joseph Wroblewski. It's fantastic seeing generations of families serving together through Lions. To ensure the future, we must give young people the opportunity to lead. It is my belief that these young Lions have all the tools they need to have a successful, thriving Lions club and will be a vital asset to their university and the community for generations to come.

For Clubs , check out....

[Club Excellence Award](#)

Clubs and districts that excel in community service, membership growth, communication and organizational management may qualify for the prestigious Excellence Awards.

Club Excellence Award: Clubs receive a distinguished banner patch to proudly display on their banner and the club president receives a Club Excellence Pin to proudly recognize his or her outstanding leadership.

[Family Lions Cub Program](#)

Invite your family to participate in your club's next community event, because as a family unit, you can receive a dues discount when volunteering together.

As a Lions family unit you can:

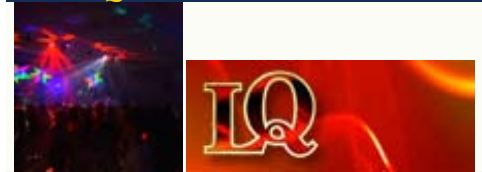
- Increase quality family time
- Be a role model
- Help your community

The Family Membership Program applies to family members eligible for Lions membership in and/or joining the same club and living in the same household related by birth, marriage and other legal means - such as parents, children, spouses, aunts/uncles, cousins, grandparents and in-laws of spouses.



Lions Clubs International

LIONS QUARTERLY



Watch [LQ](#) to see how an Alabama Lions' event spans generations.

HIGHLIGHTS

[Rockin' the Vest](#)

Share our rap video - and help attract new members.

[Lions Clubs Blog](#)

Read our blog to get news updates during the month.

CONTESTS

[International Contest](#)

Enter your Newsletter, Trading Pin, Banner or Web Site today.

[Environmental Photo Contest](#)

Organize a club-level contest to showcase the beauty of nature.

EVENTS

[Calendar of Events](#)

Review upcoming Lions events your club can promote locally.

CONNECT WITH US ONLINE





Dear Lion,

As 2011 comes to an end, it is a time to reflect on our many successes during this year. Last year our Foundation was able to help millions of people around the world. Our [Lions Quest](#) program has grown to six more countries, now totaling 69 countries, and is reaching more than 12 million children around the world. Our [SightFirst](#) program has expanded to include new program areas, such as education, rehabilitation and research. Our partnerships have increased, including a record donation from the Gates Foundation to help us fight [measles](#). We have helped rebuild lives following some of the worst natural [disasters](#) in recent history. These are just a few of the numerous highlights in the past year.



It is because of your generosity that LCIF is able to expand to meet even more needs worldwide. Last fiscal year, donations were up by 40 percent. I am excited to tell you that through the first four months of this fiscal year, our donations are up an additional 62 percent, from US\$15.1 million to US\$24.1 million. As a result, many more people worldwide are benefiting from your kindness and humanitarian service. Nearly 1 million people will benefit from the [grants awarded](#) at the October board meeting alone.

This coming year promises to be another remarkable year. I look forward to sharing with you additional successes in the new year and thank you for your continued support.

Serving together today for a better tomorrow,

Sid L. Scruggs, III
Chairperson, Lions Clubs International Foundation

One Shot, One Life: Lions Measles Initiative Update

Every day a quiet storm needlessly takes the lives of 450 children. Yet for less than US\$1, we can provide life-long immunity and the chance at life. Lions, we can save 157



million children through [One Shot, One Life: Lions Measles Initiative](#), a partnership with the Measles Initiative. The Gates Foundation is challenging Lions to mobilize US\$10 million with a matching grant of US\$1 for every US\$2 raised by Lions. Last month

LCIF received two large donations to help meet this challenge: US\$250,000 from Multiple District 300, Taiwan, and US\$10,000 from International Director Seiki Yamaura from Japan. All Lions are encouraged to support this program and help meet the challenge. [Donations](#) are eligible for MJF recognition. Many others around the world are also expressing their support. Last month International President Tam met with the President of Nepal and Vice President of Kenya, both of whom pledged their support to vaccination campaigns planned in their countries.

Disaster Relief Update

Nearly two years following the earthquake, [Lions in Haiti](#) remain committed to rebuilding lives and the economy. The nursing school is now complete in Haiti and students will move into the facility this month. The school includes four classrooms, a practice laboratory and a resource library. The homes being built in collaboration with the organization HELP are nearly complete. In addition to the 620 families who are benefiting from a new home, 102 Haitian construction workers are benefiting through employment from this project. [Read more online](#) about additional projects completed or underway in Haiti.

Relieving Hunger

During December and January, Lions are encouraged to participate in the [Relieving the Hunger Global Service Action Campaign](#). There are a number of resources available to assist in planning and promotion of activities that address local and global hunger. LCIF has awarded a number of grants for large-scale projects that fight hunger, including delivering food supplies in the Horn of Africa during a massive famine, a feeding program for 65,000 people daily in South Africa and re-establishing kitchens and food facilities following the disaster in Japan.



Editor's Note

Fellow Lions:

“How Losing My Freedom Affected My Life”

“The first nine years of my life were in a communist country. For the past year I have lived in America. I know what it means not to have freedom.

Living in Russia was very hard. Our parents always had to do what the government said. We could not celebrate when we wanted. Many times we could not get where we wanted to. Here, we go anywhere and nobody questions us.

My mother and everybody else worked for the government. This is communism. Nobody can make money because the government took it. In America, I have a savings account and I keep the money I get for birthdays and Christmas. My brother Oleg made \$5.00 for a tooth and put it in his savings account.

In Russia people do not go to church. Some people did but they only go to Russia Orthodox. If you wanted another religion you could not do it. In America, my mom and dad have taken us to different churches. It's fun and interesting.

Many years ago we had a Czar ruling Russia. If we said something bad about him we could get killed, The leaders who came after him were the same. I told my dad I don't like President Clinton. In America I can say that and not get arrested. Having freedom of speech is something special.

In Russia, many people are angry and sad. They could not get excited because they had little freedom. Last week we met a lady from China and she said women in China could only have one child. If I lived in China I would not have my brother Oleg and my sister Irina.

Maybe one day other countries will have freedom like America. Maybe they will have religion they want. Maybe one day all countries will be friends. Maybe one day all the countries will have enough stuff to eat and drink. May one day other countries will not be run by one person. Maybe one day the earth will be a happy place”!

Nicholai

Note: This is exactly as printed and we hope that your club can do the same in regards to essay contests. It may prove to be interesting. Bless to all for who you are – LIONS.



New LCI payment options are now available online!

Have you heard the news? WMMR, the online membership and service activity reporting system, is being updated to better serve you. The updates are now available. These features will allow you to:

- _ View your club statements online from January, 2011 through the present time for a rolling 3 year period.
- _ Pay online with credit cards for on time payments.

- _ View your Semi-Annual Per-Capita invoices online for a rolling 3 year period.

- _ Review your monthly statements for payment and membership updates.

How will this new feature affect your club and the Association?

- _ View your statement online as soon as it becomes available and avoid postal delays.
- _ Pay your total statement balance timely and protect your Good Standing.
- _ Receive an emailed confirmation of your online payment.

- _ Go Green! Choose to stop receiving mailed statements starting October, 2011.

We are so excited to provide this service to you and trust you will use this feature to ensure your balances and membership status is accurate. Contact us should you have questions on how to use this service. We can be reached at: accountsreceivable@lionsclubs.org. Help us protect your security and do not provide credit card details in any written correspondence.

Best regards,
Melinda Plott

Manager of Accounts Receivable and Club Account Services
300 W. 22nd Street, Oak Brook, IL 60523
TEL: 630-468-6878 FAX: 630-706-9232

FAQ: (Frequently Asked Questions)

Q: Am I required to change the manner in which regular payments are sent?

A: No, it is not mandatory to pay online. This is an option offered to all club officers.

Q: Can I view payments not issued online?

A: Yes, non-online payments can be viewed on the end of month statements once they are available.

Q: When can I view my online statement?

A: Your online statement can be viewed after the 3rd or 4th business day following month-end close.

Q: Can District and Multiple District Statements be viewed and paid online?

A: District and Multiple District Statements are not yet available online at this time.

Service Activity Report

The Annual Service Activity Report provides an overview of Lions service during the 2010-2011 fiscal year based on reports that were received by Lions clubs from around the world. Check out this web site:

http://www.lionsclubs.org/EN/common/pdfs/activity_report.pdf

How can we tell the world what we do if you do not submit a Service Activity Report!

The Lions Clubs International (LCI) Annual Service Activity Report is based on information that was collected through an online reporting system that was recently redesigned to not only capture the quantitative impact of Lions service around the world, but also allow us to tell a story behind Lions service.



Dear Lion Leaders,

First of all, in this season of belief, let me offer best wishes to all my fellow Lions, their loved ones, friends and families. We have come a long way in five months. My belief in the power of what every Lion can do to change the world is as strong as ever.



The early success of our campaign to plant 1 million trees makes me both proud and so humble. Whether it's planting trees in lands scarred by the tsunami in Japan or tornadoes in the United States, or planting trees to restore our planets critical forests in Africa or South Asia, we have succeeded in unifying Lions all over the world. These acts of service are fun and rewarding to do. They bring clubs together and bring smiles to ourselves and to people in the communities we serve. Through mid-November, together we planted more than 5.7 MILLION trees in more than 60 countries. Isn't that amazing?

Some Lions ask me if I will set another target. I politely say "no" because I believe the target lies in each of our hearts. It is the Lions who determine how far we go and how many trees we plant. Every tree counts, even if you can plant only one. Every member matters, too.

Planting trees is certainly good for the environment. But to me, it's also a strong symbol of our association's commitment to the future and a reason to invite friends, families and others to join us in making it happen.

You see, if we as Lions can identify the right tree saplings, plan them in the right place, and take care of them - then certainly we can also invite a new member, give them a meaningful role in our club, and nurture them like we would a member of the family.

This is why I am also proud and humbled by Lions' response to this year's "[My Club, My Family](#)" initiative. We have strong membership growth this year, exceeding a 16,000 net gain through mid-November. But inviting new members is easy; treating them as if they were family and involving them in meaningful service will ensure they stay.

So my fellow Lions, with all we have done in five months, I am now happy to say that "I Believe" has clearly transformed into "We Believe." It's because of you and your belief in what we can do. Your belief, and more importantly, your actions, have given me the greatest gift of all as your international president.

Consider this special issue a holiday gift to all Lions. The story's message is that Lions are indeed a precious gift to our communities. May the warm glow of family be part of your regular household and your Lions club as you believe in our great service mission.

Sincerely,

Wing-Kun Tam
International President

Projecting Our Image

Increased public awareness is one leg of the triangle of success for all Lions clubs. Projecting the Lions image is a crucial step in bringing new, quality members into our clubs. More members have a direct impact on meaningful service projects, which in turn, create new opportunities to increase awareness.

To keep this cycle turning, Lions must take a broad approach. It is vital to keep traditional media well informed about Lions service projects, but it is increasingly important to master online social media such as Facebook, Flickr and YouTube. These media enable us to tell the Lions story directly to people around the world and are especially important for reaching young people.

Tree Planting Challenge

After reaching the year's goal of planting [one million trees](#) in just two months, Lions around the world have gone on to plant an additional million trees and more!

Working in concert with many local community groups, 3,472 Lions clubs in 82 countries account for a total of 7,016,296 new trees cooling the planet and renewing its atmosphere.

[View the districts](#) that have planted the most trees in their respective constitutional areas, based on information submitted through the Service Activity Report.

Club Excellence Process

All Lions clubs strive for excellence, but achieving it takes concrete action. You can launch your club on the road to excellence (or keep it there!) with the four steps of the [Club Excellence Process \(CEP\)](#).

CEP is a four part workshop that is lead by a trained, experienced Lion and can be customized to meet the needs of your club. The process covers community needs, the characteristics of an excellent club, obstacles to excellence, locating resources, goal setting and action plans.

The workshop can be completed in one or four sessions and can be scheduled for club meetings or other gatherings over a period of no more than four months.

For more information, see [CEP workshop](#). To apply for a CEP Workshop, ask the zone chair in your area to assist your club in completing a [CEP Request for Resources](#).

Is your club or district reaching all the people it could?

Does it:

- **Have a Web site? (If not, create one in minutes using our [e-Clubhouse](#) tool.)**
- **Have a [Facebook](#) page?**
- **Upload videos on [YouTube](#) and photos on [Flickr](#)?**
- **Have a PR or IT chairperson that has a good working knowledge of the internet and social networking?**
- **Share your successful stories and photos using the new [service activity reporting system](#)?**

Global Service Action Campaigns

Relieving the Hunger

Last year's Relieving the Hunger campaign helped feed more than seven million people. Can we help even more this year? The campaign continues through January 31, 2012, so there is still time for your club or district to plan additional activities.

Your club could still:

- **Sponsor a community food drive to replenish a local food pantry.**
- **Prepare and deliver food baskets to families in need.**
- **Serve meals at a soup kitchen or homeless shelter.**
- **Volunteer to deliver prepared meals to elderly citizens.**
- **Help plant a community garden so local residents can harvest their own food supply.**

See [Relieving the Hunger](#) for more service project ideas.

When your projects are completed, be sure to publicize your success in your community and send an online [Service Activity Report](#) to international headquarters.

Set Your Sights High

[Lions Eye Health Program \(LEHP\)](#)

New [Lions Eye Health Program \(LEHP\)](#) materials are now available for you online! LEHP is a community-based education program that empowers you to promote healthy vision and raise awareness about eye diseases that can cause blindness.

- LEHP provides user-friendly, fact-based toolkits and materials for you to personalize and use with confidence and pride.
- LEHP is co-branded with the globally-respected National Eye Institute (NEI)/National Eye Health Education Program (NEHEP).
- LEHP resources can be used worldwide, with the guidance of your local professional eye care partners.

Coming soon... more LEHP toolkits and resources!

We encourage you to take a look at LEHP, and if you have any questions, please contact [Health & Children's Services Department](#).

Marilee Kadar, Manager, Health & Children's Services, Marilee.Kadar@lionsclubs.org
Tel: 630-468-6867

National Eye Institute at http://www.nei.nih.gov/health/glaucoma/glaucoma_facts.asp#1 a good source also.

Volunteering as a Family

Volunteering together makes your family stronger and helps make the Lions family stronger.

When you invite family members to take part in your club's projects, you increase quality family time and have the opportunity to serve as a good role model for your children and allow them to experience the joy of serving others. You will also have fun! In addition, you also bring new hands and vital energy to help your Lions club better serve the people of your community and the world.

The Family Membership dues discount makes it easier for all members of your family to become active Lions club members. Lions Clubs International's new Cub Program (pdf) helps make clubs even more family friendly.

Service Activity Report

Did you know that you can use the search feature in the Service Activity Report to learn more about projects organized by other clubs around the world? Searches can be narrowed down by geographic location or activity types. For example, you can search for project ideas related to the Sharing the Vision Campaign or look at projects taking place in a specific district. Try it!

GLOBAL LEADERSHIP TEAM UPDATE

Go to this web site and sign up = http://lionstraining.us/Lions_Training/Webinars/Webinars.html

More Great Lions Club Webinars: [LCI is hosting regular webinars on all kinds of topics.](http://www.lionsclubs.org/EN/member-center/leadership-development/development-programs/webinars.php)
<http://www.lionsclubs.org/EN/member-center/leadership-development/development-programs/webinars.php>

*All of these training opportunities are designed to make our members, clubs, and leadership stronger.
We hope you will join us in this effort to make ours the best district in Georgia.*

GLOBAL LEADERSHIP TEAM UPDATE

I hope you all have had a wonderful holiday season. Now, we are embarking on a brand new year. 2012 is a great time for all of us to become better Lions. One way to do that is to take advantage of the opportunities for training that are being offered.

During 2011, we had the opportunity to learn how to become Certified Guiding Lions, and we conducted Member Orientation training. Our next focus will be on Club Excellence Process. If our local clubs are not strong, our organization will not be strong. The Club Excellence Process is a way to assess just how your club is doing and also to obtain the needs of your community. I hope this will be the first decision that clubs make in the new year. Hopefully, Zone Chairs will be contacting clubs soon to begin this process.

Program Overview

The Club Excellence Process (CEP) is a workshop program dedicated to club improvement. A club that decides to participate in the CEP will be guided by a facilitator through four steps of approximately an hour each. A participating club will examine their community's needs, analyze their membership experience, use resources and develop action plans.

Each Lion attending a CEP Workshop will be completing several assignments under the guidance of a facilitator. Two of these assignments are the *Community Needs Assessment* and the *How Are Your Ratings?* survey. Clubs may be asked by their facilitator to complete these assignments before, during, or after the workshop. The program consists of four steps that are approximately an hour each. The program can be delivered in one, two, or four sessions. Each workshop session can be held at a club meeting, club retreat or other gathering. The entire process should take no longer than 4 months.

Here is a quick look at what a participating Lion will accomplish during a CEP Workshop.

Step 1: Why Are We Here?
(45-60 minutes)

**Discover community needs and complete a
*Community Needs Assessment***

**Discuss how Lions make a difference
Recognize what Lions have accomplished
Brainstorm what Lions could accomplish the future
Determine the characteristics of an excellent club
Identify the stumbling blocks that prevent us from
excellence**

Step 2: What Makes an Excellent Club?
(75-90 minutes)

**Analyze ways to improve club effectiveness
Complete the *How Are Your Ratings?* Survey**

Step 3: How Can We Determine Our Needs?
(45-60 minutes)

**Review the *Community Needs Assessment*
Review the *How Are Your Ratings?* results
Locate resources available to achieve excellence**

Step 4: What Can We Do Next?
(45-60 minutes)

**Set goals
Create action plans**

It will soon be time for clubs to elect officers for the next Lion's year. We will be conducting the training for club officers in early Spring. Please remember that there are many opportunities for training throughout the year. Member Orientation is one thing that needs to be conducted continually. If I can help with training, please let me know.

A goal of 4 clubs to participate in the Club Excellence Process has been set.

PCC Grace Clower

18-D Global Leadership Team Coordinator

Training Materials/Resources

Leadership training materials/resources include a mix of curriculum materials, speaking presentations with notes, and activity guides.

Presentations for Speaking Engagements – These slide presentations contain presenter notes and can be easily adapted to suit your specific needs.

Independent study presentations – Presentations designed to prepare Lions to serve in various leadership positions.

- **[Zone Chairperson Training](http://www.lionsclubs.org/EN/common/ppt/zone_chairperson_slides.ppsx)** – An independent study module focused on the responsibilities, challenges and resources of the zone chairperson position. Go to this web site:
http://www.lionsclubs.org/EN/common/ppt/zone_chairperson_slides.ppsx
- **[Second Vice District Governor Online Training](http://www.lionsclubs.org/EN/common/ppt/2nd_VDG_OnlineTrainingModule.ppt)** – This course provides information about the responsibilities of the district governor team, focusing specifically on the position of second vice district governor and the role that individual plays in regards to district administration and as part of the GMT and the GLT. This course will take approximately 30-45 minutes to complete, and includes a workbook to enhance the learning experience. Before beginning the course, [download and print the workbook](#). Go to this web site:
http://www.lionsclubs.org/EN/common/ppt/2nd_VDG_OnlineTrainingModule.ppt
- **[Effective Club Membership Teams](http://www.lionsclubs.org/EN/common/ppt/club_membership_teams.ppt)** – An independent study presentation covering the responsibilities of each member of the Club Membership Committee, related activities and goals, conducting new member orientation or a sponsor night/open house event, organizing a new club or club branch, and encouraging leadership development. **Go to this web site:** http://www.lionsclubs.org/EN/common/ppt/club_membership_teams.ppt
- **[Club Officers Orientation](http://www.lionsclubs.org/EN/member-center/leadership-development/news-train-club-officers.php)**
This section contains resources for training club officers, including instructor-based and individual courses. **Go to this web site:**
<http://www.lionsclubs.org/EN/member-center/leadership-development/news-train-club-officers.php>



Training Curriculum – Guides, handouts and materials for conducting training workshops, including materials for Club Officers Orientation, Regional Lions Leadership Institute, Membership Orientation and Volunteer Leadership training.

Tutorials – 10 to 15 minute interactive sessions that cover a wide variety of topics including how to participate in a webinar, tips on using Microsoft PowerPoint, and Lions processes such as submission of district governor expense claims.

Lions Achievement Portfolio – Prepare your own Lions Achievement Portfolio to share with Lions Leaders who seek skilled trainers for their programs.

Lions Mentoring Program – This personal development program established a framework to enable members to learn from each other, reach individual goals, grow in leadership skills, build stronger relationships and provide better service to communities.

- **[Lions Basic Mentoring Program](#)** (pdf) web site: <http://www.lionsclubs.org/EN/common/pdfs/mtr11.pdf>
- **[Lions Advanced Mentoring Program](#)** (pdf) web site: <http://www.lionsclubs.org/EN/common/pdfs/mtr12.pdf>
-

Lionism and History – Become familiar with the history of LCI, our Mission Statement, and Purposes and Code of Ethics. [View a history slide show](#) and take [short quiz](#) to review historical facts.

*PCC Grace Clower
18-D Global Leadership Team Coordinator*



To help revitalize a remarkable idea ♦

Arbor Day at School

Thank you again for your interest in the Fourth Grade Foresters Project!

Georgia's Arbor Day is fast approaching **Friday, February 17, 2012.**

The deadline to participate is **JANUARY 10, 2012!** Please let me know as soon as possible if you are still considering sponsorship of any of your local schools.

Heidi Jernigan Smith, Manager of Economic Development, Marketing & Corporate Communications of Tideland Electric Membership Corporation wrote to us,

"Words cannot begin to describe how VERY HAPPY we are with the results of our Arbor Day project!

I was so impressed with the packaging, the healthy condition of the seedlings, the efficient shipping and everything you delivered on from start to finish!

Response from my board of directors and fellow employees has been outstanding and I am hopeful that this will become an annual tradition for my electric cooperative.

With me functioning as a one woman department that must cover a large geographical area, it was no small thing to find an organization that delivered a turnkey public relations program that delivered so much bang for so few dollars.

I've attached a sampling of items from today's activities. We have at least 6 more newspapers that will be carrying coverage in the days ahead.

Thank you from the bottom of my heart and from 1,285 very happy fourth graders in eastern North Carolina!"

Remember . . .

- This is a turnkey public relations program. We do all the work for you.
- We contact the school, obtain permission, and verify the number of fourth grade students.
- We attach your message to each tree
- We send them directly to the school to be handed out on Arbor Day.
- We will provide you with a Press Release and Press Kit (all for only \$1.59 per student).

Please call me if you have any questions at 402-475-5631. I will be delighted to assist you.

Best regards,
Debra Ersch, Co-founder



How Lions Clubs Can Help

If a Lions Club becomes a sponsor of the Fourth Grade Foresters they will:

1. Build a new connection with the community by making it possible for trees to be planted and cared for in your local Urban Forest . . . the trees surrounding the homes of your citizens.
2. Share the message and vision of the Club directly with local families.
3. Help kids learn that they make a difference in their community and have a direct impact on the environment.
4. Help local Fourth Grade Foresters set an example for the entire community. The trees they plant will become a forest that will benefit the environment and generations to come.





**FALL HAS ARRIVED!!
FALL FUNDRAISING IDEAS!**

I want to thank all of the Lions members who visited our fundraising booth this past September in **Anchorage, Alaska**. I felt very proud to say that we here at Ultimate Fundraising Inc. are able to work with such fine people who are striving to make a difference in their communities.

I was so impressed that I even became a Lions Member that weekend. Let the roaring begin!

In talking with various Lions Members, it became apparent that the **three most popular fundraising programs are the First Aid Kits, Coffee and Beverage**. For this reason, I have decided to make these the focus of this email and invite to you to contact me and gather some more **information and a sample** if you would like. We are currently working with many clubs across the country and they are experiencing **great success and large profits** with these two programs. Your club can do the same.

NEW First Aid Kit Fundraiser

This is our best fundraising program ever! The program is now new and improved. It offers 10 different \$10 first aid kits and your club makes a profit of 40%. There are also \$20 and \$25 kits available for those who wish to have a more extensive kit. 20 members sell 5 kits each and make a profit of \$400



NEW First Aid Kit Program

**Also available:
Auto, Sport, Outdoor, Gardening, Golf,
Handyman, Ow-Wee, Kitchen, Home**



**Many other fundraiser items:
Art in Nature Flower Program 40-50% profit, Boston's Best Ultimate Beverage Collection 40% profit, Popcorn Fundraiser 45-50% profit and much more – visit the web site below.....**

**CONTACT US TODAY TO RECEIVE YOUR
FREE INFORMATION PACKAGE!!**

Soccer/Baseball Bracelet Fundraiser Earn hundreds of dollars and provide a cool product to adults, teens, and kids **83% Profit**



Skratchers New and Unique- tired of candy- who isn't? Skratchers offers a **NEW, easy way to raise funds 90% Profit**

We look forward to working with you!

*Pat Van Hesteren, President, Toll Free 1-888-489-8122 - Email info@ultimatefundraising.us
Website www.betterfundraisingideas.com*



Making plans for your upcoming club celebrations, events and functions? We can help!

Make your tables truly unique, proudly using items showing your Lions emblem. Here are some excellent table supplies and a handy way to carry them!

Blue Balloons
(D37)



US\$13.45/100qty

Banquet Napkins
(S219)



US\$8.40/100qty

Place Cards
(S68)



US\$10.30/100qty

Playing Card Set
(G1525)



US\$8.10/each

Place Mats
(S218)



US\$8.30/100qty

100% Recycled Tote Bag
(G1486)



US\$4.15/each

Visit our online Lions Shop to order these and other fine Lions products.

A Great Fund Raiser...

Nexstep Commercial Products (formerly known as Cornella Broom Company and Franco Broom Company)—Exclusive Licensee of O-Cedar—is now the **one and only Official Broom Supplier** to the Lions! Nexstep Commercial Products manufactures 100% American Made Lions Clubs Corn Brooms in our Paxton, Illinois facility. For over 75 years, the Lions Clubs Broom Sale has proven to be a major fund raising event that is a very easy way to generate funds.

March what your fellow Lions have to say!

"Broom and Mop Sales have been a mainstay of our Lions fund raising activities for over 50 years. They are a useful product used for every household and many businesses. Many of our customers wait all year for our annual Broom and Mop Sale to make their broom and mop purchases. To these loyal customers, Lions Clubs Brooms and Mops have become the symbol of a quality product used to support a worthy community project."

— Sam Ball-Watson
District 18E
Columbus, Georgia

"When I was inducted into the Lions of Tallahassee 57 years ago, broom sales were our major fund raiser. To this day, broom sales still remain one of our major fund raisers. Selling brooms generates many dollars for our projects and efforts on the opportunity to be seen and heard in the community."

— Lon Chuck Mohr
District 10F
Tallahassee, Florida

"The Lions of Spartanburg, South Carolina have been selling brooms to the public for over 50 years. During that time, the Broom Project has been a major fund raiser year after year with many repeat customers."

— Dr. Eugene Spines
DC 200-2000, District 10A
Spartanburg, South Carolina

Again, Lions Clubs Brooms and Mops are the symbol of a quality product used to support any worthy community project.

See your selection of fund raising products and order form on back!!

WORLDWIDE HEADQUARTERS:
Nexstep Commercial Products
131 N. Railroad Avenue • Paxton, IL 62450 • Phone: 1-800-252-7666 • Fax: 1-217-379-9901
Email: sales@ocedarccommercial.com
www. [ocedarccommercial.com](http://www.ocedarccommercial.com)

O cedar commercial
Makes Your Life Easier!

Contact Information:
Lanny W. Balentine, PDG
Lions Club Sales Representative
Phone: (864) 845-3281
Email: lbale1010@aol.com

WORLDWIDE HEADQUARTERS:
Nexstep Commercial Products
131 N. Railroad Avenue • Paxton, IL
60957-0071
Phone: 1-800-252-7666 • Fax: 1-217-379-9901
Email: sales@ocedarccommercial.com
www.ocedarccommercial.com

NEXSTEP COMMERCIAL PRODUCTS
Exclusive Licensee of O-Cedar
(formerly known as Cornella Broom Company & Franco Broom Company)

2011 LIONS CLUBS ORDER FORM

Sold To: _____ **Date:** _____
Address: _____ **Phone:** _____
Ship To: _____ **Contact:** _____
Requested Date for Merchandise Arrival: _____

PRICES ARE EFFECTIVE ON ALL ORDERS SHIPPED IN 2011

Case Quantity	Item #	Description	Case	Case Price	Extended Price
	10005	Lions Clubs 100% Corn Husk/Straw Broom w/Plastic Frame	12	\$611.00	
	10006-BC	Lions Clubs Deluxe Corn Husk/Straw Broom w/Plastic Frame	12	\$614.00	
	10007A	Lions Clubs Deluxe Corn Husk/Straw Broom	12	\$613.00	
	81101L	Lions Clubs 100% Corn Jarlier Broom	12	\$399.00	
	10001B	Lions Clubs Washable Corn Broom	12	\$377.00	
	10004-B	Lions Clubs Washable Corn Broom w/Handle	12	\$383.00	
	86418	Lions Clubs Large Angle Corn Plugged Broom	6	\$564.00	
	82101-B	Heavy Duty 100% Corn Plugged Broom	12	\$511.00	
	84402	Heavy Duty Plugged Broom (Assembled Straps Colors)	12	\$555.00	
	85000-0	100% Corn Trip Broom	6	\$144.00	
	86420R	Lions Clubs Large Dual End Disk w/Handle or 86420L	6	\$444.00	
	85001	100% Corn Trip Broom	12	\$333.00	
	85001-0	Lions Clubs Cotton Industrial Truck Mop	6	\$333.00	
	85001-0	Lions Clubs Cotton Household Truck Mop	6	\$177.00	
	85007	100% Corn Mop w/2 O-Ring Handles	12	\$324.00	
	85009	100% Corn Mop w/2 O-Ring Handles	12	\$303.00	
	84417-F	Heavy Duty Mop w/2 O-Ring Handles	6	\$444.00	
	86418	18" Heavy Duty Broom, 18-Fingered Broom - Head Only	12	\$644.00	
	86419	18" Heavy Duty Broom, 18-Fingered Broom - Head Only	12	\$644.00	
	86420	24" Fine Screen Plugged Broom - Head Only	12	\$511.00	
	87000	20" Broom/24" Handle w/Handle - Head Only 1/2 Size w/Handle	12	\$333.00	

MINIMUM ORDER: \$200
PAYMENT TERMS: Net 30 Days
FREIGHT TERMS: Picked up in \$1,500
8% Freight Allowance Off Invoice On Orders Over \$500 But Under \$1,500

NEXSTEP COMMERCIAL PRODUCTS
(Exclusive Licensee of O-Cedar)
131 N. Railroad Avenue
Paxton, IL 60957

PHONE: (864) 845-3286
FAX: (217) 379-9901
EMAIL: sales@ocedarccommercial.com
WEB: www.ocedarccommercial.com

**Being a Lion is all about planning ahead!
Start your plans now for your Nomination for
“Outstanding Blind Award”**

The New Year is upon us. Where does time go? While we are starting the 2012 Calendar Year, we are half way through our Lion Year. Now is a good time to take stock of the activities for the second half of this Lion Year.

Many of the awards presented at the Georgia Lions State Convention are due to be submitted in April, just 3 short months from now. You might ask yourself why your Lions Club should submit someone for one of the GA State Convention Awards such as the Outstanding Blind Award. I will give you several reasons why you should submit a candidate.

First, you are recognizing someone for their outstanding contributions to your club or to the community. Some awards, like the Golden Chain Award are for members of your club, but other awards, such as the Outstanding Blind Award and the Outstanding Deaf Award can be awarded to people outside your Lions Club.

Second, by nominating someone for the Outstanding Blind Award you recognize that the person has excelled and overcome many obstacles. This is great feedback for a person with Visual Challenges to receive. This is also a very positive message for other people with Visual Challenges in your community that they do not have to let visual problems keep them from striving to do their best.

Next, you may well get a new member if the person you nominate is not currently a member of your Lions Club. By nominating a person outside of your club, you also have the opportunity to ask them if they would like to be a Lion.

Finally, nominating a person for the Outstanding Blind Award gives your Lions Club the opportunity to publish an article in your local newspaper. You can let people know that not only do the Lions care about the Prevention of Blindness, we also want to help those who are already blind. Publicity is a great way to increase both membership and fundraising.

I have talked about the Outstanding Blind Award but there are other awards you should also consider. Visit <http://galions.org/outstandingblind.htm> for more information on the Outstanding Blind Award and other State Awards.

I encourage each club to submit a nomination for one of the Georgia Lions State Awards. Let’s make this an outstanding year for MD 18-D.

Lion Bill Graham
MD 18-D Outstanding Blind Award - Chair



Lions Clubs International



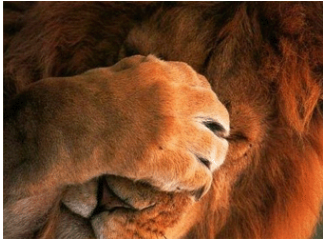
When I traveled to Georgia, I was honored to participate in a charter ceremony for a [Campus Lions Club](#) at the University of Georgia. The new Lions there were so enthusiastic about giving back and living out the “We Serve” motto. I was pleased to learn that the club’s president, Erik Krumins, is the grandson of Former International President Joseph Wroblewski. It’s fantastic seeing generations of families serving together through Lions.

To ensure the future, we must give young people the opportunity to lead. It is my belief that these young Lions have all the tools they need to have a successful, thriving Lions club and will be a vital asset to their university and the community for generations to come.

CLUB REPORTS



This is another way of getting Lions in your club, new members and prospective members interested in doing something new and different. Getting involved is another word for **WE SERVE**.



Certain things can happen when your Lions Club gets involved. If we have to find something new – go for it – because the more we raise – the more we can give. Also, the more members who get involved also create a bundle of fun and more money raised. The information that appears may benefit another club – for here is where we get ideas and we might be able to use those ideas within your own club.

Clermont North Hall Lions Club = During the month we continued the work on the project to restore and renovate the trail at Anna Ruby Falls State Park for the use of vision impaired individuals. In conjunction with an on-site volunteer and the state park service, work has begun on the renovation. Some of the previous signs will be replaced with electronic, state of the art signs. Other of the existing signs will be renovated. In addition the trail will be improved to add to the experience of the vision impaired. We look forward to a work day toward the completion of this project. PDG David Sargent continues to do the “Lions-share” of the work coordinating this project and insuring its successful completion. We also worked for a weekend at the Georgia Mountains Center handling the parking for an event for them. Our Christmas meeting was a time to relax, enjoy each other’s company, and give thanks for the season.

We serve!

Dacula Lions Club = On Saturday a group of us went to the Lighthouse for a Tour /Work project. What a Beautiful Building! If you have never gone to see the Lighthouse then you need to do so. After seeing the building and gathering what wonderful work is accomplished, we need to see our name "Dacula Lions Club " in that Beautiful Stain Glass Window. This should make us ever so proud to be a "LION" doing more for our community and spreading the name of "Dacula Lions" to everyone our families and friends, let’s make that be one of our goals for 2012. We were also assorting glasses while some washed and clean. We assorted 2,600 glasses, clean and washed 900 pairs. This being our last project of the year was much "Success." A Great Big " Thank You" to the following Lions: Past Pres Lions Scott.....(we could not have done this without you making all arrangements for us to be there). Lion Linda - Thanks for being so dedicated and taking all those pictures below. Lion Jamell - You (being one of our youngest member) have come right in and I know you will be a dedicated member .Your children who will be great Lions some day was such help . It was a joy to have them. Also we had a Membership drive and Pecan Sale at Dacula Elementary School



Jefferson Lions Club = **Committee Reports:** Eyeglass Collection Committee - Eyeglass Collection Committee: Lion Jerry Legg reported that recent collections include 15 pairs of glasses, 1 pair of sunglasses, 82 cell phones and 6 chargers. Service Projects - Lion Jimmy Mock reported that the trees ordered by members of our club will be here after the first of the year. LEO Report - Lion Mack Cates reported that the Kings Bridge Leo Club is currently working on a tree program to be held at their school. They will meet in January after the Christmas break. Sickness, Distress and Praise - Lion Ham Riddle sent a thank you to all members. Lion Jack Legg, brother of Lion Bill Legg and member of the Commerce Lions Club, lost his wife in an accident.

MEETINGS: Program: Lion Dot Hunt, after sharing some history of Lions International and the Jefferson Lions Club, inducted one of our new members Lion Lisa Nilsen. Lion Dot also presented Lion Edna Briggs with a sponsor certificate. Lion Jim thanked everyone that attended the Annual Lions/Rotary Christmas Banquet. Lion Jim also commented on how much he enjoyed the show of unity by both Club Presidents.

Upcoming Programs/Events:

JAN 09, Lion Deborah Langley Program

JAN 23, Lion Don Lord Program

FEB 13, Lion Jimmy Mock Program

Lawrenceville Lions Club = We donated 153 canned foods to Lawrenceville Co-Op. We donated \$325.00 to Lawrenceville Co-Op. We had our annual Christmas party with 24 members and their spouse attending and having a good time playing the White Elephant Game. A good time was had by all. We collected 258 pair of used eyeglasses and 75 lenses. We a total of 131 volunteer ours.

Loganville Legacy Lions Club = LEGACY BUCKET BRIGADE GENERATED \$ 750.00 THAT WAS THEN DONATED TO LOGANVILLE POLICE DEPARTMENT FOR THIRE "SHOPPING WITH HEROES" EVENT. THIS AIDED 115 IN-NEED YOUTH TO SHOP FOR THEMSELVES AND FAMILY MEMBERS ACCOMPANIED BY LOGANVILLE POLICE AND FIRE DEPARTMENT MEMBERS.2.) DONATED \$ 400.00 AND 5 TURKEYS AND 100 POUNDS OF CANNED/PACKAGED FOOD TO SHEPHERDS STAFF FOOD MINISTRY. 3.) PROVIDED 5 VOLUNTEERS TO HELP IN SORTING FOOD STUFFS FOR 18 SERVICE HOURS. 4.) COMBINED FORCES WITH ORIGINAL LOGANVILLE CLUB TO ASSISST WITH LOGANVILLE CHRISTMAS PARADE WITH 8 LIONS GENERATING 16 SERVICE HOURS. 5.) COLLECTED 418 PAIR OF RECYCLED GLASSES. 6.) 3 LEGACY LIONS CONDUCTED VISION/HEARING SCREENING AT WALTON REGIONAL MEDICAL CENTER HEALTH FAIR WITH 34 PARTICIPANTS. PRESIDENT OF MONROE CLUB ALSO ASSISSTED FOR 18 SERVICE HOURS 7.) 2 LIONS ATTENEDED LAWRENCEVILLE CHRISTMAS GET TOGETHER 8.) LEGACY HAD FAMILY CHRISTMAS GET TOGETHER AT BASSANOS PIZZA WITH M/M CLAUS PRESENT,58 MEMBERS AND FAMILY MEMBERS PARTICIPATED. We had a great Christmas party at Bassano's Pizzeria, had an important board meeting, and welcomed home Mark Allen lining the streets with signs and flags.

Norcross Lions Club = The Norcross Lions Club serves hot chocolate, coffee, and holiday cookies on the evening when the Christmas tree in the park in the center of town is lit for the first time during the holiday season. Santa visits and the children can have a photograph with him. We also start and maintain a fire in the fireplace in the park pavilion for participants to warm themselves, if needed. It is hard to estimate the total number of participants but this year we gave away about 5 gallons of hot chocolate and 28 cups of coffee. We ran out of hot chocolate. The Norcross Lions provided hot chocolate, coffee, and cookies for the Christmas tree lighting in Thrasher Park in Norcross. We also provided a wood fire in the pavilion fireplace to help warm the visitors. We donated canned and packaged foods to the local food bank. We donated 7 cell phones to the GA Lions Lighthouse. Our members and their spouses enjoyed a holiday meal at a local restaurant. We hosted Norcross Festival Inc. Treasurer Edna Berkshire in appreciation to her service. We enjoyed our usual holiday gift game. We sold raffle tickets for the GA Lions Camp for the Blind. Two members spent 3 1/2 hours helping sort donated children's books which will be given to local elementary schools. We continue to collect used eye glasses.

Toccoa Lions Club = Programs: The next meeting will be the last regular meeting of the year. Lion Forrest Connelly and Lion Bill Graham reported that the program will be a reading and judging of the JROTC essay contest. Cash prizes of \$50, \$25, and \$25 will be awarded. **Calendar:** Lion Bryan Gordon reviewed the calendar for the year. A correction was made for the date of the board meeting in February. It will be the 7th. Calendar is attached. There will be a called Board meeting next Tuesday at 7:00 A.M. at St. Matthias. **Sight Conservation:** Lion Bill has interviewed the doctors and is working on a tracking database. Lion Nick was not present for report. Lion Bill said that there were 8 or 9 referrals from Open Arms Clinic and 4 requests on the website. **Membership:** Some are interested who cannot attend daytime meetings. Should we consider a switch to night meetings? This will be addressed at a called meeting. Lion Bryan Gordon passed out a proposed budget for next year for consideration. Recruitment is still being plagued by the cost of dues and the time of meetings. This has been frustrating for Membership Chairman, Sheila Rousey. These issues will be discussed at the called Board meeting. **Projects:** The Fall Festival was a success. The club made about \$250 and several were identified who were in need of vision care. Lion Steve is working out the details for Diabetes Screenings along with hearing and vision. **Eyeglass Collection:** Lion Ray Cornell will check on the cost of mailing glasses to the Lighthouse. Lion Bryan said someone usually takes them when there is a cabinet meeting. Lion Bill said he would like to involve the JROTC in a “glasses washing party” as one of their projects. **Christmas Party:** Lion Ray was not present to give a report due to working the polls. Lion Bill said that reminder calls would be made Wednesday. As an aside, he commended Lion Andy Crawford for contacting board members prior to board meetings. **Old Business:** Lion Bill said he was pleased with Doctor Appreciation and would like to make it an annual event. The Plant-a-Tree should take place in February for Arbor Day. It will probably be on the Stephens County High School campus. This project seems to be expanding in scope. Sheri Whiten has suggested that plantings be along the driveway at the new high school. Lion Forrest said that we needed to be selective in regard to type of trees, location, and plans for maintenance. **New Business:** New Optometrist: Lion Bill announced that there would be a new optometrist in the sight conservation rotation. Ashley Fortney has agreed to come on board bringing the total number of doctors up to 4. Lion Kay said the doctors usually get 8 referrals on their “on” month with a couple on their “off” months. **Called Board Meeting:** The meeting will be at 7:00 A.M. on Tuesday, Dec. 13th. The following topics will be up for discussion: uncoupling the cost of dues from meals and ramifications of such a decision, changes in location, time, and number of meetings to accommodate working members and prospects, ways to promote membership, funding of budget, and opportunities for more service. Lion Ray brought up the idea of giving vests to new club members. The cost was \$35. We still have some on hand. Lion Kay expressed that the vests should remain property of the club and be returned if a member resigns. Lion Bill moved that new members be given vests which they should return if they resign. They will be given the option of purchasing a vest themselves if they wish. This change will take effect January 1, 2012. Motion was seconded by Lion Ray. The motion was approved.



Local “unsung” heroes of the TLC Optometrists Recognized by Toccoa Lions - Dr. Schneider, Dr. Kevin Vanderhoef, Dr. Kay Royal



Jr. ROTC cadets enjoy their lunch with the Toccoa Lion Club at Gate Cottage. Cadets preparing for essay presentations later on.



Diabetes Awareness month is November every year. Toccoa Lions were set up in the aisle at Wal-Mart on Friday, November 11th doing finger pricks for diabetes testing.

Two nurses from Stephens County Hospital assisted the Lions. Dr. Ashley Fortney allowed the Lions to use space in the optical center to do hearing screenings and vision screenings.



Toccoa Lions Provide Hospitality at Harvest Festival Rest Area



Union County Lions Club = Sight/Hearing: Received 2 applications. Both were approved. **Peace Poster Contest -** Board Approved motion for two - \$25 awards to the local Peace Poster Contest Winners from Woody Gap School and the 4-H Swine Team **Programs:** December 8, 2011 -

- The Club presented a \$250 donation to Walter Kissle from Alleghany Lodge for their Christmas food basket program.
- Tail Twister Lisa Little read a Lion's Night Before Christmas. She also recognized several of the Union County Lions for all their hard work in the community and throughout the world.
- Lion Mary Arnold introduced Missie Kirkland who entertained the club with the singing some beautiful Christmas songs. The program closed with the singing of several Christmas carols by the club members.
- Lion Betty Gurr was the winner of the drawing for a poinsettia.

WORKING LIONS - 21 Union County Lions had total of 80 hours for Lion causes for November 2011.

NON LION COMMUNITY HOURS - 4 Lions had total of 125 hours for community causes for November 2011.

FAMILY & FRIENDS ASSISTING LIONS - 12 Family member & friends had 18 hours for Lion causes for November 2011.

Featured articles that appears in local newspapers submitted by Union County Lions *NEWS Articles:* 3 submitted.



Lions give to Masonic Christmas food boxes. Ms Missie Kirkland – soprano gave evening of entertainment at Union County Christmas. Fun and fellow was enjoyable for all



Ms Evelyn Ueltzen was speaker for the Hope House



Pres. Mildred gets special recognition for her involvement with Union County Lions over the years.

Winder Noon Lions Club = Committee Reports = Pecans - \$10/bag of really fresh shelled halves! The best pecan anywhere! **LCIF** – Time to pay your \$20 annual contribution for the Foundation. Make tax deductible check to LCIF and give to Dottie. **Sunshine** – Make sure to call Elaine or Dottie whenever anyone is sick or in hospital. **Glasses** - 64 pairs of glasses were collected for recycling during December by the Winder Noon Lions Club **Programs** – Turn in your suggestions for programs to Adam, Derek, Dennis or Nelson = upcoming – 14Dec – Beth McIntyre, Regional Director of Piedmont Library. 14Dec – Peace Poster winner will be announced. The three winners of the Peace Poster Contest were announced at our club meeting and awards were presented. 1st Place received \$100, 2nd Place received \$ 50, and 3rd Place received \$ 25. Each of the four middle schools in Barrow County received \$50 to purchase art supplies. An additional \$34.20 was spent for lunches for the winners. 28Dec – Mike Boffington, Publisher of Main Street News. January – no speakers yet – it will be a surprise. **Donations** - \$450 was donated to the Winder Boys and Girls Club to provide scholarships and to assist in special activities at the club. 25 toys were donated by members of the club to be used by the Winder Fire Department for their Christmas toy drive.

6Jan – Blood Drive – Winder First United Methodist Church.

*LIONS AREN'T just about work. Lions have fun and fellowship.
Friendships made in Lionism last a lifetime,
because they are based on a common commitment to service.
Lions work hard, but have fun all along the way.*

PSA – Safari Feeding 30 seconds

The screenshot shows the Lions Clubs International website. The main content area features a video player for a PSA titled "Safari Feeding" with a duration of 30 seconds. The video thumbnail shows a man in a yellow shirt feeding a lion. To the right of the video player, there are several other video thumbnails and links, including "The Lion's Natural Strengths: Feeding", "January 2017", "LQ - Lions Quarterly", and "PSA - Public Service Announcement". The website header includes navigation links like "About Lions", "Becoming a Lion", "The Foundation", "Our Work", "Our Impact", "News and Events", and "Member Center".

Go to this web site and check it out:
<http://www.lionsclubs.org/EN/lmn/psa-view.php?c=1&id=16>

Also you can get these videos:



[Become Involved, Become A Lion](#)
5:22 minutes

NEW

Young adults have many reasons to join a Lions club. This video highlights young adults speaking about why they became a Lion, the benefits of ...

Item: EX802



[Building a Better Tomorrow in Communities Just Like Yours](#)
12:00 minutes

This compelling recruitment video focuses on the volunteer experiences, work and lives of five Lions from around the world, exemplifying how being a ...

Item: PR36DVD



GA. Lions Lighthouse
VP Lion John Rudert, PDG
JRudert@comcast.net

Check out the new **Lighthouse Video**
Click here to view the Lighthouse Video!

<http://www.eventstreams.com/lighthouse/010fst/>

Don't forget to RSVP to the Winter Meeting!

Details:

When: Saturday, January 21, 2012

Where: Holiday Inn Atlanta Perimeter

To Do:

RSVP to lunch (required!)

Lunch served at 11 a.m. and includes a meat, two vegetables and a roll.

RSVP to Sarah Liz at 770-738-4678 or by e-mail at sbuckley@lionslighthouse.org.

You can also RSVP online at www.lionslighthouse.org/lions.



Reserve a Room (Group rates available)

Holiday Inn Atlanta Perimeter (4386 Chamblee Dunwoody Rd., Atlanta, GA)

Contact Michael Vescio — 770-296-6001 (Mention: Lighthouse Lions Weekend)

Hotel Price: \$69/night.

*Two breakfast tickets are included.

Download the full schedule at www.lionslighthouse.org.

Service Numbers

From July to November 2011

People having eye exams
69 were from 18-D

People have better vision after receiving a pair of glasses
96 were from 18-D

Eye surgeries were performed.
20 were from 18-D

Hearing aids through the dispensation
93 were from 18-D

Get involved!

Whether through charitable giving or volunteering, there are many ways to support your Lighthouse! Upcoming clinic dates in your area:

**Wednesday,
11 January 2012
Norcross**

Contact Judith at JKerr@lionslighthouse.org for more information about volunteer opportunities.



Lighthouse Staff to Take a Lions Club Road Trip!

This spring, in anticipation of White Cane Month, Lighthouse staff will be speaking at Lions Club meetings throughout Georgia.

The staff are really looking forward to seeing familiar faces and meeting some new ones!

VISTAs Judith and Sarah Liz stop by beautiful Toccoa Falls after lunching with the Toccoa Lions.

Help Us Use our Recycled Glasses

18 D District Chair:

Judy Stamsen - 770-995-9274

eskiemom@bellsouth.net

I received the eyeglasses you provided for me and they are magnificent! I'm sure that this gift has made many people happy in the past and will continue to be a blessing to many in the future.

-Joyce, Columbus

Your gift makes a real impact on Georgians! Give the gift of sight and sound in 2012!

For example,



\$25 buys a pair of glasses.



\$250 buys a hearing aid.



\$500 pays for outpatient laser treatment.

Donate today at www.lionslighthouse.org/give

* * * * *

Lions Club offers eye care to the uninsured and needy

By **ERIN FRANCE** - erin.france@onlineathens.com

Published Monday, December 19, 2011 Updated: Tuesday, December 20, 2011 - 12:00am



Picking the right pair of glasses — comfortable, appropriate and with the right prescription — is an insurmountable task for some uninsured Georgians. But with help from local residents and the Georgia Lions Lighthouse Foundation more than 600 Athens-area people have received the glasses they need.

Once a month, local Lions Club members gather with volunteers and the Georgia Lions Lighthouse Foundation to offer eye exams and glasses to needy Athens-area residents who don't have health insurance at the Mercy Health Center on Oglethorpe Avenue.

"I feel like everyone should have equal access to medical care," said Caren Kaplan, the clinic coordinator for the Georgia Lions Lighthouse Foundation. Kaplan travels across the state, helping provide exams and glasses to people who aren't able to afford that medical care, she said.

"We do everything that you'd do in a doctor's office," Kaplan said. The only difference is that their equipment is portable and travels with them from site to site, Kaplan said.

"We bring the equipment," she said.

Members from the Oconee Lions Club and the Classic City Lions Club help patients fill out paperwork before they're seen by a doctor. Optometrists like Dr. Joel Jenkins of Jenkins Vision Care and Dr. Meg Brya of Five Points Eye Care Center also volunteer time at the monthly clinic.

Patients are referred to the clinic through the Lighthouse Foundation and the Mercy Health Center.

To volunteer with the Georgia Lions Lighthouse Foundation or to learn more about their services, visit www.lionslighthouse.org.

* * * * *

Help bring hearing loss education to your community!

Contact Sharifa at SPeart@lionslighthouse.org for more information.



**GA. Lions Camp for the Blind
Thois Masters, PDG
tstmasters@windstream.net**



“Go Tell it on the Mountain...”



I absolutely adore this time of season because of the sweetness that is shared in fellowship with others. It is with that thought that I will begin to tell you how wonderful Christmas Camp was. We had the most wonderful time. Each year we try and do a service project in which the campers can participate. This year we choose to send Braille books to India.

This was a really neat way for each camper to help another visually impaired person.

Christmas Camp is by far the icing on top of the cake. As I sit and reflect on this past year, I can think of no better way to end it than by spending a weekend with those we serve. I watched as over 75 people, including volunteers, descended upon the camp to spend a weekend growing and learning together. It was truly wonderful!

This Christmas as you count your blessings, know that there are campers all over this state that count you as a Blessing, and I do too!

Merry Christmas,

Kristen



"I Played My Drum for Him"

Dear Georgia Lions,

I thought after my first summer camp experience that I had seen it all. But then came Christmas camp! The campers, as usual, were amazing. My heart was full the entire weekend. I don't think I stopped laughing or smiling the entire time. They were all happy and excited to be back, and already asking me about this summer. It was a joy to hear them singing Christmas carols and there were special performances that, to be honest, just blew me away. Thank you so much if you sponsored a camper.

We really appreciate all that you do for us. I promise it does not go unnoticed. I have met so many caring and hardworking people. No matter what we've needed, someone has always stepped up to the plate, and often times provided more than we prayed for. I also got the privilege to witness Kristen becoming Mrs. Robinson. It was a beautiful ceremony and we are so fortunate and blessed to have Richard here with us. I love my job so much and I am thankful to be here to share all of this with you. Thank you for all your cooperation and patience throughout the year. If there is anything you need, please let me know.

I wish all of you a very Merry Christmas!

Merri Blount
Camp Secretary
912-283-4320
glcblindsec@accessatc.net

The President's View

I just spent a wonderful weekend at our Camp celebrating the birth of our Lord with some very special Campers. WOW – How blessed I am to be able to do that. Once again, Kristen and her Team did an outstanding job in facilitating the needs of our Campers. A very special thank you goes out to Kristen's family for cooking all weekend long. The Campers love their food and enjoy their friendship!



We have some upcoming dates that are very important for us:

January 7th @ 9:00AM – A meeting of the Organizational Assessment Action Committee. This will be a working meeting that will last 3+ hours.

January 7th @ 1:30PM – Special Meeting of the Finance Committee and Executive Committee to draft the 2012-2013 Budget. This will be a working meeting as well and will last 3 to 4 hours.

Both of these Meetings will be held at the Centerville Lions Club House.

February 4th and 5th is The Winter Board Meeting of the Georgia Lions Camp for the Blind, Inc. The Standing Committee Meetings will be held on Saturday, February 4th. The Board of Directors' Meeting will be held on Sunday, February 5th at the Centerville Lions' Club House.

- o At this Board Meeting we will be voting for the President, Secretary and Treasurer that will serve our Camp for the next two years. It is very important for you to attend
- o This Meeting and cast you vote for the Lion you want to serve in these positions.

If you wish to run for one of these positions; you must submit your name and qualification in writing to the Nominations Committee Chair by January 6th. The Committee Chair is Lion Wade Hodges and his contact information is located on the GLCB.org Web Page.

o The qualifications for the above positions are laid out in the Georgia Lions Camp for the Blind's Constitution. Please contact Lion Wade or myself if you have any questions about the positions being voted on or the process for applying.

Giving to others is what makes this season so special. We the Lions of Georgia are so blessed to be able to give and serve others year round. I thank you for giving to our Camp and for helping us live up to our Lions motto of "WE SERVE". Your sustained support of our Camp is appreciated and I ask you now to continue and yes even increase your support in 2012. What better gift can you give the Visually Impaired Youth of Georgia than an opportunity to attend our Camp? Camp helps them grow, helps them gain trust in themselves, help them to gain trust in others and prepares them for their life ahead. That is what we do at OUR Camp!

Camp dates to remember:

- Winter Board of Director's Meeting February 4-5, 2012
- Work Weekend March 23-25, 2012
- Work Weekend April 27-29, 2012
- Board of Director's Meeting @ Sate Convention May 25, 2012

In closing, I wish you a Very Merry Christmas and a Happy New Year.
God Bless!

Frank Spinney

Frank Spinney
President

Georgia Lions Camp for the Blind, Inc.

**Georgia Lions
Camp for the Blind,
Inc.
Triple Option Raffle**



John Deere Gator

or **\$5,000.00**
Cash or



Street Legal Golf Cart

The Georgia Lions Camp for the Blind, Inc. is a Lions of Georgia funded project that provides blind children, teens and adults with an opportunity to grow and become self-reliant. We do this at our beautiful 62 acre camping facility in Waycross, Georgia.

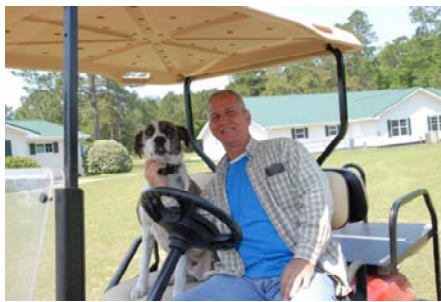
Please help us continue this service to those in need by purchasing a Raffle Ticket for the price of \$1.00. You could win your choice of one of the Triple Option Prizes shown above and will also win by helping a Blind Georgian attend our Camp!

We all can be Winners!

We will draw the winning ticket on February 5, 2012 at our Winter Board of Director's Meeting in Warner Robins, GA.

Thank you for your support!

* * * * *



Hello Lions,

Well the end of this year is fast approaching and I have so many things that I have been truly blessed with: Jesus, a wonderful wife, three fabulous children, ten grandchildren and another that will be here any day now, friends, and a wonderful job. My boss isn't bad either!

As you all know by now, Christmas camp 2011 has now come and gone! Let me tell you that it was as much a blessing the second time as it was the first. All the campers, young and mature, seemed to enjoy their short time together. It was a jam packed three days that kept them all very busy. My favorite part this year was the hay ride. I enjoyed pulling them around and listening to them sing Christmas songs.

It was a little cold, but the camp fire and the hot chocolate topped off the evening event and I think they enjoyed themselves. Once again, the counselors were a blessing just to see their dedication and hard work they put in for just a short while. Also, we had so more fabulous food and the kitchen staff worked really hard. This was Kristen's family. When you meet them, you will see what generous and giving people they are. My thanks to all of them. Also, we had a little help from some of the Lions of the Woodbine club. They came over on Friday night and helped serve.

After the weekend was over, there were some tears shed because no one (the campers) really wanted to go home. But they were encouraged that it would be summer camp before you know it. I will be looking forward to the summer events and I hope you will take a little time out of your busy schedules to try to come and see what we are doing at this facility that you all help support. Keep that support coming!

A couple of items of interest that I would like to give you an update on is that the fountain for the Memorial Garden has been installed, and the dead trees that we discussed in our winter meeting have been removed. Well, I have got to start planning on what we need to do next year on our scheduled work days, and as you know, there is always plenty to be done. So, I had better get up from this computer and get busy!

MERRY CHRISTMAS TO YOU ALL!!
Mike Williams - Building & Grounds, GLCB

“Oh Holy Night...”

As many of you know, December is a very busy month for us here at the camp. The first weekend in December we had an amazing opportunity to gather with old and new campers and create lasting memories at Winterfest, '11. Total we had over 50 campers registered to participate in this event; every bed in the camp had somebody in it! No really there was no room in the inn, so to speak. We had people sleeping on air mattresses and mattresses on the ground. We were full and loving it!

“Rockin’ Around the Christmas Tree...”

Friday was spent getting the campers to the camp as well as getting reacquainted with the camp. After a wonderful supper, we decorated Christmas treats, went on a Hay ride, and spent time fellowshiping with one another.

After “a long winter's nap,” we got up Saturday and hit the ground running! We divided out into groups and had four rotations of different activities. One group was our India Project. In the afternoon we, practiced for the annual talent show which would be held that evening. We also had snowball wars! We finished off our amazing day with the talent show. When all was said and done on Saturday, we were exhausted and ready for bed.

Sunday brought about a bittersweet day of fellowship and packing. The morning was spent eating, packing, and talking with friends. At nine, most people loaded up on the vans and headed back to Macon to be dropped off at The Georgia Academy for the Blind.



Leader Dog Chair Lion Diane Wall-O'Shields
liondianewall@bellsouth.net

Dear Lions and Friends:

Our own Toccoa Lion Sheila Rousey "Update>>>"

Howdy!

I wanted to let you know that I got a call today from Leader Dogs. I'll be going up on the 5th of February and training until the 1st of March. what a wonderful Christmas present isn't it? Thank God for LIONS and wonderful folks like you.

*Merry Christmas,
Sheila Rousey*



* * * * *



THE PANCAKE EFFECT

When it comes to meeting challenges, the Lion response is simple: "WE SERVE." Serving is at the core of Lionism and is in the heart of every Lion I've met. Lions carry out this mission in many ways and these selfless acts of caring never cease to amaze me. In a world that seems to have moved away from caring about other people, Lions are a bright light for people whose world may have gone dark.

When I was diagnosed in 1981 with Retinitis Pigmentosa, my world started to go dark both literally and metaphorically. Depressed, I wondered how I would survive and take care of my wife and family. When I started this journey of darkness, I had no idea that back in 1939 three Lions recognized a need and founded Leader Dogs for the Blind.

It isn't just me. In my role as a member of the Leader Dog Board of Trustees and as Chair of the Lions Advisory Committee, I am constantly hearing about the work that Lions do and the impact it has on our clients. LDB is the house that Lions built and your continued support represents a 72 year Lion's legacy of miracles. You have brightened my world along with over 14,000 others and we will forever be grateful for your kindness.

Your acts of kindness take many forms. Fund-raising events, like those that ultimately support Leader Dog, come in all shapes and sizes. One of the most common fundraising events is the Pancake Breakfast. There is a widely known theory called the Butterfly Effect. It simply suggests that a seemingly small act like a butterfly flapping its wings, and that small movement of air it creates, can generate a chain reaction with global impact. My Lion version of the Butterfly Effect is called the Pancake Effect. Each time you flip a pancake or hand out a tiny white cane or sell a raffle ticket, it creates a movement—a movement that ultimately will be felt through a harness or a GPS device or a real white cane in the hands of a Leader Dog client. The Pancake Effect suggests that the act of a Lion flipping a pancake creates a chain reaction with global impact.

Please always know that all your tiny actions as a Lion and a supporter of Leader Dogs for the Blind, do have impact and you do make this world a brighter place.

God bless you.

Lion Jim Platzer & Leader Dog Maddy

LEADER DOG CHAIR HIGHLIGHT:

Debbie Dayton



Lion Debbie Dayton has a friendly personality, good leadership skills and a passion for Leader Dogs for the Blind. This combination makes her a perfect fit for the position of Leader Dog Chair in Lions District 11-A1.

As a Past Club President, Past Zone Chair, current Region Chair and current club Vice President, Debbie brings a great deal of experience to this role. She works hard to be sure that all Lions in this Southeast Michigan district know about Leader Dog and the impact our services have on people's lives. Debbie has been a positive influence in her district which was acknowledged when she was recently awarded Past International President Sid Scrugg's Beacon of Hope award. Lion Debbie is also a Melvin Jones Fellow.

Lion Debbie's work is two-fold, she teaches Lions about Leader Dog and she works to increase Leader Dog's understanding of Lions. Debbie has been a Leader Dog Trustee since 2005. She was very involved in the creation of the Leader Dog Lions Advisory Committee and served as the first chair of this board subcommittee. Debbie is quick to volunteer for events like Leader Dog's Annual Summer Conference and Visit for First Vice District Governor's. She is extremely committed to furthering the partnership between Leader Dog and Lions.

At last year's 11-A1 district convention, Debbie and a few other "Leader Dog Lions" provided an impromptu seminar for anyone who wanted to hear about LDB. She brings quarter savers everywhere she goes and never misses a chance to encourage the tail twister to help raise a few more dollars for Leader Dog. She says you have to be pro-active when partnering with clubs or planning events. "Sometimes you have to initiate the contact," she says. "It is up to the Leader Dog Chair to generate the interest in, and enthusiasm for, Leader Dogs for the Blind."

Lion Debbie is extremely passionate about LDB because she knows firsthand the impact a Leader Dog can have on an individual's life. In addition to all her other titles, Debbie is also a Leader Dog client. Her current Leader Dog, Patrick, provides her with the independence and mobility to get out and do all the things listed in this article. As Debbie puts it, "If it wasn't for Leader Dog, I'd still be home sitting on the couch!"

Thank you Lion Debbie for everything you do as Leader Dog Chair, LDB Board Member and active Lion in District 11-A1.

Thank you Lions for supporting Leader Dog and making it possible for people like Lion Debbie TO SERVE.

* * * * *



I know you love to hear how your dogs perform. My husband, Roland, Cortina and I visited Yellowstone National Park and Grand Teton National Park a few weeks ago. Cortina did an outstanding job. At one point I decided to turn back on a trail that had gotten too difficult for me. I told Cortina to turn around which she did and we started walking

back. Then Cortina moved in front of me to block my way. I told her to stop blocking me, but she just wagged her tail and licked my hand. She again tried to stop me from continuing forward. She kept at it until I started to listen to her. When I checked the path in front of us, I found that it was pretty steep and not very smooth. To my right I was able to make out a tree and told her, "Go to tree." She guided me to the tree which I then used to help me get down the path without any difficulty. I gave Cortina a lot of praise and a dog biscuit. She is a real Leader Dog who lives up to the LDB mission.



Attached is a picture of Sonar, my Sigma Alpha Iota sister Ashley Miller and myself at the 2011 Madison Wisconsin Race for the Cure that was held on June 4th.

Sonar and I were one of two Leader Dog teams walking out of 13,000 participants and we did really well. Sonar had no problem with the mobs of people, strollers, little kids and pets or the heat but when it came to walking in the middle of the street and NOT on the sidewalk...well, let's just say he was sure that I was wrong! Our team is called Super Pink! (Super for me, Pink for Ashley), which I started because Ashley had a cancerous lump removed about eight years ago. She has been cancer-free ever since and I am so grateful for her clean bill of health. We plan on participating again next year!

Jen Williams and Leader Dog Sonar



From the desk of State RFB&D
Chair Lion Fred Smith
lionfredsmith@gmail.com

No Gift Too Great or Small

Challenge grants... bike races... letters to the editor: Learning Ally's donors and volunteers have a history of creative and interesting ways of giving back and supporting us throughout the year. With the approach of the holidays, we celebrate our friends across the U.S.



who give all year long in a myriad of ways. Maryland-based **Naveh Berner-Kadish** (*pictured below*), a remarkable 13-year old Learning Ally member who is dyslexic, took an epic 51-mile fundraising ride on his bike through the mountains of Virginia. Determined to help out by covering hardship waivers for students who cannot afford the cost of an at-home Learning Ally membership, Naveh didn't stop there. Soon afterward, he generated additional funds and raised awareness at his Bar Mitzvah -- personally persuading over 150 friends and family members to write letters to Members of Congress, urging them to restore funding for Learning Ally. As of this writing, the enterprising teenager has brought in 75 gifts totaling over \$5,200.

Sparking Corporate Buzz with Virtual Volunteering

Excitement is growing around our new Volunteer Text Editor Program, a web-based application that enables people to volunteer for Learning Ally from a distance. Beta test groups from leading engineering, technology and accounting firms across the country have completed the virtual training program.



The [Volunteer Text Editor Program](#), a pilot web-based application, is ideal for those with time constraints and/or those who don't live near any of our studios. The application enables people to volunteer anytime and anywhere they have internet access—at home, at the library, or at their local coffee shop. This technology enables volunteers to perform a crucial service for Learning Ally's members: rendering descriptions of the charts, graphs, and illustrations in books that text-to-speech software cannot interpret. The new volunteers receive training on industry conventions, navigating the online tool, and typing descriptions so that students can have access to *all* book material – not just the text.



Judy Stamsen CCI Chair
eskiemom@bellsouth.net

Meet Scully!

A friendly dog with a wagging tail who likes to have his ears scratched and is always willing to "sit" and "stay" is sometimes the perfect dose of medicine for many patients at WakeMed Rehab Hospital in Raleigh, North Carolina. Scully, a Labrador/Golden Retriever cross, has donned his Canine Companions blue vest since 2008 and goes to work with his facilitator Elizabeth, a licensed/certified Recreation Therapist. Scully has helped patients improve their memory and word retrieval, their socialization skills and balance and range of motions. Patients who have worked with Scully often experience more self-confidence and the motivation to participate in daily life activities, explains Elizabeth.



Together!

By the glow of her bedroom nightlight, 9-year old Te'a is asleep in her bed, snuggling so close to her beloved Canine Companions assistance dog, Babette, it's hard to tell where the covers end and where Babette's fur begins. This isn't the first time that Te'a's mother Julie has found them curled up together...in fact they have been sleeping together every night since they were matched with Babette in November of 2010...but Julie knows how difficult the journey was to get to this point...and also knows that the best moments for her daughter and her newfound best friend are still to come. Now the favorite part of their day is the end. Te'a, who never slept through the night before receiving Babette, at bedtime pulls out a book and starts to read to Babette, until one, or both of them drift off to sleep.



Kelley
Facility Dog
Coral V
Jensen Beach, FL
Puppy Raisers: Tina
& Allen Meyers
Warner Robins, GA



Dillan
Skilled
Companion
Dog
Dempsey
Bishop, GA
Puppy Raisers:
Eva Stanard,
Arnold, MD



Lion Kathryn Higgins
 Diabetes Awareness Chair
Klhiggins07@windstream.net

Brief, Intense Exercise Lowers Blood Sugar, Small Study Finds

May help type 2 diabetics use glucose more efficiently many hours after activity, researchers say

By Serena Gordon
HealthDay Reporter

THURSDAY, Dec. 15 (HealthDay News) -- Lack of time is a common reason cited for not exercising, but new research suggests that several short intensive workouts a week may help lower blood sugar levels similarly to longer, more regular exercise regimens.



The small, new study found that 30 minutes of high-intensity exercise a week -- a total exercise time of 75 minutes a week with warm-up and cool-down included -- could lower blood sugar levels for 24 hours after exercise, and help prevent post-meal blood sugar spikes in people with type 2 diabetes.

"If people are pressed for time -- and a lot of people say they don't have enough time to exercise -- our study shows that they can get away with a lower volume of exercise that includes short, intense bursts of activity," said the study's senior author, Martin Gibala, professor and chair of the department of kinesiology at McMaster University in Hamilton, Ontario, in Canada.

Results of the study are published in the December issue of the *Journal of Applied Physiology*.

Experts already know that exercise can lower blood sugar levels, according to the U.S. National Institute of Diabetes and Digestive and Kidney Diseases. Muscles use glucose as fuel, so any type of activity can bring blood sugar levels down. Exercise also helps the body use insulin more efficiently, which in turn, helps the body use more glucose.

Current recommendations from the American Diabetes Association suggest that people with diabetes should try to get at least 150 minutes of moderate to vigorous exercise each week. That's about 30 minutes a day, most days of the week.

But, not everyone has time to do that much exercise, Gibala noted. So he and his colleagues wanted to see if high-intensity exercise, done for a shorter time, could also have an impact on blood sugar levels.

The study included eight people with type 2 diabetes. Their average age was 63, and their body mass index (BMI) was 32, a level considered obese. BMI is a measurement of body fat that takes into account height and weight.

Over two weeks, the study participants completed six sessions of high-intensity training. For one minute, the study participants would exercise intensely, followed by a minute of rest. This was then repeated until they'd completed 10 minutes of intense exercise. The exercise sessions also included a warm-up and cool-down period for a total of 25 minutes of exercise.

The intense exercise was done at a level to get the heart rate to about 90 percent of their maximal heart rate. Gibala said this means you're exercising *really* hard for that minute. "You're not at an all-out pace, like you're trying to save your child, but you'll definitely be out of breath and have trouble talking after a minute," he said.

The best thing about this type of exercise is that "these intervals can be scaled to your level of fitness so that it's safe and effective for you," he noted.

In addition to testing blood sugar levels throughout the study, the researchers also biopsied thigh muscles from each participant at the start of the study, and after the last bout of exercise.

The investigators found that blood sugar levels dropped from 137 milligrams per deciliter (mg/dL) to 119 mg/dL. In addition, blood sugar levels after meals were also reduced long after training sessions were complete.

The biopsies from the thigh muscles showed increased skeletal mitochondrial capacity, an indicator of improved metabolic health.

Gibala said there are more glucose-transport proteins in the blood after exercise, and these transporters move glucose into the muscles. That's why there's less glucose in the blood. Dr. Joel Zonszein, director of the Clinical Diabetes Center at Montefiore Medical Center in New York City, agreed that short bouts of exercise can help the body better use glucose, but that more exercise is better.

"If you can only do five to 10 minutes of exercise, that's better than nothing, but you really start to see the effects of exercise if you can regularly exercise 20 to 30 minutes at least a few times a week," he said. "Constant training leads to a steady demand for glucose."

More information

Learn more about exercise and diabetes from the [U.S. National Institute of Diabetes and Digestive and Kidney Diseases](https://www.nih.gov/od/odp/diabetes/).



**"Vision of Peace"
2010-11 Grand
Prize Winner**

Raj Phairembam, a
11-year-old boy from
Moirang, Manipur,
India.

"Imagine Peace"

Peace Poster Contest Theme Announced

For more than 25 years, the Lions International Peace Poster Contest has given young people a chance to express their visions of peace. And now, we're excited to announce the theme for our 2012-2013 Contest – "Imagine Peace." If your club would like to sponsor a contest in a local school or youth group, Peace Poster Contest Kits will go on sale on 15 January 2012 from Club Supplies.



Lions Family Cub Program

The Cub Program helps support family-friendly clubs. Formulated special to encourage families to volunteer together, children under age 12 have the opportunity to build a lifelong dedication to helping others. Cubs are divided into three age categories:

- Level 1: Under age 3
- Level 2: Age 4-7
- Level 3: Age 8-12

Lions clubs that implement a Cub Program are encouraged to shape Cub activities to fit the lifestyles and needs of the Cubs, Lion members and families involved. To help support the program, LCI offers the Lions Family Cub Program Activity Guide and Family Cub Program Activities, filled with age-appropriate activities and distinguishing Cub Patches by age level to help Cubs feel like part of the club and get them excited to participate.

***LIONS INTERNATIONAL ESSAY
CONTEST RULES***

Dear Lions,

Lions Clubs around the world are encouraged to sponsor students in the Lions International Essay Contest. This contest was created to offer an opportunity to visually impaired young people to express their feelings of peace. The theme of the 2012-13 Lions International Essay Contest is "Imagine Peace." Students who are visually impaired and who are ages 11, 12 or 13 on 15 November 2012, are eligible to participate. Work with your fellow Lions, local schools and area families to identify young people who are interested in participating and who could benefit from this program. One grand prize winner will receive an award and US\$5,000.



***Life-Changing Services and
Opportunities for Youth***

Around the world, if we see a need, we fill that need. In 46,000 communities in more than 200 countries, Lions implement targeted, creative projects to meet the specific needs of millions of local children – whether they're at risk for hearing or vision loss or can't afford to have their bikes repaired.

Our programs make growing up safer and healthier.

Through [Services for Children](#), we meet education and health needs. Through [Lions Quest](#), we bring crucial life skills to more than 12 million children in classrooms around the world. We also respond to issues that cry out for solutions and support – by bringing potable water to far-flung villages. Building a home for street children in Sri Lanka. And through a number of other programs uniquely suited to match local challenges in communities around the world.

We bring young people together. Our Leo clubs provide [youth volunteer opportunities](#) that inspire and support leadership in young people ages 12 and up by giving them the chance to learn, grow and serve by participating in community service projects.

We enhance their lives. Every year, thousands of young people travel around the world to learn about cultures, customs and friendship through our [Youth Camp and Exchange program](#).

And we help them share a message of peace. For decades, the [Peace Poster Contest](#) has helped more than four million young people express their creativity, their aspirations and their hopes for the world

* * * * *

*SERVICE LEARNING for LEOs and YOUTH (and these will help adults as well) *** What are the characteristics of Service-Learning?*

- * When planning your next community service project, ask yourself and your group these questions:
 - 1) Will students/ LEOs / LIONS be excited about the project? Have you built in a 'fun' or social component?
 - 2) Does the project offer opportunities for student leadership development, real learning, sharing, and friendship?
 - 3) Have you set aside time for orientation, reflection, and evaluation?
 - 4) Will the service be challenging, meaningful, valuable, and necessary?

* * * * *

CMS Leo club = For this Holiday season the CMS Leo club made and distributed 22 sack lunches to Athens-area homeless people. They also made cookies, brownies, etc. and donated them to the special-needs class for their Holiday Bake Sale. They are planning to visit with the residents at Lanier Gardens either over the holiday break or sometime early next year.

* * * * *

Today's Children Need Lions More Than Ever

Millions of children suffer from poverty, homelessness, hunger, abuse, neglect, disease and disabilities. Tragically, these children often must live without essential health and education services that would alleviate their distress – and give them hope for the future. That's why the **Lions Services for Children Program** continues Lions Clubs International's long tradition of helping the world's future generations.

Lions Services for Children Projects

The problems children face vary in degree from country to country, but the need for health and education services is constant and universal. Lions clubs help address these needs by developing projects with specific, attainable goals, including:

- Collecting food, clothes or books
- Organizing a vision or hearing screening
- Providing immunizations through a vaccination drive
- Starting a literacy program with a local school, library, community center or [Leo club](#)
- Supporting a nutritional program for undernourished children
- Securing wheelchairs for disabled children

- Sending a child with diabetes or physical challenges to a specialized camp

Lions have also constructed hospitals, schools, orphanages and children's centers throughout the world to serve youth in need.

* * * * *

Lions Quest Expansion Pilot

Lions Quest continues to expand beyond typical school programs. LCIF is beginning to pilot our new Lions Quest [Skills for Adolescence Out-of-School-Time \(OST\)](#) program in six community schools in the Chicago Public School system, in partnership with the YMCA of Greater Chicago, Illinois, USA. This marks the first step in bringing Lions Quest to community centers, afterschool programs and other organizations -- the very places where Lions help youth every day. Lions Quest is eager to partner with Lions clubs everywhere to expand this new initiative. Lions continue to play a key role in expanding the program worldwide. A training was recently held for Lions leaders from South Asia. In January, meetings will be held in Europe and Africa. The meeting in Africa marks the formal launch of our US\$150,000 project with the U.S. State Department to expand the program in five countries.

* * * * *

Skills for Adolescence for Out-of-School Time - New!

Skills for Adolescence for Out-of-School Time (SFA for OST) was created to meet the unique demands of afterschool programs and community centers working with middle school youth. SFA for OST is comprised of 33 social and emotional learning lessons, five service-learning lessons, 116 reinforcement activities, and numerous relationship-centered learning community strategies and activities. These selections, from the *Skills for Adolescence* (SFA) curriculum, combined with newly-created implementation tools, provide OST staff with a positive youth development program that aligns with the six common elements of high-quality OST programming, recognized by researchers and practitioners as having the most influence on positive outcomes for young people. The SFA for OST program manual comes with the Changes and Challenges student book. An SFA for OST program supplement is available for those who already have the full SFA curriculum, and includes just the program guide and implementation tools. On-site, experiential training and a supportive [webinar series](#) complete the SFA for OST program options.



Connect with Us Online

- Facebook - facebook.com/leoclubs & facebook.com/lionsclubs
- Leo Zone - lionsclubs.org click: Member Center/Planning Projects/ Youth/ Leo Zone

District Governor

Lion Ed Hashbarger, PDG (Yoriko)
Edmclionh@bellsouth.net

Cabinet Secretary

Lion Trudy Rudert
trudert@comcast.net

1441 Burycove Circle
Lawrenceville, GA 30043
Return Address

TO:



*Have All Lions
Received the
Word?*

*Make A Copy of
This Bulletin*

*So We Can All Be
Heard.*

