

The IOWA LION

October 2019



iowalions.org

Plan for World Diabetes Day



world diabetes day
14 November

By PDG Bill Shuttars
MD9 Diabetes Awareness Chair

Have you ever wondered why November is recognized as Diabetes Awareness Month or how Nov. 14 was selected as World Diabetes Day?

Canadian Frederick Banting, one of the discoverers of insulin in 1921, was born on Nov. 14, 1891. He was further honored when, in 2007, the UN made his birthday World Diabetes Day.

Thirty million (9.4%) U.S. citizens have diabetes. Another 84 million are pre-diabetic (not a disease), between 15 and 30% will develop Type II diabetes within 5 years.

Twelve million people visit the emergency room each year with diabetic problems. One quarter of those with diabetes are not aware of it.

Diabetes is the seventh leading cause of death in the U.S. — 76,000 people will die from diabetes each year. The cost of diabetes in the United States alone is \$322 billion.

It isn't just Americans who suffer from diabetes. After all, it is World Diabetes Month.

Globally, 422 million people have diabetes and an estimated 5 million die annually, over 4.5 times the rate in the U.S. It is the 8th leading cause of death in the world. Only one quarter of the developing countries have the technology to deal with diabetes.

The World Diabetes Day theme for 2019 is "The Family and Diabetes." What can we do to help protect our families?

First know the signs:

1. Frequent urination
2. Constantly thirsty
3. Breath stinks or smells fruity
4. Always tired
5. Hungry even after eating
6. Blurry vision or vision changes often
7. Cuts and bruises take a long time to heal
8. Hands and feet feel numb, tingly or itch
9. Unexplained weight loss
10. Irritable or frequent mood swings

Then be proactive:

1. Check your risk and blood glucose
2. Stay hydrated
3. Eat well
4. Get plenty of sleep
5. Be physically active
6. Manage weight

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BUTTERFLY GARDEN. The DeWitt Noon Lions Club has maintained the Butterfly Garden in Westbrook Park for several years now. Peg Thiltgen started it and several Lions members help her maintain it. The garden has plenty of milkweed plants to attract monarch butterflies. It is definitely worthwhile to visit.

UPCOMING EVENTS

October	Lions Vision Awareness Month
Oct. 15	National White Cane Day
Oct. 18-20	Midwest Faculty Development Institute, Independence, Missouri
Oct. 19	Council of Governors meeting Reception for PID Ardie Klemish following Council of Governors meeting, Ames
Oct. 25-26	District 9SW Convention Winterset
Oct. 29	9EC Past District Governors Mtg
Oct. 30	9SE Cabinet meeting
November	Lions Diabetes Awareness Month 9EC Diabetes Proclamation Month
Nov. 2	District 9EC Fall Rally Camp Courageous
Nov. 2	MD9 State Leo Convention Burlington
Nov. 14	World Diabetes Day
Jan. 10	Council of Governors meeting
Jan. 11	MD9 Mid-Winter Conference Marshalltown
Feb. 15	Int'l Childhood Cancer Day
March 21	9EC Spring Convention

CONTINUED FROM PAGE 1

7. Limit alcohol and quit smoking
8. Manage stress
9. Set goals and keep learning
10. See health provider regularly

What Can My Club Do?

- Hold a Strides walk, ride or run.
- Partner with healthcare professionals to hold a diabetes awareness fair.
- Offer a blood glucose screening at your next fundraiser or blood drive.
- Order "Help Someone You Love With Diabetes" bookmarks from the Lions Store and pass out in your community.
- Go to the Lions Clubs International web site, select Resources and then search for "Diabetes Project Ideas." You will have a list of 25 possible activities. There are some planning guides available.

THE IOWA LION VOLUME 55 - NO. 3 OCTOBER 2019



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.

DG Debbie Doty, Editor

309 A Ave. East

Oskaloosa, Iowa 52577

Phone: (641) 673-4173

E-mail: editor@iowalions.org

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

International Report

Past International Director

Ardie Klemish

P.O. Box 175

Anita, Iowa 50020

641-740-0148

ardieklemish@gmail.com



Iowans at 2019 USA/Canada Forum

Twenty-one Iowans attended the 43rd annual USA/Canada Forum in Spokane, Washington, Sept. 19-21. The High Street Show Band opened the event with high-energy music that had everyone dancing in the aisles. Dynamic keynote meal speakers included Sherre' DeMao, Joshua Allison, and LCI International President Dr. Jung-Yul Choi, who challenged us to embrace diversity and to each have a personal involvement in Campaign 100.

Seventy-seven seminars were presented in two-and-a-half days. Iowa presenters for seminars were Council Chair Pat Parker and Past International Directors Judy Hankom and Gary Fry. Several Iowans participated in the Strides Walk for Diabetes and helped with the special service activity. Plan now to attend the 2020 Forum in Louisville, Kentucky, so you are ready to help us when the 2021 Forum is in Iowa.

World Diabetes Day is Nov. 14

President Dr. Jung-Yul Choi has challenged members and clubs globally to screen one million people for diabetes, in partnership with the World Diabetes Foundation.

Lions Leadership Institutes – A Brief Overview

Regional Lions Leadership Institutes (RLLIs): (in the Midwest, that's Great Plains Lions Leadership Institute [GPLLI]): a 3-day event held in several regional locations throughout the world. Nine leadership classes for life skills, designed for Lions who are currently serving at club or possibly district level. Cost is approx. \$200/person includes class materials, meals, lodging. Students pay their own travel.

Emerging Lions Leadership Institute (ELLI): Focuses on building skills for club officer level leadership. As of 2020, ELLI will be held once per year at the multiple district level instead of at the Constitutional Area (U.S. & Canada). Cost is approx.

\$150-\$200/person. This was previously held once a year at the Constitutional Area level. Students pay their own travel.

Advanced Lions Leadership Institute (ALLI):

Previously called Senior Lions Leadership Institute, this school focuses on building skills for district level leadership. Applicants need to have served as club president, but have not yet attained position of first vice district governor. ALLI is held one time per year in each Constitutional Area (for us, that's the U.S. & Canada). Cost is \$125 per person. Students pay their own travel. Meals, lodging and class materials are provided in the tuition. This year's ALLI for our Constitutional Area is Nov. 9-11, 2019, in Chicago, Illinois. The application deadline was Aug. 26.

Faculty Development Institute (FDI): Purpose of this school is to "train the trainers" and to enhance training delivery skills, techniques and effectiveness of all Lions leadership development programs. Applicants must have experience serving as instructors at district and multiple district events, using PowerPoint. Cost of 3-day event is \$150 with meals, lodging and class material provided. Students pay their own travel. Previously, FDI was held one time per year in each Constitutional Area with a maximum of 40 students accepted. The dates for this Lions year are Jan. 18-20, 2020, in Houston, Texas. Applications due Nov. 4, 2019. There is also a pilot Midwest FDI Oct. 18-20, 2019 in Independence, Missouri. Application deadline was Sept. 1, 2019. As of 2020, all faculty members of LCI institutes must be graduates of FDI/LCIP.

Lions Certified Instructor Program (LCIP) is a new enhanced program that replaced the Faculty Development Excellence Series. It's for Lions to become certified instructors/faculty at RLLI, ELLI, ALLI and FDI, as well as International First Vice District Governors/District Governors Elect Seminars. Effective July 2020, LCIP certification is a requirement to serve as faculty at all LCI institutes. Because of the high number of applications, acceptance into LCIP training is not guaranteed. Furthermore, attendance does not guarantee certification. Cost of this 3-day event is \$200 with meals, lodging and class materials provided. Students pay their own travel. Dates for this Lions year are Oct. 18-21, 2019, in Calgary, Alberta, Canada. The application deadline was Aug. 6, 2019.

All seven districts in Iowa have some sort of scholarship program for training. Lions interested in attending any of the above-listed institutes should contact their district governors or district Global Leadership Team coordinators for more information.

Loss of Hearing No Longer Life Sentence for the Deaf

*By PDG Gary Glockhoff
9EC Iowa Lions Foundation Trustee*

During Helen Keller's time (b.1880-d.1968), hearing loss was pretty much a life sentence. Today there are options, lots of options.

Camille Dunn, Ph.D., of the University of Iowa (UI) Department of Otolaryngology-Head and Neck Surgery, gave Kristin and me a tour of the department and brought us up to date with all things hearing.

The Lions of Iowa have been supporting the UI Cochlear Implant Center from its inception in 1983. We took a chance on a little known technology with a \$100,000 Lions Clubs International Foundation grant and have supported the center with an annual donation ever since. Additional grants from the National Institute of Health for the center have totaled \$66 million to date. The NIH doesn't like to pay for necessary research hardware, so our annual \$15,000 gift to the center is primarily used to purchase special equipment to make their research possible.

Recent research has been centered on understanding the reasons for result variances from one patient to another. U of I researchers have discovered that many variables contribute to the success of patients using cochlear implants. To that end, psychological profiles are created at the beginning of the implant process. Is the patient an optimist or a pessimist? Is the patient social or an introvert? How does the patient's outlook on life affect their ability to succeed with a cochlear implant?

Patients are closely monitored for progress in the

first year of having the implants. EEG's show that when a patient first has the implant, there is a burst of activity in the front language center of the brain where the brain is working hard to translate the impulses from the implant into recognizable sounds. As the brain becomes more proficient, activity migrates to the areas of the brain that are used for thinking and understanding

the concepts that are being communicated.

Early in the program's history, cochlear implants were only for profoundly deaf individuals. Today, implants are being offered to people with partial loss of hearing. Often just the high frequency sound is missing and the low frequency sound is still working. In these cases, an implant can fill the high frequency while a conventional hearing aid can fill in the low frequency. Retaining the residual hearing helps the brain adjust to hearing the electrical impulses of the implant more rapidly. It has also been discovered that people with two implants are less fatigued by the process of listening than those with only one.

Congratulations to the University of Iowa Department of Otolaryngology for remaining a leader in the field of cochlear implant technology, and congratulations to the Lions of Iowa for having the foresight to help found this department and to continue to support it in its mission.



A GIFT FROM LIONS. One of the pieces of equipment funded by the Iowa Lions Foundation.



TINY HELPER. Dr. Camille Dunn of the University of Iowa Department of Otolaryngology-Head and Neck Surgery, displays a cochlear implant.

Training Kicks Into High Gear for Vice District Governors

By PCC Bill Pollard

MD9 Global Leadership Team Coordinator

Most of the first quarter of our Lions year is in the books. District Global Leadership Team Coordinators are doing officer training all around the state. Second vice district governors should be looking at their required course of study to be ready for training in the coming months.

First vice district governors should be receiving information from LCI, if they haven't already, for their District Governor Elect Training in the coming months. VDGs on both 1st and 2nd levels need to do these promptly so you won't have to rush yourselves later. As always, if you have any questions, you know how to contact me.

One major change is that a lot more of the training responsibilities are being pushed back to the multiple district leaders. We are working to make this as seamless as possible, but there will be some rips along the way, so please be patient. VDGs will be receiving information from me. Please respond quickly so the chain of communication stays connected.

Leadership in our multiple district is waning, as it has over the last decade, and I believe it's directly aligned with our drop in membership. Many so-called

experts are blaming it on the clubs not modernizing. That might be so, but the reality of it is humanity is changing. We have new generations that have not studied civics as we did 30 years ago. The young adults seem to only want to work on projects that give them instant gratification and we all know that ain't us.

How do we combat that?

I think its multi-faceted;

1. Better visibility of our clubs' works,
2. Seek out projects that have children and young adults involved,
3. Make sure we beep our own horn.

This cannot be accomplished by one person; it needs to be a club-sized effort for it to succeed.

So sit down with your board initially and discuss ideas to make it work. Once you have taken down the ideas, write up a plan. Make a reasonable time line and target date. Assign a committee of active Lions to get it going.

Be sure to utilize your district and state level Global Action Team to help out at every level of your project. You don't have to reinvent the wheel, call on us to help instead.



NEW MEMBERS. Inducting new members is always fun for district governors when they conduct official visits. **(Left photo)** Lion Janet Junker, left, and 9NC District Governor Dennis Lee, right, welcome new member Nancy Abkes to the Parkersburg Lions Club. **(Center photo)** 9NW District Governor Dale Schoening inducts new Akron Lions member Gloria Thorson along with her sponsor, Akron Lions President Dee Watson. **(Right photo)** 9SE District Governor Debbie Doty (not pictured) presented awards and inducted new Lion Jennie Greene, center, into the Crawfordsville Lions Club. Pictured, from left, are Crawfordsville Lions President Larry Swailes, Lion Jennie and her dad and sponsor Lion Joel Greene. Lion Jennie has basically grown up helping the Crawfordsville Lions with their projects, so joining as an adult was a natural fit.

A View from the Chair

Council Chair Patrick Parker

**404 W. Jackson St.
Panora, Iowa 50216**

641-757-7961
parkerlc@netins.net



Just like that, the first quarter is done and we are into October. In the first quarter, two districts have received grants from Lions Clubs International Foundation. District 9MC received a \$39,000 diabetes grant and District 9SW received a \$10,500 grant to help school districts affected by last spring's flooding along the Missouri River get needed school supplies. If your club has not given to campaign 100 yet, please consider doing so. As you can see, the money does come back to help here in Iowa. I would like to encourage all Lions to consider giving \$100 per year to our foundation. If you and/or club have already given, I thank you.

As of July 1, 2019, all service activities are to be reported in MyLion. All districts have been conducting training to help clubs. If you are having any issues getting into the site or could use some more assistance, please reach out to your district governor teams or your district IT chairperson.

I have seen many clubs are taking on the diabetes challenge and are doing service projects to help promote diabetes awareness. If all clubs would embrace diabetes the same way we did vision, just think of all the lives we will touch. In the first 20 years of the Iowa KidSight Program, we have touched over 500,000 lives.

Several Lions from around Iowa traveled to Spokane, Washington for the USA/Canada Lions Leadership Forum. It was a great opportunity to meet fellow Lions from around the country and to learn what they are doing. There were many seminars designed to help us become better Lions.

The USA/Canada Forum will be held in Des Moines, Iowa, in September 2021 and the host committee is looking for volunteers to help. Watch for articles in The Iowa Lion and displays at state and district conventions with more information on how you can help.

All Districts and Clubs are reminded to do their 990N before Nov. 15, 2019.

As we work to strengthen our clubs, remember to be proud that you are a Lion and show it to your community. When you are doing service projects and fundraisers, remember to wear a Lions polo, t-shirt or vest so everyone knows you are a Lion and you are proud to be one.

Take time to thank your club members who do outstanding things to help your club. We are all volunteers. Also thank your community for supporting your club.

The State Planning Committee is working hard at planning this year's Mid-Winter Leadership Conference. It will be held in Marshalltown this year. They are planning the conference for all Lions, no matter how long you have been a Lion. Based on feedback from past conferences, they have it down to one day of training and have cut the price to make it more affordable. I hope to see you there, learning new ideas and sharing your club successes.

I would like to encourage clubs to look for ways to partner with clubs in your zone to help each other or to do a service project in a neighboring community that does not yet have a Lions club. If your club is doing a service project and needs help, reach out to your district governor and ask them to help spread the word to other clubs that you need help.



FLOOD ASSISTANCE. Lion Sally Shelton, 1st Vice President of the Blue Grass Lions Club, presents a \$1,600 check to Buffalo Mayor Doug Anderson to help the flood victims in Buffalo. Pictured, from left, are 1st VP Shelton, Mayor Anderson, 9EC 1st Vice District Governor Chester (Stan) Stanfield and Secretary/Treasurer Evelyn Troyer. The club collected \$800 in donations in one day in front of Casey's, Jeff's Market and Dick-n-Sons Lumber in Blue Grass. That amount was matched by the District Care and Share Fund.

Statement of Ownership, Management and Circulation

1. Publication Title: The Iowa Lion. 2. Publication Number: 0162-3834. 3. Filing Date: 9-24-2018. 4. Issue Frequency: Monthly except joint issues July/August and December/January. 5. Number of Issues Published Annually: 10. 6. Annual Subscription Price: \$5.66. 7. Complete Mailing Address of Known Office of Publication (*Not printer*): 2300 South Duff Avenue, Ames, Story County, IA 50010-8038. Contact Person: Timothy Wilson. Telephone: 515-232-2215. Complete Mailing Address of Headquarters or General Business Office of Publisher (*Not printer*): 2300 South Duff Avenue, Ames, IA 50010-8038. 9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Manager Editor (*Do not leave blank*)... Publisher: Lions Clubs of Iowa, 2300 South Duff Avenue, Ames, IA 50010-8038. Editor: Debbie Doty, P.O. Box 251, University Park, IA 52595. Managing Editor: Debbie Doty, P.O. Box 251, University Park, IA 52595. 10. Owner - Full Name: Lions Clubs of Iowa, Complete Address - 2300 South Duff Avenue, Ames, IA 50010-8038. 11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities. If none, check box: ☒. 12. Tax Status: ☒ Has Not Changed During Preceding 12 Months. 13. Publication Title: The Iowa Lion. 14. Issue Date for Circulation Data Below: October 2019.

15. Extent and Nature of Circulation	Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Total Number of Copies (<i>Net Press Run</i>)	725	720
b. Paid Circulation (<i>By Mail and Outside the Mail</i>)		
(1) Mailed Outside - County Paid Subscriptions Stated on PS Form 3541	0	0
(2) Mailed In-County Paid Subscriptions Stated on PS Form 3541	625	620
(3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distributors Outside of USPS	0	0
(4) Paid Distribution by Other Classes of Mail Through USPS	0	0
c. Total Paid Distribution <i>{Sum of 15b (1), (2), (3), and (4)}</i>	625	620
d. Free or Nominal Rate Distribution (<i>By Mail or Outside the Mail</i>)		
(1) Free or Nominal Rate Outside-County Copies included on PS Form 3541	0	0
(2) Free or Nominal Rate In-County Copies included on PS Form 3541	0	0
(3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g. First-Class Mail)	0	0
(4) Free or Nominal Rate Distribution Outside the Mail (<i>Carriers or other means</i>)	0	0
e. Total Free or Nominal Rate Distribution <i>{Sum of 15d (1), (2), (3), and (4)}</i>	0	0
f. Total Distribution (<i>Sum of 15c and 15e</i>)	625	620
g. Copies not Distributed	100	100
h. Total (<i>Sum of 15f and g</i>)	725	720
i. Percent Paid (<i>15c divided by 15f times 100</i>)	100	100
16. Electronic Copy Circulation		
a. Paid Electronic Copies	5135	5542
b. Total Paid Print Copies (Line 15c) + Paid Electronic Copies (Line 16a)	5760	6162
c. Total Print Distribution (Line 15f) + Paid Electronic Copies (Line 16a)	5760	6162
d. Percent Paid (Both Print & Electronic Copies <i>(16b divided by 16c x 100)</i>)	100	100
<input checked="" type="checkbox"/> I certify that 50% of all my distributed copies (electronic and print) are paid above a nominal price.		
17. Publication of Statement of Ownership. <input checked="" type="checkbox"/> If the publication is a general publication, publication of this statement is required. Will be printed in the October issue of this publication.		
18. Signature and Title of Editor, Publisher, Business Manager, or Owner: (Signed) Timothy Wilson, State Administrator. Date: 9/24/2019. I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).		

Back to School Bash



(Above photo) 9EC District Governor Tony Hill takes a turn in the dunk tank at the Clinton High School Kings & Queens Leo Club's 2nd annual Back to School Bash on Aug. 15. DG Tony said he found occupying the dunk tank to be "a very wet ordeal!" (Below photo) The Clinton Kings & Queens Leos pose for a group photo at the event.



CORRECTION

The address to mail registration forms for the 9EC Fall Rally was listed incorrectly in the September issue. The correct address to send your 9EC Fall Rally registrations is:

Lion Kevin Adams
2928 335th St.
Hopkinton, Iowa 52237

District 9SE

District Governor Debbie Doty

P.O. Box 251

University Park, Iowa 52595

641-504-0117 (c)

641-673-4173 (w)

debbie@dotypc.com



November is National Diabetes Month. I hope all 49 clubs in the district are planning some sort of diabetes event this year. It is one of the district's goals that we all do. I've talked to several clubs that are planning on doing so. Some clubs, like Crawfordsville Lions, are planning on passing out some diabetes information during a blood drive. The Oskaloosa Lions Club is planning a diabetes fair with a Strides Walk at their local mall where many health care professionals will offer screenings and information on preventing the disease and living successfully with diabetes. The Solon Centennial Lions Club is planning a big bike ride event for families just before Halloween where the kids can wear their costumes and have some fun while learning about diabetes.

If you haven't started planning a diabetes awareness event yet this year, it's not too late. It doesn't have to be held in November. As long as your club does some kind of diabetes service activity this Lions year, you will help us meet our goal of 100% participation.

Please be sure to send me your photos of your events so I can include them in The Iowa Lion or share them on our 9SE Facebook page.

I hope that all clubs will send at least one representative to the newly-revamped Iowa Lions Mid-Winter Conference on Jan. 11 in Marshalltown. It's a one-day event now with lots of informative seminars that are beneficial to all Lions. Watch The Iowa Lion for registration information.

WELCOME NEW MEMBERS

Club	Member	Sponsor
Clear Creek	Mike Ryan	Tina Grace
Melcher-Dallas	Madonna Kadera	Kina Mann
Morning Sun	Daniel Madden Jr.	Elizabeth Kuhlemeyer
Oskaloosa	Michelle Ruprecht	Debbie Doty

Has your club gotten your official visit scheduled yet? Vice District Governors Bryan Bross, Nancy Oehler-Love and I have two-thirds of the clubs on the schedule. We'd like to have them all on the schedule before the holidays, even if you like to have your DG visit in the spring. Please give us a call and get us on the schedule. You can even pair with a neighboring club to host the DG team, if you'd like. It doesn't have to be elaborate. It doesn't have to include a meal. It can be a normal club meeting. We've divided the clubs amongst the DG team. Call or email me to see which of us is scheduled for your club and get us on your calendar if you haven't already done so.

In Memoriam

Club	Member	Years a Lion
Iowa City	Robert Yager	59 Years
Keokuk	William Peel	60 Years
Wayland	Vernon Leighty	5 Years

9SE Service Activities Reported for the Month of August

PELLA KidSight screened 27 children.

KEOKUK collected 245 pairs of used eyeglasses; conducted a KidSight screening.

OTTUMWA NOON gave blood at a local blood bank; spoke about Lions at the local Kiwanis club; volunteered at a local food pantry.

CORYDON ran a concession stand at the city's annual celebration; worked three nights running the concession stand at the local movie theater and cleaned up the theater after the show.

NORTH LIBERTY held KidSight screenings at Servolution LIFE Church in Coralville and North Liberty Community Center; held a Lions Club cookout at the club president's house.

SIGOURNEY held its annual Cutie Kiddie contest.

WASHINGTON ran a concession stand at the Fluball Tournament in Amana.

OSKALOOSA sold drink tickets and wrist bands at Main Street Oskaloosa's Friday After Five, a concert to raise funds for scholarships.



CANCER ASSISTANCE. Knoxville Lions Club President Tim Deaver presents Sgt. Jessica Soderblom a gift certificate to help offset expenses in her fight with Clear Cell Renal Cell Carcinoma/Stage 4 Lung Cancer. Pictured from left are Sgt. Soderblom's husband Brandon, Sgt. Soderblom, Lion Deaver and Sgt. Jessica Pickering, who reached out to the Lions club on Sgt. Soderblom's behalf.



GOLF SHOOTOUT. Oskaloosa Lions Arvene Bradley and Leslie Nuehring watch as a golfer shoots balls at a target during the chipping game at the Oskaloosa Lions annual Golf Shootout. The fundraiser is a 27-hole golf tournament with additional games for putting, chipping and closest-to-the-pin, where the closest-to-the-pin pays out \$200. The club raised \$2,300 for club projects this year.



READY TO SERVE. (Above) Fremont Lions are ready to serve pancakes and whole hog sausage during Fremont Frontier Days. Pictured from left are Lions Terrie McElroy, Stan Vander Hoek, Kevin Muel and Tim Thornbrugh. (Below) Fremont Lions demonstrate Lions service for sight with the club's entry in the Frontier Days parade.



TRACTOR PULL. (Above) Winners of the Lone Tree Lions Club's annual Kiddies Tractor Pull. The club holds the event during the Lone Tree Fall Festival. This year 36 children between the ages of 2 and 12 participated in five weight classes. Each class winner received their choice of a toy tractor, a ribbon and a certificate for a free ice cream cone. (Below) The Lone Tree Lion mascot rides in the back of a pickup during the Lone Tree Fall Festival parade.



District 9NW

District Governor Dale Schoening

1747 R Ave.

Madrid, Iowa 50156

515-290-7737

daschoening@gmail.com



We are currently working on starting two new Lions Clubs in District 9NW. Yes, you read that correctly – two.

You may recall from what I have written previously that we are working on a new Hispanic Lions Club in Denison. Denison has a population of about 8,500 (an increase of 15% since 2000), and roughly half of the residents are Latino. Our Global Membership Chair Sondra Rierson has been to Denison recently and talked with some folks there. She has found the need for such a club, some interest and a possible way for such a club to serve its community.

I have put in a request for a new club consultant from Lions Clubs International who specializes in Latino clubs. I am hoping this consultant can come in October. By the time you read this, I hope to have him scheduled and will be looking for help in this effort. The consultant will lead a workshop for those participating in starting this club and then will help us with recruitment and organization. So that effort is under way.

In addition, we have had another opportunity come our way. Past Council Chair Don Maynes has been in conversation for a couple of years with leadership at Western Iowa Tech Community College in Sioux City about a number of things. The aspect of these conversations that mostly affects us is that WIT is very interested in starting a Campus Lions Club at their main campus in Sioux City. I am planning to hold an informational meeting yet in September and

hope to be able to move forward soon thereafter. We are receiving excellent support from the college administration with recruiting members for the new club. We envision this club being open to students, administration, faculty, staff and alumni. With the rapid turnover in the student body that happens at a two-year college like WIT, it is essential to have people who are there for the longer term to maintain continuity.

Please support our district's Global Action Team in these efforts.

SAVE THE DATE!

The 2020 District Convention will be held Saturday, April 18, 2020. The probable location (a few details are still being finalized) is Western Iowa Tech Community College in Sioux City. This is a marvelous facility and the college is letting us use it for little or no cost, meaning the registration cost will be very reasonable.

Our guest International Director will be ID Mike Banks from Stillwater, Oklahoma. He was elected to the International Board at the 2019 International Convention in Milan, Italy. DG Dale is working on a convention program that will be worth your while to attend. More details will be forthcoming in the next few months.

As of the end of August, District 9NW had 783 members in 38 clubs. This is a net loss of 1 for the month and 14 for the year. Keep inviting new members and working on retaining the ones we have.

Help with Service Reporting

We are aware that at least part of the reason so little has been reported this month is because a lot of our clubs have not yet figured out how to use the new MyLion reporting system. Again, only two clubs reported anything on that system; some others have communicated their activities by email.

If you need help with MyLion, contact state IT chair Ron Schappaugh. His contact info is in the Who's Who, or can be obtained from the State Office or DG Dale. In addition, there are two YouTube videos available. Our district PR chair, PDG Stefan Sandberg, recently sent the links for those to as many club officers as receive the district Newsflashes via email. If you need those links, Ron Schappaugh, PDG Stefan or DG Dale can provide those as well. We are planning also to have some training on this subject around the district.

NEW MEMBERS!

We welcome these new Lions who have joined us in service!

Club	Member	Sponsor
Carroll	Beverly Kramer	Sondra Rierson
Carroll	Summer M. Martin	Deborah Grade



ATTRACTIVE WELCOME. Grand Junction Lions Club sponsored this new sign that appears at the entrance of their community. It was painted by the high school art class at Greene County High School in Jefferson and installed by the Lions.

Club Service Activities for the Month of August

CARROLL provided financial assistance to help a low-income person purchase a hearing aid; assembled 63 hygiene kits for school guidance counselors to give to needy children; did two KidSight screenings, screening 104 children.

CHURDAN delivered Meals on Wheels every week, five days a week, serving 140 people.

FORT DODGE NOON held a pancake breakfast at the Dragon Boat Festival, raising \$500.

GRAND JUNCTION held a pancake breakfast, raising \$1,000.



MERRILL served the evening meal the third Thursday of the month at the Sioux City Gospel Mission; provided 400 backpacks loaded with school supplies that were gifted to needy school children in Plymouth County, with funding provided through a grant from the Plymouth County Foundation. Pictured above helping with the Backpack Giveaway are (L-R) Connie Vornbrock, Eleanor Luze, Vicky Hemmelman, Margaret Marienau, JoAnn Rowenhorst, Glen Udell, Glenda Hobson and Kelly Nashleanas. Not pictured: Bev Fagan.



MANSON sponsored a Bike-A-Thon, raising \$280 for the Manson Ministerial Association for their emergency transient fund (pictured above).



District 9MC

District Governor Judy Stone

2540 180th St.

Marshalltown, Iowa 50158

641-328-0270

jstone4254@live.com



2019/2020 Service Totals for Iowa Lions YTD

59,759 people served

7 people served per member

268 activities

9,575 hours of service

22% of clubs reporting

Here comes fall. I have so enjoyed our summer activities. I spent some time at Old Threshers Reunion at the New London Lions food booth. I cut pies and separated pork steaks, huge thanks to PDG Dave McGregor. Volunteering in their booth has the added benefit of backing up to the parade route, so you have a bird's eye view of the machine parade. Being a city-raised brat, I so appreciate this kind of event. Another that comes with summer and our state fair is the Altoona Lions spin art booth.

We have completed our officers training. It was held in Newton and Traer with 14 clubs represented. If you feel that you still require help with a function or the use of the MyLion app, just let me know and I will get you scheduled for one on one training.

As we move into cooler temperatures, keep in mind those service projects that provide warm clothing for our kids, help a teacher restock those school supplies or buy a Christmas present for a veteran. There are always cold weather needs in our communities.

NEW MEMBERS

Doug Casey — Altoona

Tracey Casey — Altoona

Jeff Petticord — Bondurant

Tyler Engelbart — Grimes

James Ellenberger — Reinbeck

Zack Sherman — Reinbeck



SPIN CITY. Lions Jeff Nolin and Tom Mileham work the Altoona Spin Art booth at the Iowa State Fair.

Altoona Lions Club: The Spin Art Club

By PCC Bill Pollard

Altoona Lions Club

Our club is a diverse group of people who have taken their skills and made one of the best fundraising ideas ever. In 1964, Don Townsend and his dad made the first spin art unit. From that the 10 units were built that we use currently at the Iowa State Fair.

We also use this as a service project in our community. The churches and schools use these for their projects. The supplies and units are provided free of charge for their use. We limit its use to in-town organizations, such as the girls Little League and day care providers. They usually donate something according to their ability. This has provided a great opportunity to raise necessary funds for the food bank, Dollars for Scholars, Iowa Lions Foundation, LCIF and KidSight.

We are very proud of the commitment that our Lions have provided since 1964. Club Treasurer Roger Mahnke has spearheaded this project for 54 years, retiring this year. It will take a number of Lions to fill his shoes.

Every year Altoona Lions depend on non-Lion volunteers that help. This year, they were high school students needing service credits for silver cord awards. This group of 10 students worked 92 hours during the state fair.

Neighboring Mitchellville Lions Club assisted again this year. The Altoona Lions Club donated to their club for the hours they worked, making it a great fundraiser for them as well.

Service Activities Completed by Club

District 9MC donated \$2000 to the Iowa Lions Foundation.

ALTOONA ran a spin art booth at Prairie Meadows United Way fundraiser.

AMES EVENING collected school supplies.

BONDURANT hosted its cow pasture golf outing.

DES MOINES SOUTH held a pancake breakfast at Wakonda Christian Church.

DES MOINES HOST held its annual golf outing; worked KidSight at State Fair.

DYSART held a blood drive, surpassing the goal with 35 units.

EAST DES MOINES adopted a block and cleaned a cemetery.

GRINNELL sold Ag Day discount cards at high school football games (pictured below).



LAUREL held a pancake breakfast last weekend of the month at the American Legion.

MARSHALLTOWN EVENING had successful peach and coffee cake sales; sold popcorn every Saturday at Hy-Vee.

NEVADA had a successful peach sale and built a Lions float. Pictured below, facing the camera from L-R are Paul Malsom, Bob Hunter, Jim Fenn and Jim Geoge.



URBANDALE collected eyeglasses.

WEST DES MOINES ran a sideline chain gang at Valley West football games. Pictured below from L-R are Mike Hammen, Steve Knaus, Don Roose, Dan Hansen, Kim Dickson. WDM Lions Club has been running the chains for WDM Valley varsity football games for 50-plus years.



District 9SW

District Governor Allen Zobel

1119 N. Division St.
Audubon, Iowa 50025

712-304-5066
calz@mediacombb.net



Wow! We are already in October and so much has been accomplished in 9SW. Over half my visits to clubs are done to fire them up to get members. My message is growth in my “TRIFECTA RACE” to change 9SW to a progressive and growing district. These news releases will paint a picture of how to create that success in small and large clubs. 9SW has given out approximately \$27,000 dollars in \$100 food units to the flood victims in our southwest corner, of which \$10,000 was an LCIF grant and rest donations from both private citizens and clubs. In addition, we are giving out at least another \$10,500 to the five schools that were affected, with that being an LCIF grant and have approximately another \$5,000 that is growing for help from additional club donations. We will reach approximately \$50,000 to that area through Lions.

My convention, as you read in last issue, is ready and mostly planned. This has been one of the best three months of my LIONS LIFE. It just can't be any better than a thank you from appreciative citizens getting the help they need.

The results haven't hit the LCI website to show the needed growth 9SW needs to turn the corner to becoming a progressive and growing district, but WE can do it. As I write this, we stand at minus 1 in membership and your DG put us on the spot with his goal of 200 net growth. Our proof of being able to do this is in our successes, such as this example 9SW shares with you. 9SW has made the commitment of giving and growing our donations to Iowa Lions Foundation as more dollars were needed. We are now giving \$31,600, which is an increase of \$3,600 from three years ago. District 9SW can be proud of meeting or surpassing our goal every year. It is the only MD9 district to accomplish that goal. Let's keep the streak going. If we can do it for our foundation and show growth, 9SW surely can do it for our own district. The most important thing is that 9SW knows we can do the 200 net growth by ASKING EVERY1 and FIND1.

As this article is written, my home club of Exira

is planning on inducting six new members this year already and we are just a quarter way through the year. Exira will stand strong at 64 members before long and have a 51-member LEO club that has made a name for itself after five years.

How has the Leo club and this Lions club accomplished this growth and kept its membership growing? The formula is simple, as one of my members stated to me my second year, and I quote Lion Dean Miller, “It's that you keep adding activities and a busy Lion member is a happy Lion doing good here and all.”

Yes, I told my club, as they pushed me into the presidency role, “to hang onto the seat of their pants as they were in for a ride.” I already recognized that the youth today want to give back and had a Leo club formed that spring before I even started my presidency.

It became obvious to my club by November that there was a “new sheriff” and we were growing. With each activity, I reached out to the public and brought in new members. One member said, “Why do we need all these members?” Later his comment was, “Is he ever going to quit adding new activities?” Why are the new activities important? To sustain growth. You better add activities to allow the new members to become engaged. That formula for success worked well as we grew from 29 members to 40+ members that first year. Yes, the chartering of a LEO club did bring about five of those members. In five years, we've doubled our membership because of the Ask Every1 and Find1 approach I used. Every year we've added four to five members and this year is not going to be any different.

The first is getting more members, the second part is adding activities that new members WANT TO DO, not what you think they want to do. The third part of that formula for success is making your club family. Exira Lion Club celebrates members' birthdays and recognizes illnesses. As their president, I tried to call and make sure every member helped somehow each year (tough to accomplish with members that have little kids).

Understand that paying dues is also important to keep our dues at the state and district level low. 9SW can be proud that our membership is good enough to sustain \$6.25 dues at the district level – the lowest in MD9. If we get 200 new members, we can stop talking about possibly raising those dues. A change also was members at meetings is not that important. Let a core of Lions plan the activities but try to get

input from your members, especially new ones, as to what they would like to support and what they like to do. Don't just appoint new members to existing committees because putting them on a committee they aren't excited about may lead to them leaving. Treat them with a sensitive and understanding "glove." Exira Lions have lost approximately six members in the same time period. Our lost members are either deceased or have moved away to other parts of the world and country. We cannot control that geographical movement.

Last factor that I will point out to you is to make yourself visible in your community. I will share ideas on visibility in the next issue.

Thank you for all you do to MEET THE NEEDS of those in NEED!

Club Activities in August

Service chairs and secretaries, if you are having issues with MyLion, please call me to get you the necessary help to make it work: 712-304-5066. We are here to serve you!

ADAIR sang at various care centers; donated to school flood relief project in 9SW.

ADEL donated to the Eagle Scout Project in Adel; donated \$1,000 to both the ADM High School Fine Arts and Athletic booster clubs.

ATLANTIC organized a tractor ride event at the local fair ground.

COUNCIL BLUFFS ran a garage sale to purchase school supplies for students in Council Bluffs District that were flood victims.

EXIRA provided a meal for the teachers in Exira-EHK School District during teacher workshop days.

FONTANELLE provided a bounce house for Greenfield Mud Bog Days.

GLENWOOD donated \$100 to Glenwood Dollar for Scholar Day; collected food.

HARLAN sold tickets to the Cyclone preseason football game with proceeds going to the athletic fund; held a watermelon feed for football and volleyball teams; helped with the 5K run-walk in Audubon.

INDIANOLA NOON served root beer floats and drinks at fair.

MISSOURI VALLEY applied for and received a grant to feed kids over the summer.

NEOLA provided ice cream treats and pancakes to patrons of Neola Hoo Doo Days; donated \$1,000 to Neola NACC; recycled cans, bottles and plastic.

GROWTH CHART

Club	Member	Sponsor
Adair	Mary Klemish	Ken Klemish
Adair	Donna Sheeder	Ken Klemish
Guthrie Center	Michael Dickerson	Kristen Crouthamel
Lorimor	Sarah Edwards	Crystal Mick
Lorimor	Adam Stichter	Crystal Mick
Mount Ayr	Jane Lawhead	Michael Maddy
St. Charles	Calvin Barber	Cody Hutton

9SW District Convention REGISTRATION FORM

Oct. 25-26, 2019

Winterset High School

Friday 4:00 - 8:30 PM • Saturday 7:30 - 3:00 PM

Please Print

1. NAME CLUB/DISTRICT
LION / NON-LION First Timer Y / N

2. NAME CLUB/DISTRICT
LION / NON-LION First Timer Y / N

CONTACT MAILING ADDRESS

CITY & ZIP CODE:

PHONE # EMAIL (OPTIONAL)

I would like a display table for:

I need electricity: Y or N

_____ # Lions @ \$25.00 = \$ _____

_____ # non-Lions @ \$20.00 = \$ _____

Total Enclosed = \$ _____

Make Checks Payable to: District 9SW Lions
and Mail with Registration Form to:

Mary Ann Huegerich
204 East Depot
P.O. Box 556
Exira, Iowa 50076
dalemary@metc.net

District 9EC

District Governor Tony Hill

39643 Nita Dr.

Bellevue, Iowa 52031

563-349-5274

74tony.hill@gmail.com



District 9EC Fall Rally Registration Form

LOCATION: Camp Courageous
12007 190th Street
Monticello, IA 52310

DATE: Saturday, Nov. 2, 2019

TIME: 8:00 a.m. until approx. 3:30 p.m.

COST: \$10.00 / Person
Includes Continental Breakfast, Lunch (Hot Sandwiches, Vegetable & Desserts), Refreshments

Please RSVP by **Wednesday, Oct. 23, 2019**
you can do it by USPS (snail mail) or email to
74tony.hill@gmail.com

Attendee Name(s)

_____ # of attendees X \$10.00 = \$ _____

Make checks payable to "Monticello Lions Club" and mail to: Lion Kevin Adams
2928 335th St.
Hopkinton, Iowa 52237

***Please Come to Build Teamwork,
Have Fun & Learn***

Some of what will be happening at our Rally:

Fraud & Identity Theft Presentation

Stage 1 - New Member Campaign Award Winners

Parade of Checks

**Please bring your club banner as well as
a door prize from your club.**

August New Members – Welcome to Lions!

Member	Club	Sponsor
Sally Burroughs	De Witt	Carole Dunkin
Chad Ulrich	Eldridge	Tony Hill
Christian Andrews	Mount Vernon	Paul Fugate
Jessica Klever	Olin	Tom Mcatee
Kari Puck	Walcott	Jacob Puck
Mike Meisheid	Walker	Jim Meisheid
Greg Norfleet	West Branch	Mike Quinlan
Steve Agnitsch	Wyoming	Jim Eichhorn

Hello Lions of District 9EC, the Fall Rally is fast approaching - Nov. 2! Please make a concerted effort to attend and make sure your club members are aware of the Rally. I would love to see every club in the district represented with at least one member present. I think that you will learn something new that you could take back to your club. We have some excellent speakers lined up that you should enjoy. We have a full slate for the day including:

- Fraud & Identity Theft Presentation
- Pediatric Doctor of Blood Diseases from the University of Iowa Children's Hospital
- Hands on Environmental Project
- Tours of Camp Courageous
- Stage 1 - New Member Campaign - Sponsor Recognition & Club Recognition Awards
- Pin Traders Presentation
- District Chairs Update, including Kid Sight, LCIF, Youth Exchange
- And more !!!

One IMPORTANT thing I would like to ask is to have you and/or your club bring to the Fall Rally some funds so we can help parents that have a child that is diagnosed with pediatric cancer. What we are asking is monies that we can use to purchase cafeteria meal cards for the parents. It is one less thing that the parents would have to worry about when they are spending a significant amount of time at the hospital. The cards are in \$10 increments.

122/366

NEW MEMBER CAMPAIGN

As of August 31, 2019

NEW MEMBERS	12
DROPPED MEMBERS	20
NET GAIN/LOSS	-8

Club Service Activities for August 2019

IMPORTANT! If you are not entering your service activities into MyLion, your service activities will NOT be listed in this report.

ALBURNETT sponsored a Slow Tractor Race & Rodeo for Children's Benefit Day; attended the Iowa KidSight meeting hosted by Connie and Jerry Inman; dropped off eyeglasses; helped park cars at the football game at the Martin Sports Complex; began building the parking barrier at the Martin Sports Complex. They set the lead posts for the parking lot lanes, drilled in posts and tamped in the dirt, strung cable and added reflective tape to finish the parking lot barrier.

BETTENDORF conducted a KidSight vision screening; delivered pizzas to customers and cleaned tables for Tip Night; helped to count and organize donated school supplies to be distributed to area schools; hosted Fishing Has No Boundaries with other area Lions clubs for persons with disabilities.

BLUE GRASS matched \$800 from 9EC Care and Share Fund to the \$800 from the club for a total of \$1,600 for Buffalo, Iowa, flood relief; cooked and served a Pancake Breakfast for Blue Grass American Legion; mowed lawns for seniors; marched in the flag parade at the football game for the Durant American Legion; packed 36 school kits for Lutheran World Relief; served as honor guard for a funeral of a veteran at the Durant American Legion; recycled and composted; crocheted a prayer shawl for a senior citizen; helped in setting up and taking down the kid's games for the St Peter's Catholic Church fundraiser in Buffalo; baked for the Blue Grass American Legion; attended the KidSight training in Mechanicsville; toured the Leader Dogs for the Blind campus in Rochester Hills, Michigan.

CEDAR RAPIDS NOON donated classroom supplies for Wright Elementary School and provided snacks and beverages for an afternoon break as teachers prepared their classrooms for the start of school.

CLINTON conducted a KidSight vision screening; provided an ongoing monthly support group for adults who are living with blindness and/or visual impairment that fosters personal growth, self-determination, peer-to-peer engagement, emotional support, independence and mobility.

DEWITT served pork chop sandwiches, chips and a drink to a transcontinental military convoy that spent the night at the Clinton County Fairgrounds, while DeWitt Noon Lions Club donated homemade bars and cookies.

DEWITT NITE cooked and served dinner for a military convoy doing an 100th anniversary of cross-country trip; served food at "Tunes In Town" to raise money for future projects.

ELDRIDGE collected food for the local food bank; attended KidSight training; collected used glasses from drop boxes around town; participated in National Night Out to make a human chain between towns; helped another Lions club prepare and serve food; delivered food for Milestone.

FAIRFAX did a KidSight vision screening; sold snacks and helped with setting up and tearing down the inflatable movie screen for Movie in the Park at Hawks Ridge Park.

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

LOWDEN sold lemonade, ice cream sundaes and smoothies at the 135th anniversary of Bennett Celebration; did a KidSight screening.

LOW MOOR sponsored the Low Moor Lions Annual Car Show.

MAQUOKETA had a food stand at the Jackson County Fair Parade.

MARION NOON collected 320 pairs of used eyeglasses and turned over 2,500 pairs for transport to a sorting center in Wisconsin.

MECHANICSVILLE worked with food distribution to anyone in need in its multi-town school district; held a Fourth of July Pork Chop Lunch fundraiser; invited Stanwood Lions Club to a dinner meeting.

MUSCATINE read to children to help bring their reading level up to grade.

PRESTON sold food for Island City Days and stayed over to the next morning to cook sausage for the pancake breakfast.

STANWOOD provided Iowa KidSight screenings at the Jones County WIC in Anamosa and did screening at the Iowa State Fair.

TIPTON furnished baked goods to be sold at a health fair, raising \$600 for the ramp project; participated in the 150th celebration of the founding of the Town of Bennett with the Tipton Lions Club's little red wagon being pulled by the club president's team of horses and the Old Jail trolley; built several ramps for people; provided and served a free meal to 36 citizens in the community; collected almost \$3,000 for next year's fireworks.

WALCOTT made pork chop sandwiches and provided a bounce house and games for the kids during the Pork Chop Picnic.

This is our 2nd month of using the new MyLion process on entering activities, and more and more clubs are inputting service activities into MyLion. We are making progress. If you are having issues entering your service activities, please do not hesitate to contact our MD9 IT Chair Person Lion Ron Schappaugh at 515- 337-2657 or email lionronald@gmail.com.

District 9NE

District Governor Doug Boelman

718 Eagle Ridge Road
Cedar Falls, Iowa 50613

319-269-8601

dkboelman@cfu.net



As you read this, I will have returned from the 2019 USA/Canada Forum. I have previously attended three of these forums and find them extremely educational for our Lions careers. In 2021, we will have this forum in Des Moines. Now is the time to go online and to speak with any previous attendees to find out what you can learn and how you can get involved. Our own 2nd VDG Steph Becker is in charge of volunteers and he can be reached at lionstephenb@mediacombb.net. He will be more than happy to find you a position in which you can volunteer to serve.

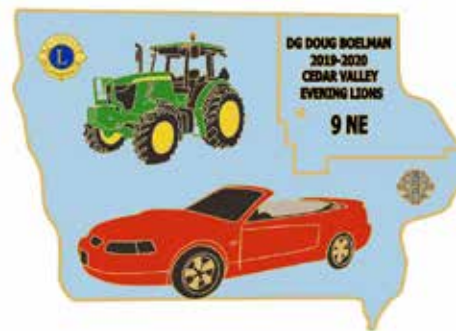
I have been extremely pleased with the help that I have received from 1st VDG Rich Condon and 2nd VDG Steph Becker. My health issues have created some difficulties, but these men have been very supportive when called upon.

Invite non-Lions to help with a service project that your club is having. Hopefully, they would enjoy the project and invite them to become a Lion. Remember we want male or female, young or mature, to join our Lions clubs to make their communities a better place to live, work and play.

As 9EC DG Tony Hill suggested last month, we should consider paying a stipend to any club member that would be willing to attend a district, state or zone meeting from the club's administrative account to cover some of the expenses. This may encourage more club members to attend these events, which is how I got more involved. These are activities other than just club projects or activities.

WELCOME TO LIONS New Members

Benjamin R. Reiff — Independence
Amy L. Van Scoyoc — Independence



I would like to show you my personal district pin and explain the significance of the design: the Mustang convertible is my retirement pleasure, having never owned one before; the John Deere Tractor is a symbol of the Cedar Valley and my farming background and sales career; our Lion's logo; and the outline of District 9NE.

Club Activities

BELLE PLAINE donated \$200 to LCIF for the Bahamas disaster; \$100 to the Iowa Lions Youth Exchange program; set up and tear down a midway of rides and games for the kids attending the afternoon of July 4.

FAYETTE served watermelon at Fayette Watermelon Days.

DENVER served a bratwurst and chili supper; picked up trash on Highway 63.

GARRISON served burgers and brats for a free will donation during the last Farmers Market of the season; raffled off a metal bike art for the Lucas Lint Educational Fund.

EVANSDALE-ELK RUN picked up eyeglasses and hearing aids.

CEDAR FALLS donated \$100 to the Iowa Lions Youth Exchange program.

HAWKEYE held an ice cream social with proceeds going to help with our secret families at Christmas.

JESUP held its annual Truck and Tractor Pull.

VINTON served food and drinks to attendees at the Boom Fest celebration; provided lunch for the Wall Dogs, muralists who worked to restore murals on the downtown businesses; hosted a luncheon to welcome the new teachers of the Vinton Shellsburg School District.

WAVERLY held a food service event that directly provides nutritious foods to hungry community members.

WATERLOO held a food service event that directly provides nutritious foods to hungry community members.

CEDAR VALLEY EVENING helped Waterloo Lions serve a community meal on the 5th Tuesday of the month.



CARING LIONS. Members and volunteers at the Cedar Falls Lions Club stand behind boxes of “Packets of Care” assembled for homeless people in Black Hawk County. See the full feature story on Page 24 of this issue.



HALL OF FAME. Waverly Past Mayor Bob Brunkhorst, left, presents a Waverly Hall of Fame award to Waverly Lions Club President Stephen Becker and Past-President Barb Waltmann.

District 9NC

District Governor Dennis Lee

715 NE Third Street
Eagle Grove, IA 50533

515-835-1480

eaglesroost1@yahoo.com



Things are starting off at a fast pace. Too fast!

One club has definitely quit and two more are on the verge being put on status quo. What can be done to stop this ongoing drop in clubs and individual members? It takes more than directives from International. It takes individual Lions getting involved. It takes Lions who care about the future of this great organization. Who are these Lions? I can make up a list, but I don't really know.

Membership has been a problem ever since I joined in 1976. No, it's not my fault. The root causes are not being addressed effectively. "Boots on the ground" LIONS with professional training in these matters would help.

9NC has been particularly hard hit. No district governor candidate, no 1st and 2nd vice district governor candidates. Only two out of nine zone chairs that actually functioned and they won't "move up" at this point.

July & August New Members

Member	Club	Sponsor
Michael Jergens	Clear Lake Evening	Mike Yore
Jessy Willadsen	Floyd	Don McInroy
Emma Calles	Hampton	Craig Semler
Elvira Cavazos	Hampton	Craig Semler
Nancy Abkes	Parkersburg	Wendall Abkes
Brenda Everts	Parkersburg	Larry Luhning
James Everts	Parkersburg	Kenneth Luhning

In Memoriam

Club	Member	Years a Lion
Clear Lake Evening	Mary Lou Fitch	1 Year
Mason City Evening	Warren Davison	25 Years
Stanhope	Robert Frederick	36 Years



My message when I visit clubs is expressed by my district pin: THINKING AND ACTING OUTSIDE THE BOX.

Think about recruiting new members that are movers and shakers, who have an itch to make things happen. Give the recruits some wiggle room and leverage to function. SUPPORT them. Let them ACT...perform.

Revisit old ideas with the purpose of massaging them into vital projects. New ideas are always good ...to consider at least.

I asked at a recent official visit how many of those in attendance have read The Iowa Lion on the internet. Only one in about 15 said yes...1 IN 15! The one was a secretary. At least that was good.



9NC Officers Training

OCT. 5 Kamrar Lions Clubhouse
430 Elm St., Kamrar

OCT. 12 Mason City Room
Mason City Public Library
225 2nd St. SE, Mason City

Choose which day/location suits you best.

Both trainings begin at 10 a.m.

Group training on MyLion followed by training for club presidents, club secretaries, club treasurers and zone chairs



COURAGEOUS THANKS. Campers at the Iowa Lions Low-Vision Summer Camp at Camp Courageous thank the Lions of Iowa for supporting the camp each year.



9SE District Governor Debbie Doty presents New Voices certificates of appreciation to three women in her district. (Top left photo) Second Vice District Governor Nancy Oehler Love receives a certificate for leadership. As the district's only Iowa Lions Foundation Trustee last year, VDG Nancy covered the entire district herself and still encouraged clubs to donate above the goal. (Lower left photo) Past District Governor Nancy Slack receives a certificate for service. PDG Nancy participates in service projects at the local, state and international levels, helping with Special Olympics Opening Eyes, Meals from the Heartland and raising service dog puppies, to name a few. (Lower right photo) Lion Mendy McAdams receives a certificate for marketing. Lion Mendy has taken her role as district public relations chair to great heights, keeping the district Facebook pages updated and maintaining email communications with all clubs.



Diabetes Fact or Fake News

By PDG Bill Shuttters

MD9 Diabetes Awareness Chair

A short time ago, I was dining with a young man who was describing his symptoms, the symptoms for hypoglycemia. He said he didn't have diabetes since he doesn't eat a lot of sugar. He had a wealth of fake news about diabetes. Let's look at some commonly held ideas and decide: are they fact or fiction.

1. It's called sugar diabetes since it is caused by eating too much sugar.
2. If you have diabetes, you can not eat foods with sugar or carbohydrates, including desserts, chocolate, pasta, potatoes, fruit or alcohol again.
3. Diabetes-friendly or sugar-free food is good for you.
4. If you have diabetes, you need to eat a special diet.
5. You have to be overweight or obese to develop diabetes.
6. Exercise leads to weight loss.
7. All types of diabetes are the same.
8. You get Type 1 when you are young and Type 2 when you are old.
9. Diabetes can be prevented.
10. If a relative has diabetes, you are at risk and there is nothing you can do to prevent it. So if there is no one in my family with diabetes, I don't have to worry about it.
11. People with Type 1 diabetes can't participate in sports or strenuous exercise.
12. People with diabetes are not allowed to donate blood.
13. I had a relative with diabetes who lost her eyesight and had a foot amputated. The odds are if it happened to her then it will happen to me.
14. I'll know by my symptoms if I have diabetes.
15. I don't have to test my glucose every day because I can tell when it's high or low, and besides my doctor checks my Hemoglobin A1c.
16. I often skip breakfast and eat a larger meal for dinner, no harm no foul.
17. Insulin is a cure for diabetes.
18. If you have diabetes, it is inevitable that you will have to take insulin and you failed to properly care for your diabetes.
19. Some of the medicines for diabetes destroy organs, so it is better to delay or avoid taking them and instead consume a healthy diet and do regular exercise.
20. Since you don't take medicine for your diabetes, it must not be too serious.
21. Women with diabetes should not get pregnant because the insulin will harm the baby.
22. It's OKAY to walk barefoot.
23. Diabetes is not serious.
24. Diabetes is a death sentence.
25. People with diabetes are unsafe drivers. (*As a driver's education teacher, I got this one correct.*)



I am out of room to give you the details, but these are either ALL Facts or ALL Fake News. For the details, email washuttters@gmail.com with the message DETAILS.

We are still collecting low-carb recipes for a cookbook. Don't forget to send your recipes to:

PDG Lisa Prochaska
lisa_prochaska@gmail.com, or

Betty Shuttters
bnbshuttters@gmail.com

STATE LEO CONVENTION

Iowa

LEOs

Lions



2nd Annual LEO Convention

November 2, 2019

10 AM – 2 PM

Burlington, Iowa



Burlington Leos will host this convention

Breakout Sessions – Project Sharing – Food – Fun

Pass the word and mark the date on your calendar.

Watch for more information coming soon

LEOS LEADING THE WAY

Register online at the Iowa Lions website by Oct. 30, 2019



PACKETS OF CARE. Cedar Falls Lions assemble “Packets of Care” for the homeless community in Black Hawk County. Pictured in the foreground, from left, are Lions Tom Blanford, Kirsten Jegsen, Tim Schneider, Steve Corbin and Mike Reifsteck.



THE IOWA LION

Club Packs and Delivers Personal Care Items for Homeless Shelters

*By Lion Saul Shapiro
Cedar Falls Lions Club*

The Cedar Falls Lions Club delivered 579 “Packets of Care” to Black Hawk County shelters serving the homeless as part of a new quarterly public service initiative.

The personal hygiene packets assembled by 22 club members contained shampoo, conditioner, deodorant, soap, toothpaste and a toothbrush.

The recipients are staying at the Salvation Army-Women, Salvation Army-Men, Cedar Valley Friends of the Family, Catholic Workers House, Cedar Valley Hospitality House, Junkman Knobel Center and the Pathways Center, which are all in the Waterloo area.

The club got the idea for the “Packets of Care” from another Lions club that was doing a similar project. Cedar Falls member Sandy Benak started making inquiries to see what her club could do in their area and the project grew from there.

“I was shocked when I contacted local homeless shelters and discovered the huge need in the Cedar Valley,” said Benak, who chaired the effort.

“My heart just broke when I heard why people became homeless – so many extenuating circumstances like losing a spouse, a job, a child, drugs.”

Cedar Valley dentists, hotels and Lions Club members donated some of the initial supplies, in addition to those purchased by the club, which will continue to assess the project. It could contribute as much as \$1,600 annually to its success.

“The directors of these facilities are amazing, committed members of our communities and do their best to find resources to help, but they are limited,” Benak said. “By providing these personal hygiene items, the Cedar Falls Lions Club can help give the homeless back some of their dignity and truly serve others.”

The club plans on continuing the project on a quarterly basis, possibly changing what’s in the packets based on the needs of the shelters each season.

“It is a really rewarding project for our club members and we are honored to be able to help those in need,” Benak said. “The more we can do, the better our world will be.”

ADDITIONAL DIGITAL COVERAGE



The Burlington Noon Lions Club
presents the 20th Annual

Oktoberfest

SATURDAY **OCTOBER**
5TH **2019**

**COMMUNITY
FIELD**
BURLINGTON, IOWA

4 P.M. TO 10 P.M.

*Featuring music by: Richie Yurkovich & Polkarioty
Lyle Beaver Quartet • Herbie's Little German Band*

*Don't Miss the Stein Hoist Contest and
Best Men & Women Authentic Attire!*

TICKETS:	IN ADVANCE	\$8.00
	AT THE DOOR	\$10.00

AGE 11 & UNDER ADMITTED FREE

*Tickets on sale at Local Financial Institutions
or contact any Burlington Noon Lions Club member.*

**TRADITIONAL GERMAN FOOD & DRINKS
WILL BE AVAILABLE FOR PURCHASE**

ADDITIONAL DIGITAL COVERAGE



NEW SOLON MEMBERS. District Governor Debbie Doty inducts new members into the Solon Centennial Lions Club. Pictured, from left, are DG Debbie, new member Joel Vasquez and sponsor Dave Sherman, new member David Drea and sponsor John Farlinger.



DECADES OF SERVICE. District Governor Debbie Doty presented Membership Chevrons to Crawfordsville Lions members Darrell Egli, center, for 50 years and Randy Finke, right, for 40 years at the Crawfordsville Lions Club's award night.




SOLON CENTENNIAL GROWTH. Past Council Chair Paul Hain, center, presents Lions Centennial Sponsor awards to Solon Centennial members Dan Woessner, left, and Scott Kleppe, right.



PERFECT ATTENDANCE. Receiving 100% Perfect Attendance Awards at the Crawfordsville Lions Club were (L-R) Mindy Wilson, Billie Jo Rose, Gene Miller, Scott Davis, Mike Massey, Randy Finke and Lance Miller.



ADDITIONAL DIGITAL COVERAGE



Solon Centennial Lions

HALLOWEEN

Bicycle Parade



PRIZES!

Diabetes Awareness

BECAUSE IT MATTERS!

COSTUME PARADE · BICYCLE DECORATING & OBSTACLE COURSE
SCAVENGER HUNT TRAIL WALK · POSTER PUZZLE
SPACE WALK INFLATABLE OBSTACLE FUN

PRIZES!

SUNDAY, OCTOBER 27

1:00 - 3:00 PM

PARADE STARTS AT 2PM

PRIZES!

TIMBER D.O.M.E. LODGE - SOLON RECREATION AND NATURE AREA

Riders of all ages are encouraged to dress in costume and decorate their bicycles.
Family Fun Halloween and Diabetes Awareness
HELMETS REQUIRED

*Annual
Carroll Lions Club*



SOUP DAY

Graham Park Shelter, Carroll

**Friday, October 11th
11:00am - 7pm**

ALL YOU CAN EAT

- Chili
- Chicken Dumpling
- Cheesy Potato
- Ham Sandwich
- Slice of pie
- Drink



**ADULTS \$8.50
10 & UNDER \$6.00**

ALL PROCEEDS GO TOWARDS LIONS CLUB PROJECTS IN OUR COMMUNITY.

AKRON LIONS CLUB



23rd ANNUAL OMELET BREAKFAST and Bake Sale

**St. Patrick's Parish Hall at 3rd & Mill St.
Saturday, October 26, 2019 7:30- Noon**

Tickets are \$8.00 Adult \$4.00 ages 3 -12

**Purchase tickets from any Lion or at the door.
Proceeds are used for scholarships, SightFirst
Program and many other local, state, and
international needs.**

Please bring eyeglasses and hearing aids for Lions to recycle.

**Learn more about Lions Clubs and their mission at
www.lionsclubs.org or contact any Akron Lion.**

Thank you for your support