



<u>District Governor</u> Ed Hashbarger

Fellow Lions,

December – a month to rejoice the birth of Christ. I want to wish each and everyone a Merry Christmas and a prosperous New Year.

Within Lionism, 5 December is International Leo Day – Thank your LEO's for what they are doing. Also, December and January continues with Feeding the Hungry Global Service Action Campaign – I know that many Clubs within the District are providing help to those in need. Thank you again for all that you do.

As many know – November was somewhat busy with Charter Night for two new Clubs - Loganville Legacy Lions Club and our first campus club – the Athens Campus Lions Club. They are up and running with new and fresh ideas. Check out some of their pictures.

Now, January is coming and as you can see on page 2 under Upcoming Events Melvin Jones' birthday and more. Also, not shown is the New Peace Poster Kits will be available through Club Supplies. Put your order in and get with art teachers as soon as you get your kits – the sooner you get them in the hands of the kids, the better they can start thinking and drawing. I also have noticed that many Clubs have increased membership. These is great – but than a few have dropped members??? When you dropped – did you try and contact those members and <u>ASK</u> why they have not paid dues or why they are not coming to meetings or whatever? Just don't drop without contacting and finding out why and maybe correcting the situation.

I have really enjoyed going out to all the Clubs – meeting old friends and talking about the past and present. I only have 2 clubs that I have to visit and will get with them sometime. I will now concentrate on some clubs I feel need help in gaining new members, going to some Zone Meetings and/or just showing up at a club meeting. I really want to encourage clubs to get their membership involved in training and getting some members to step-up and look outside the box (community) and get involved with the Lighthouse, Camp, Leader Dog and LCIF. These organizations help us and we have to help them by getting involved. The Lighthouse and Camp have meeting coming up here in January and February – mark your calendars and visit the meeting locations mentioned on page 2 under Planning Ahead – PLEASE get involved.

Training: Please go to this web site: <u>http://lionstraining.us/Lions_Training/Welcome.html</u> and check each of the items listed – Webinars, Reporting, GLT Resources, GLT Members, Guiding Lions, Club Leaders, CEP Resources, Zone Chair, Lions History. Also go to this web site: <u>http://www.lionsclubs.org/EN/member-center/index.php</u> for more training situations. The more we learn the more we can do. Check these out also: All the power points have been upload to the <u>www.lionstraining.us</u> website. The following links will take you to the page where you can download these files. Some adjustments to the presentations will be needed due to the difference in fonts and formatting on different computers, but fill free to customize and use this material any way you wish.

District GLT Conference: www.lionstraining.us/Lions_Training/Webinars/Entries/2011/10/24_District_GLT_Conference.html

Training Certified Guiding Lions:

www.lionstraining.us/Lions_Training/Webinars/Entries/2011/11/7_Training_Certified_Guiding_Lions.html

Facilitating CEP:

www.lionstraining.us/Lions_Training/Webinars/Entries/2011/11/14_Facilitating_CEP_Leading_Clubs_to_Sucess.html

Tanx for being who you are - LIONS

Publicity and Communication are the KEYS – use them.

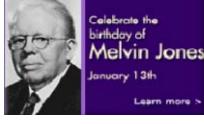


Yours in Lionism, Ed Hasbarger



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

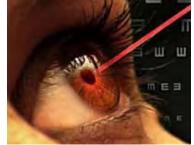
13 January is Melvin Jones' Birthday



13-19 January: LCIF Week

24 January: World Peace Day

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.

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"Relieving the Hunger" Campaign ORGANIZE A FOOD DRIVE TO ALLEVIATE HUNGER Check out page 32 for more information



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

4-5 February 2012 Council Of Governors Meeting



Camp For The Blind, Warner Robbins

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

Merry Christmas

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"When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us."

Helen Keller

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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

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
 <u>Campaigns</u>: 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.

Share New PSAs with Friends, Family and Local Media

As part of our ongoing PR efforts, we're proud to announce the availability of four new PSAs that show who Lions are in a fresh and fun way. Three of the PSAs are safari-themed spots that use humor to let viewers see how Lions help others through vision, feeding, and environment projects. The fourth PSA is an airport-themed spot that features a security x-ray machine to show viewers there's "a little Lion" inside of all of us. View PSAs now - and be sure to share them with your family, friends and local media outlets.

Lions Provide Relief for Earthquake Victims in Turkey



A recent earthquake in Turkey killed hundreds, injured more than

1,300 and caused extensive property damage. Lions are bringing aid and comfort to the people affected by this disaster. LCIF approved an emergency grant to fund Lions' relief efforts. Our members are using these funds to provide relief supplies, including food and water. <u>Read blog</u>.

Lions Partner to Plant 1.5 Million Trees in Kenya

We've joined forces with The Aga Khan Development Network to plant 1.5 million trees in Kenya, a country with one of the highest rates of deforestation in Africa. International President Wing-Kun Tam and Prince Hussain Aga Khan announced the partnership last month during a tree planting ceremony in Nairobi City Park.

Lions Can Offer Hope and Help to Children in Need

You can expand your reach to underserved children through hands-on service projects in your community. The Lions Children First Program can provide you with easy-to-use resources and materials, including a club activity guide, sample project idea sheets and community posters. There's also a Lions Children First Facebook Fan Page where you can connect with other Lions who are serving children in need. You can also join the <u>Relieving the Hunger</u> <u>Campaign</u> to fight hunger affecting children in your community.

"Lions Bringing Help and Hope to Children" <u>PowerPoint</u>

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Lions attending the International Convention in Sydney, Australia (June 28 – July 2, 2010) learned how their club or district can make a difference in the lives of underprivileged children and adolescents through hands-on service projects. This interactive session featured enthusiastic Lions who shared their experiences in organizing successful projects for children in need.

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):

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

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

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

To place an order for the Lions Children First Program Kit please <u>contact us</u>.

Register to Attend International Convention in Busan



Make plans to join Lions from around the world at our 95th International Convention in Busan, Korea, June 22-26, 2012. While in Busan, be sure to experience Korean cuisine at a barbeque restaurant, get your toes in the sand at Haeundae Beach and take a short ride to visit Beomeosa Temple on the slopes of Mt. Geumjeongsan. Learn more about pre/post convention tour options – and be sure to register to attend by December 31 to lock in the lowest registration fee and reserve your hotel at our specially discounted Lions rates.

VIDEOS – Lions Rap Video "Rockin' the Vest " 2:17 minutes

Lions club members come together in this humorous hip hop video. The lyrics focus on what wearing the Lions club vest means to the community. Whenever a Lions club comes together, problems get smaller. And, communities get better. Share this video with your friends. Video and audio versions are available for download from <u>iTunes</u>, including a 60 second <u>radio PSA version</u>. http://lionsclubs.org/EN/lnn/videoview.php?id=55&utm_source=constant contact&utm_medium=email&utm_ca mpaign=dec2011newswire

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 timeBe a role model
- 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 QUARTERLY



Watch <u>LQ</u> to see how an Alabama Lions' event spans generations.

HIGHLIGHTS

<u>Rockin' the Vest</u> Share our rap video - and help attract new members.

Lions Clubs Blog

Read our blog to get news updates during the month.

CONTESTS

<u>International Contest</u> 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

<u>Calendar of Events</u> Review upcoming Lions events your club can promote locally.







Dear Lion,

I would like to share with you some exciting changes to our donation procedures that will enable us to he more people. Many of you have shared with your Board of Trustees and me interesting ideas for expanding giving opportunities to our Foundation. As a result, you can now choose from five



general categories to designate your donations and receive Melvin Jones Fellowship recognition for each donation:

Area of Greatest Need: Donations in this category will support all program areas and allow LCIF the flexibility to supplement initiatives where additional funding is necessary or where the need is most urgent.



Disaster: Donations designated here enable LCIF to direct the funds to the areas most in need following disasters in order to provide for immediate, mid and longterm relief.

Sight: Donations here seek

to support hundreds of sight-related activities ranging from equipping eye clinics to providing Braille computers for the visually impaired.

Youth: Donations in this category support the Lions Quest program and other initiatives such as educational infrastructure improvements and programs to assist at-risk youth.

Humanitarian Needs: Donations here will fund projects that meet diverse community needs beyond sight, disaster and youth, such as the <u>measles</u> program, water wells and vocational training programs for the disabled.

I know you will agree with me that these positive changes will help LCIF to provide aid to even more people in need around the world. These changes are effective immediately for all future donations. <u>Donating</u> is as easy as before - details on each program can be found <u>online</u>.

I thank you for your continued support.

Serving together today for a better tomorrow, Sid L. Scruggs, III Chairperson, LCIF

Lions Quest Continues to Grow

Are you interested in starting <u>Lions Quest</u> but don't know where to begin? There are several new materials to assist in beginning or expanding the Lions Quest program. A <u>how-to</u> <u>brochure</u> provides a step-by-step guide through the process. <u>Lions Quest: A Global Success</u> is a new video that provides positive examples of the program around the world. A <u>Community Partnership Grant</u> program was created to assist Lions districts and multiple districts in beginning or reactiving Lions Quest programs. A limited number of grants are available for up to US\$10,000.

Lions Reach New Heights

Over the next several months, look to the skies for a new promotional video about Lions and LCIF. The video encourages people to learn more about Lions' many humanitarian services and join our volunteer efforts. The video will be shown in all classes of service and all flights on Virgin Airways from October through January, US Airways in November and Delta in December, as well as in business and first class on all American Airlines flights in November. Lions will also be listed in Delta's SKY Magazine during November. <u>View</u> the video now.

Diabetes Awareness

With World Diabetes Day observed this month, Lions have an opportunity to reaffirm their long-standing commitment to improving health. The World Health Organization estimates that more than 346 million people in the world have diabetes. Through two LCIF grant programs, Lions are increasing their efforts to fight diabetes. <u>SightFirst</u> has provided US\$2.7 million for diabetic retinopathy projects, educating over 1.5 million people and conducting over 23,000 surgeries since 1995. Read more in the current issue of <u>LION Magazine</u>.

Disaster Relief Updates

LCIF remains committed to helping Lions long after the initial shock and devastation of a disaster. Rebuilding efforts continue in <u>Haiti</u> with a collaborative project between LCIF and Food for the Poor. US\$2.78 million will provide 400 permanent homes and a community center that will offer vocational training. Additionally, four projects totaling nearly US\$3 million are under way in Japan to continue providing needed aid, including a special victims' assistance fund, emergency radio equipment, cleaning and food service equipment and more. LCIF is mobilizing a total of US\$21 million for Japan.

SightFirst Making an Impact in Latin America

Lions in Latin America are changing lives through blindness prevention activities, with support from <u>SightFirst</u>. A total of 496,586 river blindness treatments have been provided.

Additionally 12,528 cataract surgeries have helped to restore sight. Two comprehensive, multiple district diabetic retinopathy projects aim to treat 2,360 diabetic patients; 320 infants will be helped through a multiple district retinopathy of prematurity project; and four eye clinics are receiving support for renovation and equipment upgrades. Future e-newsletters will highlight the impact of funds raised through Campaign SightFirst II in other regions of the world.

Melvin Jones Fellowship Eligibility

Last week, an email was sent out to LCIF Coordinators explaining the expansion of the Melvin Jones Fellowship program. In response to questions from the coordinators, we would like to clarify which donations are eligible for MJF credit and which are not.

As explained previously, there will be four special areas of giving and one general funding area:

- · Disaster
- · Sight
- · Youth
- · Humanitarian Needs
- · Area of Greatest Need (general)

Donors can donate to each of these four special areas as well as a general area of funds called 'Area of Greatest Need' and receive MJF credit. Below is a chart with examples of donations that are eligible and are not eligible for Melvin Jones Fellowship credit.

MJF Eligible	Non-MJF Eligible
Donation	Donation
(Donations to the special	(Donations to specific
areas of funding)	programs or events)
Youth focused fund	Flood relief in Nova
	Scotia
Sight focused fund	Diabetes Awareness
	program
Disaster focused fund	Lions Quest program
Humanitarian focused fund	Sight for Kids program
Measles Initiative	UNICEF School in a Box
	program
Area of Greatest Need	Donation to a specific
(general donation to LCIF)	country or club
	Haiti earthquake relief
	Affordable Hearing Aid
	Program (AHAP)
	Special Olympics
	Opening Eyes program
	Pediatric Cataract
	Initiative

Most donors want to designate how their donations are used, so these areas of funding provide an opportunity for donors to express their wishes. Furthermore, it is important to encourage donations to these general funds to ensure there will be money available for all LCIF programs. Donations can still be designated towards a specific disaster or program such as the Pediatric Cataract Initiative, but would not receive MJF credit. All the donations to the special areas of giving (Disaster, Sight, Youth, and Humanitarian) would be eligible.

In the past, MJF exceptions were given to donations to a specific program or event, such as the tsunami in Japan last year. MJF recognition was primarily approved only for large scale disasters, such the Japan tsunami, the Marakot Typhoon in Taiwan, and the Sichuan earthquake. But there were times when the LCIF Trustees decided not to provide MJFs for large disaster donations, such as for the earthquake in Haiti. The Trustees made these decisions based on the scope of the emergency and the capacity of Lions Clubs in that country to effectively utilize the funds raised. Because the old policy resulted in different rules for which disasters were eligible for MJF donations, it caused some misunderstandings and perceived inequities among the Lions.

In addition, when LCIF set up disaster funds for every disaster large or small, we found that some disasters received too much money, and others too little. For example, over US\$20 million was raised for Japan, which will take years to effectively spend. In the meantime, we have new disasters taking place almost every month that do not receive adequate attention.

In order to address Lions requests as well as the needs of Lions communities, LCIF hopes to simplify the donation designation process and bring clarity to the four central missions of the Foundation: **providing disaster relief**, **supporting youth**, **restoring and protecting vision**, and **meeting humanitarian needs** such as combating global health issues and assisting those with disabilities. This change to the long standing Melvin Jones Fellowship program supports LCIF's efforts to have the largest impact on those in need. Thank you for your continued support of LCIF. Lions' communities recognize and appreciate every donation made to LCIF that helps to improve lives.

If there is any question or clarification needed, please contact your staff counterpart.





Fellow Lions:

Winder Noon Lions Club – Pres. Adam

Hello Club! We have had a busy month and it looks to continue for the month of November. This morning, I had the pleasure of handing out Dictionaries to the 3rd Grade students at County Line for the first time. As I drove to the school I wondered if the kids would enjoy receiving a dictionary or if they would be disappointed that it wasn't a video game or the latest DVD.

Thankfully, to my surprise they couldn't have been more excited. As soon as they got the books in their hands they began looking up words and sharing these definitions with their neighbors. Then we began playing games to insure they knew how to use the book they had just been given. I'll be honest, this was a lot more fun than I imagined it and am glad that our club chooses to do this year in and year out. Today, Winder Noon Lions Club made a difference for the 3rd graders of County Line Elementary!

Same Bulletin – Editorial:

After the last meeting, I took Bill Holley, the visiting VDG from Athens Heritage Club, back to Athens. We talked about Lions and the fact that he had lost enough vision that he could no longer drive. He put the blame squarely on his shoulders, because he did not take care of his health in spite of the fact that the diabetes was in his family history. This brought to home how important it is that we take care of our health and vision and as Lions to encourage others to do the same. VDG Bill now directs an organization that supports those with disabilities. He has invited our club to visit this organization and tour the facilities.

Now you know a little about our 1st Vice District Governor and the importance on watching your health.

LIONS ARE men and women who believe that by working with other dedicated Lions, they will accomplish more for their communities than would be possible alone.



CHARTER

Do you know where YOUR Charter is?

It's great if you do know and also if you have it on display. But, sad to say, some clubs do not know. Why not check it out and see if you can find your Charter. Now, here is a good idea! Why not ask the local City Council if it would be possible to have the Lions Charter to be hung on the wall of City Hall. Here again, all you have to do is ASK.

Funds Guidelines

Go to this web site:

http://www.lionsclubs.org/EN/common/pdfs/use_funds _policy_faq.pdf It should be noted that the guidelines noted are not intended to constitute legal or tax advice. The guidelines gives you a basic idea on your funds – Administrative and Activity. Very informative.

Managing a Club

There has always been questions on "What do I do?" Go to LCI web site and look under Member Center. In fact just go to:

http://www.lionsclubs.org/EN/member-

<u>center/managing-a-club/index.php</u> It gives you a basic idea in Managing a Club. It is gives you a basic idea, but should be of interest to anyone who plans to climb the ladder within your club or District. Check it out.

Leadership Development

Here again go to: http://www.lionsclubs.org/EN/membercenter/leadership-development/index.php

The Leadership Resource Center provides Lions with training and development opportunities to promote personal growth and leadership excellence, ultimately, supporting and enhancing our global service efforts.

Dear Lion Leaders,

A few weeks ago I had the pleasure of attending a ceremony in Nairobi, Kenya, where more than 2,000 trees were planted by Lions and representatives of the Aga Khan Development Network (AKDN). These trees are just the beginning of a new partnership between Lions and the AKDN that will result in the planting of at least one million trees in Kenya by December 2012. Think of it – our entire worldwide goal for tree planting equaled in one nation alone!



This is certainly cause for celebration, not only because it will provide great

environmental benefits, but also because growing and nurturing those trees will provide employment opportunities for young Kenyans.

It reminded me that growing and nurturing the Lions family is the most important work we do as Lion leaders. I am proud to report that this work is going very well. More than 337 district governors have qualified for Excellent First Believer awards by chartering two new clubs or achieving positive membership results, or for Superior First Believer awards by chartering five new clubs and achieving positive membership on October 31, 2011.

View the list at the Lions Clubs International Web site.

District governors' teams share the work of growth and nurturing with the worldwide <u>Global Membership Team</u> and <u>Global Leadership Team</u>. The <u>Club Excellence Process</u> provides additional nurturing for Lions clubs around the world.

I hope that you will join me in congratulating the First Believer recipients for their success in helping to grow our Lions family. I also hope that you, your club or district will take full advantage of the nurturing opportunities provided by the GMT and GLT and the Club Excellence Process.

Thank you for all you do.

Sincerely,

Wing-Kun Tam International President

Global Membership Team and Global Leadership Team

Is your district or club reappointing the same experienced Lions to leadership positions? Are you unsure how to find the new leaders who will help your district/club move forward?

Does your club know of an opportunity to establish a branch club at a nearby university campus? How do you make this happen? What is the first step?

You can find the answers to these questions and many more by consulting with your district's <u>Global Membership Team</u> and <u>Global Leadership Team</u> coordinators. The GMT and GLT are worldwide teams of experts who work in close collaboration with club, district and multiple district leaders. Their focus on service, training and membership issues helps to ensure that Lions Clubs International has the size, the resources and the talent to remain one of the premier forces for good in our world.

Make use of these parallel and complimentary structures to help meet your membership goals and ensure that future Lions will have dedicated, well-prepared and effective leaders.

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 serves 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 familyfriendly.

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 <u>Club</u> <u>Excellence Process</u> (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 <u>CEP</u> workshop. To apply for a CEP Workshop, ask the zone chair in your area to assist your club in completing a <u>CEP Request for</u> Resources.

Global Service Action Campaigns

Sharing the Vision

"We Serve" in many ways. One of the oldest, most important and most successful ways in which Lions serve is by protecting and restoring sight. This, along with helping visually impaired live more fulfilling, dignified lives, is the focus of this month's <u>Sharing the Vision</u> campaign. There is still time for your district or club to participate in this vital area of Lions work.

When your club has completed its project, please be sure to report the results using the <u>Service Activity Report</u> at the Lions Clubs International Web site.

Relieving the Hunger

With more than one billion people in the world who do not have enough to eat, Relieving the Hunger may seem like an impossible task. But like every other Lions project, we can change the world one person, one life, at a time.

Your club can:

- Sponsor a community food drive to replenish a local food pantry.
- Volunteer to deliver prepared meals to elderly or disabled citizens.
- Serve meals at a soup kitchen or homeless shelter.
- Partner with local restaurants or food markets. Pick up donations of fresh food items for a women's or children's shelter.
- Collect infant formula and baby food for an organization serving young mothers at risk.

For more project ideas and help planning events see <u>Relieving the Hunger</u> at the Lions Clubs International Web site.

Engaging Our Youth

In August's <u>Engaging Our Youth</u> campaign, 1,250 Lions clubs planned and executed 2,343 projects and completed 272,168 of hours of volunteer service. In that amount of time you could sail around the world 141 times.

Set Your Sights High

<u>Lions Eye Health Program (LEHP)</u>

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, <u>Marilee.Kadar@lionsclubs.org</u> Tel: 630-468-6867

LEOs to Lions

Leos are the future of the Lions Clubs International family. Your club and your community will all benefit when you make Leos your active partners in service. Leos bring energy, passion and new ideas about service. And no one understands the needs of young people in your community better than other young people.

Mentoring Leos is also a valuable opportunity for Lions to serve as positive role models for the youth of their communities and to demonstrate the skills and satisfaction that come with the dedication to volunteer service.

There can be no better preparation for a lifetime of service as a Lion than participation in an active Leo club. Today's Leos are tomorrow's Lion leaders. To make the transition easier, Lions Clubs International has established the Leo to Lion Program which waives the usual entry fee as well as half of all international dues until age 30.

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

Please take the advantage of ALL Training that is sent by email. This benefits all who wish to improve ourselves within Lionism.

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





The focus of the Global Leadership Team this Lions year has been to offer training in several different areas. As a result of training, we now have several Certified Guiding Lions available to help with new or struggling clubs. We recently completed a series of sessions on Member Orientation in each region in our district. Unfortunately, we only had 27 Lions to attend these sessions. Our membership in our district is now approximately 1100 Lions. You can see that we have much work to be done to orient our Lions. These orientation sessions are still available to individual clubs. If your club is interested, please let me know.

In January, we will be focusing on the Club Excellence Process. This is a great way to improve the quality of our clubs. This training may be a part of some of our Zone Meetings. The Club Excellence Process is a way to assess just how your club is doing and also to obtain the needs of your community. This is primarily for clubs with 20 members or less. If your club falls in this category, I hope you will consider this way to help your club. This is a good exercise for any club, no matter how many members you might have. Do you want your club to be better able to serve your community? I hope every club in 18-D wants this. I would ask you to discuss this with your Board and make a decision to move your club forward and increase your influence in the community. Your Zone Chair will be contacting you for your decision.

I know all of us live busy lives, but we must work to increase our membership and grow leadership. If we don't do this, our future will be bleak. Please join me in rededicating ourselves to the work of growing new Lions and improving our clubs in our district.

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

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.

PCC Grace Clower 18-D Global Leadership Team Coordinator

FAMILY & WOMEN'S NEWS

WE ARE FAMILY

"Our clubs should be like families. The source of our strength in our clubs is the relationship we have with one another. We need to believe in one another and take care of one another like families do. If we do this, we will have no problems with retention. Our clubs will be full of members who are enthusiastic about service."

This is International President Wing-Kun Tam's message and challenge for Lions. Because our strength and our causes are at the club level, creating an atmosphere around member care, mutual respect and treating each other like family will bring long-term success. Our philosophy should be "my club, my family."

It's a simple equation –Involvement + sense of worth + member care + family atmosphere = club success.

What better way to cultivate a family atmosphere than to invite our own family members to join our clubs and encourage other Lions to do the same? The Family Membership Program promotes families volunteering together by offering a special dues discount to family members and the Cub Program (pdf) provides ideas, suggestions and resources for including children and adolescents in club activities.

For more on International President Tam's theme, visit the 2011-2012 President's Theme Web page. Ensure clubs in your area play their part in the club success equation by spreading the checklist below as you welcome new members into your Lions family:

_ HAVE I MADE THE NEW MEMBER FEEL WELCOME?

- Smile and say hello
- Provide effective orientation so they know how your club operates and feel comfortable participating

HAVE I GIVEN THEM RESPONSIBILITY?

- Involve them from day one
- Ask them to join a committee
- Get them started working on a service project

HAVE I VALUED THEIR INPUT, AND

RESPECTED THEIR IDEAS?

* * * * * * *

- Ask them for their ideas, and listen to what they have to say
- Implement one of their ideas

_ HAVE I MADE THEM FEEL LIKE A MEMBER OF THE FAMILY?

• Treat them as you would any other member, with mutual respect

* *

• Keep them involved on a regular basis

WOMEN'S AND FAMILY MEMBERSHIP DEVELOPMENT TASK FORCE

*

* *

President Tam has assembled a Women's and Family Membership Development Task Force to collect ideas for growing women and family membership. The Task Force is comprised of the current female international directors and two female board appointees. Throughout the 2011-2012 fiscal year, these women will be attending and participating in women's workshop events and symposiums worldwide. The vision for the task force members is to gain insights for promoting, advancing and developing opportunities for women and family membership in Lions. The Task Force will be pulling together and distilling their findings to develop recommendations on next steps.

If you have ideas or success stories to share with the Women's and Family Membership Development Task Force, send them to the Membership and New Club Programs Department.

Lion Pete Stamsen and I concluded our District Member Orientation Training today. The training was provided for Region I last Sunday in Commerce. There were 11 Lions present, with the newest Lion being 2 weeks as a Lion. Yesterday, the training was provided for Region II in Dahlonega. There were 13 Lions present, with the newest Lions being 30 days as Lions. Today, we provided the training for Region III in Winder. There were only 3 Lions present, with the newest Lion being 2 weeks as a Lion. We stressed in our training that we are available to provide training to individual clubs. The new Loganville Legacy Lions Club would like for us to provide this training to their club, hopefully in January.

Lions Clubs International offers orientation materials for both new and long-term Lions. The <u>Orientation Guide</u> (pdf) is a platform for Lion leaders when planning and conducting new member orientations. The first section gives training tips and suggestions. The second section provides reference materials and serves as a reproducible workbook for new members. The Lions Orientation Refresher Series is beneficial for all Lions, even the most seasoned, active Lion. The series is designed to REFRESH members' knowledge of Lions Clubs International, REVITALIZE their enthusiasm for helping those in need, RECONNECT them with their reasons for becoming a Lion and RENEW their commitment to membership development, extension and leadership initiatives.

PCC Grace Clower 18-D Global Leadership Team Coordinator Since 2007 more than 166,000 fourth graders, all across America rolled up their sleeves and planted a tree.



To help revitalize a remarkable idea Arbor Day at School

They have become members of FOURTH GRADE FORESTERS USA, a project that is designed to do just that.

In 1885 a national group of educators urged observation of Arbor Day in the nation's schools on the official Arbor Day of their own State.

School observations grew by leaps and bounds. Over the years, millions of children received and planted millions of seedlings, millions of seedlings that grew into millions of mature trees.

Together, those trees make up a unique forest. A forest planted by generations of America's children.

^a Somehow the School Arbor Day tradition began to fade away and now only relatively few kids get a tree to take home and plant on their State's Arbor Day.

It's time to reverse the decline.

Georgia's Arbor Day is February 17, 2012. There are approximately 130,000 4th graders in Georgia. A Remarkable Idea, Arbor Day at School.

The project, organized by Free Trees and Plants.com, has four major goals.

1. To revitalize observation of Arbor Day in America's schools on the official Arbor Day proclaimed in their own state.

2. To send every fourth grader home with a tree of their own to plant and care for.

3. To support employment of workers with disabilities.*

4. To bring schools, private individuals, businesses and organizations together to have direct positive impact on the urban forests of their communities.

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.

There is no fuss or muss. There is absolutely no cost to the student, teachers, the schools, or the school district.

A bag header attached to each tree featuring planting and care instructions and a place for you to attach your message.







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 <u>info@ultimatefundraising.us</u> Website <u>www.betterfundraisingideas.com</u>



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!



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

Www.ocedarcommercial.co

Consider Partnership with other Organizations to further Lionism.

Lions can use many ways to further our goal of being the "Knights of the Blind" as we fight to "Prevent Blindness"! While our Motto "We Serve" stresses our personal involvement in Lionism, we can also be effective working with and through others.

We have had long partnerships with organizations such as the GA Lighthouse for the Blind, Camp Kudzu, the GA Lions Camp for the Blind and others. I have found that partnering with local organizations can be beneficial, fun and rewarding also.

One of our most important projects at the Toccoa Lions Club is our Sight Conservation Project. Last Lion year this project provided 85 pairs of glasses to local residents that cannot afford eye care. This is successful because of three partnerships. First, our local Optometrists provide the eye exams as a no cost Community Service. Next, the Open Arms Clinic, a free clinic for uninsured, qualifies the candidates and refers them to the Optometrists and finally the eye glasses are ordered through the GA Lighthouse for the Blind at a greatly reduced price of \$26.00 a pair. The Toccoa Lions coordinates the overall program and pays for the eye glasses but the program would not be nearly as effective if we did not partner with the other organizations.

Another example of partnering with others is our recent Diabetes, Vision & Hearing Screening event held on November 15th, 2011 at the Toccoa Wal-Mart. As information, November is National Diabetes Awareness Month. The Toccoa Lions partnered with the Community Education Department of the Stephens County Hospital, Wal-Mart, one of our local Optometrist, Dr. Ashley Fortney and the GA Lighthouse of the Blind to hold the event. Wal-Mart provided the location, Stephens County Hospital provided the Diabetes testing strips and did the Diabetes Screening, the GA Lighthouse provided the Vision and Hearing Screening equipment and the Toccoa Lions coordinated the event and did the Vision and Hearing Screening. We made the public aware of vision and related issues, met a lot of new friends and had a great time.

A partnership that I particularly enjoy is with our Stephens County High School JROTC. This is a great group of people. They help us with projects such as our Pancake Breakfast and White Cane Program and we give them Community Service opportunities and publicity with the local Newspaper and with the High School Superintendent.

An example of behind the scene partnering involves one of our Toccoa Lions, Sheila Rouse. Lion Sheila is blind and a Special Ed teacher. As an outreach to the Blind Community, Lion Sheila has developed a program of Low Tech/Low Cost Adaptive Aids. Lion Sheila has presented this program to organizations such as the GA Statewide Coalition of the Blind, the Hall County Chapter of the GA Coalition of the Blind and to many local blind individuals. Lion Sheila certainly is forwarding the Spirit and the Goals of Lionism with such activities.

One final partnership every Lions Club should have is with your local newspaper. Submit articles frequently. Be sure and include pictures and quotes from individuals and be sure and list the names of the people in the pictures. If you partner with other organizations, give them credit in the article and the Lions do not always have to be the lead story.

Lion Bill Graham

Dist. 18-D Chairperson, Sight Conservation - Work with the Blind



Coin to Support LCIF

How much is a Lions silver dollar worth? <u>Read the feature article</u> in the September 2011 issue of the LION magazine.

Lions Clubs International Century of Service Commemorative Coin



Lions Clubs International Century of Service Commemorative Coin Act

Coin Waiting List

If the legislation is passed and signed into law, LCI commemorative coins can be purchased from January through December 2017 from the U.S. Mint or by phone at 1-800-USA Mint. Commemorative coins are always in great demand among coin collectors; therefore, please add your name to the waiting list.

For More Information

To learn more about this campaign, please read Quick Facts (<u>http://www.lionsclubs.org/coin/pdfs/CoinQuickFacts.pdf</u>), Frequently Asked Questions (<u>http://www.lionsclubs.org/coin/pdfs/Coin FAO.pdf</u>), view our Campaign Overview







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.

Buford Lions Club = BBA Holiday Festival and Parade December 03, 2011 - 11am - 6pm FREE Downtown Buford, Corner Main/S. Hill Streets. This annual festival draws the City of Buford and the surrounding area together to showcase all the great businesses, venues and people that make up the Historic Buford Area. Last year this event had more than 1000 parade participants, 300+ school children and local artists on the stage and 75+ vendors and nearly 3000 attendees enjoyed the festivities.

Clermont North Hall Lions Club = During the month we worked on a project to restore and renovate the trail at Anna Ruby Falls for the use of vision impaired individuals. Working with the on-site volunteer coordinator and the Park Service, we plan to replace and improve interpretive signs which explain what the vision impaired individual is hearing, feeling, or sensing at various points along the trail. Our Board also worked on our financial commitments and giving through the Christmas season and the end of the year. Our Sight Committee also approved three applications for eye exams and glasses. Total 192

We serve!

Dacula Lions Club = In order to raise extra funds for their Administrative Account, Dacula Lions hold a Silent Auction.



Dawsonville Lions Club = Dawsonville Lions Moonshine Festival Booth - October 22-23, 2011



Lions preparing to sell Bratwurst and hotdogs - it was cold in the morning

Lions giving free eye exams

Place markers and flags in downtown Dawsonville for Veteran's Day.



Forsyth County Lions Club = Lion Danny and Diane O'Shields made a visit to the Myrtle Beach Lions Club on Thurs Nov. 25th. I was there for previously scheduled tax classes Tues - Thurs. Got some new ideas and was even allowed a few minutes to speak about Leader Dog!

Jefferson Lions Club = The President thanked Lions who helped with Adopt-A-Road on Thursday October 27: Dwayne Ansley, Ken Brand, Edna Briggs Buddy Hunt, and Bill Rosenberg. He also thanked Lions who helped get things ready for the family picnic on November 14: Mack Cates, Buddy and Dot Hunt, and Edna Briggs. President read a card from Frank Bedford thanking the club for eyeglasses. Jimmy Mock, Georgia Lions Camp for the Blind, Associate Director, reminded the club he is selling tickets to benefit the camp. As Tail Twister, Lion Jimmy collected \$8.00. President Jim Smith reminisced about meetings he had attended with Wayne and Andy's father, Albert Garrison, a charter member of Jefferson Lions Club.

Announcements: The Rotary-Lions Christmas Party will be Thursday, December 1, at 6:15 p.m. at the Certus Bank. Lions are asked to bring unwrapped toy(s) which will be distributed to Jackson County children by the Sheriff's Department. Lion Alice Rosenberg asked Lions to let her know if they wish her and Bill to get a toy for them. The cost of the dinner will be \$11.00 (a \$4.50 adder to our regular dinner).

December 12 will be the only other meeting in December, and new members will be installed at that meeting. Lion Mack Cates announced the Leo Club will meet December 1 at 8:05 a.m. and invited Lions to attend the meeting.

<u>Committee Reports:</u> Eyeglass Collection Committee - Service Projects - LEO Report - Membership - Camp for the Blind - Reminder -

<u>MEETINGS</u>: Program: Lion Wayne Garrison introduced his brother, Andy Garrison, Manager of the State Police Academy in Athens. Andy presented a slide show of his recent month-long trip to Egypt, where the State Department sent him to train the Egyptian Police Academy. Andy's presentation included many colorful slides as he described The People, Sites, Culture, and Religions of Egypt.

Upcoming Programs/Events:

DEC 01, Christmas Party Lion/Rotary DEC 12, Lions Installation of New Members JAN 09, Lion Deborah Langley Program JAN 23, Lion Don Lord Program FEB 13, Lion Jimmy Mock Program Lawrenceville Lions Club = We planted a Weeping Cherry tree at Peachtree Ridge High School in conjunction with a Boy Scout earning his Eagle Scout Award. We decorated a Christmas tree at Aurora Theater with used eyeglasses and put a Used Eyeglass collection box under the tree. We are in the process of our Annual Pecan Sales as a fundraiser. We lent our Sno Cone machine and donated syrups for it to Special Needs School for their Fall Festival Day. We donated pizzas and had 5 volunteers at the Creative Enterprises Winter Party for the clients. We had 2 members attend the Loganville Legacy Lions Club charter night dinner. District Governor Ed Hashbarger made his official visit. We collected 351 pair of used eyeglasses and 43 lenses and 8 cell phones. We had 34 Lions hours of volunteerism.

Loganville Legacy Lions Club = DONATION UPDATE; LEGACY BOARD HAAS APPROVED DONATIONS OF \$ 400.00 EACH TO GLH,CFB,,LEADER DOGS AND LCI. ADDITIONAL MONETARY ASSISSTANCE HAS BEEN GIVEN TO 4 LOCAL INDIVIDUALS (DETAILS LATER)......LEGACY IS PLANNING A "DAY OF SERVICE 12/3,CONSISTING OF A BUCKET BRIGADE EFFORT THROUGHOUT LOGANVILLE - EXPECT TO HAVE 7 CRITICAL LOCATIONS STAFFED WITH LEGACY VOLUNTEERS DURING THE DAY - THEN ASSISSTING IN FORMING OUR CHRISTMAS PARADE THAT EVENINGLEGACY FAMILIES CHRISTMAS GATHERING 12/10. I WILL BE ATTENDING BUFORDS CHRISTMAS LUNCH MEETING 12/1,AND ORIGINAL LOGANVILLE LIONS "SPOUSE APPRECIATION " Some of us were able to make it to the event at Loganville City Hall to honor the Veterans, it was very touching, and some of us were also able to volunteer time at Shepherd Staff. A group of us also went to Athens to meet LCI President Tam. Upon board approval, LLLC fed 5 families for Thanksgiving and donated \$400.00 each to The Lighthouse, Camp for the Blind, and Special Olympics, (in Katie Wilsons honor.) We are doing great things and will continue, with your help, to serve!



Norcross Lions Club = 2Dec Christmas tree lighting in Thrasher Park Lions arrive at 6:00. If possible, bring cookies. Tree Lighting happens at 7:00. Please bring your canned goods for the Norcross Cooperative Ministry to this event instead of to the restaurant. We'll put them in a member's vehicle which is parked near the pavilion. 13Dec Holiday dinner at the Station restaurant at 7:00. Heard report of GA Lion Lighthouse from 18-D Director John Rudert. Collected and gave 7 cell phones to the GA Lions Lighthouse. We had 4 entries in the Peace Poster contest. We thank art teacher Joanne Cox at Kittredge Magnet School for encouraging the students. We have sent our winner to the district contest. DG Ed Hashbarger, PDG John Rudert, Lions Yoriko Hashbarger and Trudy Rudert attended the Charter Nights of the Loganville Legacy Lions Club and the Athens Campus Lions Club. In Athens, we were honored to speak with International President Tam, Past International President Joe Wroblewski from Pennsylvania, and Past International President Jim Ervin from Albany, Georgia. Met DG's Monetary Goals + : LCIF , GA Lions Lighthouse, GA Lions Camp for the Blind , Leader Dogs for the Blind - Also gave money to Learning Ally, Canine Companions for Independence, Camp Kudzu, GA Council for the Blind, GA Special Olympics, Norcross Meals on Wheels, 7 Norcross Cluster schools, and a number of local charities. **Patrice Butler**

Toccoa Lions Club = The picture labeled JROTC Presents the Colors is a picture of the Stephens County JROTC Color Guard presenting the Colors at the Toccoa Lions Club Veteran's November 10^{th} , 2011 meeting. Four SCHS JROTC Cadets presented "Patriotism" Essays as the program at the meeting.



The picture labeled Diabetes Screening contains the Toccoa Lions that worked at the November 15th, 2011 Diabetes, Vision & Hearing Screening. They are left to right: Lions Irene Chitwood, Bill Graham, Steve Chitwood, Bryan



The picture labeled Lion Sheila is a picture of Lion Sheila Rousey at the GA Statewide Coalition of the Blind. She is demonstrating some of the items in her Low Tech/Low Cost Adaptive Devices program.



Snellville Lions Club = Snellville Lions with staff members preparing food at an Appreciation Day for Assisted Living Residents at Delmar Gardens Retirement Community. The second picture is of Lion John Drake of the Snellville Lions being greeted by other Snellville members just prior to the food being served to the residents. John was in Assisted Living at Delmar Gardens.



Union County Lions Club = Sight/Hearing: Received 10 applications including 8 from Misty Meadow Personal Care Center in Suches. All 10 were approved. **Donations:** The board approved a \$200 donation for Learning Ally, a \$250 donation for Georgia Mountain Research and Education Center's Community Council and a \$250 donation for the Allegheny Lodge Christmas Food Baskets. **Programs:** November 10 - President Mildred introduced our speaker Evelyn Ueltzen of Hope House. Hope House is a faith-based organization providing assistance with basic necessities of life to Union County residents, transients, and homeless population that are in critical need. Hope House provides financial assistance with lodging, food, clothing, medical treatments, prescriptions, transportation, and utility bills. At Hope House, persons who are in need can receive assistance in one place negating the necessity of going from "church-to-church", "agency-to-agency". Lion Mildred presented a Membership Key to Lion Lisa Little for bringing in 2 new members. The meeting closed with a birthday cake and well wishes to Lion Les Myers on his 90th Birthday.

Glasses Collected: NEWS Articles: 3 submitted.

WORKING LIONS - 20 Union County Lions had total of 123 hours for Lion causes for November 2011.
 NON LION COMMUNITY HOURS - 5 Lions had total of 84 hours for community causes for November 2011.
 FAMILY & FRIENDS ASSISTING LIONS - 5 Family member & friends had 8 hours for Lion causes for November 2011.

Featured articles that appears in local newspapers submitted by Union County Lions



Lion Gene Little wears many 'hats' can anyone guess?



Children's programs through Community Council

Lions welcome two new members Lions Susan and Tom Angley – daughter of Lion Les Myers

Winder Noon Lions Club = Pecan Sales – big Fundraiser start taking orders now of the fresh shelled halves. During October we donated \$100 to Lions Lighthouse in memory of Benny Summerour. Assembled food boxes for the food pantry. Presented Dictionaries to 3rd graders at County Lin Elementary School. **Programs we had:** Dr. Wanda Creel – Barrow Cty School Superintendent and Melinda Shealey – Barrow Youth Action Team (focus on teen drinking and community service). **Upcoming Programs:** 9Nov – Mike Williams, local Emergency Preparedness Committee; 23Nov – Chief Dennis Merrifield, Barrow County Fire & Emergency Service; 14Dec – Beth McIntyre, Regional Director of Piedmont Library; 28Dec – Mike Boffington, Publisher of Main Street News. Peace Poster Contes Four Barrow County schools participated in the contest. Six members worked at the blood mobile canteen for the blood drive conducted at the Winder FUMC. 46 pairs of glasses were collected for the month of November 2011.

> 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.

Move On ======= You can spend minutes, hours, days, weeks or even months over- analyzing a situation;

Trying to put the pieces together, justifying what could've would've happened...

Or you can just leave the pieces on the floor and move on. ~Tupac Shakur~

TWO NEW CLUBS LOGANVILLE LEGACY LIONS CLUB















ATHENS CAMPUS LIONS CLUB







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

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

Lions Work Harder Than Ever to Prevent Vision Loss

71 Lions Clubs regularly host vision screenings. Over the last five months, nearly 1,000 Georgians have been screened! Vision screenings are an essential first step to getting people the professional help they need.

Vision Screening FAQs

Where would we host a vision screening?

Lions typically run vision screenings as part of local health initiatives. Back-to-school days and community health fairs are common screening events.

How do we borrow a vision screener?

Contact Judith Kerr at JKerr@lionslighthouse.org or by phone at 404-325-3630 for more information.

Our Lions Club is a long way from Atlanta. What are our options? Judith works out the details of shipping screeners to Clubs all over the state. Call about our "Adopt a Screener" program to be a hub for a screener in your district.

I've tried to get screeners and the Lighthouse didn't have any.

Recently, the Lighthouse acquired over 30 additional screeners in an effort to educate Georgians and detect eye problems early.

Get involved!

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

Monday, December 12, 2011 Dahlonega Tuesday, December 13, 2011 Athens

Contact Judith at <u>JKerr@lionslighthouse.org</u> for more information about volunteer opportunities.

The eyeglass recycling center will be opened on Saturday December 10, 2010 from 9am-Noon. We are looking for some volunteers to come in and get their hands dirty while prepping eyeglasses to be shipped overseas. If you would like to participate, please email or call me to confirm. Thank you for supporting the Lighthouse Foundation!

Judith Kerr, Volunteer Coordinator - 404-325-3630 ext. 308

Help Us Use our Recycled Glasses

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



Service Numbers From July to September 2011

People having eye exams 54 were from 18-D

People have better vision after receiving a pair of **glasses** *81 were from 18-D*

Eye surgeries were performed. *17 were from 18-D*

Hearing aids through the dispensation *69 were from 18-D*



Monday, November 14, 2011 Athens



Lions Club International President Stops By!

On Friday, November 18th, LCI President Wing-Kun Tam stopped by the office for a quick visit. President Tam was on his way to dedicate a new student club at the University of Georgia. Lighthouse staff and volunteers got a chance to meet the Lion who is taking Clubs in an ex-citing new direction!



Lighthouse Impacts Atlanta Schools

Partners with the GOA and the VSP Mobile Eye Program

80% of what a child learns is visual, leaving children with poor vision very little opportunity or educational advancement. Caren Kaplan, a Lighthouse clinic coordinator, and Rosalind Harris, the clinical social worker with the Whitefoord Community Program, saw a need to screen students in the Edgewood community, which includes Whitefoord Elementary, Coan Middle School, and Crim High School. When we screened the students in September, an astonishing 50% had impaired vision.

We then partnered with the Georgia Optometric Association (GOA) and the Vision Service Plan (VSP) Mobile Eyes Program to provide eye exams and new eyeglasses for over 60 children identified as visually impaired. The students' joy and the teacher's gratitude were electrifying! The work is not done; children who were unable to attend the special event can receive exams at one of the four Lighthouse clinic locations in Atlanta.

"Our members are excited to participate in a project that has real impact on how well students learn—which translates into success well beyond their school years." -Dr. Tom Spetainick, President of GOA



Tackling Hearing Loss Among Teens

Are the effects of loud noise on hearing always immediate?

Research shows that prolonged exposure to noise above 85 decibels can cause hearing loss. At risk are the thousands of young musicians who participate in high school bands and orchestras. The sound levels from many instruments, especially di instruments, are between 90 and 120 db, and practice can last for hours.

Band members expect to occasionally experience temporary hearing loss. More



dangerous (and less known) is that prolonged exposure to these levels can lead to gradual hearing loss, sometimes 10, 20, or even 40 years later. Approximately 15 percent of Americans between the ages of 20 and 69 have high frequency hearing loss caused by exposure to loud sounds or noise at work or in leisure activities.

The good news is that noise-induced hearing loss is preventable when ear protection is used. Earplugs can reduce sound by 20dB, significantly lowering the risk of gradual hearing loss. The Georgia Lions Lighthouse Foundation, in partnership with the Georgia Academy of Audiology and the State of Georgia's Hearing Commission, is launching a statewide effort aimed at informing young musicians, music educators, and parents on the importance of hearing protection. Hearing advocates will make educational presentations at high schools and challenge families to "Adopt-A-Band" by investing in hearing protection. The goal is to make Georgia a "Safe Ear" state and allow young musicians to hear for a lifetime.

Help bring hearing loss education to your community! Contact Sharifa at <u>SPeart@lionslighthouse.org</u> for more information.



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





Dear Lions, Lionesses and LEOs,

Over the last few years, I have come to love this time of the year. Pumpkin cookies, fleece, hot chocolate, and the spirit of gratefulness that permeates my family and friends, are just a few reasons why I am falling in love with fall. As I began to consider this month's newsletter article, I decided to make a list of some of the things that I am grateful for in regards to this iob. So here is a small list of things I am grateful for

1. Frank- I am grateful for a boss who loves the camp as much as I do. I am grateful he pushes me to achieve excellence. I will miss him terribly when he moves on.

2. Counselors- They readily and cheerfully accepted me into their group and allowed me to lead their ranks.

3. Lions- I am grateful that many, many people see the value of investing in the visually impaired. I am grateful for the opportunity to be your director.

4. Mike- He has shown me over the last year just what a hard worker truly looks like.

5. Merri- I am grateful for an amazing co-laborer on this journey. She is devoted to not only this wonderful place, but me as well!

6. The Campers- They have challenged, encouraged and accepted my leadership since day one. They have changed my life, and I am all the better for it! \land

On a Personal note, I wanted to take a moment and say thank you so much for the well wishes. As of November 12th, I became a very happily married lady. We are so excited to start our adventure together here at the camp!

Thank you again!

Kristen

* * * * * * * * * * * * * * *

Dear Georgia Lions,

THANKSGIVING!! Kristen and I are so thankful for everything our Lions have done this past year to enhance our Campers' experiences, and believe me, *there have been many*.

I'm so proud that 99% of the checks we've received lately have the particular funding category written on them. Your officers are doing a superb job!

I am looking forward to Christmas camp this year. The campers are calling and counting down the days with anticipation. Thank you to all the clubs that sent money to help a camper!

REMINDERS: *Please send any and all monies/donations (i.e. ATV raffle, SAKTC, etc) here to the Camp. I deposit and email all information to Treasurer Jon, who writes the checks and then manages it online.

Thanks for all your cooperation and patience throughout the year. Please call or email if you need any help with anything.

Merri Blount Camp Secretary 912-283-4320 glcblindsec@accessatc.net My Fellow Lions,

I hope you noticed that Kristen and I took a break from the Newsletter last month. That was the first one we have missed in a couple years. We were just swamped and the time for sending that out just got by us...

We have been busy and your Camp is doing okay. Just okay - as we are in need of some funding from you and all the Lions Clubs in Georgia. Please see what you can do to help us with that!



We had our Joint Meeting of the Georgia Lions Lighthouse and Georgia Lions Camp for the Blind on October 1st. That was a very busy but rewarding day and much was accomplished. One of those items was a Report from Neil Sklarew, a Consultant with the Georgia Center for Nonprofits (GCN): Here are the recommendations from that Report/Review:

RECOMMENDATIONS FOR ORGANIZATION DEVELOPMENT

Below are the consultant's recommendations for organization development opportunities for The Lions Camp for the Blind. These recommendations reflect the client data gathered and organized in the beginning of the report, and the consultant's views of where the energy and focus of the organization should be to continue its impactful work in the community and to support its long term vitality and sustainability as an organization.

These consultant recommendations are not in any order of preference and should not be considered The Lions Camp for the Blind's actual organization development priorities. The board and staff need to view them as consultant input to its work in developing the actual organization development priorities.

- 1. Strengthen the board's governance role
 - o increase the board's attention on sustainability/funding issues
 - o reconcile Lion versus non-Lion governance and committee membership
 - o develop board structure that best supports governance role
 - o revitalize committees by recruiting motivated individuals with needed skill sets to accomplish assigned tasks
 - o establish board self-assessment and succession planning processes to assure leadership and membership needed
- 2. Develop a planning focus for the organization
 - o develop a strategic plan involving Lion Club and community stakeholders
 - o establish an annual plan with goals to guide staff and board performance
 - o develop an executive director performance plan and review process
- 3. Increase organizational focus on fund development
 - o strengthen the board fund development committee
 - o establish a diversified fund development plan
 - o reconcile the dilemma around using the camp to generate funds from alternative uses in the non-camp season
 - o seek corporate funding through Lions and others with corporate connections
 - o consider adding a skilled grant writer as a resource
- 4. Address staff development needs
 - o define executive director role with desired internal and external focus
 - o provide executive director with training and support for fund raising role
 - o address program, administrative and grounds caretaker staff needs that support the executive director and the camp
- 5. Create more community awareness both locally and state-wide
 - o strengthen the marketing committee focus and skill sets
 - o develop a marketing plan
 - o promote the camp locally and around the state through other civic clubs and corporations
 - o create promotional materials to attract campers and funding

ORGANIZATION DEVELOPMENT PRIORITIES

(To be developed by the organization at the feedback meeting)

ACTION PLANS FOR PRIORITY DEVELOPMENT ISSUES

(To be developed by the organization at the feedback meeting)

An Ad-Hoc Committee called the Organizational Assessment Action Committee (OAAC) has been established to take these recommendations and create action plans that will help us improve how we do business and allow us the ability to continue serving the Visually Impaired of Georgia for years to come. I appointed the following dedicated Lions to serve on this Committee:

Lion Walter Sealy - Past President Lion Stan Bazemore - Past President Lion Hank Barks - Past President Lion Ed Ressler - Past President Lion Doy Barks - Secretary Lion Jon Winters - Treasurer Lion David Forrest - Vice President Lion Olin Newby - Vice President Lion Carey VanLandinghan - Past Vice President Lion Alice Stagg - Director Kristen Picus - Camp Director Myself

This OAAC met with Mr. Sklarew on October 22, 2011 in Warner Robins, GA to prioritize the findings and put an Action Plan in place to start the improvement process. It was a very productive meeting and coming out of that Meeting we have three Priorities or Actions Plans that we are going after:

Board Development (Sponsor - Frank) Strategic Plan (Sponsors - Kristen and Doy) Fund Development (Sponsors - Hank and Stan)

We will meet again prior to the Winter Board Meeting to prepare for a Board Briefing at the Winter Meeting. So as you can see we are busy working for our Camp. I thank all those dedicated Lions listed above that agreed to serve on the OAAC. They are working hard for you and your Camp and we owe them a big THANK YOU!

Here are some upcoming Camp dates to remember and share:

December 2-4, 2011 - Christmas Camp. February 4-5, 2012 - Camp Winter Committee and Board of Directors Meetings in Warner Robins, GA. March 16-18, 2012 - LEO Gathering at the Camp. March 23-25, 2012 – Work Weekend at the Camp.

April 27-29, 2012 – Work Weekend at the Camp.

May 25, 2012 – Board of Directors Meeting at the State Convention in Savannah, GA.

It is exciting to get into the mix with Camp activity. If you want to get excited as well, come join us at Christmas Camp. I can't think of a better way to start the Christmas Season than helping a Blind Child enjoy our Camp. You will have a blast!

As always – Thank you for all you do for our Camp and those "We Serve". I'll see you soon.

Take Care and God Bless!

Frank Spinney President Georgia Lions Camp for the Blind, Inc.

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





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!









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Go Left!, Go Right!, Go Straight Forward! OKAY Go Which Ever Way You want To!! I'm with you. That seemed to be the only decision Mr. Virgil and a lot of other people that participated in some of the events at Mule Day could make. Let me tell you, Mr. Virgil had a time with his mule he was riding.

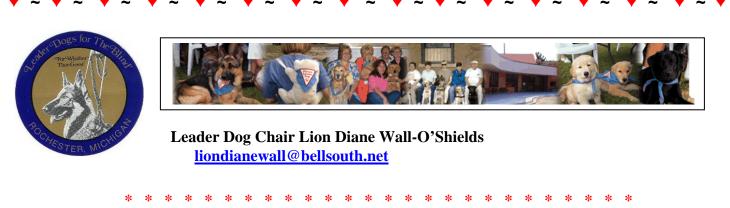
If you did not get to go to Mule Day, I recommend that you try and go in the near future. Let me say, I have never seen so many mules and people in a little small community at one time. A lot of people tried to prepare me for the crowd but until you actually see how many people are there it is hard to imagine.

Perloo, what is perloo? To my wife and my self's surprise it was something that we have all the time! Chicken and Rice. The difference is where and how it is prepared. If you don't know what I'm talking about, you will have to go and see for yourself next year. Speaking of food, the vendors there served everything from Gator Tail on a stick to deep fried Oreo cookies,(those were delicious)! They had so much of a variety of vendors there that you could buy anything from a deer stand for hunting to, a rental cabin in the mountains of Tennessee. You can't even imagine all the items people had for sale. I'm going through my junk, I mean Antiques next year and get me a spot in line!!

I personally would like to commend Mr. Carey and all the Calvary Lions club for all the hard work they do every year putting on this event. Also the volunteers that helped with preparing the Perloo, cooking breakfast plates, and grinding cane to make syrup and I don't even know how many others that worked behind the scene. I would also like to thank Ms. Helen from Stone Mountain, Ga. and her friends for helping with the selling of the raffle tickets.

Thank you all for your continued support and remember that Christmas camp is only a short time away. Come on by if you get a chance, I know that something will happen that will truly give you a blessing.

Mike Williams Building and Grounds



Dear Lions and Friends:

Our own Toccoa Lion Sheila Rousey is pictured in this month's issue of the "Update>>>" magazine from Leader Dogs for the Blind School. Sheila attended the one week course in mobility training at LDSFB earlier this fall. She walks every day in downtown Toccoa with her white cane and Kaplan GPS device that she received from the school. Sheila just received word last week that she will be returning to LDSFB to train with a dog in January.

See attachment.

Bryan the Lion Toccoa



Dear Leader Dog,

I wanted to take this opportunity to thank you for all of the wonderful instruction that you provided my wife Sheila [*pictured right*] last week. From the moment I saw her coming down to the baggage claim area of the airport, I knew that she had a life-changing experience. She was getting around without assistance from anyone. When I met up with her, I found a confidence and independence that is going to take some getting used to. But, I think I really like it.

So, can you give some suggestions to an old guy like me about what to do with this new woman? SMILE!

Fondest regards,

Roger Rousey

As we approach the Christmas holiday, we'd like to take this time to thank you for being part of the Leader Dog family.



We thank you for giving your time, generosity and heart. Together we address our mission to enhance the lives of others. On behalf of Debbie and Patrick, Fernando and Finn, Jim and Maddy and all of those we serve with your help, we wish you a very Merry Christmas.

Sincerely, Leader Dogs for the Blind This holiday season, we're thankful for independence. View stories of independence here: <u>http://www.youtube.com/watch?v=Vg9Bd3q5jyE</u>

Seeing Possibility

By Maggie Worth, Freelance Writer, Reprinted by permission from Fayette Woman magazine



Audrey Demmitt is a school nurse. Every day, she treats injured, ill and upset children. At J.C. Booth Middle School in Peachtree City, Georgia, her principal, Ted Lombard, estimates that she averages 1,000 visits every month. School nurses all across the country do the same thing; but unlike most other school nurses, Audrey is severely visually impaired.

Her visual impairment has never impeded her ability to provide students with quality care. She does need to lean in a little closer to students and she uses assistive technology to help her complete paperwork, but she's known for quick, accurate assessments. "When a student walks through her door, she doesn't even have to look at her computer," Lombard says. "She knows the student's name, how old he is, his medical history, everything. She also knows who his parents are and what kind of insurance they have. It makes things much faster and she's always right on target "

She's also never let her physical limitations keep her from trying to improve the lives of her students. In fact, she spearheaded a fitness program that won a "Fit Kid" award from the State of Georgia. To top it off, the students love her.

Audrey currently retains enough sight to treat the students at Booth Middle School, relying on assistive technology to help her complete her paperwork and Leader Dog Sophie to travel quickly through the school.

They also love the new companion she's been bringing to school for the last few months. Sophie, a young golden retriever, is trained to assist individuals with a visual impairment. After Sophie completed her initial training, Audrey flew to Michigan for a month of team training.



Audrey calls her a miracle. Now that she has Sophie, she can do things she hasn't done alone in years: take a walk around the block without tripping over curbs, go to the grocery, and even walk home from school.

Sophie has made her presence felt around school, too. Lombard says he has been thinking about a therapy dog for the school for some time, but Sophie, even though not trained for the duty, has filled the role beautifully since her arrival. "I have a student," Audrey explains, "who often has anxiety attacks during class. It normally takes him about a half hour to calm down. The first time he came in after I got Sophie, I let her out of her harness, which is her signal that she's not working and can just be a regular dog. She went right to him and laid her head in his lap. Almost immediately, he began talking to her and petting her. A few minutes later, he was ready to go back to class."

Audrey was diagnosed with retinitis pigmentosa in her early twenties. With each decrease in her vision has come a career change. Audrey earned her RN-BSN from the University of Arizona at Tucson 22 years ago. She began her career as a mission nurse, serving in Bolivia. Then, on a trip home, she met Kevin [her husband]. Fluent in Spanish, she began nursing pregnant Hispanic teens in Phoenix. By the time she was diagnosed, she was a neonatal ICU nurse. Before long, her vision impairment, while minor at the time, was severe enough to prevent her from measuring the tiny dosages needed for her tiny patients. So she reinvented herself and began working in physician's offices.

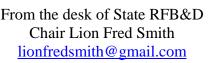
"Sophie LOVES to 'go to work' with me! She loves to be with me and is quite sad if I have to leave her home. I am so proud and grateful for what she does for me—she truly does enhance my life and independence. There is nothing like the mutual love and loyalty we have for each other and I am so blessed to get to experience this relationship with a guide dog. I often tell people, 'Well if I have to go blind, there is no better way than to have an amazing dog at my side.'" Eventually, she moved to Booth Middle School, where she has been happily and effectively working with students for eight years. What she never did was give up.

"Did you know that only about 25 percent of visually and hearing impaired people in the United States are employed?" she asks. "Most of those are underemployed. I was encouraged to just stop working many times. But I just wasn't going to do that." Now Audrey finds herself at a crossroads once again. She still feels comfortable treating students and the school and parents have campaigned to keep her, but paperwork has become increasingly difficult and she feels it will soon be time to move on. She will likely reduce her hours at the middle school to part time next year.

Also under serious consideration is a return to school for a Master's degree in counseling. Since working with families has always been her favorite part of her work, it seems a natural fit. Whatever it turns out to be, she'll be doing something. 31



Formerly Recording for the Blind & Dyslexic: Learning Ally.)) ((Making reading accessible for all.



Forging ahead, focused on the future



Blind law student from Steubenville wins Learning Ally national achievement award

For 22-year-old Stephanie Fernandes, visual impairment is no obstacle when it comes to

educational success, although it does present its challenges, one that the daughter of Dave and Terri Fernandes of Steubenville continues to overcome. And as Fernandes forges ahead, she is focusing on a future of helping others.

The 2007 graduate of Steubenville High School who has begun her law degree studies at Ohio State University's Moritz College of Law recently was singled out by Learning Ally, a 63-year-old nonprofit organization based in Princeton, N.J., which serves more than 300,000 individuals across the United States with learning differences, visual impairment and reading disabilities.

It bestowed upon her its highest award, making her one of several students from around the country who will receive cash awards of \$6,000 and travel with their families to Washington, D.C., early next year.

There she'll accept her award, meet with members of Congress and speak at a media roundtable on Capitol Hill. The 2012 trip to D.C. on Feb. 26-29 and law school constitute two more achievements for the area native who is undeterred by total blindness resulting from Leber's Congenital Amaurosis.

In May 2011, Fernandes graduated with honors from Boston College with a 3.93 grade point average. The communication major who minored in philosophy was active in the Boston College Chorale and spent this past summer in Washington, D.C., interning at the National Disability Rights Network on its public policy team.

"Ultimately my education comes with a responsibility, to use my talents to serve other people whose rights have been wrongly denied or ignored," she said.

Read the entire story:

http://hsconnect.com/page/content.detail/id/566377/Forgingahead--focused-on-the-future.html?nav=5010



Judy Stamsen CCI Chair eskiemom@bellsouth.net

Wednesday, November 9, 2011 A Pup and Puppy Raiser Full of Thanks



With Thanksgiving just around the corner Brandon's volunteer puppy raiser Lisa took a moment to reflect on what she's thankful for, and what Brandon would be thankful for.

Lisa's thankful for:

Having Brandon as a part of the family Cherished memories with Brandon

Brandon's smiles that can always make her laugh

Brandon's thankful for:

Conquering his fear of pine cones TREATS! Going for rides in the car and not being afraid TREATS! Not being called Brandon "No" so much For being in a loving home with a great assistance dog role model, lots of cuddle time and really, really good TREATS!

Wednesday, October 19, 2011



Brandon Discovers the Great Outdoors, and Lisa Gets the Turn-In Papers

"I know when I get the turn-in papers that it's time to start emotionally letting go of Brandon," Lisa shares.

While being faced with the fact that it's nearly time to say good-bye to Brandon is difficult for Lisa, she knows that Brandon could change someone's life as an assistance dog.

"I'm hoping that Brandon will experience what my daughter Olivia experiences with her Service Dog Kya," explains Lisa.

Read more on Brandon – go here: http://www.cci.org/site/c.cdKGIRNqEmG/b.4434467/k.A2A

F/Puppy_Stories.htm





Lion Kathryn Higgins **Diabetes Awareness Chair** Klhiggins07@windstream.net

Something More to Celebrate

Who says the holidays have to revolve around a big meal? By Tracey Neithercott



Many of us treasure the holidays as a time to gather with friends and family to celebrate traditions handed down for generations. Of course, most of us also look longingly to this time of year for something else: a valid excuse to pig out. It'd be cynical to think that the feast alone is what prompts far-flung family members to journey long distances in heavy traffic or why many businesses give employees the day off. Still, let's face it: The holidays do revolve around food-vast quantities of it.

But what if there were a way to celebrate without stuffing yourself silly? It might sound impossible, but you really can avoid the stress of holiday feasts (and do your health a favor) if you focus on the celebration instead of the food. Or, put another way, a food-centered celebration is simply one way to connect and socialize with family and friends. There are other ways to accomplish the same thing.

"Most people who overeat don't feel so well. Treat it as a 'normal' day with diabetes. Still count your carbs. Still pay attention to your blood glucose. -Don Kain

"In our evolutionary history, when food was scarce, eating was an incredibly important and significant event. It connected individuals to each other. You shared your limited food resources with those you cared about," says Jen Nash, DClinPsy, a clinical psychologist in private practice in London who has had type 1 diabetes for 24 years. "Our modern lives have developed vastly from these days of scarce food ... and the holidays can be a way of expressing this need to connect via shared eating experiences."

That certainly doesn't mean you need to eat piles of food in order to reconnect. "The main mind-set shift is to ensure that food is only one part of the holiday experience," Nash says. "[Nonfood holiday traditions] take the focus off food and create other memories of bonding experiences."

Being Together

Ask anyone why Americans eat so much during the holidays, and you'll hear that it's a custom handed down over generations. But when you think about it, it's not food but bonding with friends and family that is the essence of the tradition. And today's families can choose to strengthen those bonds by creating new traditions that go beyond turkey and stuffing. "By doing certain year-to-year games, it gets people to think about being together," says Helaine Ciporen, LCSW, a social worker at the Center for Pediatric Endocrinology and Diabetes at Mount Sinai Medical Center in New York and founder of the Diabetes Families website.

"There are so many good vegetables for Thanksgiving, like sweet potatoes, brussel sprouts, and green beans with almonds."-Helaine Ciporen

If your family doesn't have a nonfood holiday tradition, make one. You can spend time taking walks and enjoying nature, play a group game of charades between dinner and dessert, visit or phone an elderly person who couldn't be there in person, set up a craft table, or tell stories between courses to slow the meal down and emphasize togetherness.

When partygoers are having fun, they won't miss snacking before dinner or loading up on seconds after dessert. "I had a gigantic Halloween party for the kids and families at the hospital with no candy whatsoever," Ciporen says. "And nobody even asked for it. It was the trinkets that were the treats, [as were the] crafts." For Hanukkah, Ciporen's family reads holiday-themed books and makes time for fellowship. "It is a time to share family stories because we're all so far-flung and don't see each other often," she says. "It's a great way to catch up. And everyone, even the little ones, is asked to share."



Active Celebrations

Another way to take your mind off food: Do something active, which will have the nice side effect of bringing your blood glucose down a bit. Just because you have diabetes doesn't mean you should go at it alone.

Don Kain

"There are enough people who are challenged, not just with diabetes but also [with] weight gain," says Don Kain, MA, RD, LD, CDE, a registered dietitian and certified diabetes educator at the Harold Schnitzer Diabetes Health Center of Oregon Health & Science University. "Two thirds of the country's either overweight or obese." And exercise will benefit your whole family.



For Sarah Condon, 26, a student at Wayne State University, Thanksgiving starts with the Turkey Trot, a 10K fund-raiser race in Detroit that's held every year to benefit people who can't afford a Thanksgiving dinner. "It's just so much fun to wake up bright and early and run with

a bunch of people," says Condon, who has type 1 diabetes. Aside from helping less fortunate people by running, Condon also helps her blood glucose control by exercising prior to eating. "My blood sugar tends to drop drastically," she says, "and that's usually when my family serves dinner."

Though tackling a 10K sounds intimidating, Condon does it annually despite the fact that she doesn't run during the rest of the year. Most people with diabetes can follow her lead by doing some form of exercise—no, it doesn't have to be a race—before the big meal. (Check with your doctor, though, if it's a major change in your fitness routine.) Recruit family members for a Thanksgiving game of touch football. Take a group for a walk or a hike. If there's snow on the ground, go sledding with the kids.





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

Today, children need Lions more than ever.



LIONS SERVICES FOR CHILDREN

"To improve the lives of children and young adolescents in adverse circumstances through health and education services, locally and internationally."

MILLIONS of children suffer from poverty, homelessness, abuse, neglect, disease, and disabilities. Tragically, they often must live without essential health and education services that would alleviate their distress and give them hope for the future.

The Lions Services for Children Program was officially adopted in 2003, continuing Lions Clubs International's long tradition of helping the world's future generations. A district chairperson is officially approved and recommended for the program.

AS A GLOBAL ORGANIZATION with community roots, Lions Clubs International is in an ideal position to improve the lives of children through local initiatives and international cooperation. 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 can help by developing projects with specific, attainable goals in these two areas.

Every Lions club can participate in this effort by assessing the needs of children in its particular community and coordinating resources to address those needs. Assistance to children and young adolescents ages nine months to 15 years is especially recommended.

Lions can determine the most serious needs of children and young adolescents by consulting with specialists such as administrators at hospitals, schools, and youth services organizations.

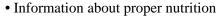
These needs may include:

- Food, shelter, or clothing
- Vision and hearing

screenings

• Immunizations

• Assistance in coping with illnesses or disabilities



- Drug and alcohol abuse education
- Literacy programs
- Vocational training

A Lions Services for Children Community Needs Assessment may help your club to identify the children's services that would be most necessary in your community. A special form is available from the Health & Children's Services Department at International Headquarters.

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Lions Quest is Helping Military Families Achieve Wellness

Deployed soldiers face daunting challenges daily. So do their children back home. Research shows that children with a deployed parent consistently demonstrate higher levels of emotional difficulties and symptoms of anxiety that don't abate after the deployed parent returns. School-aged children often show decline in academic performance and increase in depression and behavioral problems in response to the emotional stress. Nearly two million military children have been affected by deployments to Iraq and Afghanistan.

The U.S. Army's Child, Adolescent & Family Behavioral Health Office (CAF-BHO) is piloting a school-based behavioral health program at Joint Base Lewis-McChord that utilizes evidenced-based curriculum such as Lions Quest. Lions Quest was recently designated as a <u>"Promising" program by Penn State's Clearinghouse for Military Family Readiness</u>, which is funded by the Department of Defense and the U.S. Department of Agriculture.

Lions Clubs International Foundation is honored to help military families achieve readiness, resiliency and wellness through Lions Quest.



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

The distinctive element of service-learning is that it enhances the community through the service provided, but it also has powerful learning consequences for the students or others participating in providing a service. Service-learning has a positive impact on young people and their development. It is a dynamic process, through which students' personal and social growth is tightly interwoven into their academic and cognitive development. "Experience Enhances Understanding; Understanding leads to more effective action."

* **Notice of MD18 Leo Council Meeting**

....

The next meeting of the MD18 Leo Council will be held from 12:00-4:00 p.m. Saturday, December 10, 2011 at the Georgia Lions Lighthouse, 5582 Peachtree Road Chamblee, Georgia 30341.

As stated in the Standard Multiple District Constitution approved at the 2010 Leo Conference and Gathering all MD18 Leo club Presidents of clubs in good standing as of the date of this meeting are a part of the MD18 Council and are encouraged to attend or send a delegated representative in their place (must be Leo from same club).

A Proposed Agenda for the MD18 Council Meeting will be sent shortly. All eligible parties should make plans to attend this meeting. Please advise MD18 Leo Club Program Chair Steve Helwig no later than December 3, 2011 if you are planning to be there.

MD18 Leo District Chairs need to submit a written report detailing their club's activities from July 1, 2011 through November 30, 2011.

Any proposed by-laws must be submitted in writing to MD18 Leo Chair and Chair of Constitutions and By-Laws Committee no later than December 1, 2011 to be considered at the Leo Council meeting.

In Service,

Stephen R. Helwig MD18 Leo Club Program Chair

Good morning Fellow Lions.

I received the communication below about an outstanding opportunity for involvement. Please pass this along to all you meet in hopes that we can develop a way to assist Lion Faye in this mission.

For more information you can contact Lion Faye Smith at 770-683-0038 or at fayehsmith@hotmail.com Please help if vou can.

Mark Bradley

Lion Mark,

Thanks for the encouraging e-mail. You asked if you could be of service in any way, so here goes! I need Host Families for upcoming Exchange Students starting May - August. I have tried in the last four years to find Lions and non-Lions to commit to taking a student for 2 weeks or 2 months. Finding these "special people" is extremely difficult.

Bottom Line - I have tried many different ways to create interest. Every family I have contacted that agreed to participate, are people I have personally sought out. One person cannot possibly provide as many families as are needed. I need a team. I can teach anyone how to do this and all the "particulars" of the program.

I have letters from former students that make it all worthwhile. They love being here, making friends, learning about our Country and are always sad to leave. In many cases, they want to come back the following year and often do.

This Exchange Program is very powerful for many reasons. One is it makes memories for a lifetime. It leaves good impressions about our people, culture and they see things differently. (All they know before they come over is what they see on CNN!)

So, if you come up with some ideas on "Host Families" or know anyone who might like to have a student. Please let me know.

Thanks so much.

Lion Fave Smith Youth Camp/Exchange Chair Multiple District 18

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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 <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.

