

The IOWA LION



November 2017

iowalions.org

Lots of New Ideas Planned for 2018 Mid-Winter Leadership Conference

*By PDG Debbie Doty
Editor, The Iowa Lion*

The MD9 State Planning Committee has been working hard to bring the Lions of Iowa a fun and exciting Iowa Lions Mid-Winter Leadership Conference this year.

The conference is scheduled for Jan. 11-13, 2018, at the Sheraton West Des Moines Hotel. This is a change in weekend and a change in venue, with the conference occurring a week later than it has been in the past.

Some of the great activities occurring this year are a **Strides for Diabetes Walk** on Friday, Jan. 12, along with a Global Action Team meeting on Friday afternoon as well. This will be a meeting and training for all levels of the Global Action Team, including Global Service, Global Leadership and Global Membership leaders from state to club level.

Pioneer Entertainment on Friday night promises to be fun as well. Living History Farms Melodrama Society will present Professor Savage's Traveling Medicine Show. Actors in period clothing, representing a small corps of traveling players performing on behalf of a patent medicine company, will present a show incorporating 19th century Vaudevillian skits, short acts from period plays, humorous poems and readings, and songs. Interspersed amongst the entertainment, the good Prof. Savage will attempt to convince the audience of the healing powers of his Swamp Root Elixir herbal tonic in true 19th century hard-selling style. Lions are

**Find the Mid-Winter registration
form on Page 23**

encouraged to dress in pioneer or wild west period costume on Friday night.

International Director Pat Vannett from Mandan, North Dakota, will be our international guest for the conference. She'll give the keynote address at the Saturday night banquet. ID Vannett is a Realtor



ID Pat Vannett

who was elected to the Lions International Board of Directors at the 2017 Lions International Convention in Chicago, Illinois.

There will also be keynote speakers at the breakfast and luncheon talking about how their children have dealt with Type 1 diabetes and pediatric cancer and challenging Lions to make a difference in these two new service areas that LCI added this year.

Some outstanding seminars have been planned for Saturday. Lions of all levels will benefit from these training sessions:

Social Media: The Do's, the Don'ts and the Oh No's. Come learn what an appropriate social media presence can do for your club. Don't forget to bring your questions.

Continued on Page 5

Iowa Lions Support Camp Courageous

By Alan Olson

Iowa Lions Foundation President

Camp Courageous is an unfunded entity of the Iowa Lions Foundation. What does that mean to those of you in charge of your club checkbooks?

The Iowa Lions Foundation (ILF) has a budget of a little over \$407,000 this year. Roughly \$50,000 of that is used to pay a number of expenses including Warren Coleman plaques, administration and promotion. We fund six entities with the remaining \$357,000.

The bulk of the money, \$194,900 or 54%, goes to our flagship program Iowa KidSight. Next in line is the Lions Eye Bank with \$135,000 (38%). The Cochlear Implant Center at the University of Iowa gets \$15,000 (4.2%). The Iowa Lions Hearing Aid Bank receives \$9,244 (2.6%). Less than 1% funds our grants to the Iowa School for the Deaf in Council Bluffs and a program at the Iowa Department for the Blind that helps students learn Braille.

We have deemed Camp Courageous a worthwhile group and we encourage clubs to contribute to them just as you contribute to the Iowa Lions Foundation. Clubs have been generous in their support for Camp Courageous, which was built and continues to operate on donations, without government assistance, without formal sponsorship, and without paid fund-raisers.

Hundreds of volunteers help raise funds through garage sales, pancake feeds, pineapple sales, food drives, omelet breakfasts, car shows, triathlons and many other ways.

Their mission statement is: The mission of Camp Courageous is to provide exceptional year-round recreational and respite care opportunities for individuals with special needs and their families. The camp is run primarily on donations, giving all individuals the opportunity to give through gifts of time, materials, money, and other means that support the camp.

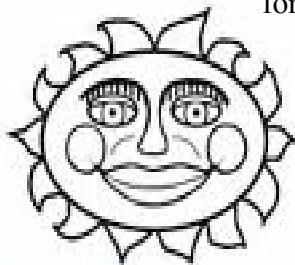
Most communities can identify with campers who have attended camp. I have known several individuals who have attended. This is a unique experience for people with disabilities and they always come back

home with a smile and a great deal of excitement. This camp provides services to all ages.

The camp not only provides an experience for the campers, but it can also serve as a respite for caregivers. The camp provides all the necessary medical services that are required to support people with special needs. Each individual is supported so they can participate in recreational activities tailored to their ability. This gives them an opportunity to experience things that just do not happen in their daily lives.

All of this takes money and we endorse this group as being one that is supported by Lions Clubs throughout the State of Iowa.

You can learn more about Camp Courageous at their website: campcourageous.org.



Camp Courageous

THE IOWA LION VOLUME 53 - NO. 4 NOVEMBER 2017



Published by the Lions of Iowa

(U.S. Postal Service ISSN Number 0162-3834)

Official publication of the Lions Clubs of Iowa, 2300 South Duff, Ames, Iowa, 50010. Published monthly except bi-monthly July-August and December-January issues. Subscription fee \$5.66 per year to members; \$6.66 per year to non-members. Periodicals postage paid at Iowa Falls, Iowa 50126.

PDG Debbie Doty, Editor

309 A Ave. East

Oskaloosa, Iowa 52577

Phone: (641) 673-4173

E-mail: debbie@dotypc.com

Copy should be to the editor by the tenth of the month to be considered for publication in the issue of one month later. MATERIAL INTENDED FOR DISTRICT NEWS PAGES needs to be in the hands of the District Governors or District News Editors prior to that time, according to their deadlines.

Advertising that is relevant to Iowa Lions Clubs is accepted. Contact the Editor for rates information.

All changes of address and other correspondence concerning SUBSCRIPTIONS should be directed to: Lions of Iowa State Office, 2300 South Duff, Ames, Iowa 50010. Telephone: (515) 232-2215; Fax: (515) 232-5590; E-mail: info@iowalions.org.

POSTMASTER: Send address changes to:

THE IOWA LION

2300 South Duff, Ames, Iowa 50010

Tel. (515) 232-2215

Women Lions Celebrate 30 Years

By PDG Connie Inman

MD9 Family and Women's Membership Specialist

Lions are celebrating the 100th birthday of our organization and women Lions are celebrating being Lions for 30 years! Women continue to be the fastest growing membership segment of Lions Clubs International. The growth in membership over the last several years is largely attributable to an increase of women members. As of June 30, 2017, women membership has grown from being 13% in 2003 to 28.6% of the total Lion members worldwide.

Last year, Past International President Bob Corlew gave special emphasis to new ways to engage women. His belief was that if 50% of the world population is women, then we should work toward a comparable number of women who are Lions. Statistics from membership reports at the end of the last Lions year showed that women membership in the United States was 31%, which is slightly higher than worldwide. Women membership in Iowa is currently 24.6%. Last year in Iowa, women membership grew a little more than 1%. A perfect goal for the Iowa Lions this year would be to work toward increasing our percentage of women members by 2% or more, working toward matching the percentage of women Lions worldwide.

In past years, many district governors had a member of their cabinet who was called the District

Family and Women's Membership Development Chairperson. LCI is asking each district cabinet to include a member who is focused on the recruitment and participation of family and/or women Lions within the district. Activities that include family involvement may be the way to attract more women to our organization. Leadership from the district Global Membership Team (GMT) determines the success of membership growth within the district. The District Family and Women's Membership Specialist is a member of the GMT and is focused on leading the way to increase women membership within the district.

Women are traditionally nurturers and they like doing service projects, especially those that relate to children. Women have "mother's hearts" that care about helping children. Our Iowa KidSight vision-screening program tends to attract new women members. Getting involved with children and their nutrition needs, providing school supplies, and reading to children are other service ideas that may attract women to your club.

Making the world a better place also motivates women volunteers. They understand the importance of the environment outside the home and appreciate the beauty of nature. They tend to be sensitive to the needs of other women. Building or supporting a shelter for battered or homeless women might be a service project of significance to women members.

Talk to your current women members and make sure they feel good about being Lions. Are they feeling needed and useful? Are they given a chance to grow their leadership skills? They can be your club's best sales people. They already know other women who would be great Lions. More information about women membership can be found on the LCI website (lionsclubs.org) by going to "Lions Member Center" and searching for resources such as getting new members, strengthening your club, planning projects, etc.

Our district governors' goals for the year include increasing membership. They are also encouraging clubs to invite new women members. PCC Terry Durham, our MD9 Global Membership Team leader, urged us to keep our "Lions ship" from sinking. Increasing our women membership will surely help us to stay afloat. Let's do it!



PIONEER WOMEN IN IOWA LIONS. Left, PDG Dee Winebrenner of Leon was the first female district governor in Multiple District 9. She served as District 9X5 Governor in 1993-1994. Right, PCC Karen Kirberger of Marion was MD9's first female council chair. She was District 9X9 Governor in 1998-1999 and was MD9 Council Chair in 1999-2000. There have only been four women council chairs since PCC Kirberger: PCC Carol Ann Kirkbride of Ankeny (2005-2006), PID Judy Hankom of Hampton (2009-2010), ID Ardie Klemish of Adair (2011-2012), and PCC Diana Benzing of Neola (2013-2014).

ID Report

International Director
Ardie Klemish
P.O. Box 356
Adair, IA 50002
641-740-0148
ardieklemish@gmail.com



Great News! Iowa Will Host the 2021 USA/Canada Forum

I am so happy to report that the 2021 USA/Canada Lions Leadership Forum will be held in Des Moines, Iowa, on Sept. 9-11, 2021. We have worked for two years trying to “win the bid.” Plan NOW, not only to attend, but to volunteer. We will need lots of volunteers for a variety of jobs. The last time Iowa hosted the Forum was in 1994. We will have more information in the next few months. Iowa was selected over New Orleans, Indianapolis and Detroit for the 2021 Forum. Let’s get ready to show our Iowa hospitality and show off our state!



Iowans at 2017 USA/Canada Forum

Twenty-six Iowans attended the 41st annual USA/Canada Forum in Portland, Oregon, Sept. 21-23. Dynamic keynote meal speakers included Dr. LeRoy Chiao, NASA’s International Space Station Commander; Jen Bricker, a motivational speaker born without legs; Lions Clubs International President Dr. Naresh Aggarwal; and Dr. Willie Jolley, America’s number one motivational speaker, singer, media personality and best-selling author.

Eighty-eight seminars were presented in two and a half days. Iowa presenters were PID Judy Hankom and myself. PDGs Ron Hankom and Ken Klemish served as moderators. Several Iowans participated in the Strides Walk for Diabetes, as well as attending the special diabetes symposium on Sept. 21. Council Chair Paul Hain and six of the seven MD9 district

governors attended. DG Nancy Slack was unable to attend because of a family health issue.

Congratulations to Iowa’s Lions University graduates. Awarded the bachelor’s degree were Verneta Anderson, Janice Carpenter, Linda Duff, Kristin Glockhoff and PDG Jack Schlesselman. There were 161 awarded in this third class of bachelor’s degrees. Master’s degrees were awarded to DGs Chris Anderson and Judy Stone. There were 90 degrees awarded in this second class of master’s degrees. ID Ardie Klemish was awarded a doctorate degree. There were 17 doctorates awarded in this very first class of doctorate degrees. Congratulations to all the Iowa graduates! I hope to see more Iowa names on the 2018 graduate listings! Contact me with any questions.

November is Diabetes Awareness Month

November is a perfect time for your club to have a diabetes service project. Nov. 14 is World Diabetes Day. PDG Debbie Doty provided many great diabetes service ideas for you in the October issue of The Iowa Lion. You can also find them on the LCI website; just type IAD-475 in the search box. One very easy project would be to organize a Strides Walk for Diabetes Awareness.

Lions Learning Center

Lions Clubs International has FREE leadership training classes available for your role as a Lions leader and as a leader in all aspects of life. Not everyone is able to attend Great Plains Lions Leadership Institute or LCI’s Institutes (Emerging Lions Leadership Institute, Advanced Lions Leadership Institute, Faculty Development Institute, Faculty Development Excellence Series). The FREE Lions Learning Center classes are available online at any time of the day or night, seven days a week. In order to participate, you will need to know your Lions member number, which you can get from your club secretary. Adobe Flash Player is needed to run the courses. The courses cannot be accessed by iPad or iPhone at this time. Other tablets and smartphones with Flash Player can be used. Courses are categorized by four key skills: Leadership, Managing Others, Achieving Results and Communication. These courses typically take 30 to 60 minutes to complete. Simply go to the LCI website, type Lions Learning Center in the search box and begin your journey. If you haven’t tried these classes, you will be very pleased with the great resources available.

Iowa Lions Foundation Gala Right Around the Corner

By Phil Larabee

It is hard to believe that the Iowa Lions Foundation Gala is fast approaching. The Gala is set for Saturday, Feb. 10, 2018, at The Hotel at Kirkwood Center in Cedar Rapids.

The speaker for the evening is Holly Hoffman, best known for competing on the CBS reality television show "Survivor." She is now a motivational speaker and will talk on "Never Give Up." Holly is an author of the book "Your Winner Within," an autographed copy of which will be auctioned off during the live auction.

Holly travels the country speaking about her experiences from Survivor and about her life experiences. I have talked with Holly and my conversation with her was amazing. I am certain you will enjoy her.

The Gala will start at 5 p.m. with a silent auction.



A short program will start at 6:30 p.m., with the meal following at 7 p.m., followed by the keynote address, a live auction and the drawing for the \$500 travel certificate, which is enough to buy two round-trip tickets from Iowa to Las Vegas.

Tickets for the event are \$70 per person and can be purchased by mailing your check made out to the



Iowa Lions Foundation to:
Council Chair Paul Hain
P.O. Box 401
Lone Tree, IA 52755

The Hotel at Kirkwood Center is holding a block of 20 rooms for the Gala at a special price of \$109 per night for single or double occupancy. The block of rooms cut-off date is Jan. 19, 2018. Phone number to call for reservations is 319-848-8700 or 877-751-5111.

The Hotel at Kirkwood Center is located at 7725 Kirkwood Blvd. SW, Cedar Rapids.

See you there!

Continued from Page 1

Think Before You Click: Tips to Stay Safe Online. There is not a single anti-virus that's 100% effective. Learn about behaviors we do that allow the bad guys into our computers.

To Be or Not to Be: Club Incorporation covers the benefits, responsibilities, requirements and process of club incorporation. Because of liability issues, each club should consider the pros and cons to determine if incorporation is the right option for the club.

501(c)(3) covers the various issues involved in establishing a 501(c)(3) foundation for your club.

All We Do is Win, Win, Win! will address how mentoring fellow Lions leaders is a win-win-win for everyone: the mentee, the mentor and the entire organization.

MyLCI teaches people how to navigate the LCI

reporting software. Club presidents, secretaries and treasurers are encouraged to attend, as well as all levels of GST, GLT and GMT.

MyLION App addresses how Lions can use this new smartphone app from LCI to connect with others and serve into the next century of Lions.

Folks can also participate in a service project during the conference. All Lions are encouraged to bring old T-shirts to the event, which will then be turned into tote bags for supplies distributed to homeless people in Iowa. There will be stations set up to make the bags, but even if you aren't the least bit interested in being crafty, please bring your old t-shirts. It's OK if they are stained or frayed at the collars and sleeves because those will be cut off during the assembly of the bags.

Lions 1, Elephants 0

By Liam Kilroy

On their journey to Portland, Oregon, for the USA/Canada Lions Leadership Forum, many from Iowa followed parts of the Oregon Trail. Along the way there are many historical points of interest that chronicle the hardships of the pioneers who made the trek in the 1840s and 1850s. Whenever they encountered a calamity or a severe loss – being injured by one of the draft animals, having a family member run over by a wagon wheel, suffering thirst or starvation or severe weather – they termed it as “Seeing the elephant.”

In reality few had seen a real elephant, but they suffered the loss or disaster. One of the greatest of mountain men, Jim Bridger (1804-1881), led many wagon trains through the mountains and found a shorter path through Bridger Pass. He was one of the characters in the movie “The Revenant.” In his later years, he saw the elephant when he lost his sight and health and retired to Kansas City. There was little the physicians could do to restore his sight. In the late 1800s, most external eye diseases, such as rodent cancer, i.e., basil cell carcinoma, tumors, abscesses, and growths on the face, were surgically reduced as a last resort. Diseases within the globe presented a challenge, since the only way to see the interior of the eye was with a candle and a lens. It was not until the 1920s, with the advent of the slit lamp, that it was possible to treat many of the interior eye diseases.

In the late 1800s, at the top medical centers in the east and Europe, physicians were able to perform cataract surgery. Corneal transplantation had been attempted using human and animal tissue, with no success.

In 1905, Czech ophthalmologist Eduard Zirm (1863-1944) performed the first full-thickness corneal transplant at the Olomouc Eye Clinic. The recipient was a farm laborer and the donor was an 11-year old lad who had suffered a penetrating eye injury with metal objects irretrievably lodged in both of his eyes. Zirm surgically removed them and saved the corneas for transplantation.

From 1912 to 1936, Ukrainian ophthalmologist Vladimir Filatov (1875-1956), of Odessa, Ukraine, worked on improving corneal transplant surgery.

In 1931, he successfully transplanted corneal tissue from a deceased person. Today, advances in operating microscopes enable surgeons to have a magnified view of the surgical field, while advances in material science enable them to use sutures finer than a human hair.

Today, living in Iowa, “seeing the elephant” in the area of eye disease may mean visiting the University of Iowa Department of Ophthalmology and/or the Iowa Lions Eye Bank, then going to the Doorly Zoo in Omaha to see the pachyderms.

The MD9 Legacy Project goal is to provide a Prescott Ophthalmology operating microscope, a minus 80-degrees lab freezer, a microplate reader and a Veriti thermal cycler to assist the Iowa Lions Eye Bank, in collaboration with researchers from U of I, to better understand and treat vision loss. At present, the research team is conducting detailed experiments to identify the changes within the cornea cell that contributes to corneal disease. This research requires the specialized equipment that will enable the researchers to explore at the cellular and DNA level.

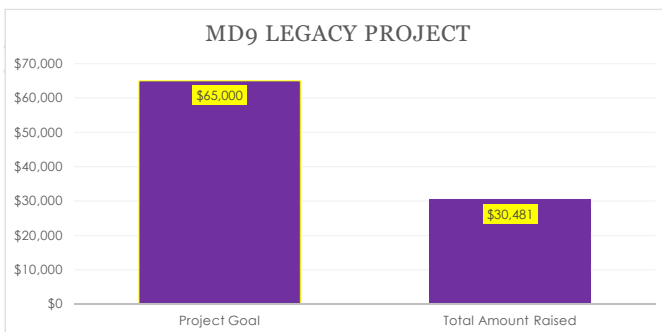
Lions, this is OUR MD9 Legacy Project. We encourage every Lions club in Iowa to support it. Please send your club or individual donation to:

Lions Clubs of Iowa
2300 South Duff Ave.
Ames, IA 50010

Make your check payable to Lions Club of Iowa and write “MD9 Legacy Project” on the memo line. Let’s make “Seeing the elephant,” the fun experience of going to the zoo for our children and grandchildren.

MD9 Legacy Project

PERCENTAGE OF GOAL



A View from the Chair

Council Chair Paul Hain Jr.

PO Box 401

Lone Tree, IA 52755

319-629-5124 Home

319-330-5920 Cell

paulhain@windstream.net



Fall has arrived with a chill in the air and the beautiful fall color of the leaves. Thanksgiving will be here before we know it. We all need to take time to reflect on the many blessings we have received in the last year and give our thanks for them. Sylvia and I wish everyone a Happy Thanksgiving.

Those of us who traveled to Portland for the USA/Canada Leadership Forum came back home excited to share a lot of great information. Sylvia and I each attended 10 different seminars, heard new ideas from many Lions as well as reviewing the “old” activities. It was meaningful to learn how to redevelop and enhance our clubs’ fundraising activities to reach a new audience and make it fun and purposeful for our own club members.



In addition to the seminars, the speakers at the noon and evening meals (the meals were terrific) were entertaining, thought-provoking and a great reminder of why we as Lions do what we do.

Iowa was 26 Lions strong at the Forum, so we were able to stand, cheer and show our enthusiasm with the announcement of Des Moines being the host city for the 2021 USA/Canada Forum. We will need many individuals from throughout the state to step forward as volunteers and put Iowa on the map to be known for more than just the “Corn State.” The 2018 Forum is in Columbus, Ohio. Plan now to attend and improve ourselves and garner new ideas.

KidSight Steering Committee Dedicates Conference Facilities

By Lori Short

KidSight Program Manager

Following a quarterly meeting of the Iowa KidSight Steering Committee on Sept. 18, a surprise celebration was held to dedicate the conference facilities at the Iowa KidSight office.

Steering Committee members present included Jerry Inman, Zane Vokes, Alan Olson, Kathy Rhinehart, Wendy Cadena, Wanda Pfeifer, Pat Mason, and Lori Short. Additional Lions and KidSight staff who joined in the celebrations included Jim Karr, Connie Inman, Robert Rhinehart, Angie Garvey, Deb Hatzky, Sherrie Panther, Emily Corr, and the guest of honor who made the improved facilities possible, Lion LaVerne Arp of the Walcott Lions Club.



Iowa KidSight
Conference Facilities
Dedicated in honor of
LaVerne Arp, Walcott Lions Club,
a gracious supporter,
a dedicated volunteer,
and a dear friend.
September 2017

District 9SW

District Governor
Chris Anderson

810 3rd Ave.
Audubon, IA 50025
712-563-2501 Home
712-304-5702 Cell
vcanders@windstream.net



Tidbits for the Month

We are finalizing plans for the District Convention Nov. 10 -11 in Exira. Registration forms are in the September and October issues of The Iowa Lion. Please have your club represented as this is your annual District Convention. We know you will be able to take some valuable information to your club's next meeting. There are a lot of great programs Lions are sponsoring this year.

My hope is that clubs are looking to attract new members. It may take approving a new service or fundraising project. Please encourage spouses to join and don't forget we need more women in our organization. Thirty percent of our district membership is women and my goal is to gain another 30 female members for a total of 32% women. I found out a long time ago how women make our clubs a lot more active in projects and leadership. Our next International President is Gudrun Yngvadottir from Iceland (don't ask me how to pronounce her name). Our district is also honored to have Ardie Klemish as the first International Director from 9SW.

Twenty-three of 52 clubs reported on MyLCI in September. I know there are more activities by clubs that are not being reported. It is easy to do and if you need a guide, you can find a secretary booklet on the Iowa Lions website: iowalions.org. It has complete instructions on reporting activities. It only takes a few minutes each month. The reports are what I use to add to the monthly newsletter. These reports show how many hours of service we provide, which helps Lions International to apply for large grants to support our service around the world. Please include funds raised and dispersed. Lions are serving in 9SW, be proud of your activities.

As you may know, The Iowa Lion is distributed differently from the past. Some reasons include saving a lot of money including postage, paper, printing costs, etc. Your club secretary receives two hard copies each month to distribute to members without

internet. The digital version of the newsletter, which includes extra pages, is located on the new Iowa Lion website (iowalions.org) under "News." The Iowa Lions website also includes past issues. Please make your members aware of the change and how to find The Iowa Lion magazine.

Our District 9SW also has a Facebook page (Iowa Lions District 9SW). On the state level, we are working on ideas, with plans to have someone with public relations and marketing expertise to help.

Have you checked out all of the information available to Lions on the Lions International website under the "Member" section? There is a whole library of forms and information to help Lion members and officers. Please check it out.

Another great source of information is the Lions University, sponsored by USA/Canada Lions Leadership Forum. This is a free service to all Lions members. The bachelor's degree program is for the club level leaders. Each topic is prerecorded by Lions leaders and can be listened to any time of the day. To get a degree, just take 10 required courses and pass each test, take and pass at least 5 elective courses. The last step is to attend a USA/Canada Leadership Forum. The master's degree is for the district level, same requirements, includes a second USA/Canada Forum and a Lions leadership forum. Several Lions are taking advantage of this program. At the September USA/Canada forum in Portland, Oregon, our district had four members earn bachelor's, master's and doctorate degrees. We were presented degrees and had our picture taken with the International President Dr. Naresh Aggarwal. The forum had 80+ seminars on many subjects. Next year it will be in Columbus, Ohio. In 2021, the USA/Canada Forum will be in Des Moines at the new hotel next to the events center.

NEW MEMBERS **Reported In September**

Club	Member	Sponsor
Indianola Noon	Don Russell	Allen Read
Neola	Carole A. Police	Barb Farley
Norwalk	Mary Madlock	Mary Jane Nemetz
Norwalk	Jerry C. Toms	Jess Laurie
Norwalk	Terrie A. Toms	Jess Laurie

IN MEMORY

Stuart	Mary Stoberl
--------	--------------

CLUB ACTIVITIES

23 of 52 clubs reporting

ADAIR provided music to two nursing homes; made a personal donation to hurricane victims; donated \$100 to LCIF for hurricane relief; two members attended USA/Canada Forum; collected 50 eyeglasses.

ANITA donated \$800 for school supplies and Hurricane Harvey relief.

ATLANTIC remodeled a country schoolhouse built in 1870 (it now resides in the Atlantic Sunnyside Park); donated \$500 to the local food bank; collected 373 eyeglasses and a hearing aid; donated \$210 to Tori's Angels for pediatric cancer; hosted a community supper and bake sale with proceeds going towards new siding on the country schoolhouse Legacy project; conducted a KidSight screening for 19 kids at Atlantic Head Start.

AUDUBON donated \$250 to LCIF Disaster Relief; two members attended USA/Canada Forum.

CARLISLE did road cleanup; helped at senior congregate meal site; helped shut-ins with grocery shopping and house cleaning.

COUNCIL BLUFFS donated \$500 for hurricane relief; conducted a KidSight screening for 200 kids; provided eye exams and glasses for 15 people; handed out candy for freewill donation.

EARLHAM delivered Meals on Wheels to 10 people; assisted a teacher with reading-related activities; assisted the fire department in placing 154 flags for Patriot Day; sorted and bagged recyclables.

EXIRA donated \$500 for hurricane relief, two members attended USA/Canada Forum.

FONTANELLE cooked pancakes at Early Wheels Swap Meet in Greenfield.

GLENWOOD donated \$100 to LCIF for measles shots.

GREENFIELD conducted its annual Yard Line Giveaway during home football games, annual tailgate party and golf tournament with nine teams. Funds raised go to the Coach Daut Scholarship, Camp Courageous and Adair County Special Olympics.



WHO DOESN'T LIKE FREE ICE CREAM? Neola Lions held a FREE Ice Cream Social for people in Neola and surrounding communities to celebrate Lions Clubs International's 100th anniversary and the Neola Lions 40th anniversary. Neola Lions wanted to thank everyone for their support of Lions activities.

HARLAN cleaned two miles of ditches; donated \$500 to LCIF for disaster relief; donated 150 bottles of water for the Elementary School Literacy Night at the football field; collected \$1,364 at football scrimmage and donated to the athletic fund; donated \$500 to Leader Dog Puppy program; handed out 1,700 football programs at two home games; screened 165 daycare, Head Start and kindergarten kids.

INDIANOLA EVENING helped cleanup and mow a quarter mile of roadside; had a 2nd VDG visit with the Lioness Club.

INDIANOLA NOON sold sandwiches during Bike Night, serving 300 people.

NEOLA held an ice cream social, pancake breakfast and Bingo during Hoo Doo Days.

NEW VIRGINIA held a sweet corn and hamburger feed, with money raised going to fund a new roof for the Lions Club Building.

NORWALK helped with music fundraiser for youth; stained a gazebo and fence at the library with the help of the Boy Scouts; delivered 517 eyeglasses and 12 hearing aids to the state office; delivered Meals on Wheels; donated \$100 to Ministerial Golf Outing and \$200 to Winter Coat Project; provided an eye exam and glasses for an adult.

OAKLAND donated \$200 to a family with health issues.

OSCEOLA had a visit from Zone Chair Dean Brant and 1st VDG Pat Parker.

PANORA participated in the Guthrie County Fair parade; screened 43 kids at Panora Head Start.



PERRY placed 257 flags in yards for Labor Day (pictured above); KidSight screened 96 kids; held a picnic in the city park with spouses.

REDFIELD donated \$150 to Tori's Angels for pediatric cancer; held Bingo.

STUART sold food and drink at the last Scoop the Loop for the year.

VILLISCA donated \$250 to LCIF for disaster relief; sewed 20 blankets for Ronald McDonald House; screened for KidSight; donated \$100 to the food pantry.

Number of Lions: 350 Lion Hours: 1,271

Number of People Served: 4,833

Funds Raised: \$7,212

Funds Donated: \$9,470

Percentage of Clubs Reporting: 44.23%

District 9MC

District Governor

Judy Stone

2540 180th St.

Marshalltown, IA 50158

641-328-0270 Phone

jstone4254@live.com



Oh, I can feel the chill in the air today. Not sure if I am happy about the chill bringing the holidays or want to snuggle back under the covers. There is no rest for us district governors. It's off to the meetings we go, but we have had some unusually beautiful weather to make our travels in lately.

It has been a challenging season for disasters and storms and I have noticed that many of you have made special contributions to the relief efforts with LCIF. Thank you for your added support.

I have just returned from the USA/Canada Forum in Portland, Oregon. It was a blast. I received my master's degree in Lions University. Now on to my doctorate program and hopefully I'll complete it in time for the forum in Columbus, Ohio. Our Iowa Lions are to be congratulated for being awarded the 2021 USA/Canada Forum to be held in Des Moines. It will be all hands on deck for that event. If you are interested in attending one of the forums, please let me know. There are funds available for Lions educational forums and institutes.

We have some exciting opportunities to fund-raise with the Iowa Wolves Basketball team. Contact me or the Des Moines Outreach club to learn more.

It's that time of year when I need to ask for your help in donating silent auction baskets for the Mid-Winter convention to be held in Des Moines the second weekend of January 2018. They can have any theme, be of a suggested value of less than \$60 and if you have questions, please contact Jeanine Luetters of Kellogg Lions Club as she acts as my partner in service with the basket auction.

I would like to get on my soapbox for a minute here. In the near future, your state Mid-Winter conference will take place in Des Moines, then all of the district conventions will be followed by your state convention in Cedar Rapids in June. If you

walk away from one of these events with one new idea or meeting one new person, you have had a successful convention. So many times I am told, "I don't attend conventions because I don't want to be asked to do something outside my club." Well, I am here to tell you it is OK to just say NO. Don't cut yourself off from learning one new idea or meeting one new person because you don't want to be asked to do something. Just say NO, but come to your conventions. They are YOUR conventions, they are designed to inform you, share ideas with and network with other Lions. Please come find out how much fun a convention can be.

Our district sends out its best wishes for a speedy recovery to the Dunsberg family of Sully. We all know what tough times and illness can be and this family has seen their share of late.

Ask Me?

1. What can I put in a silent auction basket? WINE of course!
2. How can my club raise funds with the Iowa Wolves?
3. How do I register for a convention?
4. How does a cyber club work?

What I am thankful for?

1. Recent changes in my life and the people that walk next to me.
2. My club, they keep me real.
3. Great traveling weather to continue.
4. All the members I am going to see at our conventions.

NEW MEMBERS

Member	Club
Stephen Morris	Ankeny
Mark Haddinger	Grimes
Jennifer Montgomery	Grimes
Ann Borwick	Johnston
Linda Kielsmeier	Johnston
Ward Phillips	Johnston
Malina Shultice	Montezuma
Laura Taylor	Traer

DECEASED MEMBERS

Terry Claussen — Des Moines South transfer from Exira

AMES BREAKFAST has Kidsight screenings underway and a combined Ames clubs turkey dinner planned for November 3, 2017.

AMES EVENING has plans underway for the Annual Historic Katy Shelley Christmas Wreath Sale. Contact any member if interested. Local delivery is available.

ANKENY is doing "Take a COP to Dinner," where Lions invite a member of the Ankeny police force to each of their meetings. They don't speak; they just enjoy dinner, visit with the members, answer questions and discuss the future for their community.

BEAMAN puts on Bingo in its community center every Monday evening from April to October with full concession stand and monetary prizes.

BONDURANT donated proceeds from the Battle of the Bands fundraiser to the AC Classic Softball Tournament; held a Cow Pasture Golf Tournament with 34 foursomes participating and \$7,800 raised towards scholarship funds.

DES MOINES OUTREACH has some really cool things going on with the 3 on 3 basketball tournament and plans to share a fundraiser with the Iowa Wolves. All clubs are welcome to participate.

DES MOINES SOUTH completed a Kidsight training, thanks to PDG Gary Vokes; participated with other Des Moines clubs in the Highland Park Boys Little League furnishing the pancake grill and grillers; provided KidSight screenings for 44 kids at the SW 9th Street Open street event; planning for an upcoming pancake supper.



DYSART installed a new steel roof on the bike trail shelter.

EAST DES MOINES spearheaded the Highland Park Boys Little League Day in which all of the Des Moines clubs lent a hand.



IOWA STATE UNIVERSITY LIONS visited the Iowa Lions Eye Bank. Pictured (L-R) are Amanda Gridley, Phaedra Lipsey, Ana Dispirito, John Nagel, Kim Hodne, Nick Lewis, Madeline Shutters, Erica Briest and Dorothy Weaver. Students will sell hot chocolate and donuts outside student union hall on Nov. 3; will be helping out the Ames clubs with Annual Turkey Dinner on the evening of Nov. 3; and will finish the week with a field trip to the Iowa KidSight office in Corallville; has already signed up to do KidSight screenings at the Kidfest to be held in Des Moines the first week of March.

JOHNSTON had DG Judy Stone install new members and spent some time teaching each other about the MyLion app.



MARSHALLTOWN EVENING is starting its annual Thanksgiving Pie and Soup sale (contact any member); completed its Oktoberfest Popcorn and Pie sale; sells its famous popcorn on every Saturday outside the Hy-Vee Drugtown from 10 a.m. to 3 p.m. Pictured are Lions Dan Roberts, Kevin Lageschulte and Bill Peden working the popcorn stand at Marshalltown Oktoberfest.

MARSHALLTOWN LIONESS has completed 75% of KidSight screenings for Marshall County. What a great job done.

MCCALLSBURG is planning its Election Day Soup Supper. Wonder what soups will show up?

NEWTON will host the next 9MC cabinet meeting on Jan. 20, 2018, with a potluck starting at 1 p.m. at the Newton Senior Center. A huge congrats to Janice Carpenter for getting her bachelor's degree at the USA/Canada Forum in Portland, Oregon.

District 9NC

District Governor

Darwin Meyer

319 Maple St.

Sheffield, IA 50475

641-892-4852 Home

641-580-4067 Cell

dlmeyer@frontiernet.net



What a wonderful time my Partner-in-Service Lorna and I had in Portland, Oregon, Sept. 21-23. We attended the 41st USA/Canada Lions Leadership Forum. If you have never attended an event like this, you need to. What an awesome way to find out what Lions are doing and to learn about subjects that you know very little about. We went to 10 different seminars ranging in topics from "How to Attract the Millennials to Lions" and "How to Use Websites, Facebook, Instagram, and Other Social Media," to "How to Be a Better Organizer," "Create New Service Projects" and "How to Make Meetings Fun."

Meeting other Lions from other parts of our great country and Canada is probably one of the best parts of attending the forum. You find out that others have the same challenges as you do in keeping clubs and members involved and serving, but you also learn new ways of working with people and coming up with ways of serving our communities.

I learned of a new event we can do in north Iowa to help people in our communities become more aware of what Lions Club International Foundation does and how we can serve people all over the world. We also found out at the forum that Des Moines has been selected to host the 2021 USA/Canada Lions Leadership Forum! So get ready to roll up your sleeves and help the Iowa Lions in this effort!

How many of you have used your internet to look

up Lions Clubs International today? Today, when I opened up my favorite bar heading for Lions Club International, I came to News and Media that were highlighted. I learned that the newest catastrophic LCIF grant for \$100,000 is going to Puerto Rico for relief from Hurricane Maria. We have never had so many grants awarded in such a short period of time as we have this year. With the three hurricanes, the earthquakes, and the wildfires in Canada, millions of people and thousands of communities have been devastated. In all these places, Lions are at work serving those in need in many ways. In most cases, those Lions serving have also been affected by these disasters.

All these events lead to "What are you as a Lion and a club doing to help support those in need through LCIF?" Do you make an individual contribution through the Melvin Jones Fellowship? If we as individuals make an effort to donate at least \$1,000, either as a one-time donation or over a period of time, we can become a Melvin Jones Fellow. As a club, when you meet this \$1,000 level, you can award an individual with a Melvin Jones Fellowship. I have donated \$20 at various times over the years and received personal donation pins, but have never made a concerted effort to become a Melvin Jones Fellow. I have started that process this year with a \$100 start-up gift. How many times do we go out for an evening meal and spend \$50 or more and not blink an eye at the cost? If we look at our own spending habits, I think we can all come up with a creative way to make LCIF a worthwhile goal in our lives.

Did you know that since LCIF was created in 1968, over \$1 billion has been awarded in grants all over the world? Our dues pay for the administrative costs of this foundation so that all dollars raised can be used for the purpose of "Serving Those in Need." Look at LCIF on your computer and see the many ways Lions are serving.

Are you reading The Iowa Lion online? If you looked at the October issue of The Iowa Lion, on page 21 you would have read an article about the MD9 Legacy Project to purchase three new pieces of equipment for the Iowa Lions Eye Bank. Our goal is to raise \$65,000 for this project.

NEW MEMBERS

Club	Member	Sponsor
Garner	Robert Towell	Don Kothenbeutel
Mason City Noon	Lindsey James	Kristin Buehner

9NC Care and Share

Clubs, remember we have a Care and Share Fund for people in need in 9NC. We have used this fund to help people and families with medical needs pay for travel expenses, food cards and gas cards. Clubs are asked to match the gift requests.

Call DG Darwin Meyer at 641-580-4067 for more information and application forms.

Mid-Winter Baskets

Remember that 9NC would like to have either a donation or a basket of items made up for Mid-Winter Leadership Conference in Des Moines. We would like to have seven baskets made up from 9NC.

You can either make up a basket that contains at least \$25 spent, most times the retail value of items is either donated or bought on sale equals a lot more than \$25, or send me \$25 and we will make up a basket. These baskets are auctioned off during a silent auction at Mid-Winter, with the money raised going to the Iowa Lions Foundation.

Does your club have a special fundraising event for the Iowa Lion Foundation? If not, try and put one together. Remember our motto, "We Serve," and our new international motto, "The Power of We," from International President Dr. Aggarwal from India. As individuals we can't do much, but by working together as Lions we can do SO MUCH MORE!

**WE
SERVE**



Watch the
Power of WE
video on the
Lions Clubs International
YouTube channel.

Go to [YouTube.com/LionsClubsOrg](https://www.youtube.com/LionsClubsOrg)
and search for Power of We.

SERVICE ACTIVITIES

ALLISON Lions sponsored an omelet breakfast in conjunction with the Wilder Park 25-year anniversary, serving about 140 people; painted the Little Yellow Country Schoolhouse near the Butler County Courthouse and screened 26 preschool children that day; served 200 people at the fish fry; had an omelet breakfast and a 5K run at Wilder Park. Lions hours for August and September were 286!

SHEFFIELD Lions are working with a contractor to build a handicap ramp and deck on a house in Sheffield; having a fall breakfast on Oct. 22 raising money for the Lions Scholarship and other projects. Lion hours for August and September were 96.

HUMBOLDT Lions raised \$1,900 over Labor Day Weekend with an omelet breakfast; raised \$169 at Four Corners Candy Sales at the intersection of Highway 3 and 169.

GARNER Lions held a community night in honor of Lions Clubs International 100-year anniversary. The Lions had live music, snacks, great weather and a great crowd. Local businesses helped fund the event. The community had four hours of fun and the club got two new members as a result.



LIONS CHOICE WINNER AND BEST OF SHOW
entry at the Iowa Falls Lions car show over Labor Day weekend. The Iowa Falls Times Citizen raised \$1,000 for hurricane relief in Texas and sent it directly to a Lions Club in Orange County, Texas. The Iowa Falls Lions Club matched this with a \$1,000 donation to LCIF.

District 9SE

District Governor

Nancy Slack

405 SW Main

Dallas, IA 50062

515-402-2096 Phone

dogbuddy16@hotmail.com



November is Diabetes Awareness Month. Over 450 million people of all ages have diabetes; probably millions more do not realize they have diabetes. This is a worldwide epidemic. It is the eighth leading cause of death in the world. Diabetes affects many systems of the human body...there are so many complications.

Hold a health fair to provide screenings and needed services, help a person get to their doctor's appointment, and possibly send a child to Camp Hertko Hollow. If you want to make a general donation for Diabetes Awareness, please send your donations to:

Diabetes Chair Della Buss

P.O. Box 148

Melcher, IA 50163

For helping to send a child to camp, send your checks directly to:

Camp Hertko Hollow

501 Grand Ave.

Des Moines, IA 50309

WE SERVE is the timeless motto of Lions Clubs International. LCI Forward goals are to serve 200 million people on an annual basis by 2021.

NEW MEMBERS

Great to have you joining our ranks. More Lions means more service provided to people in need in our communities and around the globe.

Club	Member	Sponsor
Burlington Host	Nita M. Carlson	Darven Kendell
Burlington Host	Lara Kendell	Darven Kendell
Burlington Host	Derek T. Reid	Darven Kendell
Ottumwa Evening	Lisa K. Telfer RN	Mary Beggs
Stockport	Keeli Rubey	Dorothy Gilbert
Stockport	Meghan L. Snyder	Kriss McLain
Stockport	Seth R. Snyder	Kriss McLain
Wayland	Charles Brown	

In Memory

L Edward Spees — Birmingham Lions

I have appointed Lion Mendy McAdams from the Ottumwa Noon Lions to represent 9SE on the Editorial Board for The Iowa Lion. Mendy has been a newspaper editor. Thanks for serving, Mendy.

Our Cabinet still needs zone chairs for Zones 1 and 4. Each zone chairperson must have served as a Lions club president and be a member of a club in the zone. A zone chair is the liaison between the club and the district governor team. You are asked to visit each club in your zone at least one time during the year and hold zone meetings.

Zone 1 clubs are Agency, Albia, Blakesburg, Centerville, Corydon, Moulton, Ottumwa Noon and Ottumwa Evening.

Zone 4 clubs are Iowa City, Coralville Branch Club, Solon Centennial, North Liberty, Lone Tree, Oxford, Williamsburg and Victor.

Being a zone chair requires some work, can be loads of fun and you get to meet a great deal of wonderful people we know as LIONS. If you are willing to SERVE, please contact DG Nancy Slack.

Centennial celebrations of Lions Clubs International—100th Jubilee was hosted by the Richland Lions on August 6th. They made a trifold pamphlet and big poster to share about their service as Lions. They had games and balloons for kids, music, vendors, free watermelon, with a seed spitting contest and a pie auction. Brighton and Packwood Lions were among the crowd.

If you want to make a donation to LCIF to help people affected by all the recent disasters, mail your checks directly to:

Lions Clubs International Foundation

Department 4547

Carol Stream, Illinois 60122-4547

On the memo line write General Disaster Relief.

Please send a notification of your donation to our District's LCIF Chairperson:

PDG Robert Brown

201 S. Maple St.

Morning Sun, IA 52640.

Remember to get your IRS Form 990 tax filings done by Nov. 15th.

As I write this article for The Iowa Lion, we are almost at mid-October. By the time you receive it by email or your club's two printed copies, it is time to wish you all a very Happy Thanksgiving. Enjoy the parade, the feast (but don't make yourself miserable) and cherish the time you share with family and friends.

9SE Lions in Service

to their communities and the world

COLUMBUS JUNCTION served a fundraiser breakfast to local community members.

CORYDON made an endowment of a scholarship for a Wayne County High School graduate; put up American flags around the town square for Labor Day; conducted Iowa KidSight vision screenings for 24 kids at Seymour Community School and 46 kids at Wayne Community School; delivered meals prepared at the local hospital cafeteria to those who are unable to get out.

DANVILLE collected about 140 pairs of eyeglasses; donated \$100 to the Iowa Lions Foundation; sponsored Danville's Founders Day.

DANVILLE LEO held several games and activities for children at Danville's Founders Day in order to raise money for their club.

GRANDVIEW-LETTS donated \$1,000 to LCIF.

IOWA CITY screened 477 kids for KidSight, transported eye tissue.

KEOKUK met for the annual summer party at the Keokuk Yacht Club. Thirty members and guests attended. At the party two Warren Coleman Awards and one Melvin Jones Award were presented.

KNOXVILLE provided assistance to one individual for eyeglasses; collected recycled eyeglasses around Knoxville; provided groceries to a family in need; cooked pancakes for the Tracy Fire Department fundraiser; cooked pancakes for the Nana Jana Fun Run, a yearly event to raise awareness of ovarian cancer.

LONE TREE donated school supplies for needy students to the Lone Tree Elementary School; transported cut cornea tissue.



MEDIAPOLIS donated \$100 to the Iowa Lions Foundation; participated in a project to repair and paint the home of an elderly low-income woman at no charge to the home owner (pictured above). The project was organized by a local bank, paint company and community action agency. The local bank employees, volunteers from several local churches and Lions Club did the preparation work and painting.



MILTON sponsored several activities of the annual Milton Fall Festival, including a parade, the horse and mule pull and the mud-bogging contest with a stand selling popcorn.

NEW LONDON had a food stand at Old Threshers Reunion, main fundraiser for club; held a blood drive and helped with setting up, passing out treats, chatting with those that gave blood until they felt they were ready to leave and tearing down.

NORTH LIBERTY placed and removed U.S. flags to celebrate Labor Day.

OSKALOOSA donated \$25 to Mid-Winter baskets, donated \$8 per member to the MD9 Legacy Project; volunteered to clean up a renovated downtown alley that has been reclaimed as an outdoor meeting space with seating, lighting, plants and signs describing the history of Oskaloosa residents; approved an application for hearing aids; held its annual Membership Steak Cookout at Lake Keomah State Park with DG Nancy Slack as the guest speaker; organized training for Iowa KidSight for District 9SE; collected approximately 600 pairs of used eyeglasses for recycling; held an Iowa KidSight screening.

PELLA cleaned, sorted and will eventually distribute 2,400 pairs of eyeglasses in September; donated \$1,000 to LCIF for Emergency Relief for Hurricane Harvey.

RICHLAND donated \$500 for the recent Disaster Fund to Lions International Foundation.

SIGOURNEY emptied its newspaper recycling bin as needed and loaded papers into the paper warehouse; conducted an Iowa KidSight screening for preschool children.

VICTOR contributed school supplies to an elementary school; paid the dues for the Boy Scouts and worked with them in various activities; took used eyeglasses to Wal-Mart in Coralville.

WEST BURLINGTON donated to the Iowa Lions Foundation.

WINFIELD collected parking fees at Old Threshers Reunion; placed over 70 U.S. flags throughout their community from Memorial weekend to Veteran's Day.

District 9NE

District Governor
Ed Ottesen

1941 W. 6th St.
Waterloo, IA 50702
319-234-1863 Home
319-429-5569 Cell
eaohome@mchsi.com



November Is Diabetes Month

One of the new service areas Lions Clubs International is focusing on this year is diabetes. American Diabetes Month is observed every November and is an important element in the American Diabetes Association's efforts to focus our nation's attention on the disease and the tens of millions of people affected by it. Because blindness can result from diabetes, its focus by LCI is most definitely within our organization's wheelhouse.

Diabetes Affects Us All:

FACT: The number of people with diabetes is growing. Every day, 4,110 more Americans are diagnosed with this dangerous disease - one every 21 seconds.

FACT: Diabetes can cause devastating complications. Diabetes increases your risk of blindness, limb amputation, and kidney disease, not to mention DOUBLING your risk of heart disease.

Common Symptoms Of Diabetes:

The following symptoms of diabetes are typical. However, some people with Type 2 diabetes have symptoms so mild that they go unnoticed.

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more
- Tingling, pain, or numbness in the hands/feet (type 2)

Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.

Diabetes is a problem with your body that causes

blood glucose (sugar) levels to rise higher than normal. This is also called hyperglycemia. The body breaks down the sugars and starches you eat into a simple sugar called glucose, which it uses for energy. Insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body.

Type 2 diabetes is the most common form of diabetes, which represents 90 - 95% of individuals diagnosed with diabetes. If you have Type 2 diabetes your body does not use insulin properly. This is called insulin resistance. At first, your pancreas makes extra insulin to make up for it, but over time, it isn't able to keep up and can't make enough insulin to keep your blood glucose at normal levels.

Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. Only 5% of people with diabetes have this form of the disease. In Type 1 diabetes, the body does not produce insulin. With the help of insulin therapy and other treatments, even young children can learn to manage their condition and live long, healthy lives.

Gestational diabetes is found in pregnant women who have never had diabetes before but have high blood glucose levels during pregnancy. They often have no symptoms, which is why it's important for at-risk women to be tested at the proper time during pregnancy. The prevalence of gestational diabetes is as high as 9.2%.

See more in the Additional Digital Pages online.



CEDAR VALLEY EVENING LIONS participated in the first State Park Volunteer Day on Sept. 30. The club helped clean up trash and paint 20 picnic tables. Pictured are the club members who came out on a beautiful day for a service project.



Club Highlight

In August 2016 the Lansing Lions started working toward our goal for the Lansing Playground Enhancement Project, to build an educational, safe, and handicap accessible playground in our community. We were able to raise approximately \$100,000 in one year. The funds were raised through grants, local banks, fundraising, local companies, local organizations, and community donations. The project has included a large river boat theme piece of equipment, benches, handicap accessible picnic table, handicap accessible swing, educational signage, fish bike rack, sidewalks, and trees. We were so blessed to have over 50 volunteers from our community help with the donations, preparation, and construction of "Our Ship of Dreams." The Lansing Lions are very proud of this beautiful playground enhancement project for the children of our community and all who visit our community.

Dates to Remember

Jan. 11-13, 2018: Mid-Winter Leadership Conference, West Des Moines

Feb. 3, 2018: District Cabinet meeting, Oelwein, 10 a.m.

Feb. 10, 2018: Iowa Lions Foundation Gala, The Hotel at Kirkwood Center, Cedar Rapids

April 20-21, 2018: District 9NE Convention, Waterloo, IA

CLUB ACTIVITIES

BELLE PLAINE had a club member speak about Lions Clubs to 5th graders participating in the Peace Poster Contest and donated \$25 to offset materials used in the Peace Poster Contest; donated \$100 to LCIF for disaster relief.

DENVER built a removable handicap ramp for an elderly individual.

DUBUQUE NOON conducted KidSight screenings for 400 children in 33 different sessions with two teams of Lions; assisted the Optimist Club in the placement of 1,500 United States flags throughout the city of Dubuque.

DYERSVILLE paid for an eye exam and glasses for a young boy in need.

FREDERICKSBURG built, stocked and will maintain a Little Free Library in their community.

GARRISON worked with the Iowa Theater of Arts to put on a play, "Woody Guthrie," at the Farmer's Mercantile in Garrison. The club served 113 people a small snack at intermission.

HAWKEYE will have a Turkey Raffle again this year to raise money for a secret family at Christmas.

JANESVILLE conducted KidSight screenings at in-home daycares and at Denver Discoveries.

JESUP conducted KidSight screening of 160 pre-kindergarten children.

MANCHESTER conducted KidSight screenings in daycares and preschools.

NASHUA assisted the Nashua Town & Country Club in their Fish Fry.

OELWEIN conducted KidSight screenings of preschool children.

VAN HORNE served breakfast to community members.

VINTON conducted a KidSight screening of 300 students at the HACAP preschool.

WAUKON donated \$200 to the Waukon High School Vocational Education Department.

WAVERLY to date has given gifts up to \$6,300 towards the Waverly Champions Ridge project.

NEW MEMBERS

Club	Member	Sponsor
Denver	Kara Bartels	Terrie Thurm
Elkader	Jane Metcalf	
Janesville	Kevin Deserano	Scott Immerzeel
Janesville	Karen Henriksen	Bruce Henriksen
Jesup	Chris Reynolds	
Jesup	Thomas Sadler	
Jesup	Ken Youngblut	
Newhall	Kimberly Poggensee Kuch	Marc Kuch
Oelwein	Jan Marie Franks	Garrieth Franks
Oelwein	Patricia Taylor	
Strawberry Point	Rodney Swales	Kimberly Bruess

District 9NW

District Governor

Paul Thompson

607 South Main

Woodward, IA 50276

515-438-2420 Home

515-360-7542 Cell

pthomp2420@gmail.com



Boy Scout Law Compared to the Hobo Law of Ethics

Trustworthy – If in hobo court with a testimony, give it whether for or against the accused. Your voice counts.

Loyal – Always try to find work, even if temporary, and always seek out jobs nobody wants.

Helpful – By doing so you help business along and ensure employment if you return to that town again.

Friend – Help runaway children and try to encourage them to return home.

Courteous – Help your fellow hobos whenever and wherever needed, you may need their help someday.

Kind – Don't take advantage of someone in a vulnerable situation.

Obedient – When in town always obey the local law and officials, and try to be a gentleman at all times.

Cheerful – Do not allow yourself to become stupid. You would set a bad example for other hobos in town.

Thrifty – When no employment is available, make your own work by using your added talents at crafts.

Brave – Decide your own life, don't let another person run or rule you.

Clean – Try to stay clean. Boil up whenever you can. Do not leave garbage where you jingle.

Reverent – When traveling, ride the train respectfully...cause no problems... Act like an extra crewman.

Even a Hobo could make a good Lion.

(Paraphrased from notes of Melvin Jones Letters in 1917)

WE SERVE as Lions through our actions towards nations, states, and communities. We give them loyalty in word and deed by giving our time, labor, and means.

WE SERVE humanitarian needs internationally by doing things for others.

WE SERVE with aid to fellow man, giving sympathy to those in distress, aid to the weak, and substance to the needy.

WE SERVE while being careful with criticism, and liberal with praise to build up and not destroy.

We Serve through the **POWER OF ACTION**.

IP Naresh Aggarwal spoke highly of taking action from your discussions. He emphasized that service isn't complete until the action is done.

9NW MEMBERSHIP

Deceased:

Lawrence Geisler
Lillian Brodkey

deceased Sept. 2017 – Churdan
deceased Sept. 2017 – Sioux City

Added:

Mindy Smykle
Brent Henningson

added Sept. 2017 – Akron
added Sept. 2017 – Schaller

Dropped:

Mike Traster
John Heuck
Chris Wall

dropped Sept. 2017 – Cherokee
dropped Sept. 2017 – Everly
dropped Sept. 2017 – Sioux City



9NW is low in members for a district and needs action on recruiting membership instead of aging out of service with discussion on decreasing membership and clubs. I have walked the street with recruitment in mind finding half the people gone. Yet those I spoke to all seemed interested in what I had to say about Lions in my Five Minute Elevator Speech. I wanted to not just talk about the local interests, but I wanted people to hear about world membership and the achievements of Lions in a short time. I found people interested in hearing about Lions for the first time and willing to listen for five minutes. Covering about 10 blocks on both sides, no one closed the door on me. Two were interested in attending a meeting and one of those filled out an application. This is what I told them:

Five Minute Elevator Speech

In 100 years, Lions have built the largest and most powerful humanitarian service club in the world with 1.4 million members in 48,000 clubs worldwide. Lions contribute without administration and overhead costs to Lions Club International Foundation, which offers millions of dollars to disaster relief. This is made possible with a portion of the annual dues of 1.4 million members paying the cost of the Foundation's administration. Lions are often the first responders to disasters with members in 210 countries around the world close to where the tragedy occurs.

Lions provide eye screenings to children to improve vision and prevent disease. Lions eye banks provide sight to the blind with cornea transplants. Lions provide sight to underdeveloped countries with donated glasses collected around the world. Leader Dog training takes place in Michigan, matching dogs with blind applicants in need. Iowa Lions have placed Leader Dog puppies in prisons for an initial win-win situation for inmates, Leader Dogs school and Lions Clubs. Lions Cochlear Implant Center provides hearing to deaf individuals, and they collect hearing aides to recycle for Iowa Lions Hearing Aid Bank. Camp Courageous serves 6,000 individuals with disabilities. In 2017, Lions have added diabetes as an International Service Challenge. Lions donations are matched by corporate business to fight measles. Each \$1 measles vaccination saves a life. Lions have partnered with national interests in preventing illiteracy, Lions give books to families with children around the world.

No other humanitarian service club in the world can match what Lions do and I am proud to be a Lion.



PETERSON LIONS purchased replacement town signs through a local vendor. Lions club members removed the old signs, assembled, and then installed the new ones. Above, from top to bottom, the old sign, preparing the new sign and the new sign in place.

District 9EC

District Governor
Jim Bixler

P.O. Box 612
Muscatine, Iowa 52748
563-264-1945 Home
563-299-5913 Cell
bixone@machlink.com



A quarter of the year is over. How have your clubs goals progressed? My goals for the district are two new clubs, 70-plus members, women percentage to 30 and a reduction in drops, i.e., better retention. Lofty goals but we can do it! 9EC Diabetes Chairperson Lion Kim Seligman sent out to all clubs materials to help get the word out to your county supervisors about November being National Diabetes Awareness Month. I hope the CLUBS of 9EC used the material so that in November all counties in District 9EC will be proclaiming November as Diabetes Awareness Month. November is Lions Diabetes Awareness Month and Nov. 14 is World Diabetes Day.

If your club did not participate in a club Centennial Legacy Project, why not participate in the MD9 Legacy Project by contributing to Iowa Lions Foundation, earmarking the donation to the MD9 Legacy Project?

The IRS is looking for your club to report a 990N by 11/15/2017 if your club operates on the LCI fiscal year. Failure to report can be costly. Go to the following site for more information: <https://www.irs.gov/charities-non-profits/annual-electronic-filing-requirement-for-small-exempt-organizations-form-990-n-e-postcard>.

Next big event is MD9 Mid-Winter Leadership Conference, Jan. 11-13, 2018, at Sheraton West Des Moines Hotel. Our district needs to bring baskets for the silent auction. I'd like a total of seven, one for each county in our district. Clubs within the county can work together to make up baskets, which should be a minimum of \$25 value and a maximum of \$50 value. Please put a card on the outside of the basket with a list of what's in it and the full retail value of the basket. If you bought items on sale, please list the full value on the basket.



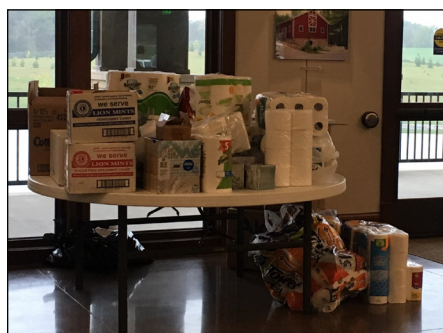
Above, 9EC District Governor James Bixler presents a Warren Coleman Award posthumously honoring Lion Kathy LaBounty-Thompson's service to her community. Blue Grass Librarian Stephany Barton received this plaque for public display in Blue Grass Branch Library. Left, Lion Kathy LaBounty-Thompson, now deceased.

NEW MEMBERS

Member	Club	Sponsor
Mary A. Burmeister	ELDRIDGE	Nadine Schwarz
Sheila A. Cooksley	CENTER POINT	Shane Hickey
Sarah J. Matkovich	DE WITT	Patricia Henricksen
Renee A. Moomey	TIPTON	Keith Whitlatch
William J. Moomey	TIPTON	Keith Whitlatch
David R. Raemisch	MONTICELLO	Regena Busch
Mike P. Sinnott	LONG GROVE	David Loussaert

In Memory Of

Andrew I. Peters — Andrew Lions Club



THE DISTRICT'S FALL RALLY WAS A FUN TIME where service was the theme. Over 5,000 meals were packaged for distribution to food pantries and banks in 9EC and other districts who were in attendance. Eyeglass cases, 324 of them, were filled with hygiene products for distribution to the less advantaged. Money was donated from clubs for LCIF, Iowa Lions Foundation, Iowa KidSight, Camp Courageous, Leader Dogs for the Blind, District Care and Care and Diabetes. Attendance was the same as R2Z2 had at their zone meeting. Quite a feat for a rainy day.

Club Activities – from MyLCI

ALBURNETT helped with ditch clean up.

ANDOVER sent \$500 to the Lions Clubs of Iowa for state projects, \$250 to the American Red Cross, \$500 to Hurricane Disaster Relief; cleaned road ditches along Highway 67; attended R2Z2 Zone meeting at Buzzy's in Welton.

ANDREW transported cornea tissue 214 miles; treated all students and school staff in preschool through 8th grade at Andrew Community School to breakfast with Iowa State Trooper Dan Laussant giving a safety program for K-2 graders and the middle school received a program on social media safety; held the annual Chili Cook-off and Pie Bake-off with a silent auction in the City Park, raising \$1,200 for scholarships and community projects; refurbished two benches in Andrew Town Park.

BETTENDORF transported eye tissue.

BLUE GRASS recycled and composted materials; mowed the lawn for a senior citizen; transported a senior to physical therapy in Davenport; assisted at the Blue Grass Presbyterian Church Ice Cream Social; raised the flag at the Farm Show in Geneseo, Illinois, for the American Legion; distributed blood bank posters; donated \$200 to District Care and Share program.

CEDAR RAPIDS NOON provided vision screenings for three adults, donating \$195; KidSight screened 357 children; three members attended USA/Canada Forum; organized an afternoon of entertainment at the CSPA Hall in Cedar Rapids, raising \$5,310 through ticket sales, sponsorships and donations. Entertainers included Deep Dish Divas folk group, Suneetha and Daugherty jazz duo, and traditional Indian dancers. A video showcased Lions work around the world and in the community.

CLINTON KidSight screened 107 children at Head Start and other locations; donated \$500 to Harvey/Irma relief; purchased cordless microphone for blind club.

DE WITT paid first half of scholarships; provided volunteers at the Annual DeWitt Autumn Fest; KidSight screened 11 children at Annual DeWitt Autumn Fest; donated \$500 to LCIF for disaster relief and \$2,500 for Swine Building at the Clinton County Fairgrounds.

DE WITT NITE donated \$175 each to LCIF, Leader Dogs and Iowa Lions Foundation; donated handbooks to Cub Scouts.

ELDRIDGE purchased eyeglasses for local resident; collected 116 eyeglasses and six hearing aids; collected foodstuffs and delivered to North Scott Food Pantry; played bingo and cards with residents of Grand Haven Retirement Community; picked up trash along roadside between Eldridge and Long Grove; participated in annual high school homecoming parade with Lions float and walkers; donated \$250 to North Scott/Bettendorf Special Needs Recreation League and \$100 to MD9 Legacy Program; helped park cars at North Scott High School cross country meet; did Avenue of Flags for Patriot Day; placed 218 flags for Labor Day observance and did maintenance of flag route.

FRUITLAND COMMUNITY screened kids at several locations; sorted and organized clothing for Clothes Closet; provided assistance to four; donated \$200 each to Care and Share, Camp Courageous and Just in Time Jail Ministry.

GOOSE LAKE placed 50 flags at two local cemeteries for Labor Day weekend.

LE CLAIRE donated \$300 to Parks and Rec to help build new baseball dugouts for city ball diamonds; collected 75 pairs of glasses.

LOW MOOR attended the R2Z2 Zone meeting; provided eyeglasses for a young child.

LOWDEN collected 32 pints of blood during a blood drive; presented the Peace Poster Contest to the 6th graders at the local elementary school.

MAQUOKETA held a regular monthly meeting and potluck supper with discussion about upcoming fundraiser.

MARION NOON collected 311 pairs of eyeglasses with 1,895 collected in 2017; KidSight screened 47 children with two referred to an eye doctor; held the annual Swamp Fox Pancake Breakfast (see photo on Page 25 in online content).

MECHANICSVILLE worked at Camp Courageous Breakfast; conducted a calling campaign used to maximize potential donations at blood drives this year with 35 units collected; volunteered at the Mechanicsville food pantry.

MILES maintained flower bed west of Miles at highway roadside sign; conducts a Yard of the Month as its Centennial Community Legacy Project. September's Yard of the Month went to Jean Schulz.

MONTICELLO collected 72 units of blood with a Red Cross Blood Drive; made a tissue transport; collected 3,002 pounds of scrap metal for a total of \$310, which was donated to Monticello Food Pantry; screened 26 children at Shannon Elementary; helped out at Camp Courageous during annual Back to School Festival. Special Education classes from around area come to enjoy the day at camp, play carnival games, ride train, swim, play mini golf, visit the animals, nature center and more.

PARK VIEW assisted with the After School Program; sold food during community-wide garage sales.

PRESTON made a donation to Care and Share fund; cleaned up two miles of Highway 64 just outside of Preston; donated \$250 to help with the recovery from the recent hurricanes.

STANWOOD screened 274 children for Iowa KidSight; conducted a scholarship drive with 28 sponsors raising \$1,425; volunteered at Camp Courageous pancake breakfast; held an omelet breakfast; weeded a flower bed under the kiosk uptown; donated items to Mechanicsville Food Pantry.

TIPTON KidSight screened at the WIC Clinic; directed traffic and parked cars and buses for Tipton Tigers homecoming game; hosted R2Z1 Zone meeting; built a ramp for an individual that was coming home from rehab after being in an accident; donated \$2,000 to LCIF for hurricane relief in Texas and Florida.

WALCOTT donated \$75 to the Calvary Pre-School Family Fun & Run Day; donated \$100 to a benefit for a woman badly injured in an auto accident.



Fruitland Community Lion Tom Curry picks up trash around Deep Lakes Park.

Advice from a Moose

By PDG William Shutters
MD9 Diabetes Awareness Chairperson

As we motored to and from USA/ Canada Lions Leadership Forum with a detour through Yellowstone National Park, we had hopes of encountering a moose. Our only success was a refrigerator magnet titled “Advice from a Moose.” On reading it, we realized it was “Advice from a Moose to a Diabetic.” We shall share that advice.

THINK BIG. Don’t let your challenge limit your aspirations. If you believe in yourself, anything is possible.

SPEND TIME IN THE WOODS. Reflect. Keep a good mental attitude. Count your blessings. You are of this world, make it a better place.

EAT PLENTY OF GREENS. Eat the good stuff. Remember carbs from fiber don’t count.

HOLD YOUR HEAD UP HIGH. You are your own master. Trust your judgment. Ignore those who insist on telling you what you should or should not have done or must do in the future.

STAY ON TRACK. Continue to pursue your goal of healthy living. Eat a balanced diet. Stay active with a program of cardio, resistance and flexibility. Test regularly.

KEEP YOUR NOSE CLEAN. Stay out of trouble. Don’t skip medications or meals.

IT’S OK TO BE A LITTLE WILD! Sin boldly! It’s easier to get forgiveness than it is to get permission. There’s always tomorrow. That is, if there is something you enjoy, partake and adjust later.

World Diabetes Day is Tuesday, Nov. 14, 2017. Celebrate it in your community and celebrate it individually by following the “Advice from a Moose.” When we look at the statistics, it becomes clear that we should celebrate it every day. There are 86 million Americans who have prediabetes and 90% do not know they have it. The population of the U.S. in 2017 is approximately 325 million.

Locally, out of the just over 3 million Iowa citizens, approximately 300,000 have diabetes,

with an estimated 75,000 not aware of their health risk.

Knowledge is power. We can empower 75,000 people, one person at a time.

At the Iowa Lions Mid-Winter Leadership Conference Jan. 11-13, 2018, there will be several diabetes-related activities.

A Strides Walk will be held from 2-4 p.m. Friday, Jan. 12. We will meet in the hospitality room on the second floor of the Sheraton West Des Moines Hotel at 2 p.m. The walk will be indoors, so the weather will not be a factor. Please check the Strides Walk box on your registration form (found on Page 23 of this issue) if you will be joining us for the Strides Walk.

There will be a Diabetes Booth in the display area on both Friday and Saturday of Mid-Winter. A variety of literature and information will be available. A fasting glucose screening by medical personnel will also be available on Saturday.

There will be a number of informative and exciting activities at the Mid-Winter. If you have never attended a Mid-Winter, make a New Year’s resolution to do so. You will not be disappointed.



2018 Mid-Winter Leadership Conference

REGISTRATION FORM

January 11-13, 2018– Sheraton Hotel, West Des Moines

Registrations may now be done online at <http://www.iowalions.org>

ROOM RESERVATIONS are your responsibility and should be made directly with the Sheraton Hotel, 1800 50th St, West Des Moines, IA. **Call 1-800-325-3535 for reservations.** Please mention you are with The Iowa Lions Mid-Winter Conference and get the special rate of \$104.00 plus taxes.

Rooms will be held until December 21, 2017.

PLEASE FILL OUT THIS FORM COMPLETELY

NAME _____ LION _____ LIONESS _____ LEO _____ GUEST _____

CURRENT OFFICE HELD _____ FIRST TIMER: YES _____ NO _____

NAME _____ LION _____ LIONESS _____ LEO _____ GUEST _____

CURRENT OFFICE HELD _____ FIRST TIMER: YES _____ NO _____

CLUB _____ DISTRICT _____

ADDRESS _____

TELEPHONE () _____ EMAIL _____

If you have **SPECIAL DIETARY NEEDS** please use a separate sheet with your name and needs required.

Please make checks payable to: Iowa Lions Mid-Winter Leadership Conference

And mail to: Sheri Holliday, 506 S 3rd St, Winterset, IA 50273

Phone: 515-480-6474 E-Mail: holliday52@msn.com

Admission to any Meal Functions by Meal Ticket only.

PACKAGE PRICE - This price includes Meals and Registration Fees.

	<u>Number</u>	<u>Cost</u>
\$85.00 per Adult	_____	\$ _____

INDIVIDUAL MEAL PRICES INCLUDE REGISTRATION FEES

		<u>Number</u>	<u>Cost</u>
Saturday Breakfast (All American with bacon)	\$25.00 per Person	_____	\$ _____
Saturday Noon (Sandwich, chips & dessert)	\$27.00 per Person	_____	\$ _____
Saturday Banquet (Beef, starch, veggies & dessert)	\$36.00 per Person	_____	\$ _____
Total Amount Due			\$ _____

REGISTRATION FEE ONLY Required for those only who are not purchasing the package registration or individual meal registrations. This allows admission to seminars, business sessions and speakers **ONLY**.

On or Before 12-21-2017 \$20.00 per Adult Number _____ Cost \$ _____

After 12-21-2017 \$30.00 per Adult Number _____ Cost \$ _____

Walk-In's with no prior registration will pay a \$30.00 Registration Fee on top of any meal choices.

DEADLINE: REGISTRATIONS MUST BE RECEIVED BY WEDNESDAY, December 21, 2017

NO REFUNDS AFTER December 21, 2017 ADMITTANCE BY BADGE ONLY

STRIDES WALK - Friday January 12th, 2-4 pm (Donations Accepted)

☐ **YES, I/we will be walking in the STRIDES Walk - # of Walkers _____**

Lions Renovate One-Room School as Legacy Project

*By Vicki Nordskog
Atlantic Lions Club*

At one time there were as many as 149,282 one-room schoolhouses in the United States, predominantly in rural areas. There were 12,000 to 14,000 in Iowa, depending on which report you use, more than any other state in the union. Starting in 1935, these schools began to close and students were transported via bus to consolidated schools for elementary education. The last of the one-room schoolhouses closed their doors permanently in 1967 through legislative decree.

With the loss of these schools, a wonderful part of our history needs to be preserved. Approximately 2,800 one-room schoolhouses still stand in Iowa, many of them turned into houses, garages or gradually being reclaimed by nature. A few have been retained as museums, one of which can be found in Atlantic.

The Bear Grove Township #5 schoolhouse was built in 1870. It was donated to the community of Atlantic and moved to Sunnyside Park in 1960 by the Atlantic Lions Club. At one time, it was frequently visited by area school children on field trips, but this activity dropped off several years ago, and the school had since started to show its age. In 2016, the Atlantic Lions held discussions on what could be done to rebuild membership and provide the club with more visibility in the community. They needed to have a significant project that was unique and would have long-lasting visibility in the community, representative of the longevity of the 90-year history of Atlantic Lions Club and the centennial celebration of Lions Clubs International. At that moment, the Atlantic Lions Legacy Project was born.

In June, the club held a cleaning day for the schoolhouse interior in preparation for a community block party to be held in Sunnyside Park. At the block party, the club offered tours of the schoolhouse and



THE IOWA LION



Residing the one-room schoolhouse in Atlantic's Sunnyside Park are Jim Zellmer, Project Coordinator, Atlantic Lions President Jim Nordskog and First Vice President Greg Schuler.

served cake and ice cream.

In September, after securing funds through various local fundraising events and a \$3,000 grant from the Cass County Community Foundation, work began on restoring the outside of the schoolhouse. The work has been completed through the efforts of club members and a local contractor. As of this publication, all work is complete, with the exception of the reglazing of the windows and the repainting of the bell tower and entrance stoop.

ADDITIONAL DIGITAL COVERAGE



THE ALTOONA LIONS CLUB WAS ONE OF THE FIRST clubs in Iowa to admit women members in 1987. This clipping from an October 1987 newspaper had a caption that read: "TO SHOW ITS SUPPORT of the Lions International change allowing women to join, the 40-year-old Altoona club inducted as its first women members four women whose husbands were charter members in 1947. Installed were, from left: Arline Townsend, wife of Andy Townsend; Margurite Newell, wife of the late Bill Newell; Irene Rosenberger, wife of the late Norman Rosenberger; and Frances Stuart, wife of Clarence Stuart. In a feature in the Altoona Herald about the induction, some of the countless projects by the Lions for the community were recounted. Club President Jay Rosenberger estimated over \$120,000 had been put into community projects during the club's 40 years. Altoona's Lions Park and other city sports and recreation facilities have been among the major benefactors."



MARION NOON LIONS CLUB members cook on the griddles for the Swamp Fox Breakfast. Left to right are Lions Todd Stigerwaldt, Nancy Miller, Vic Klopfenstien and Dave Dewalle.

ADDITIONAL DIGITAL COVERAGE

An Orientation Handout for New Members (and Reminder for Present Ones)

***Compiled By Brian Pattyson
9SE GMT Coordinator***

Lions Clubs International was started in Chicago on June 7, 1917, by insurance agent Melvin Jones and other businessmen to serve their communities.

During the 1925 international convention in Cedar Point, Ohio, Helen Keller charged Lions to become “Knights of the blind in the crusade against darkness.” Lions have upheld Helen Keller’s request, concentrating in areas related to sight in some of the following manners:

- Lion George Bonham invented the white cane with a wide red band to assist with navigation of sight impaired.
- Lions donated a “Talking Book” for blind to hear.
- Lions collect used eyeglasses and hearing aids to repair and distribute.
- Lions support guide dogs training.
- Lions sponsor most eye banks.
- Lions started Blind Camp in Wyoming.
- Lions SightFirst program launched to eradicate blindness.
- Lions partnered OPEN EYES program to screen vision of Special Olympics athletes.

Some other Lions Clubs International Projects:

- Launched Leo Club youth program in 1957.
- Major catastrophe grants for earthquakes, floods, etc.
- LCIF has given 13,000 grants in the last 50 years totalling \$982 million.
- Partnered with The Carter Center for river blindness treatment.
- Partnered with The Bill & Melinda Gates Foundation to combat measles.

Some Lion Club Members You know

- President Jimmy Carter (39th)
- President Gerald Ford (38th)

- U.S. Senator Chuck Grassley of Iowa – serving since 1981
- Edmund Hillary – first to reach summit of Mount Everest
- Amelia Earhart – honorary member, first woman to fly solo across Atlantic
- Admiral Richard Bird – flew over Antarctic and led expedition
- Larry Bird – Basketball Hall of Fame
- Chester Gould – Created Dick Tracy
- Roberto Clemente – Baseball Hall of Fame
- Johnny Rutherford – won Indy 500 three times
- Karen Taylor-Good – singer and songwriter – “On Angels’ Wings”

Your Lions Club History

- Charter Date
- Number of Charter Members
- Anniversary Date Celebration!
- First President
- Club President & other officers
- Membership Chairman
- Membership Committee
- Percent Women Members
- Club’s Mission Statement
- Number of service organizations in community and how Lions compare.

Note: Lions Clubs International uses all of the contributions for their humanitarian projects; every dime goes to funding; nothing to administrative costs, like most other non-profits!

Lions continue to serve their local and international communities in ever-increasing ways. (210 countries, 47,000+ Lions Clubs, approaching 1.5 Million members!)

**“Where there is a need,
there is a Lion!”**

Diagnosing and Preventing Diabetes

This article is continued from Page 16

By Lion Michele Malone

9NE Diabetes Awareness Chair

Diagnosing diabetes: There are several ways to diagnose diabetes. Each way usually needs to be repeated on a second day to diagnose diabetes.

Testing should be carried out in a health care setting (such as your doctor's office or a lab). If your doctor determines that your blood glucose level is very high, or if you have classic symptoms of high blood glucose in addition to one positive test, your doctor may not require a second test to diagnose diabetes.

The A1C test measures your average blood glucose for the past 2 to 3 months. The advantage of being diagnosed this way is that you don't have to fast or drink anything.

The Fasting Plasma Glucose (FPG) test checks your fasting blood glucose levels. Fasting means after not having anything to eat or drink (except water) for at least 8 hours before the test. This test is usually done first thing in the morning, before breakfast.

The Oral Glucose Tolerance Test (OGTT) is a two-hour test that checks your blood glucose levels before and 2 hours after you drink a special sweet drink. It tells the doctor how your body processes glucose.

A Random (also called Casual) Plasma Glucose test is a blood glucose check at any time of the day when you have diabetic symptoms. Diabetes is

diagnosed at blood glucose greater than or equal to 200 mg/dl.

Prediabetes: Before people develop Type 2 diabetes, they almost always have "prediabetes" — blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. Doctors sometimes refer to prediabetes as impaired glucose tolerance (IGT) or impaired fasting glucose (IFG), depending on what test was used when it was detected. This condition puts you at a higher risk for developing type 2 diabetes and cardiovascular disease.

Preventing Type 2 Diabetes

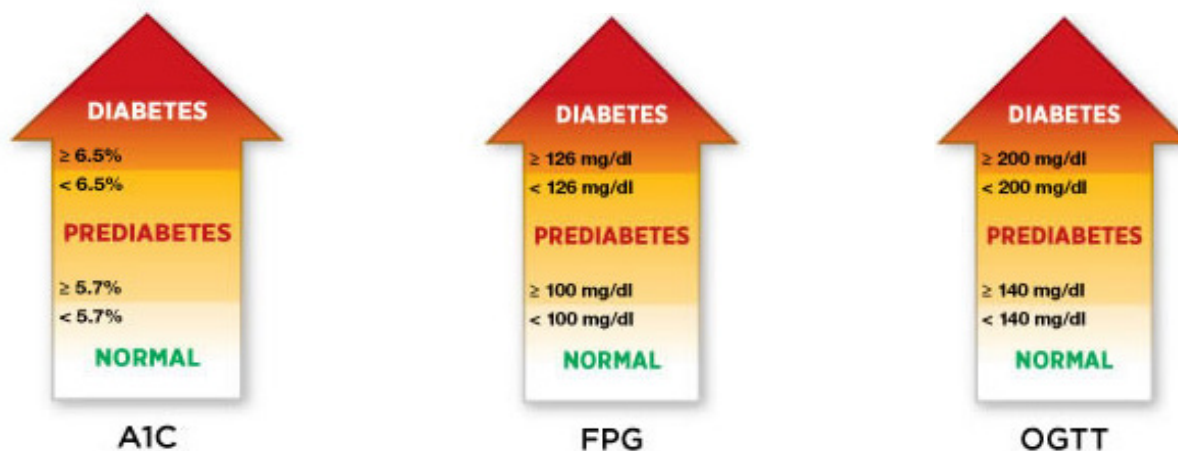
You will not develop Type 2 diabetes automatically if you have prediabetes. For some people with prediabetes, early treatment can actually return blood glucose levels to the normal range. There are no clear symptoms of prediabetes, so, you may have it and not know it.

Research shows that you can lower your risk for Type 2 diabetes by 58% by:

- Losing 7% of your body weight (or 14 pounds if you weigh 200 pounds)
- Exercising moderately (such as brisk walking) 30 minutes a day, five days a week

Don't worry if you can't get to your ideal body weight. Losing even 10 to 15 pounds can make a huge difference.

Managing individuals diagnosed with diabetes is also centered on promoting physical activity and healthy nutrition. Medications may also be used in those diagnosed with prediabetes and diabetes.



ADDITIONAL DIGITAL COVERAGE

More Changes Coming for Eastern Iowa Tissue Relay

By Phil Larabee

Eastern Iowa Tissue Relay Coordinator

About a year ago, I was notified of a significant drop – approximately 50% – in the number of the eye tissue relays from Iowa City, Iowa, to Madison, Wisconsin, because the Lions Eye Bank of Wisconsin started to cut its own eye tissue for transplant.

The Lions Eye Bank of Wisconsin is now certified to cut the balance of their own eye tissue for transplant, thus the Eastern Iowa Tissue Relay will soon see the number of relays from Iowa City to Madison drop to an occasional trip, or at best become a back-up relay for the Lions Eye Bank of Wisconsin.

While I am disappointed with the number of relays dropping to almost none, I firmly believe the change in the purpose of the Eastern Iowa Tissue Relay is good. This relay has many Lions who are ready and willing to work toward a common goal. I hope to make an announcement sometime in the first quarter of 2018 as to the new mission of this relay. Until then, Eastern Iowa Tissue Relay drivers please continue to keep your information current with the Iowa Lions Eye Bank so when the dispatcher calls looking for a driver, you are ready to serve others in need.

Calling All Crafty Lions

Are you handy with a crochet hook or knitting needles? We are in need of crocheted and knitted 12" by 12" squares. We will have a space set up for working on the afghans at Mid-Winter Lions Leadership Conference on Jan. 12-13 at the Sheraton in West Des Moines. We have had people ready and willing to sew the squares together at the conference, but we need the pre-made crocheted or knitted squares.

Thanks for your continued efforts with this project. The Ronald McDonald houses are very appreciative of the afghans we deliver to them.

If you have any questions, please call DG Nancy Slack at 515-402-2096.

A Set in Stone Legacy



Greenfield Lions dedicated playground equipment for the South Side Park. They have been working on this project for 4 to 5 years with help from other city organizations and businesses. The rock was painted by Bubba Sorensen, who paints patriotic rocks all over the state. Sponsors are listed on one side of the rock (shown above) while the park name is on the other side. Below, PDG Dean Brant and Greenfield Lions Club Secretary Jeff Labarge inspect the finished project. The club also donated a large Lions statue from their parade float to the Adair County Museum, leaving their legacy in southwest Iowa.

