



<u>District Governor</u> Ed Hashbarger

Fellow Lions,

It's great to be a LION! I wish to commend the members of the Clarksville Lions Club for their part in supporting our 1st Cabinet Meeting. We had 21 out of the 37 clubs turn out for the meeting.

I certainly want to appreciate all those Lions who volunteered their extra time by stepping up and serving on our District Cabinet and Committees. The meeting was somewhat different – no reports were given and we had it on Saturday morning with no complaints – when it was over – everyone had the chance to stay in Clarksville and look around or go shopping or just head for home.

I just enjoyed seeing the faces of those who came, listen and get involved - it's amazing at what you see in regard to the joy and caring that Lions give.

As you know – our new International President's theme is "I BELIEVE". I will not go into depth on this, because most of you will get on the web site and check it out. At last count, there were 1,033 Lions within the District – that is a long way of 1,280 when I left office the first time. At that time it was "Quality – Key to the Future". I know we still have the Quality and it will be up to you to expand this so we can get back up to decent strength – DON'T DROP – JUST ADD good Quality members. I was able to recommend my neighbor to the Lawrenceville Lions Club – he went to a meeting – was **ASK**ed to come back and now he has an application in hand and told me he was planning on joining along with his wife – GEE now that was really easy. You join a new member – get them involved – they did not join to be inactive – they joined to do something within their community. I BELIEVE in you and like I had said before – **Publicity and Communication are the KEYS – use them.**

I will repeat the following from the last Bulletin - During this Lions Year 2011-12, Districts will be encouraged to BELIEVE in and take action to strengthen our membership. We should be looking at the following: **Believe in Projecting our Image** – **Believe in Leadership** – **Believe in Club Members** – **Believe in Service** – **Believe in Nurturing our Future** – **Believe in Giving Back** – What can you add to this list? "Believe that one person can make a difference. Believe that the entire world can be changed when we come together as Lions. Believe that changing a life – or the world – starts with each one of us." Go to this web site and read what incoming President Win-Kun Tam "I Believe" brochure - http://www.lionsclubs.org/EN/common/pdfs/intprogram_Tam.pdf

As you know, I have already hit the road visiting Clubs. I will hold back some comments until the next issue – if I remember. I am encouraged that the Clubs I visited already – have given me the impression that they will be taking up the challenge in getting new members and putting them to work. I want to THANK YOU now for this encouragement. I will be on the road almost every day until the end of October. After that I will go back to some clubs and help provide assistance in gaining new members. If you think that you need help now – please let me know so appropriate action can be taken. I will try and bring my wife Yoriko but not the kids this time.

Also, the web site has been updated $-\frac{\text{http://edmclion.com}}{\text{m}}$ – again. I will be changing some Club visit dates so you might want to check that out. Of course, you have dates one-year in advance – so plan on your calendar the dates you must take off from work and/or just be prepared to attend some type of meeting. **Communication again is the KEY.** Remember –

"Man who runs in front of car gets tired. Man who runs behind car gets exhausted".

Yours in Lionism, Ed Hasbarger



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

18-D 56th District Rally 8 October = Hall of Fame and **District Rally**

Now is the time to be thinking about the upcoming District Rally. Inform all of your members to mark their calendars for this day.

Location – Oconee County Civic Center, 2661 Hog Mountain Road (Hwy 53), Watkinsville, Georgia.

The Cabinet Meeting will start at 1:00 pm. Hall of Fame will start at 2:45 and at 3:30 we will show a movie "Going Blind"

The Rally/Dinner will start at 5:30 and we will have PID Robert "Bob" Browning, Jr., and his wife Jo Ellen of Pineville, West Virginia

This is a good time to ensure that all new members are invited to attend. Cost will be \$20.00 per person. Come one, come all...

Club tables can be reserved on a first-come/first serve basis for \$160.00.

Check your mail box







September 2010 Send A Kid To Camp Day

JOINT MEETING of Georgia Lions Lighthouse Foundation and Camp for the Blind



Lighthouse Foundation



1-2 October 2011

Plan for Sight Night 2011. What do we do? Decide who is going to organize and collect eyeglasses for your Sight Night activity. Consider partnering with your Leo Club, Boy or Girl Scouts, Children Church Groups, schools, etc. Confirm the date for trick-or-treat in your community.



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.
- <u>Tree Planting Campaign</u>: Take part in International President Tam's campaign to plant 1,000,000 trees during his presidential year.
- <u>"The Believer's" Award</u>: 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.
- <u>Service Awards</u>: Find out about the Service Awards – and how they will recognize outstanding achievement by clubs and districts in the area of service.
- <u>My Club, My Family</u>: Get tips your club can use to instill the philosophy "my club, my family."
- <u>Welcoming New Members</u>: Use this pocket card checklist as a reminder to welcome new members as you would family.



Lions Providing Disaster Relief for Tornado Victims in U.S.



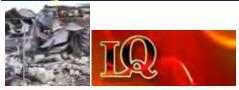
A recent tornado outbreak in the U.S. killed at least 280 people, left thousands homeless and caused millions of dollars in damage. As always, our members are bringing

aid to the people affected by this disaster. LCIF is mobilizing US\$250,000 to fund Lions' relief efforts in Alabama, Arkansas, Georgia, Mississippi, Missouri, North Carolina, Tennessee and Virginia. LCIF also awarded US\$160,000 in emergency grants to affected districts. Local Lions will use these funds to provide immediate relief supplies, including food and water.

Help Us Plan Our Centennial Celebration

Lions Clubs International is planning a celebration of the 100th anniversary of our association in 2017. And, we need your feedback to help us determine what will be of most interest to your club and your community. Help make this a worldwide celebration – <u>take our short</u> survey to share your thoughts now.

LIONS QUARTERLY



Watch <u>LQ</u> to see how Lions in California help the blind.

HIGHLIGHTS

<u>Convention Mobile Phone App</u> Download our 2011 Phone App for the latest convention news.

Helping Youth

Learn how Lions Quest is expanding due to a new grant.

Lions Mentoring Program

Learn how to make every member feel comfortable in your club.

New Membership Award

Receive a Membership Achievement Award for adding new members.

CONTESTS

Peace Poster Contest Sponsor a 2011-2012 Peace Poster Contest in your city

EVENTS

Calendar of Events

Review upcoming Lions events your club can promote locally.

CONNECT WITH US ONLINE



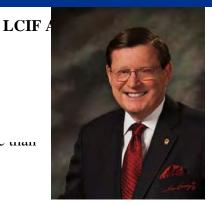




Dear Lion,

Chairperson, Lions Clubs

This year promises to be great success as we build our recent achievements year, we witnessed our I generous financial suppo especially by giving more unan US\$18 million for Japan disaster relief. Overall, donations were up by 46 percent from the previous year!



This next year, your Foundation hopes to continue this generous support for our disaster relief efforts as well as supporting our undesignated fund in order to give hope to even more people worldwide. We will also focus on building our partnerships in new areas of service.

Judy and I are excited to work with all of you this year to further the efforts of our Lions Clubs International Foundation. During the last three years, we have seen first-hand the amazing impact we are having through our Foundation on countless lives worldwide.

Early last year, in Osaka, Japan, I saw how we are providing job training for the blind, and in Nebraska, USA, I witnessed young athletes benefiting from improved sight through our <u>Opening Eyes</u> partnership with Special Olympics. These are only two examples of the impact our Foundation is making.

You may recall that my theme last year was "Beacon of Hope." I can tell you that it is only through your generous donations that our Foundation is truly a Beacon of Hope, and with President Tam's theme of "I Believe," I do truly believe we can change even more lives this year.

I look forward to providing you with an update on our <u>disaster relief efforts</u> in my next message. This week

Judy and I will be traveling to Joplin, Missouri, USA, to see the needed assistance that is being given there.

Serving together,

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

LCIF Awards Grants

At the recent Board of Trustees meeting, <u>48 grants were</u> <u>awarded</u>, totaling US\$2.258 million. This includes a US\$200,000 grant to support Lions Quest reactivation activities. These grants will enable Lions to have a great impact in their communities over the coming year.

Convention Marks Year of Giving Hope

Lions capped off the year with record giving during the Lions Clubs International Convention:

- Lions donated US\$1.26 million to LCIF during the convention. This included Campaign SightFirst II pledge payments of US\$1 million by PDG Aruna Oswal from India and US\$35,000 from the Lions of Wyoming Foundation.
- More than 70 Lions made individual donations of US\$1,000 to become Melvin Jones Fellows or advance in the Progressive Melvin Jones Fellow program.
- A record number of Lions clubs became 100% MJF clubs this year at the Melvin Jones Fellowship Luncheon. Twenty-four clubs attained this prestigious level, with every club member becoming a Fellow in the last year by donating at least US\$1,000.
- Rick Heinick, a Corporate Vice President at Bausch + Lomb, spoke during the LCIF Plenary Session about our <u>Pediatric Cataract Initiative</u> partnership program. Bausch + Lomb committed an additional US\$350,000 to continue this program in the coming year.

Learn about LCIF at Area Forums

Make plans now to attend your area Forum to learn more about LCIF and its many programs. Several seminars, led by LCIF Chairperson Scruggs, will be held at each of the Forums.





Fellow Lions:

Sharing Individualism, Strengthening Community

The key to creating a sense of community is finding things in common. All Lions share an interest in and commitment to service. But they may share other interests as well. Such as motorcycles. A profession. Or an ethnic heritage.

Often a shared interest brings even greater energy to a group of Lions – and enlivens their connection to the local community. That's why we offer you the opportunity to start a <u>special</u> interest club.

Types of Special Interest Clubs

A special interest club focuses on one element that many of its members have in common. Here are just a few examples:

- Chippewa Valley Pioneer Lions Club
- Montgomery County Police and Fire Fighters Lions Club
- Australian Parliament Lions Club
- Fairbanks Snowmobile Fun Lions Club
- Las Vegas Opticians Lions Club
- Miami Cuban Lions Club
- England Helen Keller Internet Lions Club
- Portsmouth Children First Lions Club

The possibilities are endless.

Chartering a Special Interest Club

A Lions club that is based on a special interest can be chartered just like a <u>traditional club</u>. You will need:

- 20 or more charter members
- A sponsoring club, district cabinet or district committee, region or zone
- The district governor's approval
- Completed charter application
- Appropriate charter fees



<u>ATTITUDES</u>

To

<u>From</u>

Negative It won't work We've never done it this way It's Unworkable Complacency Pessimism

POSITIVE IT WILL WORK LET'S TRY NEW IDEAS

RECOGNIZE THE WORKABLE ENTHUSIASM OPTIMISM

Dear Fellow Lions:

* * *

Thank You for allowing me to serve as President of the Toccoa Lions Club for Lions Year 2011/2012. I am proud to be associated with such a service oriented organization.

* *

My style is to work through others. I feel the backbone of the TLC is its Committee Chairs. The Committee Chairs did an outstanding job last year and I am sure each of you will continue to do so this year.

My philosophy is to provide you all the support I can and then get out of the way and let you do your job. Please do not hesitate to let me know if you feel I am not doing this.

I would encourage each member to get involved in one or more Committees. The club is doing great work for our local community, and for the national/international community.

I would like to share an experience Past President Bryan the Lion and I had recently. Bryan the Lion had driven me to the Peer Center, a local community service organization, to deliver a form to one of their clients who is blind. The form was for a pocket talking Bible from Braille Bibles International.

While delivering the form, other clients at the Peer Center learned that we were from the Toccoa Lions Club. Several people came up to us to thank us for their glasses which had been provided by the Toccoa Lions Club. One lady even gave us a mini fashion show of her glasses. They all expressed their sincere gratitude for our help.

Talking with the Peer Center management later, I told them that the Toccoa Lions Club does not do Community Service because we expect praise or rewards, but it is nice to see that the work we are doing changes people's life and they appreciate it.

GOD Bless Bill the Blind Lion

Dear Lion Leaders,

Welcome to our shared leadership year! I am looking forward to sharing this year with all of you, but especially with club presidents as I believe that the greatest strength of our association rests at the club level. I plan to have "presidents-meet-the-president" meetings wherever I travel and I will be relying on you to bring my message to your members



By now most of you know that the theme for my year as international president is "I Believe." "I Believe" is the attitude I hope that you and all Lions have toward our ability to change the world. Together, the 1.35 million Lions club members around the world make up the world's largest network of caring individuals. That makes us capable of great things.

It is also a personal statement from me. I believe in *you*. I believe that every Lion makes a difference.

I thank you for your part in the work we are beginning -- work that will make a difference in the lives of millions.

Sincerely,

Wing-Kun Tam International President

Tree Planting Campaign

Anyone can plant a tree and many people do. But Lions campaign to plant one million trees this year serves a purpose beyond beautifying our communities. Trees cleanse and renew the Earth's atmosphere. There is little a single individual can do that does more to protect the environment than planting trees. Healthy, thriving trees will remind our neighbors for years to come of Lions commitment to the environment and the vital role that Lions Clubs play in our communities.

The trees will also be a constant reminder to ourselves that Lions can reach any goal we set. The "Believers Award" has been created to recognize those who demonstrate their belief in the power of service by planting a tree.

Read more information about the <u>Believers Award</u> and good reasons Lions in your club and district should be <u>planting trees</u>.

A Beacon of Hope Resources and Activities Bringing it All

<u>Together</u>

More Lions and more Lions Clubs. Global Service Action Campaign. Lions Clubs Officer Reporting Form. Service Activities Report. What could these things possibly have in common? Actually, they are examples of the five critical areas that are vital to club success:

Meaningful community service;

Membership growth;

Leadership development;

Communication, and

Organizational management.

Club Excellence Awards recognize Lions Clubs that are outstanding in all of these areas. At the district level, the **District Governor Team Excellence** Award recognizes the leaders in districts that strive for excellence in leadership, achieve positive membership growth and actively encourage clubs to conduct effective service projects.

For more information and to download an application form please visit Excellence Awards

Global Service Action Campaigns

Leos and members of the Cub Program are the future of our Lions family and every effort should be made to engage them in Lions activities. This campaign is the perfect opportunity to invite Leos, family members and other youth groups in the community to participate in a Lions Club service project. This year's first Global Service Action Campaign is already upon us! Please do not delay preparing your club or district for the Engaging Our Youth campaign, scheduled for August.

The schedule for Global Service Action Campaigns will be the same as last year.AugustEngaging Our YouthOctoberSharing the VisionDecember-JanuaryRelieving the HungerAprilProtecting Our Environment

For help in planning your club and district's participation visit "Engaging Our Youth" Global Service Action Campaign.

Set Your Sights High

Lions Clubs International Century of Service

Commemorative Coin

Lions Clubs International (LCI) is leading efforts to mint 350,000 silver dollars in recognition of our 100th Anniversary in 2017.

Take Action Now!

Passage of this legislation depends on securing 290 co-sponsors in the U.S. House of Representatives and 67 co-sponsors in the U.S. Senate. We need Lions from across the United States to contact their federal lawmakers and ask them to co-sponsor the "Lions Clubs International Century of Service Commemorative Coin Act." Write or call your lawmakers today!

- Look up your representative in Congress by zip code
- Fill-out this letter and send it to your U.S. Senators and U.S. Representatives
- Use this <u>phone script</u> when calling your member's district or Washington D.C. office
- Before contacting your lawmakers, be sure to read these tips
- Share your experience by filling out this <u>report back form</u>. <u>Email</u> or fax it to 630-706-9248

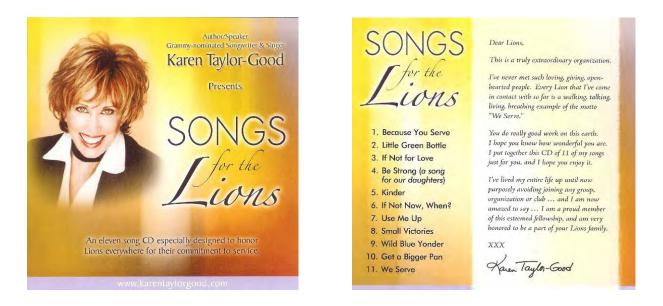
To learn more go to this web site: http://www.lionsclubs.org/coin/

Networking

Can people in your community "like" you on Facebook? More than half a billion people around the world are members of this social network site making it an essential tool for projecting your club's image, especially to young people.

If you are a social networking novice, view <u>Social Media</u> <u>101 Best Practices</u> <u>Guide</u> for tips on setting up and using Facebook and Twitter.

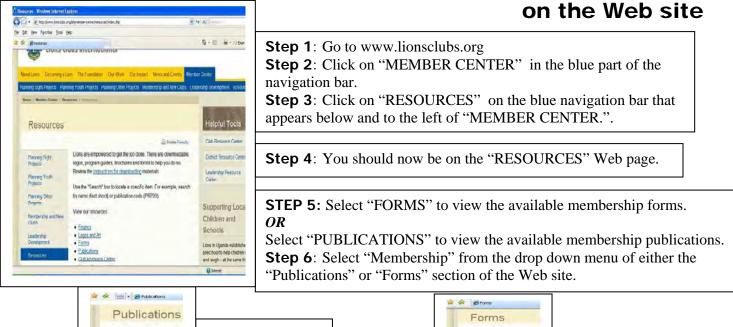
You can also use Lions Clubs International's <u>E-</u> <u>Clubhouse</u> tool to set up a website for your club in just a few minutes. No web design skills are needed. For all those who were at the 1st Cabinet meeting – you had questions in regards to the CD that was played prior to the meeting. Here it is and you can go to the following web site and order: http://karentaylorgood.com/lions/index.html



Also, if you scroll down you can view

("We Serve" was selected as background music for the Lions International 2011 Convention advertising video below)

To find membership growth or retention forms or publications





Step 6: Select "Membership" from the drop down menu of either the "Publications" or "Forms" section of the Web site.



Step 7: Download your publication or form.







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.

Athens Heritage Lions Club =



Lions Mike Jackson and Jamie Teal pack glasses for the Lighthouse. Lion Mike collected over 500 used glasses last year.

Carnesville Lions Club =

Tickets now on sale (\$2.00) for the Fall Festival in September – Ruger Model 77 Rifle or \$500.00 Cash!

	CARNESVILLE LIONS CLUB	
F	RUGER MODEL 77 RIFLE RAFFLE	Name:
	CARNESVILLE'S FALL FESTIVAL	Address:
	YOUR CHOICE OF CALIBER & FINISH AT DAN'S GUN ROOM, LAVONIA , GA.	City
	OR5 500.00 CASH !!! Presence Not Necessary To Win Donation: \$ 2.00 per Ticket	Phone:

Clermont North Hall Lions Club = During the month our President attended the Cabinet meeting and turned in 280 pairs of glasses and 25pairs of lenses for the Lighthouse. Our Sight Committee also approved four eye exams and glasses for members of our community. We are planning for events this fall, including our participation in the Clermont Days Fall Festival. We will close the month by working two days at an event at the Georgia Mountain Center parking cars.

We serve!

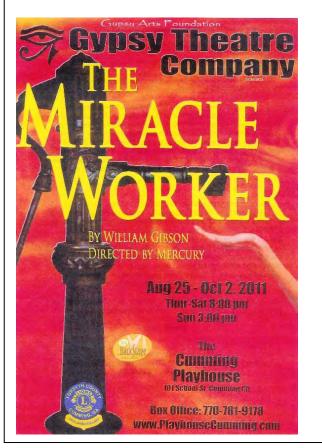
Commerce Lions Club = During the past Lions Year we have purchased 33 pairs of eyeglasses for people in Banks and Jackson counties. Collected 614 pairs of used eyeglasses, 104 lens, 57 frames, 45 cell phones and 3 pairs of hearing aids. Bought and distributed dictionaries to all Third graders in Commerce Public Schools. Bought materials for construction of a wheelchair ramp for indigent citizen. Collected and sold aluminum cans - \$654.25. Picked up 47 large bags of trash on one mile of the Maysville Road in conjunction with Keep Jackson County Beautiful.

Dawsonville Lions Club = 16th Annual - John Gardner Memorial Golf Tournament at Chestatee Golf Club Wednesday, August 31st, 2011 - Registration Begins 10:00 a.m. - 12:00 noon Shotgun Start Scramble Format

For Additional Information Contact:

Jerry Tragesser: 706-265-6360 Jeff Kelly: 706-216-6854 Chestatee Golf: 706-216-7336

Forsyth County Lions Club = Tickets now on sale for the upcoming production of the Miracle Worker. Check it out – you might want this to come to a community near you.



About the Miracle Worker . . .

Set in post civil war Alabama, this classic tells the story of Annie Sullivan and her student, blind and mute Helen Keller.

The Miracle Worker dramatizes the volatile relationship between the lonely teacher and her charge. Trapped in a secret, silent world, unable to communicate, Helen is violent, spoiled, almost sub-human and treated by her family as such. Only Annie realizes that there is a mind and spirit waiting to be rescued from the dark, tortured silence. With scenes of intense physical and emotional dynamism, Annie's success with Helen finally comes with the utterance of a single, glorious word: "water".

The Cumming Playhouse and Gypsy Theatre Company, presenters of "The Miracle Worker", are proud to partner with the Lions Club of Forsyth County in this endeavor to raise funds for the Lions Club's work with *sight conservation and the blind*. We echo the words of Helen Keller in her speech to the Lion's Club International in 1925, "Will you not help me hasten the day when there shall be no preventable blindness; no little deaf, blind child untaught; no blind man or woman unaided? I appeal to you ... you who have your sight, your hearing, you who are strong and brave and kind."

We present the same challenge to theatre goers and hope that you will also find this a cause worthy of your financial support.

Thank you.

The Cumming Playhouse Gypsy Arts Foundation and Gypsy Theatre Company Forsyth County Lions Club

Lawrenceville Lions Club = We participated in the Gwinnett County Lions Club fundraiser with the G-Braves by selling 90 tickets. It was a very enjoyable evening. We had 1 member and 1 guest attend the 1st Cabinet Meeting. We collected 96 pairs of used eyeglasses.



ACTIVITIES: Eyeglasses collected: 12, sunglasses 2. At the Pet Fest on Saturday, May 28 at which the Jefferson Lions Club assisted, about \$1000 more than last year (about \$420 profit last year) was earned for the Humane Society.

The Jefferson Lions Club's Annual Car Show will be August 13 at the Jefferson High School. AWARDS: MEETINGS:

July 25 - Guests Doug and Ann Hilliard were introduced by Lion Mark Bradley and Lion Edna Briggs introduced guest Martha Roop. Program: Amy Carlan, Manager of the Jefferson Public Library, was introduced by Lion Larry Briggs. Ms. Carlan spoke to the club on the many services offered by our library, including books on CD, summer programming paid for by the Friends of the Library, computers for public use and a collection of books that allowed for over 97,000 to be checked out in 2010. She also informed those present that the library is part of the PINES system allowing members to utilize resources statewide in over 140 counties. The library has also partnered with Zoo Atlanta and the Georgia State Parks System in offering incentives. Staff currently includes 3 full time and 4 part time employees. Committee Reports Car Show: Lion Buddy Hunt reported that the Annual Jefferson Lions Club Car Show will be held on Saturday August 13, 2011 from 9 a.m. until 2:30 p.m. All is going well and assignment sheet was distributed. Calendars: Lion Jim Smith reported that the calendars should be here at our next meeting. Scrap Book: Lions Sandra Friedlander and Gay Bradley were congratulated by the club for winning a share of first place in District 18D. A check for \$15.00 was presented to the club at a recent District Cabinet Meeting. Program Committee: Everyone was asked to be aware of the assigned program dates for each member and notify Lion Jim Hix if changes are necessary.

Loganville Lions Club = City Council members Wendell Geiger and Dan Curry (also Loganville Lions members) review progress of Lions City Hall Beautification Project with Loganville Lions Past President Wayne White and City Council Chair for Building and Grounds Rey Martinez at July City Council meeting.



Ron this is publicity in keeping with requirement of Lions International matching funds grant received recently.

Norcross Lions Club = At the Norcross July 3 fireworks event, the Norcross Lions Club sold snow cones and water from 4:00 to 10:15 P.M. The funds will be used to support for our charities until our large fundraiser in early October. 8 members worked a total of 42 hours. The speaker at our meeting was Lynette Howard, Gwinnett County Commissioner for our district. We received a thank you note for glasses provided and continue to collect eyeglasses and cell phones.



Zone Chair Bryan Gordon installs Martin Lions club officers on July 7th. Pictured L-R are Bryan, Herman Mooney, Ralph Williams, Jimmy Shore and Bob Stovall. **Toccoa Lions Club** = Myers Banister who is a past international director was present to install the club officers for 2011-2012 Lion year. Lion Ray introduced Jane Quartel a prospective member and Lion Shelia brought her son Eli with her as a prospective member and Tom Law from the Toccoa Record. Today Lion 1^{st} VP served as the Tail Twister and collected \$26.75

in fines. The President also gave awards to Lions he felt had performed well this year. Lion Bev is the "Unsung Hero", Lion Shelia "The Rookie of the year", Lion Bill "The Co-Pilot award", Lion Forrest Committee Chair award and Lion Margo "Lion of the Year". Margo is present at all the fundraising events and service opportunities the Toccoa Lions have. She is a great asset to our club. MC Stowe introduced PID Myers Banister telling us of his involvement with the organization. He is a member of the Towns County club. He served as Zone Chair, Region Chair, District Governor and two years as a LCI Director. Lion Myers described to each Lion their duties and responsibilities reminding them that the club as a whole needs its officers to work to forward the Lion mission and to keep in mind our motto "We Serve". Then PDG M.C. Stowe inducted a new member Mike Uskiewicz. Mike is the former city manager of Toccoa. Lion Russ is Lion Mikes' sponsor and pinned the Lions pin on Lion Mike. Lion M.C. told Mike a bit of the history of the Toccoa Club and the organization with its 1,300,000 membership in 206 countries. Lion M.C. told Mike of the different fundraisers of the Toccoa Lions.



The Toccoa Lions Club Board of Directors for 2011 – 2012 year. Front row 1 – r: Nick Thomas director, M. C. Stowe parliamentarian, Margo Taylor director, Gary Patrick 3rd VP, Bill Graham president and Bryan Gordon 2nd VP. Back row 1 – r: Larry Earhart chaplain, Sheila Rousey director, James Black Lion tamer, Forrest Connelly 1st VP, Steve Spruill treasurer, Ray Cornell secretary and installing officer past international director Meyers Bannister from Towns County.



occoa Lion Bryan Goldon, far left, among zone chairs inducted at district meeting July 16th in Clarkesville.

Toccoa Lions Bryan, Bill and Sheila on an official visit to the Lavonia Lions club on July 19th.



Open Arms Clinic Opens Cups & Cones



As a fundraiser, the board of the Open Arms Clinic, open an ice cream shop on Monday, July 18th on North Pond Street near the corner of Doyle Street. They are open seven days a week from 11:00 am to 9:00 PM

Union County Lions Club = Sight/Hearing: President Mildred Thompson reported on the heavy demand for eyeglasses. Lion Gene Little will check with the Lighthouse on the availability mobile unit and other options to help with eyeglasses. 11 eye glass requests, 8 were approved, 2 were disapproved, and 1 was sent back for additional information. July 14 – meeting Special Presentation: Nita Elliott presented with a Melvin Jones Fellowship Award. President Mildred Thompson introduced our speaker – Pete Black of the Georgia Forestry Commission who presented program on Prescribed Fire in Georgia. President Mildred Thompson provided an Eyeglass Report. Lions Michael and Arthur took over as eyeglass chairmen in January 2011. Since then we have sent our 33 eyeglass applications, 29 have been returned and 24 have been approved for the purchase of glasses at a cost of \$2640.00. Lion Paul Clark reported that we have received a \$500 check from Wal-mart that will be applied toward next year's White Cane. Glasses Collected: Eye Glasses- 97 pairs, Eye Glass Cases – 90, Lens- 7 sets, 6 singles lens, Shades -32 pairs, Unused contact lenses -8 boxes and 21 single contacts, Hearing aid batteries - 6 packages, Cell phones - 21 July 20- July 29 was our annual fundraiser at the Georgia Mountain Fair in Hiawassee with 22 Lions and 27 friends and family members working a total of 615 hours in our food booth. Items served included hot dogs, hamburgers, fries, tomato sandwiches, and drinks.

Members participate in Memorial Day Parade and attend 18-D Cabinet Meeting



Farmer's Market 5 Saturdays in July – 12 Lions and 4 friends and family members worked a total of 160 hours selling hot dogs and hamburgers and visiting with members of our community. The club will be selling raffle tickets for a Farmers Market Basket containing items from the various market vendors. The drawing will be held the last day of the Farmer's Market in late October.

28 Union County Lions had total of 623 hours3 Lions had total of 37 hours for community causes28 Family member & friends had 248 hours



Lion President Mildred Thompson and Friend Carol Neal selling all they can.

Lions at local Farmer's Market

Have you visited the Farmer's Market this year? If so, then you have seen the Union County Lions Club Tood booth', The hamburgers are like eating 'chopped' steak on a bun as Brasstown Beef supplies only the very best top grade beef patities!

supplies only the tery test of a manufacture of the second of our fruit pies? If not, then you have truly missed the most wonderful tasting 'homemade' fruit pies available anywhere! Visit our local Farmer's to be for a result merel

Visit our local Farmer's Market for a really great Saturday morning advenfure, what with all the vegetable booths, crafts, plants, and other homemade goodies, but, do not forget to top the morning adventure by stopping to eat at the Union



Lion Gary Bailey County Lions Club Booth

And remember funds raised by the Lions go not only for eye glasses for those in need, but also, hearing nides, eye surgeries, and numerous local causes. Lions Motto: We Serve, sources



Lions sell hamburgers and have 'homemade' fruit pies. They go All out at the Farmer's Market. **Winder Noon Lions Club** = Assist with Blood Drive blood collection. The club supports the blood drive at the Barrow County Regional Hospital by maintaining the canteen area during the day. This includes making sure all donors are provided with a snack and a drink after they have given blood. Public Service Recognition civic services The club honored three Public Service Employees for their outstanding work during the past year. Police Officer of the Year (City of Winder) - Brandi Druse Deputy of the Year (Barrow County) - Brian Brown Fire Fighter of the Year (City of Winder) - Randy Wells - Each person received a check for \$100. Collect Glasses to be Recycled eyeglass recycling - 26 pair of glasses were collected during July by the Winder Noon Lions Club.





GA. Lions Lighthouse VP Lion Mike Higgins, PDG jmhpdg@windstream.net Check out the new Lighthouse Video Click here to view the Lighthouse Video!

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



Ls any grade schooler can tell you, reading, writing, and

arithmetic are tough enough without having to squint at the chalkboard. As a single mother of three, April Jordan works hard to ensure that her children succeed in school—sitting

them down every night to make sure that Jeremyah (8), Richard (9), and Joia (11) get their homework completed and checked.

All three children were doing well in school until 2010, when Jeremyah broke his glasses in gym class and Richard lost his pair. Unable to afford new glasses, April was forced to send her boys to class without proper eyewear. Try as he might, however, Jeremyah found it challenging to see the board and do work while trying to hold up his glasses. Richard, without any glasses at all, was having an even worse time making sense of his schoolwork. Though both boys were used to getting As in school, without glasses, their grades started to drop.

With Richard's Criterion Referenced Competency Tests (a standardized test for students throughout Georgia) on the way, April began to despair. She was finally referred to the Lighthouse through a Fulton County School counselor.

The entire Jordan family attended the Lighthouse's Chamblee clinic on February 24, 2011 to receive eye exams. Now that they are wearing their new glasses, the boys have been able to throw themselves back into schoolwork. After taking his CRCT exams last March, Richard passed with flying colors, scoring in the 98th percentile for his grade.

"The Lighthouse helped us just in time," says April. "Your organization really saved us. I want to give my boys the best as much as I can, and the Lighthouse made it possible for me to keep doing that. Thank you from the bottom of my heart."



72% of students served at a Lighthouse vision clinic

found it easier to read the board in school after receiving glasses.



Service Numbers From July to May 2011

4,022 people have better vision after receiving a pair of **glasses** at \$202,408.83. *196 recipients were from 18-D*

290 eye surgeries were performed. at a cost of \$1,804,896.17 – **Lighthouse cost - \$340,653.05**. *40 were from 18-D*

920 Georgians received hearing aids through the dispensation of 1,693 hearing aids.

129 were from 18-D



Help Us Use our Recycled Glasses

18 D District Chair:Judy Stamsen - 770-995-9274<u>eskiemom@bellsouth.net</u>

See Now. Hear Now. Run Now.

Join the Lighthouse for our first annual See Now Hear Now 5K Walk/Run, a fundraiser in support of our vision and hearing programs.

Whether you choose to walk, run, or just take in some sun, come out and support our efforts to provide more Georgians with sight and sound in the coming year!

You can register by clicking the "Join Now" button at the top of the screen. All participants must pay \$30 to register, but will be refunded registration fees if more than \$150 is raised!

The race route will be in Chamblee, and will be posted soon. We hope to see you there!

- Date Saturday, October 01, 2011
- Location Georgia Lions Lighthouse Foundation Chamblee, Georgia

Sarah EptingContact404 325-3630septing@lionslighthouse.org

AmeriCorps VISTA, a year of accomplishments

AmeriCorps VISTA is a program promoting volunteerism by granting a living stipend to members in exchange for a year of full-time service to nonprofits throughout the US. With three VISTA positions, the Lighthouse has seen two classes of VISTAs: in 2010, Tiffany Ellerbee, Kim Fletcher, and Kyle Galenski, and in 2011, Laura Griffin, Michelle Han, and Lucy Zhou.



Michelle, Lucy and Laura's service to the Lighthouse will end on July 15. Michelle will be working at Georgia Retina as an Ophthalmic Technician before attending medical school. Laura will be working for Lutheran Immigration and Refugee Services in Baltimore, Maryland. Lucy will also be continuing another year of service as a VISTA Leader for the Hands On Network in Atlanta.

From raising \$150,000 for Night of Spectacles 2011 to recruiting over 170 new volunteers, our VISTA members have been invaluable in helping the Lighthouse to build capacity for our expanding organization. Please join us in wishing them the best in their future endeavors!

Meet our New Vistas

Judith Kerr, our new Volunteer Coordinator, received her M.A. in Public Health from Georgia State University in December of 2010. She most recently worked with a program called Bio-Bus sponsored by Georgia State University. There she taught heart healthy practices and disease prevention to a variety of students in grades K-12 throughout the state of Georgia.

Jake Warren, joining us as Marketing and Technology Coordinator, received his B.A. in Advertising and Marketing from the University of Georgia in 2007. He has worked with marketing and event planning with a focus on new media for the Georgia Transplant Foundation, Koinonia Farms and Athens Area Habitat for Humanity.

Sarah Buckley, our incoming Development Coordinator, received her BA in Mass Communications from Georgia College and State University in May of 2007. She is currently working on her MPA in Nonprofit Management from the University of Georgia. For the past four years, she has been working for public relations for the Gwinnett County Fire Department.





GA. Lions Camp for the Blind Thois Masters, PDG <u>tstmasters@windstream.net</u>



Lions Day July 23, 2011 – Lion Day at the Camp, 35th Anniversary Celebration!



Dear Lions, Lionesses and LEOs,

This is the icing on top!

What a wonderful month this has been! I have had the pleasure of spending the last month with over 100 visually impaired campers. It is amazing out how lively this place becomes when the campers are here; I can honestly say that I miss the noise they make when they

aren't here. I will miss Roy asking me to "sing like a goat." I will miss watching Corbin run at everything fearlessly. I will miss watching Paul and Wonsie dance together. I will miss having deep conversations with Ms. Carolyn. I already miss seeing the mothers' faces light up as their kid does things that totally shocks them.

This summer, amazing things are taking place here at the camp. I wish so badly that you could see it from my perspective. I know I can't make that happen, but you can catch a glimpse by coming to Lions Day. Lions Day is going to be so much fun. Please come and see what amazing things are going on with your camp. You have 35 years of history... 35 years of a story to tell.

Lastly, I want you to know that I love this place! I say it all the time, but every day I spend with the campers it is re-affirmed. I love what we do here! I am amazed at the steps that are taken towards independence on any given day here. I feel as though I am one of the most blessed people on the planet. It is with those warm thoughts that I come to you with a heart of gratitude. I am so very grateful for the opportunity to work here.

I look forward to seeing you at Lions Day!

Ascending New Heights, Kristen

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Dear Georgia Lions,

Every week that passes by I realized more and more how much this place means to these campers.

Many, many clubs and individuals have sponsored some of the campers, and for that we are humbly grateful.

As you know on July 23rd, is Lions Day. Please come prepared to purchase your 35th anniversary pin for only \$10.00.

I look forward to seeing everyone as I experience my first Lions Day. I know the teenagers will be so excited to have you here.

If there are any questions or needs you have pertaining to the camp, please let me hear from you.

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

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My Fellow Lions,

Don't you just know that this is a very busy but exciting time for us at OUR CAMP! It is Camping Season and it is in full swing. With that comes head pain as we work through the ever changing process of dealing with campers, staff, facilities and all that goes with running such an operation. Indeed there is some pain, but for the most part there is joy! Joy in seeing just what OUR CAMP means to those "We Serve".



Because there is camping going on now, there is excitement in the air like none other. That makes all that pain I mentioned worthwhile. You have that same opportunity to feel that JOY coming your way real soon. On Saturday, July 23rd we are having Lions Day at OUR CAMP. Come and see just what OUR CAMP means to those that attend. There is a lot more data on Lions Day within this Newsletter. Please come and join us for a day that will be "Ascending New Heights"!

Getting back to the pain for a moment! As with every Camping Season we have had our share this Summer as well. The smoke from the fire in the Swamp has caused some smoke concerns but thus far we have only had to stop Camp one time. We have been getting some much needed rain and that helped a great deal. Another pain is our financial situation. As you would expect, running the Camp full swing requires a great deal of funding and we are going to need more money to pay the bills. To that end, I have asked Lion Jon to do some analysis and project what our financial situation will look like at the end of Camping Season and just beyond. Once again, we are going to have to go to the Trust Fund to pay the bills. We will be taking action on that...

So as you can see, there is a lot of work going on. Kristen and her Team have done a wonderful job in being frugal. They are having a grand Camping Season that she will be sharing with you and that you will take part in on Lions Day. We are excited about this year's Camping Season. Because of Kristen and her Team's work we are set up well for years to come. OUR CAMP is very much on an upward swing from a camper popularity perspective. We are going to have more and more Campers attending our Camp in years to come. So with that said, we the Lions of Georgia have work to do!

On Saturday afternoon after most of the Lions head home, the Executive Committee will meet and start the work for Lions Year 2011-2012. As I said, we have a lot of work to do and so do the Lions of Georgia. Your Camp needs your support like never before. What we do at the Camp in serving the visually impaired of Georgia is beyond words. Those of you that attend Lions Day and see it with your own eyes, and feel it with your heart know just what I am talking about. We the Lions Georgia need this Camp just as much as those "We Serve". Let's take it to that next level!

I hope that you enjoy these Newsletters from OUR CAMP and that we are keeping you up to date on all that is happening at your Georgia Lions Camp. If there is something else you would like to see, please let Kristen and/or I know.

As always – Thank you for all you do for our Camp and those "We Serve". I'll see you on July 23rd at OUR CAMP.

Take Care and God Bless!

Frank



2011 Grand Tour Of Georgia Georgia Firsts hosted by the Georgia Lions' Camp for the Blind, Inc.

Please do your part to help promote this event to raise funds for our Camp. Go to our Website, print out the flier and or the Application and distribute to the Bike Dealerships and Clubs within your community.

Ride your Motorcycle*, see the great State of Georgia and help a blind child go to Camp! Enjoy a summer of riding experiences and help that same child gain a lifetime of confidence and experiences as well!

Purchase a Passport Book for \$25.00 for a single rider or for \$40.00 when riding two up. This Passport Book is loaded with 19 scenic and historical locations throughout the great State of Georgia. The theme for this year's ride is "Georgia Firsts". You will discover that Georgia is the birth place of many wonderful discoveries.

Ride to 15 of 18 optional locations and one mandatory location between April 1, 2011 and September 30, 2011. Record each visit with a photo, submit your record of visits and you will receive a Grand Tour Pin/w 2011 Year Tab and a Certificate of Completion. Those successful riders will also be able to purchase a 2011 Grand Tour of Georgia Tee Shirt.

* Those wishing to partake in the Grand Tour of Georgia that do not ride motorcycles may do so. The same rules will apply.

To obtain a Grand Tour of Georgia Application visit the Georgia Lions' Camp for the Blind's Website at **GLCB.org** or call (888) 297-1775 (Ga. Only) or (912) 283-4320 from 8am – 5pm Monday – Friday

A **nonrefundable** entry fee is payable by personal check or money order. The entry fee is \$25.00 if riding solo or \$40.00 if riding two up on a motorcycle. The same fee is offered if you are riding in a car; \$25.00 if only one person enters or \$40.00 if you have a passenger enter the ride. Please make your check or money order payable to the Georgia Lions Camp for the Blind.

All entrants must read this application, fill it out completely, sign it and mail it with fees enclosed to:

The Georgia Lions Camp for the Blind 5626 Laura Walker Road Waycross, GA 31503			
Name(s)			
Street Address:			
City:	State:	Zip Code:	
Email Address:		Phone:	
Make/model of motorcycl	e or auto:		
(We understand this may o	change)		
Т	his is a release. Read car	efully before signing!	

I understand that the 2011 Grand Tour of Georgia ("2011 GTG") is a motorcycle touring event. I further understand that motorcycling is an inherently dangerous activity which should only be undertaken by competent experienced individuals. I hereby accept the risks, which I may incur, or which I may cause to another, as a condition of participation in the 2011GTG. I hereby waive all claims I have or may have against the Georgia Lions' Camp for the Blind, Inc., the 2011 GTG organizers, volunteers and participants as a result of my participation in the 2011 GTG. I will obey all traffic rules and regulations during my participation in the 2011 GTG. I understand that my entry fee is non-refundable.

Signature(s)	
Date(s)	





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

"Some of us love to climb those walls."

Jeff, 2011 Summer Experience Participant



When you're a teenager, summer should be about spending time outside, making new friends, hanging with old friends and having new experiences. That is exactly what happened at Leader Dog's week-long Summer Experience program for kids age 16 and 17.

But it doesn't stop there—throughout the week the kids strengthened their independence by learning simple, practical ways to develop their leadership skills by building stronger relationships, having a can-do attitude and focusing on having fun.

The impact this program has on the kids is amazing. Who says blind kids can't climb walls? Not us. Not them. Go to this web site and see for yourself - <u>http://www.youtube.com/watch?v=wuNJAZtAPxs</u>.

We hope to provide this experience to even more kids next summer. Like all our programs, the Summer Experience is provided free to all participants. So we need your financial support to make this happen. Please <u>make a gift now</u> so that more teens with visual impairment can have a great Summer Experience that they'll remember for the rest of their lives!

Given the chance, these kids can climb walls-and go all the way to the top!



Welcome to Mary Jane's Leader Dog Gift Shop

Leader Dog's online gift shop is made possible through a very generous gift from a longtime donor named Mary Jane. Along with her husband Richard, Mary Jane lived in Rochester Hills, Michigan for many years and had the opportunity to watch our clients and dogs train together.

We dedicate our campus gift shop and online store to Mary Jane's support of our mission. We hope you enjoy your shopping experience and buy lots of Leader Dog stuff!

Thank you for your patronage.



Guide Dogs and GPS Make Perfect Pairing

Ernie Slone Editor of DogChannel, Dog Fancy

It seems like every day we get some gee whiz new high tech breakthrough that amazes, from cars that can parallel park themselves to smart refrigerators that can create this week's grocery list.

Beyond the cool factor, what really impresses me is new technology that has the power to change lives.



Leader Dogs has been working with GPS systems and guide dogs for 4 years, but earlier systems had as many as 39 buttons. The new Kapsys device is much simpler to use and voicedriven. So when I first learned about Leader Dogs for the Blind incorporating an innovative GPS system along with their guide dog training for the visually impaired, I immediately became excited by the possibilities.

As I report in the April 2011 issue of DOG FANCY, Leader Dogs has worked with Kapsys, a French technology company, to develop a voice-directed GPS device the size of an iPod Nano that holds promise as a new high tech guidance tool for the sight impaired.

Doing guide-dog training is nothing new for Leader Dogs, which for more than 70 years has provided guide dogs and training to people who are blind and visually impaired. Each year, about 250 students attend the Detroit-area organization's 26-day residential training program to be paired with a guide dog.

Guide dogs do things for the sight impaired that no technology can yet do. But what's exciting today is that Leader Dogs is pioneering a new voice-controlled GPS device and incorporating that into their training. "The dog helps you avoid obstacles, and the GPS gives you directions, it's an exciting combination," says Greg Grabowski, Leader Dogs CEO. "As far as we know, Leader Dogs is the only guide dog school in the world that has integrated guide dogs and GPS together in a training program."

Over the years we have provided the guide dog as a mobility tool, says Rod Haneline, Leader Dogs chief operating officer. "But the GPS hands the blind person a map, a tool they have never had before, a way to orient themselves," says Haneline, an expert in developing advanced mobility instruction programs.

In rigorous pilot testing by Leader Dogs experts and selected individuals, the new device has exceeded expectations.

"We have one client who can now fly to New York, where he has never been before, and he can walk out of a strange hotel and navigate his way to Starbucks," Grabowski says. "The GPS device guides him turn by turn, and the dog helps him avoid obstacles. Once he gets to Starbucks he can say to the dog, Find the door, or Find the counter, and the dog guides him. It is a perfect combination."

Starting in March 2011 Leader Dogs will begin training those getting guide dogs with the new device, providing it for free. "Our hope is to be able to provide this device at no charge to all our clients, including those who come in for cane training, summer kids camps, everyone – more than 1,000 people," says Grabowski.

To learn more about Leader Dogs go online to <u>www.leaderdog.org</u>.



Doug Martens and his guide dog, Brodie, help conduct extensive pilot testing with the new Kapsys device.





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

Dyslexic Kids can Benefit from Early Musical Games



A strong association between the ability to perceive metrical structure in <u>music</u> and learning to read among children with dyslexia has been shown in a study led by an Indian-origin researcher.

Dyslexic children often find it difficult to count the number of syllables in spoken words or to determine whether words rhyme. These subtle difficulties are seen across languages with different writing systems and they indicate that the dyslexic <u>brain</u> has trouble processing the way that sounds in spoken language are structured.

In the new study, researchers at Cambridge have shown, using a music task, that this is linked to a broader difficulty in perceiving rhythmic patterns, or metrical structure.

Martina Huss, Usha Goswami and colleagues gave a group of 10-year-old children, with and without <u>dyslexia</u>, a listening task involving short tunes that had simple metrical structures with accents on certain notes. The children had to decide whether a pair of tunes sounded similar or different. To make two tunes sound "different", the researchers varied the length of the stronger notes. However, it was not the perception of the length of these notes that was shown to affect how successful a child completed the task, but the child's perception of "rise time", which is the time it takes for a sound to reach its peak intensity. In speech, for example, the rise time of a syllable is the time it takes to produce a vowel. Stressed syllables have longer rise times, so rise time is a critical cue that helps in the perception of rhythmic <u>regularity</u> in speech.

The children with <u>dyslexia</u> found the music task quite difficult, even when presented with simple tunes containing just a few notes. The findings of the study indeed showed a strong relationship between the ability to perceive metrical structure in <u>music</u> and learning to read.

The researchers argued that the ability to perceive the alternation of strong and weak "beats" (stressed and unstressed syllables) is critical for the efficient perception of phonology in language. Furthermore, as rhythm is more overt in music than language, they suggest that early interventions based on musical games may offer previously unsuspected <u>benefits</u> for learning to read.



Judy Stamsen CCI Chair eskiemom@bellsouth.net

9TH ANNUAL ATHENS RUN FOR THE DOGS

This year's Athens Run For The Dogs is scheduled for Saturday, September 24th.

We have changed the venue where the Run/Walk will be held. This year it will be held at Oconee Veterans Park in Watkinsville, Ga.; the Park's address is 3500 A Hog Mountain Rd Watkinsville, Ga. 30677. The OCP'S internet address is: <u>www.ocprd.com</u>.

The 2011 event will be the same GREAT event, to support CCI, held at a new venue; check out the venue on their web site posted above.

Monica, Donna the dogs and I hope to see you on September 24th at the OVP!

Registration go here: <u>http://www.athensrunforthedogs.org/site/LinkClick.aspx?file</u> <u>ticket=Wwgo1410yF8=&tabid=36&mid=367</u>

Thank You. Jim Mohs

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International Assistance Dog Week August 7-13

International Assistance Dog Week was created to recognize all the devoted, hardworking assistance dogs helping people with disabilities. The week aims to raise awareness and educate the public about assistance dogs and the work they do to improve the lives of their human partners. This year International Assistance Dog Week is August 7-13.

Canine Companions for Independence, the first nonprofit to train assistance dogs to perform tasks that help people with physical disabilities, also celebrates the most teams graduated from an assistance dog program, with 3700 teams partnered since 1975.



Lion Kathryn Higgins Diabetes Awareness Chair <u>Klhiggins07@windstream.net</u>

Data from the 2011 National Diabetes Fact Sheet (released Jan. 26, 2011) Total prevalence of diabetes =

Total: 25.8 million children and adults in the United States— 8.3% of the population—have diabetes. **Diagnosed:** 18.8 million people. **Undiagnosed:** 7.0 million people **Prediabetes:** 79 million people* **New Cases:** 1.9 million new cases of diabetes are diagnosed in people aged 20 years and older in 2010.

* In contrast to the 2007 National Diabetes Fact Sheet, which used fasting glucose data to estimate undiagnosed diabetes and pre-diabetes, the 2011 National Diabetes Fact Sheet uses both *fasting glucose and A1C levels* to *derive estimates for undiagnosed diabetes and pre-diabetes*. These tests were chosen because they are most frequently used in clinical practice.

Under 20 years of age

• 215,000, or 0.26% of all people in this age group have diabetes

• About 1 in every 400 children and adolescents has type 1 diabetes

Age 20 years or older

• 25.6 million, or 11.3% of all people in this age group have diabetes

Age 65 years or older

• 10.9 million, or 26.9% of all people in this age group have diabetes

Men

• 13.0 million, or 11.8% of all men aged 20 years or older have diabetes

Women

• 12.6 million, or 10.8% of all women aged 20 years or older have diabetes

Race and ethnic differences in prevalence of diagnosed diabetes

After adjusting for population age differences, 2007-2009 national survey data for people diagnosed with diabetes, aged 20 years or older include the following prevalence by race/ethnicity:

- 7.1% of non-Hispanic whites
- 8.4% of Asian Americans
- 12.6% of non-Hispanic blacks
- 11.8% of Hispanics
- Among Hispanics rates were:
 - 7.6% for Cubans
 - 13.3% for Mexican Americans
 - 13.8% for Puerto Ricans.

Morbidity and Mortality

• In 2007, diabetes was listed as the underlying cause on

71,382 death certificates and was listed as a contributing factor on an additional 160,022 death certificates. This means that diabetes contributed to a total of 231,404 deaths.

Complications

Heart disease and stroke

• In 2004, heart disease was noted on 68% of diabetes related death certificates among people aged 65 years or older.

• In 2004, stroke was noted on 16% of diabetes related death certificates among people aged 65 years or older.

• Adults with diabetes have heart disease death rates about 2 to 4 times higher than adults without diabetes.

• The risk for stroke is 2 to 4 times higher among people with diabetes.

High blood pressure

• In 2005-2008, of adults aged 20 years or older with self-reported diabetes, 67% had blood pressure greater than or equal to 140/90 mmHg or used prescription medications for hypertension.

Blindness

• Diabetes is the leading cause of new cases of blindness among adults aged 20–74 years.

• In 2005-2008, 4.2 million (28.5%) people with diabetes aged 40 years or older had diabetic retinopathy, and of these, almost 0.7 million (4.4% of those with diabetes) had advanced diabetic retinopathy that could lead to severe vision loss.

Kidney disease

• Diabetes is the leading cause of kidney failure, accounting for 44% of new cases in 2008.

• In 2008, 48,374 people with diabetes began

treatment for end-stage kidney disease in the United States.In 2008, a total of 202,290 people with end stage

kidney disease due to diabetes were living on chronic dialysis or with a kidney transplant in the United States.

Nervous system disease (Neuropathy)

• About 60% to 70% of people with diabetes have mild to severe forms of nervous system damage.

Amputation

• More than 60% of non-traumatic lower-limb amputations occur in people with diabetes.

• In 2006, about 65,700 non-traumatic lower-limb amputations were performed in people with diabetes.

Cost of Diabetes

• \$174 billion: Total costs of diagnosed diabetes in the United States in 2007

• \$116 billion for direct medical costs

• \$58 billion for indirect costs (disability, work loss, Pre-mature mortality)

After adjusting for population age and sex differences, average medical expenditures among people with diagnosed diabetes were 2.3 times higher than what expenditures would be in the absence of diabetes.

Factoring in the additional costs of undiagnosed diabetes, prediabetes, and gestational diabetes brings the total cost of diabetes in the United States in 2007 to \$218 billion.

- \$18 billion for people with undiagnosed diabetes
- \$25 billion for American adults with Pre-diabetes
 - \$623 million for gestational diabetes

For Additional Information

These statics and additional information can be found in the National Diabetes Fact Sheet, 2011

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How to Treat Gestational Diabetes

Because gestational diabetes can hurt you and your baby, you need to start treatment quickly. Treatment for gestational diabetes aims to keep blood glucose levels equal to those of pregnant women who don't have gestational diabetes. Treatment for gestational diabetes always includes special meal plans and scheduled physical activity. It may also include daily blood glucose testing and insulin injections. You will need help from your doctor, nurse educator, and other members of your health care team so that your treatment for gestational diabetes can be changed as needed.

For you as the mother-to-be, treatment for gestational diabetes helps lower the risk of a cesarean section birth that very large babies may require. Sticking with your treatment for gestational diabetes will give you a healthy pregnancy and birth, and may help your baby avoid future poor health. You may also be interested in our book, Diabetes & Pregnancy: What To Expect, 4th Edition.

Gestational diabetes -- Looking ahead

Gestational diabetes usually goes away after pregnancy. But once you've had gestational diabetes, your chances are 2 in 3

that it will return in future pregnancies. In a few women, however, pregnancy uncovers type 1 or type 2 diabetes. It is hard to tell whether these women have gestational diabetes or have just started showing their diabetes during pregnancy. These women will need to continue diabetes treatment after pregnancy.

Many women who have gestational diabetes go on to develop type 2 diabetes years later. There seems to be a link between the tendency to have gestational diabetes and type 2 diabetes. Gestational diabetes and type 2 diabetes both involve insulin resistance. Certain basic lifestyle changes may help prevent diabetes after gestational diabetes.

Losing weight

Are you more than 20% over your ideal body weight? Losing even a few pounds can help you avoid developing type 2 diabetes.

Making healthy food choices Follow simple daily guidelines, like eating a variety of foods including fresh fruits and vegetables, limiting fat intake to 30% or less of daily calories, and watching your portion size. Healthy eating habits can go a long way in preventing diabetes and other health problems.

Exercising Regular exercise allows your body to use glucose without extra insulin. This helps combat insulin resistance and is what makes exercise helpful to people with diabetes. Never start an exercise program without checking with your doctor first.

Keeping worry in perspective

While gestational diabetes is a cause for concern, the good news is that you and your health care team - your doctor, obstetrician, nurse educator, and dietitian - work together to lower your high blood glucose levels. And with this help, you can turn your concern into a healthy pregnancy for you, and a healthy start for your baby.



For a student using insulin, diabetes must be managed 24/7, including the many hours spent at school, on field trips and in extracurricular activities.

Some families can send their child with diabetes to school in the morning and feel confident that the school will be prepared to provide the diabetes care that meets their child's needs. Other families worry that their child won't have access to good diabetes management, that their child will be excluded from activities or have to take an exam when blood glucose levels are plummeting.

Safe at School: Safety and Fairness for Children with Diabetes (PDF) Go to this web site:

http://www.diabetes.org/assets/pdfs/schools/SAS-Booklet-2010.pdf





"Vision of Peace" 2010-11 Grand Prize Winner Raj Phairembam, a 11-year-old boy from Moirang, Manipur, India.

"Children Know Peace" Peace Poster Contest Theme Announced

For more than 20 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 2011-2012 Contest – "Children Know 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 January 15, 2011 from Club Supplies.

"Engaging Our Youth" Global Service Action Campaign

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There has never been a generation of young people more involved in their community. According to the Corporation for National and Community Service, in the United States alone, nearly 22% of people aged 16 to 24 are volunteering. In other areas of the world that percentage is even higher.

A growing number of studies show that youth who engage in meaningful service projects experience a host of positive outcomes. Lions have an incredible opportunity to engage youth by developing programs they can relate to, and by encouraging their input and participation in the planning process. Allowing youth to develop and lead a service project helps them learn valuable life skills while emphasizing the role of service.

Take Action

During August, we invite you and your club to join Lions around the world in recognizing the power of youth involvement. Help us shine a light on youth by planning activities in connection with <u>United Nations International Youth</u> <u>Day</u>, recognized each August. Or, organize projects throughout the month that engage and mobilize youth in the process of helping communities.

Resources

The following resources are available to plan and promote a future "Engaging Our Youth" Global Service Action Campaign project.

- <u>Call to Action Flyer</u>: Get an overview of the "Engaging Our Youth" Global Service Action Campaign – and ideas to jumpstart your project.
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- <u>Planning Guide</u>: Use this step-by-step approach to organize your very own "Engaging Our Youth" Global Service Action Campaign.
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- <u>Project Ideas</u>: Review ideas you and your club can use to partner with youth to develop a signature service project during the month of August that will make a big impact on your community. The opportunities are endless!

Engaging our Youth YOUTH PROJECT IDEAS

 Organize a youth forum or town hall meeting to highlight topics that youth have identified as critical community issues.
 Offer a back-to-school health or community fair in conjunction with a local school district. Work with local healthcare providers to offer free screenings at the health fair, including physical, dental and hearing exams, in addition to free immunizations.

3. Provide safety identification for children and youth with serious chronic illnesses (medical bracelets or necklaces, etc.).

4. Organize a book or board game drive for a community center, children's after-school center, hospital facility or school library.

5. Supply Braille and large print books for children who are blind or visually impaired.

6. Sponsor an activity day for individuals with developmental disabilities.

7. Prepare and send care packages to military personnel.

8. Remodel a children's center or school room: paint, repair and landscape.

9. Assemble and provide care packages for homeless shelters or other facilities.

- 10. Make baby supply kits for newborns in need.
- 11. Assist at camps serving children with special needs.
- 12. Refurbish used bicycles for children.
- 13. Organize a highway or park clean-up.

14. Provide safe soft teddy bear toys (no small, removable parts) to local emergency service professionals for presentation to children during an emergency.

15. Donate supplies for orphanages, foster children or other children and youth in need.

- 16. Collect and donate supplies to a local school.
- 17. Tutor at an after school program.
- 18. Paint a playground.
- 19. Volunteer at a senior citizen's home.
- 20. Clean and repair a community center.

LEO CLUB PROGRAM RESOURCES GUIDE

New Marketing and Resource Materials:

Freshly-designed Leo marketing and resource materials to match the new LEO brand are now available from the Youth Programs Department. Items such as recruitment posters and brochures tailored to spark the interest of potential LEO's are available for a small fee. Contact us for a publications order form or to place your order directly with one of our staff members. A number of publications are also available for downland from the Lions Web site. To find publications, go <u>www.lionsclubs.org</u>, select "Member Center" and click on "Resources" and then "Publications".

LEO Zone @ www.lionsclubs.org :

The LEO Zone is an entire section dedicated to the LEO Club Program that can be found on the LCI Web site. The LEO Zone includes information for LEO club advisors. LEO chairpersons and LEO's themselves. Visit <u>www.lionsclubs.or</u> and enter "LEO Zone" into the search bar at the upper right-hand corner of the home page. You'll then be taken to a link where you can quickly access the LEO Zone. Virtually everything you need to know about the LEO Club Program can be found here.

LEO Club Program Facebook Fan Page:

The LEO fan page allows Lions and LEO's quick access to the latest news and developments within the LEO Club Program. The fan page also serves as a platform for LEO's throughout the world to connect with one another and share ideas about issues like effective community service projects or being a good leader. Check it out or become a fan at www.facebook.com/leoclubs.

LEOMMR:

The LEOMMR is an online membership reporting system created just for LEO's and developed with components similar to those in the LionsWMMR. Launched in November 2009, the LEOMMR allows LEO officers the opportunity to enter and track data about their LEO clubs, districts or multiple districts. The LEOMMR will allow LCI, for the first time in its history, to track LEO club member information. LEO clubs, districts and multiple districts using the LEOMMR for the first time cannot access the system until the annual LEO-72 or LEO-91 form has been submitted to the Youth Programs Department. Please make sure your club's district's form has been submitted so your LEOs can access this valuable new tool. Questions about the LEOMMR should be directed to leommr@lionsclubs.org.

Online LEO Service Activity Report:

The LEO Service Activity Report Form was launched in August 2010 and allows LEO's for the first time in the program's history, an avenue to report their service projects via an online system instead of using a paper form. Go to <u>www.lionsclubs.or</u> and enter "LEO Club Service Projects and Campaigns" in the search bar at the upper right-hand corner of the home page.

You will then be directed to another page where you can choose to enter information about a general LEO service project, or a project conducted in relation to the Global Service Action Campaigns.

Online Club Supplies Store:

The online club supplies store now offers a variety of LEO items for purchase including LEO replacement pins, club officer pins, club highway signs, flags and banners, vest and much more! Shop online at <u>http://www2.lionsclubs.org</u>. Simply click on "LEO Items" and you'll be taken to a link where you can view and purchase LEO-related materials.

Reading can unlock the keys to a whole world of information. Parents are teachers, both by example and by conversation. Give children opportunities to play, to talk and to hear you talk to them. Listen to what they have to say and answer their questions. Read aloud to your child(ren) every day. These are fun activities that you can do with your child(ren) to encourage them to read and to reinforce the importance of school.

ABC Book. Use the back side of old papers. Write one upper and one lower case letter (A,a) on each page. Have children go through old newspapers or magazines and match each letter to a picture in the magazine. Cut out the object and glue it onto the page. Make a book out of the pages.

Alphabet Hunt. Make a list of all the letters in the alphabet. Have the children identify household items that start with as many of the letters as possible.

Cartoons. Cut cartoon strips apart frame by frame. Have children put them back in order and read the completed cartoon.

Concentration Games. Create a game using couponschildren would need to match two similar products-brands could be different.

Create Stories. Make up stories with your children. Alternate between parent and child in adding lines to the story.

Predict the Story Outcome. Flip through a picture story book with your child and have them predict the story outcome from the pictures. Then go back and read the story to your child.

Newspaper Scavenger Hunt. Go through a newspaper and make a list of 10-15 items to find in the paper (Garfield cartoon, sports statistic, story about Chicago, weather data, picture of a government official, car ad, etc.)

Recipes. Pick out simple recipes and help the children make the recipe. Children should read the directions. This re-enforces the need for math and reading skills.

Repetition. Have your child tell the story to you after you have read it to him/her.

Safety Walk. Take your children on a walk around the neighborhood or to a park. Point out signs and read what is on the signs (house numbers, stop sign, street names and business names). Have children name the pieces of play equipment.

Telephone Book. Make a list of names or businesses. Have the children go through the phone book and locate the names in the book.

Time spent together with your children is so important. Reading can be a worthwhile activity!



Youth Exchange & Youth Camp Lion Faye Smith MD 18 Youth Exchange Chair e-mail - <u>fayehsmith@hotmail.com</u>

POTENTIAL PARTICIPANTS:

To apply to attend camp; which includes a host family stay:

1. Contact the camp director listed below for more information (including additional eligibility requirements) and/or to obtain an application. In the event a camp application is unavailable, a standard application may be obtained from the Lions' Web site at:

http://www.lionsclubs.org/EN/common/pdfs/ye1401.pdf 2. After the application is completed, contact your local Lions club for sponsorship and to obtain the required signatures, including the Lions club president and district/state/national program officer signatures, where applicable.

3. After signatures are obtained, forward the application to the camp director for review (this may be the district youth camp and exchange chairperson).

4. Applicants selected to attend a camp will receive a confirmation letter and information packet.

To apply for a host family stay (no camp attendance): 1. Contact your local Lions club for sponsorship (use the Club Locator on www.lionsclubs.org or one of the district youth camp and exchange chairpersons listed in this directory). Fill out an application. A sample application may be obtained from the Lions' Web site at:

http://www.lionsclubs.org/EN/common/pdfs/ye1401.pdf 2. Once sponsorship and signatures are obtained, the application is forwarded to potential host Lions and an exchange is confirmed.

Please note that this directory only provides general information. Additional eligibility requirements may apply. Costs to participate in a camp and/or exchange, including travel expenses, will be the responsibility of the sponsor Lions club, the host Lions club, the participant, the participant's family, or a combination of these sources.

REMINDER: Please remember that you do not need to travel to another country to participate in a camp or exchange. You can also apply for camps and exchanges in your own country.

LIONS CLUB SPONSOR/HOST:

A Lions club, district, or multiple district, whether singly or jointly, may sponsor and/or organize international youth camps and exchanges.



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

Cabinet Secretary Lion Trudy Rudert <u>trudert@comcast.net</u> 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.

