

# The IOWA LION



Dec. 2019/Jan. 2020

[iowalions.org](http://iowalions.org)

## Area Lions Clubs Partner for Diabetes Prevention

### Receive \$52,000 Grant to Benefit Local Communities

*By Kate Van Manen  
Marketing & Communication Specialist,  
Grinnell Regional Medical Center*

The Lions Clubs in Grinnell, Kellogg, Montezuma and Victor recently received a Lions Club International Foundation Diabetes Grant and will partner with UnityPoint Health – Grinnell Regional Medical Center (GRMC), Grinnell Mutual Reinsurance, Manatt's, Inc. and the Mayflower to offer a diabetes prevention program to the surrounding communities. The grant is the first Lions Clubs International Foundation Diabetes Grant in Iowa.

During the two-year grant period, local Lions Clubs will assist with the screenings held in the communities of Grinnell, Montezuma, Kellogg and Victor. The grant will fund screening as well as follow-up care for those identified as prediabetic or diabetic. The project is designed to increase awareness of prediabetes by identifying higher risk individuals, increasing the availability of, and enrollment in, a diabetes prevention program, and developing a referral process to a comprehensive follow-up care program for those identified as prediabetic or diabetic.

"I am excited to partner together with GRMC, the local Lions Clubs and various community businesses to improve the well-being of our community," says Dave Stoakes, Grinnell Lions Club member and GRMC Board



**DIABETES PREVENTION PIONEERS.** Among the many people helping to pave the way for the Lifestyle Change Project are, from left, Heather Coffman, Grinnell Regional Medical Center; Steve Langeurd, Mayflower Community; Colleen Johnston, Manatt's Inc.; Dave Stoakes, Grinnell Lions Club; and Tom Latimer, ASI Signage.

Chair-Elect. "I am really proud of how our community can come together to make amazing things happen. It is truly an honor to receive the only grant in Iowa and we cannot wait to assist our community in being the best that they can be."

According to the Diabetes Statistics Report 2014, diabetes is the fastest growing chronic condition in the United States. It is projected that by 2020, 15 percent of adults will have diabetes and by 2050, one in three adults will have diabetes. There are many risk factors associated with diabetes and having one or more risk factors increases the likelihood of developing diabetes. Common risk factors include: obesity, physical

**CONTINUED ON PAGE 2**

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inactivity, poor diet, older age, family history and ethnicity.

Any community member can attend a screening at any location. The screening starts with completing an American Diabetes Association (ADA) risk assessment; a simple form with various prediabetes risk questions. Individuals who are identified by the assessment as at-risk for prediabetes or Type 2 diabetes will complete a consent form to have their blood drawn to measure A1C levels – at no cost. Individuals will also need to have their height and weight measured to determine body mass index (BMI), as a BMI greater than or equal to 25 is necessary for enrollment into the program.

Heather Coffman, Ph.D., is the corporate wellness coordinator at GRMC and will lead the prediabetes prevention project as the program director. She will facilitate the project providing education and risk assessments and will ultimately serve as the lifestyle coach.

Coffman said, “This grant is such an amazing opportunity for our communities. According to a 2016-2017 report from the Centers for Disease Control, 35 percent of the residents in the state of Iowa are prediabetic. This grant will give our community members an opportunity to learn more about their well-being and learn skills to better their health for years to

come.”

Individuals identified as prediabetic/diabetic will be contacted by Coffman to review their results. Those identified as diabetic will be referred to their family physician and those identified as prediabetic will be referred to the Lifestyle Change Program. Individuals enrolled in the Lifestyle Change Program will then have the comprehensive blood panel completed – at no cost. The comprehensive blood panel will include total cholesterol and high-density lipoproteins (HDL).

The Lifestyle Change Program is a yearlong course that highlights various topics which include: setting goals, physical activity recommendations, stress management, positive self-talk and information on proper nutrition from a registered dietician. The program meets weekly the first four months and changes to bi-weekly, then monthly as the year progresses. This program is a great opportunity for community members to learn new skills and have the ability to test them in their real-life environment.

Grant funding for the project is \$52,000 with LCIF providing \$39,000 and area Lions Clubs and project partners raising \$13,000.

# UPCOMING EVENTS

<b>Dec. 1</b>	Postmark deadline for districts to send one winning Peace Poster to Council Chair
<b>Dec. 5</b>	International Leo Day
<b>Dec. 20</b>	Deadline to Register for Mid-Winter
<b>Jan. 10</b>	Council of Governors meeting
<b>Jan. 11</b>	MD9 Mid-Winter Conference Marshalltown
<b>Feb. 15</b>	Int'l Childhood Cancer Day
<b>March 14</b>	9NE District Convention
<b>March 21</b>	9EC Spring Convention
<b>April 18</b>	9NW District Convention
<b>April 24-25</b>	9SE District Convention

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## International Report

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*Merry Christmas  
and Happy New Year  
to all Iowa Lions,  
Lioness and Leos*

### Thanks for the Welcome Home Reception!

Thanks to everyone for your warm greetings, cards and gifts extended to PDG Ken and me at the “Welcome Home” reception held Oct. 19 in Ames. A special thanks goes to PCC Paul and Sylvia Hain, PCC Ken and Linda Reed, and PCC Jerry and PDG Connie Inman for coordinating the reception. Whether you greeted us in person, by email, text, FaceBook or personal letters and notes, we truly appreciate your support. Thanks for allowing us to represent Iowa on the International Board of Directors in 2017-2019.

### News from the 2019 Fall International Board Meeting

The 2019 fall International Board meeting was held in Jackson Hole, Wyoming, where the entire board joined the executive officers in unanimous support of PID Fabricio Oliveira from Brazil for 3rd vice president in the election at 2020 Singapore International Convention.

Lions Quest will expand in the next five years to touch five million youth annually. Currently, Quest touches 500-750,000 lives each year.

The Global Action Team is continuing to work on service reporting (it IS higher than last year thus far).

The Convention Committee is working on a more efficient way of dispersing the presidential pins at international convention.

One additional night was approved for the DGEs so

that they can stay for the final plenary session.

No longer will multiple districts be allowed to “tape off” sections for seating at the plenary sessions.

The Leadership Committee’s goal is to have 500,000 people participate in training events annually.

The Marketing Committee is asking all club secretaries to please proofread every member’s address monthly, since only 45% of our members have “good” emails, thus they are not receiving their international LION magazine.

“Strides” has a new logo and is being rebranded.

We have a 41% increase in potential members from our websites!

The Service Committee is encouraging every multiple district to work on advocacy with their state legislators.

The Membership Committee created a new “Young Adult Team” from young Lions across North America for the North American Membership Initiative. New members under age 40 are up more than 25% from last year.

We’re encouraged to work hard on new “specialty” clubs.

The District/Club Committee is looking at not allowing PDGs to be zone chairs, then address the repeat of DGs after that rule is in place. MD9, it’s time for us to find new leaders in each of our districts! I believe this new rule will take effect on July 1, 2020.

### Our November PID Travels

After Ken and I attended the District 9SW Convention in late October, we were keynote speakers at the 27B2 district convention in Appleton, Wisconsin, and the 20R2 convention in Elmhurst, New York, in November. We look forward to spending the remainder of November and December at home with our families for the holidays.

### “And We’re Off...” to the 2020 USA/Canada Forum in Louisville, Kentucky

The Thursday morning of the next USA/Canada Lions Leadership Forum will feature a Childhood Cancer Symposium. As of now, the Strides Walk on Thursday morning will be inside the convention center! The Thursday evening party will be a Kentucky Derby theme; wear a “derby hat.” The facilitators and moderators will be contacted by Dec. 31, 2019. Reduced registration rates are good through May 31, 2020.





**A BIG COMMITMENT TO HEALTHCARE.** Presenting a big check of \$50,000 to the Knoxville Hospital Foundation are (L-R) Lions Bob Augustin, Brian Becker, Ron Jones, Rusty Harvey, President Tim Deaver, Steve Jones, Ken Haselhuhn, Dave Ritchie, Duane Weilnau and Janet Ritchie.

# Knoxville Lions Pledge \$50,000 to Community Hospital Growth

The Knoxville Iowa Lions Club pledged \$50,000 to the Knoxville Hospital & Clinics Foundation (KHC).

For 100 years, the Lions Club International “We Serve” motto has guided the organization’s mission – particularly in its focus areas of improving the lives of the visually impaired, hearing impaired and diabetics.

According to Bob Augustin, a 20-year Lions member, the Knoxville club pledged its commitment to KHC because of the important role the hospital plays in providing quality health care service to the community, especially in the Lions Club’s focus areas.

“This commitment is something that will benefit the entire community of Knoxville for years to come,” says Augustin. “We are proud of our community, and we hope our financial gift inspires other organizations and individuals to give back to

our community to make Knoxville an even more vibrant place to live.”

Kevin Kincaid, Knoxville Hospitals and Clinics CEO, said, “We are extremely grateful to the members of the Lions Club for their generosity. The group has always demonstrated their commitment to our community through their service projects and other ways they give. This is just another incredible example of their servant-hearted mission of giving back.”





## A View from the Chair

**Council Chair Patrick Parker**

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Panora, Iowa 50216**

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My Partner-in-Service Melanie and I would like to wish all Lions of Iowa a Merry Christmas and a happy New Year. This time of year is often described as the “Time of Giving.” For Lions, this is just another month, as we are giving back to our communities year-round. Lions around the world are helping someone every day. One of the greatest parts of Lions is the desire to help our fellow man when they are in need. We do it because it is the thing to do not because we are looking for a thank-you.

Have you ever stopped to think what your community would be like if there was not a Lions Club there? How many people around the world have had their sight saved or corrected because Helen Keller challenged Lions to be “Knights of the Blind?” Would we have an Iowa KidSight program if it had not been for a grant from LCIF?

Melanie and I have enjoyed all the Lions we have met over the past six months as we visited club meetings, Cedar Falls Lions Club 95th anniversary, 9EC Fall Rally, 9SW District Convention and club service activities. We have enjoyed meeting new friends and learning about all that Lions are doing in their communities around Iowa.

The image on this page has three parts: the drop, the splash and the ripples. This illustration can also describe Lions.

The drop is an event or service project. The chartering of a new Lions club, the building of a ramp, a KidSight screening, awarding a scholarship, sponsoring a Lions or Leo club, sponsoring a child to attend Camp Hertko Hollow or Camp Courageous.

The splash is the individual, group, or community that directly benefits from the event or service project. The individual that can now stay in their

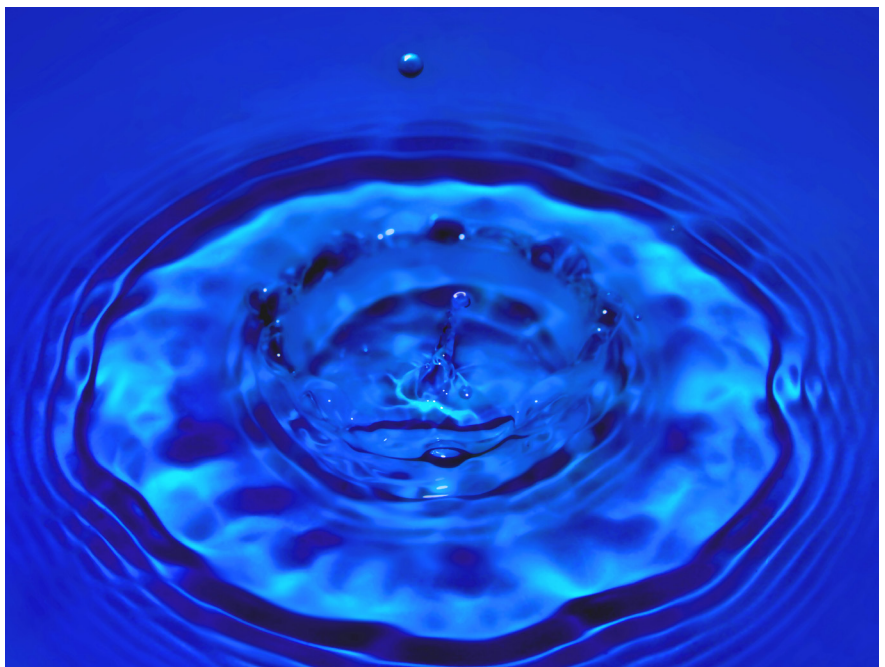
home because the ramp gives them easy access. The child that can now see the chalk board in school. The child that gets to attend a diabetic or low-vision camp and experience what other kids do at summer camp.

The ripples are everyone else affected. The child that gets to play at a park built 30 years ago by Lions. The son or daughter that does not need to worry about their parents because they have a ramp to allow them to safely go in and out of the house. The grandchild that gets to have their grandparent attend and see their sporting event because a Lions Club helped that grandparent get a new pair of glasses. The child who knows their parents can listen to their choir concert thanks to a pair of hearing aids received by the Iowa Lions Hearing Aid Bank or a cochlear implant from the University of Iowa Cochlear Implant Center, which are both supported by the Iowa Lions Foundation.

When your club does KidSight screenings, keep in mind you might identify a child that has eye issues that may have gone blind if not caught when they were 3 years old. That child might go on to discover a cure for cancer or diabetes.

Our motto is “We Serve.” I challenge you and your club to be the drop that causes the splash and the ripples that help or change individuals and communities. Stop and think about how many ripples your club has caused by doing service in your community and the number of lives you have changed for the positive.

Photo ID 2138042 © Vincent Go | Dreamstime.com



# Celebrating the Holidays in a Diabetes-Friendly Way

*By PDG Bill Shutters*

*MD9 Diabetes Awareness Chairperson*

New Years Day, plus or minus two months, is the period in which we celebrate the holidays and numerous bowl games. If you are the host or hostess of a party observing these annual events, navigating a diabetes-friendly menu can be a potential challenge.

First of all, if you are the recipient of the one fruitcake that is circulating in the country, do not serve it. Fruitcakes are high in fat and carbs. Some backpackers carry a fruitcake, so if they run out of food, the fruitcake will provide them nutrition for a week. Seriously, most entrées such as turkey or chicken, or roasts, steaks or chops of beef or pork are low carb as long as they are not breaded or immersed in gravy.

Vegetables, with the exception of a few starchy items like corn or peas, or several helpings of white potatoes, should be on every diabetic's menu.

For dessert, fresh fruit, while containing fructose, also has plenty of fiber to help slow the absorption of glucose. There are many sugar-free desserts that will address the needs of one's sweet tooth, but remember, portion control is still key. Consider sugar-free pumpkin mousse or sugar-free jello or pudding with sugar-free whipped topping. There are many sugar-free dessert recipes available on the internet, including cheesecake, angel food cake and pumpkin pie.

The challenge comes before the "big game." With a little planning, you can have most of the ingredients in your kitchen to provide healthy game day snacks. Good diabetic snacks are high in fiber, have a good mix of protein and healthy carbs, contain some healthy fats and are nutrient dense. They are limited in simple carbs, low in added sugar and sodium. Just as important is portion control. The overall goal is to keep blood glucose stable. Fiber and protein and a small amount of healthy fats slow digestion and keep blood glucose from rising and falling too quickly.

Water, with or without lemon, is a choice for many diabetics. Diabetics often avoid most soft drinks unless they have a Zero in their name or highly-sugared drinks. Alcohol has a tendency to spike the blood glucose, so many drink with moderation.

We wish you a happy holiday season. Celebrate and

support your team in a low carb fashion.

Be sure to share the low carb recipes you serve. The deadline for submitting low carb recipes is Dec. 31, 2019. We hope to have the cookbook available at the State Convention. Be sure to send your recipes to PDG Lisa Prochaska at [lisa\\_prochaska@yahoo.com](mailto:lisa_prochaska@yahoo.com) or Betty Shutters at [bnbshutters@gmail.com](mailto:bnbshutters@gmail.com).

## Good Party Snacks for Diabetics

1. Hard boiled or deviled eggs
2. Sugar-free Greek yogurt with berries
3. Mixed nuts
4. Avocados (or guacamole)
5. Baby carrots, cherry tomatoes, cucumber slices
6. Celery or apples with cheese or nut butter
7. Broccoli or cauliflower with low-fat dip
8. Beef sticks (limited, high in sodium)
9. Turkey or chicken roll-ups
10. Cheese and whole grain crackers
11. Tuna salad with low-fat mayo
12. Cottage cheese dishes
13. Chili
14. No bake balls (peanut butter, oats and seeds)
15. Air-popped popcorn
16. Rice cakes with sugar-free jam
17. Trail mix (with a little dried fruit)
18. Protein bars
19. Fresh or frozen fruit
20. Seeds of any type
21. Dark chocolate
22. Whole grain chips and salsa
23. Smoked salmon and multi-seed crackers
24. Smoothies (low carb, use stevia as a sugar replacement)
25. Pretzels with hummus
26. Pickle wraps (dill pickle, cream cheese, deli ham)
27. Roasted chickpeas



# Service Breeds Membership, Membership Breeds Leadership

*By DG Judy Stone*

*MD9 Global Service Team Coordinator*

As your multiple district Global Service Team coordinator, I am a member of your GAT team. Let's explain. GAT means Global Action Team, which includes me as the GST, PCC Terry Durham as GMT or Global Membership Team coordinator, PCC Bill Pollard as GLT or Global Leadership Team coordinator, and finally PDG Jim Bixler as Lions Clubs International Foundation (LCIF) coordinator.

As such, we get to travel around the state doing training on MyLion, Service Launchpad and officer positions. It has been a blast, but there is still a lot to be done. We have made every effort to walk everyone through using MyLion. I completely agree that it has been less than stellar to use, but we need to hang in there as it improves.

Only 36% of our clubs are reporting service through the app. Reporting our service is SO important! I can't express how important it is to our organization that we are able to show philanthropy organizations who need our army of boots on the ground as "we can get it done!" We have been the labor force for organizations like the Gates Foundation. Partnerships like this are essential to our efforts in affecting world problems like diabetes and childhood cancer.

If you need help or more training, please, please let me know. I am willing to travel anywhere for a group or just one on one training. We as your GAT team are here to help you be the best Lions you can be.

There is also another office that can be used in your club to help with recording service projects. It is called a club administrator. It can be that person who is more comfortable with social media. Using social media to let your community and the world know what you are doing is essential. If we don't brag about ourselves, who will?

We have completed two district-wide service projects already this year. At the 9SW District

Convention in Winterset, we completed over 300 blessing bags with many donated items which will be distributed at homeless shelters. Then we were off to 9EC Fall Rally at Camp Courageous in Monticello to make milkweed seed balls, which help our bee and butterfly population. They will be tossed into roadside ditches around our state.

What is your club's favorite service project? Do you have a favorite one or one that is unique to your community? Sharing those projects gives others new or better ideas. Maybe what you do for your community is that ah ha moment for someone else's community.

Service projects are the best recruiting tool you have available to you. In today's world, many young families have little to no time for meetings, but invite them to join you for an hour on Saturday morning cleaning up a local park their kids play in or show them how a plate of pancakes can buy new equipment for a school band and you have just found a new member. Don't expect them to attend meetings, but keep them involved through email and social media. That's your key.

Service breeds membership. Membership breeds leadership!



**Give the gift of independence this holiday season. Make a donation to Leader Dogs for the Blind in honor of your friend or family.**

**[leaderdog.org/donate](http://leaderdog.org/donate)**

## District 9MC

District Governor Judy Stone

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## 2019/2020 Service Totals for Iowa Lions YTD

**171,761 people served**

**21 people served per member**

**704 activities**

**20,319 hours of service**

**36% of clubs reporting**

Happy happy HOLIDAYS to you all. I can't believe they are here already. I had so many things I had hoped to have done by now. Oh well, move double time come January.

I want to start by telling you about an LCIF grant our district received. The Grinnell Lions Club initially wrote the grant after securing promised funds from neighboring clubs. It is a matching grant with \$39,000 coming from LCIF, \$6,500 coming from participating partners and \$6,500 coming from local Lions clubs. This grant is a diabetes health initiative to educate and monitor its progress in our district. We give huge thanks to Dr. David Stoakes, who is a Grinnell Lion, as he authored the grant.

Now let's talk about LCIF. We are in our second year of Campaign 100 which is set to raise \$300 million in three years to prepare your foundation to support research in diabetes, childhood cancer and help our army of boots on the ground in helping the world. So often I hear all the money goes to other countries; so NOT true. It comes back home like this grant we received for diabetes and in disaster relief like in Southwest Iowa. Did you know there have been several LCIF grants awarded to help out

our flooded communities in Southwest Iowa?

So here's how you can help. Dig into your own pockets, not just club funds. Consider making your own personal donation, either monthly or one time. Just go to [LCIF.org](http://LCIF.org) and click on DONATE! It's your money coming back to Iowa. How about \$2 a week equals \$100 + a year.

Now let's move on to other district news. We currently have a first vice district governor but no second vice or anyone in line for our future. This, I believe, is a direct relation to a lack of zone meetings or cross communication between our clubs. So after we are done celebrating our holidays, look for your Past District Governors to reach out to all of your clubs for a multiple club get-together.

On a personal note, I spent a weekend with four other Iowa Lions taking Faculty Development classes. This will allow me to be an LCI instructor, so when you make the decision to attend Great Planes Lions Leadership Institute, Emerging Lions Leadership Institute (ELLI) or Advanced Lions Leadership Institute (ALLI), you could end up with me as a teacher. I am looking forward to seeing all my familiar faces at the upcoming events. Remember our district has funds to cover tuition costs.



**FDI GRADUATION.** District Governor Judy Stone receives her certificate of completion for Faculty Development Institute from FDI Midwest Instructors Past Council Chair Diana Benzing of Neola, Iowa, and Council Chair David Wentworth of Nebraska.

## Deceased Members

By the grace of a higher power,  
we have no deceased members this month.



## CLUB ACTIVITIES

**AMES BREAKFAST** collected hearing aids; provided two students with eyeglasses.

**AMES CAMPUS** helped with turkey dinner along with Ames, Ames Breakfast and Ames Evening Lions clubs.

**AMES EVENING** volunteered at Iowa State University hockey.

**ANKENY** held a semi-annual pancake breakfast in conjunction with a holiday shopping weekend.

**DYSART** ordered and delivered popcorn; screened 80 kids; had a joint meeting with LaPorte City; participated in holiday market; filled Christmas cheer boxes with donated foods; went caroling at the nursing home.

**EAST DES MOINES** did a KidSight screening; adopted a block; helped with Meals from the Heartland.

**GRINNELL** did KidSight screenings and food pantry collection.

**JOHNSTON** conducted a coat drive for a youth home and held a mystery dinner fundraiser.

**LAUREL** had a kids Halloween event with hotdogs and games.



**NEVADA** did KidSight screenings. Pictured above, Lions Jerry Radke and Loren Heckathorne work in the screening room.

**PLEASANT HILL** sent out a tier fundraising letter; hosted a library Halloween party; helped with Trick or Treat around the lake; installed Little Libraries on Lion member lawns to monitor its care; planned a breakfast with Santa, make and take ornaments and adopt a family.

**URBANDALE** volunteered at Friday night football, saving the school district thousands of dollars over the year; helped with Trick or Treat at the police station; spent 18.5 hours doing KidSight screenings; collected 338 pairs of glasses; cooked a pancake breakfast for UCAN fall cleanup; served pancakes at Wesley Woods.



**MONTEZUMA** had its 56th annual pancake breakfast; donated \$4,840 for 220 new padded folding chairs for improved floor-level seating in the school auditorium. Pictured above, from left, are Secretary Roger Allen, Treasurer Mike Princer, Vice President Boyd Sparks, President Rick Talbert, School Superintendent Dave Hoeger and Principal Rick Hoffman. All are Lions members. The stickers on the backs of the chairs indicate they were donated by the Montezuma Lions Club.

*Let's welcome our new members,*  
**WELCOME, WELCOME!**

Doug Casey — Altoona

Tracy Casey — Altoona

Lori Slings — Altoona

Ben Chambers — Clive

Ronda Onken-Maynes — DSM Parks

Steve Riff — Laurel

Steven Thomas — Marshalltown Evening

Ted Morelock — Montezuma

## District 9SW

District Governor Allen Zobel

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Wow! The 9SW Convention is over. There were great speeches about the difference Lions make in the lives they touch. 9SW was happy and proud of the speakers and the messages they delivered to those in attendance. It has been a wonderful and delightful ride so far as the district governor, with the grant for the schools to be filled, the many meetings with clubs and the planning of the convention. It seemed to all come together. I look forward to starting a new club, seeing about getting another Leo club up and going, and finally looking at specialty clubs. All of this is so exciting and rewarding to 9SW.

I wish to thank all the speakers: Dawn Rudolph and Lady with her Uber driver PJ Perry-Jones, Lori Short on KidSight, Jacque Wicks on Tori's Angels, Dennis Lingren on flood relief, and Past International Director Bruce Beck for their great messages to 9SW Lions. Their speeches were motivating and inspirational and helped to prove Lions are heroes. A special thanks to Lion Doris Jackson of Lorimor Lions and Chaplain Gary Freeland of Panora Lions for their great job on the memorial service. A special thanks to super Lions that made sure things ran smoothly, Lion Patti Hansen of Exira and Lion Juanita Reynard of Audubon for all they did. These two help to cover the absence of my Partner in Service Chrystal, who is still waiting for answers to her medical issues. Please keep her in your prayers as we search for answers.

The 9SW service projects of the Strides Walk, A1C1 checking, the making of Twiddlemuffs, and finally the putting together of flood relief or homeless kits were a huge success. We delivered several boxes of them to Hamburg Community Schools to give out to parents and to the kids. Superintendent Wells is excited to bring 20 members from the two communities of Essex and Hamburg to make two new clubs. He thanked the 9SW Lions for the hats and gloves and is waiting on the school supplies to arrive and make a difference for his students. He is confident he can find 20 new Lions in each of those communities to get two clubs to start. When I told him 9SW could come and help him, his answer was to the point. "I will have you at least 20 members in each community." This will be so important

as we have no clubs in that part of the state now, nor close to them with the suspension of Red Oak and Shenandoah in the last three years.

Look at the pictures from our successful 9SW convention. District 9SW raised \$700 by selling ads to the clubs to put in the program. For the first year, it was a success and even brought out some new and different clubs to support the effort. All clubs were invited to do a \$25 ad. Enjoy the pictures by The Iowa Lion Editor Deb Doty. Thanks for being there and covering us as you did. It took so many to help make this a memorable day for me and 9SW.

### New Members This Month

CLUB	MEMBER	SPONSOR
Glenwood	John T. Vandervoode	Kevin Taylor
Guthrie Center	Dennis B. McClain II	
Harlan	Laurel Berg	Peggy Berg
Harlan	Mike Bergman	Kevin Wollaston
Harlan	Nadine Bergman	Kevin Wollaston
Harlan	Leasa Brouillard	Mindi Wollaston
Harlan	Tamara Ploen	Ana Lucio
Leon	Hillary Weir	Todd Hughes
Neola	Christopher Slocombe	Barb Farley
Osceola	Debra L. Sheetz	E. Sue Keeler



**LIONS ARE HEROES** was the theme of this year's 9SW Convention, as see on the banner above. Below are some of District 9SW's heroes who were presented Lions Clubs International Presidential Certificates of Appreciation. From left, DG Allen Zobel, Leon Lion Jessie Gilliland, 9SW GST Dawn Sparks, Neola Lions Club members Barb and Jerry Farley, Dawn Rudolph with Leader Dog Lady, Glenwood Lion Dennis Lincoln and International guest PID Bruce Beck.





## Activities by 9SW Clubs from 18 of 51 clubs reported on MyLions

**ATLANTIC** collected eyeglasses and hearing aids; provided funds for a legally-blind citizen for e-glass.

**AUDUBON** did a KidSight screening; sponsored a wellness run for school kids at the school track.

**DIAGONAL** provided hot dogs and chips to families on Trick or Treat Night at the fire station; helped put in new bleachers in the school gymnasium.

**EARLHAM** made baby blankets to give to the hospital; made mats for the homeless; sorted cans for recycling; wrote letters to shut-ins.

**EXIRA** delivered meals for congregate meals; did a waffle breakfast for Lions projects; attended 9SW District Convention.

**EXIRA-EHK LEADERSHIP LEO** sponsored a haunted basement; made meals at Omaha Ronald McDonald House; did a soup and sandwich supper for Azalee Flu Clinic; created an elementary youth leadership group to generate new Leos.

**GUTHRIE CENTER** did KidSight; opened a new Lions Den at fairgrounds; collected glasses and hearing aids; sponsored a blood drive.

**FONTANELLE** donated to Iowa Lions Foundation.

**GREENFIELD** helped with Trunk or Treat; provided donuts to nurses at Adair Hospital; donated \$100 for a Beep Baseball.



**SUPER HERO POSE.** Lions Julia and Darwin Williams show their super hero poses during PID Bruce Beck's keynote address during the District 9SW Convention in Winterset on Oct. 26.

**GLENWOOD** donated \$300 for three Beep Baseballs; donated to LCIF; attended Sidney, Fremont-Mills and Glenwood schools to hand out supplies as part of an LCIF grant; conducted a vision screening at Fremont Mills Schools.

**GUTHRIE CENTER** sponsored a blood drive; did KidSight; distributed congregate meals.

**HARLAN** KidSight screened 60 preschool kids; judged about 56 entries to the Peace Poster Contest; celebrated with spouses at a picnic; held a Mobile Pantry of nutritious food for the hungry; helped with the Harvest Celebration by providing coloring books; provided funds for three people to purchase eyeglasses.

**INDIANOLA NOON** served hot dogs and chips on Fire Safety Night.

**LEON** handed out football programs at games; cooked at Hy-Vee for dollars.

**NEOLA** donated to Tori's Angels, Lion Youth Exchange, Camp Courageous and Leader Dogs for the Blind; sorted cans for recycling.

**NORWALK** printed applications and brochures for KidSight screenings.

**OSCEOLA** did KidSight.

**PERRY** cleaned up a portion of a highway.

**REDFIELD** judged entries for the Peace Poster Contest; sponsored a Beep Baseball; donated to Tori's Angels Foundation in Pediatric Cancer and LCIF; sponsored Bingo with a meal and did a Blood Drive.

**VILLISCA** donated to Diabetes Awareness and Iowa Lions Foundation.



**WHICH SUPER HERO ARE YOU?** PID Bruce Beck, right, hands DG Allen Zobel a super hero figure after asking Lions who was their favorite super hero growing up. See more photos on Page 26 of the digital issue of this magazine.

## District 9NW

District Governor Dale Schoening

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As I write this, we have made good progress towards starting the new Hispanic Lions Club in Denison, with the working name, not yet finalized, of Denison Hispanic American Lions Club (Club de Leones Hispano Americano de Denison in Spanish).

We have just over half of the 20 members required for chartering signed up. We have several other people who are interested and the leaders already emerging among those who have signed up are actively working on recruiting the additional members we need. They have already begun discussing possible service projects and have set their next meeting for Dec. 7. I am hopeful they will be able to sign up enough additional members to have their organizational meeting. If that happens, they may have their charter approved by the end of December. Guiding Lion Sondra Rierison from the Carroll Lions Club is already working with them to help them get there and doing a great job. Thank you, Lion Sondra!

We also have gotten great help in this effort from our New Club Consultant Pablo Romano of New York, whose fluency in the Spanish language and Hispanic culture and ability to connect with people has been instrumental in helping us get things off the ground. We also had great support from LaTanya Gatewood from the New Clubs Department at LCI Headquarters in Oak Brook, Illinois, who was there primarily to observe Pablo in action but also was a valuable resource in her own right. State Administrator Tim Wilson also has been a great help in sharing his knowledge and experience. I am grateful for all of them.

This was an especially gratifying experience for me. As our team began connecting with people in the Hispanic community in Denison and telling them what Lions is and what a Lions Club can do for their community, we heard over and over "We need this! This will be good for us! It will help unify our community." We also received a great deal of encouragement from the Anglo community.

This will be the first Hispanic Lions Club in Iowa. I am told we are being watched with interest by Lion leaders all over the state who see communities in their

areas that could benefit from a Hispanic Lions Club. We can be proud that District 9NW is being a pacesetter in this effort.

It is hard to believe I am nearly halfway through my year as district governor. The time is flying by rapidly. As I say this, I am concerned about what happens after June 30, 2020, when my term expires. Lions district governors only serve one year and are not allowed to succeed themselves. At this point, we do not know who your district governor will be next year, or the year after that. With District Governor-Elect Training happening outside of Chicago in February, it would be good to have the next district governor attend that training so they will be better prepared for the job at hand.

Being district governor is a rewarding experience. I enjoy visiting clubs and learning about how they serve their communities. I appreciate the friendships I have made by serving in this way. The experience of starting a new club, of watching new people get excited about being a Lion, is truly a blessing. If you are worried about cost, many of your expenses as district governor, and even as vice district governor, are reimbursed by Lions Clubs International, our multiple district, or your district.

Please consider stepping up. One usually has to be a zone chair to become 2nd vice district governor, but the two positions can be done simultaneously, if necessary. Our district has numerous zone chair positions open. The zone chair typically has oversight of five to eight clubs and is expected to visit the clubs and to hold three meetings a year for those clubs to come together to learn from one another and share ideas. Zone chairs are also members of the district cabinet, but we are now doing most cabinet meetings by conference call, eliminating the drive to attend a two-hour meeting. The job is not hard and there is plenty of training, resources and support available for those who choose to serve in this way.

There are many great leaders in our clubs. Please step up and help lead our district and please encourage other leaders in your club to step up.

I wish you a blessed Christmas and all the best in the New Year.

## In Memoriam

***We remember with gratitude the following Lions who have concluded their life of service on earth:***

Club	Member	Years a Lion
Boone	James Blanshan	60 years a Lion



## District Convention Update

The 2020 9NW District Convention will be held Saturday, April 18, 2020. The location will be Western Iowa Tech Community College in Sioux City. This is a marvelous facility and the college is letting us use it for 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.

For those needing to come on Friday night, the convention motel will be the Super 8 Sioux City Morningside, located less than four blocks from WITCC. They have promised a good room rate. Also on Friday night, the plan is for those who are there to have dinner and an informal time with ID Banks at a local restaurant yet to be determined.

## NEW MEMBERS!

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

CLUB	MEMBER	SPONSOR
Akron	Julie A. Ford	Dolores Watson
Boone	Melissa J. Bartlett	Jim Carlson
Boone	Dawn Westrum	Jim Carlson
Carroll	David Slechta	Ann Slechta
Ogden	James R. Buckhahn	transfer
Sac City	David R. Harden	Leonard Simpson

As of the end of October, District 9NW had 776 members in 37 clubs. This is a net loss of 9 for the month and a net loss of 21 for the year. The loss this month was entirely due to the cancellation of the Schaller Lions Club, which had 9 members; otherwise we broke even. Keep inviting new members and working on retaining the ones we have.



**FRUITS OF LABOR.** (L-R) New Club Consultant Pablo Romano, new Denison Lions member Guillermina Mendoza (previously a Lion in El Salvador), DG Dale Schoening and new Denison Lions member Clemente Velasco.



**NO EGG ON THESE FACES.** Cooking omelets at the Akron Lions Club Omelet Breakfast are, from left, Gloria Thorson, Julie Ford, Dwain Wilmot, Treasurer Connie Blake and Past District Governor Stefan Sandberg. Barely visible back in the kitchen is Jennie Roed. The club raised \$829.

## CLUB ACTIVITIES FOR OCTOBER

**CARROLL** Soup Day raised \$5,000; did eye screenings of 218 children in Jefferson, Churdan and Wall Lake.

**CHURDAN** delivered Meals on Wheels every week, five days a week, serving 140 people; hosted KidSight eye screenings; painted caboose in Lions Park.

**FORT DODGE NOON** delivered 6,000 pairs of used eyeglasses to North Central Correctional Facility in Rockwell City; has collected 107 used hearing aids to be delivered to Ames to be taken to the Iowa Lions Hearing Aid Bank.

**WOODWARD** served a warm meal and treats to the community as part of Beggars Night on Halloween, with five Lions serving about 100 people, 60 of them children.

We are aware that at least part of the reason so little is being reported is because a lot of our clubs have not yet figured out how to use the new MyLion reporting system. If you need help with MyLion, contact State IT Chair Ron Schappaugh or District IT Chair Carl Duling. Their 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.

Please report your service! We want to know and celebrate what you are doing to serve your community and the wider world!

We are planning to provide a Technology Help Desk at our district convention. If you still need help with MyLion, MyLCI, or anything else in Lions related to technology, you will be able to talk in person with knowledgeable people who can help you.

## District 9SE

District Governor Debbie Doty

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641-673-4173 (w)

debbie@dotypc.com



The planning of the 9SE District Convention has got me excited. Convention Chair Erin Hogan has had some fantastic ideas and we have lined up some speakers that have interesting stories to tell. Save the date of April 25, 2020, on your calendar because you are going to want to hear the stories these speakers are coming to share.

Motivational speaker Scott Biddle with Listen 2 Engage in Oskaloosa will present on bridging the communication gap to include younger people in Lions service.

We'll hear about how Lions changed the lives of three different people, including a woman from New Sharon who received a cornea transplant, a mother from New Sharon whose child's vision was saved by



**CELEBRATION TIME.** Corydon Lions celebrated 50 years as a club on Nov. 8. Pictured here are Club President Frank Hampton and the club's one remaining charter member, Bill Gode.

## Welcome New Members to 9SE

### CLUB

Solon Centennial Charlie Hiatt

### MEMBER

### SPONSOR

John Farlinger

## In Memoriam

### Club

Grandview-Letts

West Burlington

### Member

Jim Thompson

Richard R. Fischer

### Years a Lion

36 years

12 years

a KidSight screening done by the Pella Lions Club, and our own District Leader Dog Chair Jim Goff, whose Leader Dog Peanut has helped him regain his independence and return to work after he lost his sight as an adult due to Retinitis Pigmentosa.

Our guest International Director will be Justin K. Faber, from Deckerville, Michigan. ID Justin was elected at the International Convention in Milan, Italy, earlier this year. He's a relatively young Lion who is a veteran and entrepreneur, owning two small businesses in Michigan. ID Justin is active in many veterans organizations and loves history. He's a member of the Sanilac County Historical Museum and the Michigan Association of Fairs and Exhibitions. He has a passion for history and collects historical artifacts.

The 9SE Convention will be held in Oskaloosa this year. We'll have a cabinet meeting on Friday night at the home of Iowa's Best Burger for 2019, the Wood Iron Grille.

Watch for the 9SE Convention Registration Form in the next issue of The Iowa Lion magazine.

On a different note, I just completed the Lions Certified Instructor Program in Calgary, Canada, in October. What a fantastic experience! This was the next step after Faculty Development Training and certification qualifies me to instruct at Lions Clubs International events like District Governor-Elect Training and the USA/Canada Forum, among other opportunities.

There are still some clubs that have not yet scheduled their official visits with the district governor team. Please call or email me to get those visits scheduled, even if you don't want me to come until the spring. We want to make sure we visit ALL clubs in the district.





**50 YEARS OF SERVICE.** Lion Bill Gode (yellow vest) receives his 50-year Charter Member Chevron from PDG Nancy Slack at the Corydon Lions 50-year anniversary celebration.



**LEARNING ABOUT DIABETES.** Karla Benninghoven reads a book about diabetes to her grandson, Liam, at the Solon Public Library. The book was one of eight books about diabetes gifted to the library by the Solon Centennial Lions Club.

## 9SE ACTIVITIES

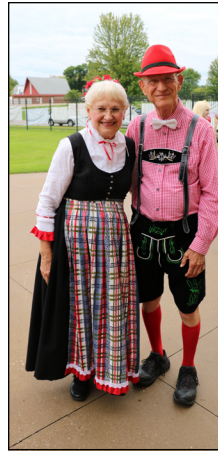
*Reported on MyLion for the month of October*

**BURLINGTON HOST** put on its annual Oktoberfest fundraiser, complete with traditional German food, beer and music.

**CORYDON** cleaned up roadsides; donated \$50 to cover Leos expenses to the MD9 Leo Convention, \$50 to Beep Baseball and \$300 to Iowa Lions Foundation.

**GRANDVIEW-LETTIS** donated \$99 to Camp Courageous to help with blind camp; donated \$900 to three different food pantries, \$750 to Iowa Lions Foundation, \$25 to the MD9 Leo Convention and \$100 towards the purchase of a beep baseball for the 2020 Beep Baseball World Series to be held in Ames; passed out 61 dictionaries to third graders at the L-M school.

**IOWA CITY** helped six people receive eyeglasses in partnership with Free Medical Clinic; KidSight screened 1,152 kids in 38 sessions.



**LEARNING TO POLKA.** Larry and Shirley Hackmann of Washington, Illinois, (left photo) have been traveling to the Burlington Oktoberfest for many years. They say it's one of the best Oktoberfests in the Midwest. (Right photo) The Hackmanns love to dance and had a great time teaching many people to polka during the Burlington Oktoberfest, including some of the Burlington Leos who came to help. (Below) Participants in the Stein Hoist contest test their strength and endurance, seeing how long they can hold a full stein directly in front of them.



**LONE TREE** KidSight screened 33 children in two different sessions; donated \$250 to LCIF for disaster relief in the Bahamas

**NORTH LIBERTY** distributed candy and had the Lion mascot available to greet children and families during the North Liberty Community Library annual Trunk or Treat event; donated 221 lbs. of garden vegetables to the North Liberty Community Pantry.

**PELLA** collected and sorted 2,400 pairs of eyeglasses for recycling.

**SOLON CENTENNIAL** held a Strides for Diabetes Halloween Bicycle Parade for adults and children with a scavenger hunt, bicycle decorating, awareness posters, music, a bouncy house space walk for kids, prizes, sugar-free candy, apples and popcorn for the entire family.

**WASHINGTON** contributed \$300 to the diabetes educator so that she could start a cooking demonstration program; donated \$100 to the Camp for visually impaired at Camp Courageous.



## District 9NE

District Governor Doug Boelman

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It's amazing how the time flies when we are having fun, isn't it! I have had the pleasure of attending several 9NE club activities, as well as other districts' events. When you look around and listen to other Lions you should be able to determine how you can better serve your communities. We can also learn how to attract new members to increase your club's awareness and enthusiasm.

We are quickly approaching the holiday season and mid-point of our Lion's year. Now is the time to invite community persons to help with your service projects and then ask them to join your club.

I wish to congratulate the Cedar Falls Club for their 95 years of service to their community. Their celebration reflected 95 years of activities, changes in our lives as Lions and community, as well as changes in our world.

Please mark Saturday, March 14, 2020, on your new calendars. That will be our 9NE Spring Convention at the Okoboji Grill in Independence. Our International guest will be ID Jose' Marrero from Puerto Rico.

It was exciting to attend the charter night activities of the Western Dubuque Lions Club Saturday, Nov. 9, at the NICC in Peosta. PID Judy Hankom was the guest speaker and gave a very motivating speech for a group of new Lions. Her main points were service, hunger and environment.

Your district governor and his spouse, Karen, wish you and your families a blessed holiday season!



**OFFICIAL VISIT.** District Governor Doug Boelman (purple polo) visits the Hopkinton Lions Club.

## New Members

Larry M. Delfs – Cedar Falls

Sandra K. Delfs – Cedar Falls

Paula K. Schrad – Cedar Falls

Kevin Bowers – Independence

Brenna K. Gray – Independence

Katelin E. Kremer – Independence

Audrey Westendorf – Janesville

Scott Hicks – Janesville

Lolita Huber – Janesville

Ben D. Krouse-Gagne – Decorah

Mike Weisert – La Porte City

Drew McHolm – Nashua

Bill J. Roe – Postville

## Deceased

Robert J. Scott – West Union



**YEARS OF SERVICE.** District Governor Doug Boelman, right, presents a 35-year Membership Chevron to Strawberry Point Lions Secretary John Compton.



## Service Activities

**WEST UNION** made a \$250 donation to Camp Courageous; helped Festival of Lights put up Christmas lights and other decorations at West Union Rec Center; sold books during parent/teacher conferences for pre-K through 3rd grades. The club received a percentage of the sales which they then use to purchase books for school library. Since they had over \$2,300 in sales, they received over \$800 to be used to purchase books for school.

**BELLE PLAINE** donated \$25 to the newly-formed Western Dubuque Lions Club and \$500 to the Iowa Lions Foundation; sponsored a blood drive in late October.

**OELWEIN** prepared and served a soup supper with homemade desserts on election day to support the diabetes camp in Eastern Iowa; provided a safe environment for local children to play games, receive candy; spread mulch on two park areas within the city limits, trimmed plants for winter and cleaned up debris.

**CEDAR FALLS** held a week-long food collection initiative that mobilizes the community to donate nutritious food for subsequent sorting, packing and delivery to local food organizations; helped Special Olympics bowlers compete in the state tournament.

**JANESVILLE** held its annual fall smoked pork chop dinner; obtained a building permit, prepared footings and built a wooden handicap ramp for private residence. Some members cut and sawed wood and installed ramp. Other members prepared meals and snacks for workers. Weather prevented finishing the project in one day, so members met two weeks later to finish this project.

**FREDERICKSBURG** held a fundraiser for future donations and projects; held an event focused on improving the community through the planting of locally-appropriate tree seedlings or saplings.

**NEWHALL** held its annual Halloween party where all are invited for a free meal served before trick or treating. Children are given free raffle prizes and costume contest prizes provided by the Lions.

**CEDAR VALLEY EVENING** held a food service event that directly provides nutritious foods to hungry community members; packaged food for worldwide distribution to needy countries.

**FAYETTE** invited candidates running for state, county and local office to be on a panel for the audience to ask questions concerning why they are running and what they want to accomplish while in office if elected.

**HAWKEYE** helped serve food; participated in a week-long food collection initiative that mobilizes the community to donate nutritious food for subsequent sorting, packing and delivery to local food organizations.



**MOVIES GALORE.** Fredericksburg Lions Club President, Jack Schult, left, presents a \$500 donation to Sumner Theatre representative, Larry Crowe, a member of the Sumner Lions Club. The money was raised to help support the locally-owned and operated non-profit theater.

**DUBUQUE** held a vision screening event for children that promotes eye health and raises community awareness of the causes of preventable vision loss; ordered and served dinner to 65 underprivileged residents from the Dubuque area.

**JESUP** held a vision screening event for pre-K and kindergarten students that promotes eye health and raises community awareness of the causes of preventable vision loss.

**VAN HORNE** prepared and served pancakes, eggs and sausages for community.

**WAVERLY** held a pancake breakfast to raise money for the Prairie Park shelter project.



**NEW CLUB.** Charter members of the newly chartered Western Dubuque Lions Club pose with their new banner.

## District 9NC

District Governor Dennis Lee

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Eagle Grove, IA 50533

515-835-1480

eaglesroost1@yahoo.com



# LIONS NEEDS YOU!

To fill the following positions in 9NC:

1st Vice District Governor

2nd Vice District Governor

Zone Chairperson (5 positions)

Leader Dog Chairperson

Youth Exchange Chairperson

Diabetes Awareness Chairperson

Information Technology Chairperson

Contact District Governor Dennis Lee:

eaglesroost1@yahoo.com

Words of wisdom from club president, Carol Wreghitt of the Marble Rock Lions:

“You are not lost if you have gas.”

Mental gas can keep you going when you think you’ve lost your way with your club.

Gas up, energize and move forward!

Autumn is a wonderful time for us district governors to be on the road, making club visits. Cool crisp air, combines harvesting corn and beans. Corn stalks stand straight and tall, waiting for the next pass of the combine.

The beans make me think of a row of crewcut boys all lined up.

The only spoiler is rain. Rain means the machinery is idle. Actually that’s good. The Lion farmers will attend their club meetings.

Dry times mean the farmers are in the field and will be in short supply at their meetings. It may also be that someone leaked the word that the district governor is coming?

### Read Your Iowa Lion

The September issue of The Iowa Lion had an article on Page 21 that particularly interested me...“Unusual Symptoms of Diabetes.” Thanks, PDG Bill Shutters. It turns out that several of these symptoms are NOT all that unusual to me. Eleven or 12 (out of 16) are fairly common to me. I was diagnosed with diabetes 19 years ago, along with a need for a triple bypass. This year the diabetes seems to be getting serious. Went to the Doc. Got a different regimen of two insulins. One fast acting, one daylong. We’ll see.



**TAILGATE PARTY.** Mason City Noon Lions (from left) Kristin Buehner, Patrick Thompson, Mike Otto, Nathan Hehr and Sharon Somers serve up chili and cinnamon rolls for local patrons at the club’s annual Tailgate Chili Supper Oct. 25.



## Deceased Members

Eagle Grove — Janice Rowen

Kamrar — Norman Barth

Kamrar — John Iver Koop

Stratford — Douglas P Anderson

Stratford — Burton Patterson

## New Members

CLUB	MEMBER	SPONSOR
Osage	Jolene Norby	Cheryl Gast
Osage	Jeff Voaklander	Bruce Gast
Rowan	Ed Osier	Robert Krueger
Rowan	Ruby M Osier	Robert Krueger



Clear Lake Evening Lions come in many styles. Lisa, how does one get one's picture in the International LION magazine? See the Fall edition.

## 9NC Service Activities

**HAMPTON** – Meals on Wheels; vision service; hunger activity.

**NORTHWOOD** – presentation on identity theft and phishing, car wash for veterans event, LifeServe blood drive, volunteer at theatre.

**OSAGE** – vision screenings in Osage and Manly; donated to Mitchell County Salvation Army; environmental cleanup and restoration.

**CLEAR LAKE EVENING** – vision screening.

**NEW HARTFORD** – assistance to individual.

**STRATFORD** – Halloween party.

**IOWA FALLS** – Delivery Day.



*Nice going clubs!*



**FALL FAVORITE.** (Left photo) Lion Sharon Somers ladles out the chili at the Mason City Noon Lions Club's annual Tailgate Chili Supper Oct. 25 in the high school gym lobby. (Right photo) Lion Darshini Jayawardena reads the cinnamon rolls for serving at the Tailgate Chili Supper.

## District 9EC

### District Governor Tony Hill

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Bellevue, Iowa 52031  
563-349-5274  
74tony.hill@gmail.com



Christmas and New Year's Eve are just around the corner. I wish you all a very Merry Christmas and a Happy New Year! Let's not forget the reason we celebrate the season of Christmas. If you are traveling to see friends and family for the holidays, please travel safely and enjoy your company.

This month I want to visit with you about "GREEN & GROWING or BROWN & DYING." So, a couple of questions to ask yourself: Am I or my club green and growing or brown and dying? The thought process is if you or your club has a culture of growing in service activities, growing fundraisers, growing in leadership and growing membership, then you have a culture of GREEN & GROWING. To become green and growing just doesn't happen without some planning and goal setting. If you and/or your club is setting goals, your club will most likely be green & growing.

Staying the same or staying static is non-existent, it is not possible. If your club is declining in membership, having a hard time getting other members to step into an officer role (leadership), losing service activities and fundraisers, chances are your club is brown and dying. It isn't all doom and gloom. In order to move your club from brown and dying to green and growing, set up a meeting with your members and have a brainstorming session on how to improve your club. Can you add a service activity or a fundraiser? If so, what can it be? Can anyone else step up into an officer position? Can you add some new members? If so, come up with a plan on how to get them.



**FALL RALLY.** Lions at the 9EC Fall Rally at Camp Courageous. See more pics on Page 29.

On Nov. 2 we had our annual District 9EC Fall Rally at Camp Courageous, and we had a really great turnout (the best in several years!) We had an awesome Parade of Checks. Thank you to all the clubs that came to the Fall Rally as well as supporting several of our worthy causes.

I was especially happy on how well everyone supported the Cafeteria Meals Cards at the U of I Children's Hospital. We raised \$ 1,200! THANK YOU ALL for your generosity! We also had our Rotarians Challenge Board, which was very popular and we got most of the squares sold for LCIF. In fact, I have recently heard that the challenge has been met and all the squares have been sold. We also recognized all Stage 1 winners of the 122/366 New Member Campaign (see list on Page 28 of this issue of The Iowa Lion).

District Diabetes Chair Kim Seligman showed us how to do a diabetes service activity. Quite simply, have your club members do the Diabetes Risk Assessment, then take a picture of your event and turn it in on MyLion.

I do need your help in four areas:

- Please plan on attending our Spring Convention on Saturday, March 21. My goal is to have at LEAST two members from every club in attendance.
- Please plan one pediatric cancer activity in your club before June 30, 2020.
- Please plan one diabetes activity in your club before June 30, 2020.
- Please have one new member recruitment activity for your club before June 30, 2020.

If you need ideas, please do not hesitate to get a hold of our District Global Service Chair Terry Durham at 319-310-9160 or email [tedurham1010@mchsi.com](mailto:tedurham1010@mchsi.com), our District Global Membership Chair Jerry Inman at 563-432-6609 or email [jerconinman@gmail.com](mailto:jerconinman@gmail.com), or myself. Can you do it? I think you can; I have confidence that you can.

## October New Members ~ Welcome to Lions ~

MEMBER	CLUB	SPONSOR
Sarah Hamerly	Davenport Breakfast	Ken Meyer
Robert Sitz	Davenport Breakfast	Ed Hanssen
Duane Haas	Davenport Host	Norm Dean
Judy Loussaert	DeWitt	Nancy Aiken
Renee Lietz	Delmar	Gerald Farrell
Theodore Licht	Lowden	Steve Licht
Jon Mansfield	Lowden	Pastor Steve Stepp
Larry Echeberry	Stanwood	Donna Wood



## CLUB SERVICE ACTIVITIES – October 2019

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

**ALBURNETT** sold mums during the Alburnett football games; KidSight screened approximately 87 preschool and kindergarten students; donated \$200 to Camp Courageous and \$100 in meal cards for parents that have a child diagnosed with pediatric cancer at the University of Iowa Stead Family Children's Hospital; participated in a Strides Walk.

**ANDOVER** voted to buy a Beep baseball for the International World Series games in Ames this coming summer; provided monetary support to Camp Courageous.

**ANDREW** held a blood drive with 21 donors.

**BETTENDORF** held its annual Chili/Soup Supper.

**BLUE GRASS** prepared, cooked and served at the Blue Grass American Legion Pancake Breakfast; served beverages and snacks at the Blue Grass Lions sponsored blood drive with 43 donors; prepared and served dinner for the Blue Grass American Legion; recycled and composted; knitted and crocheted four scarves and one cap for the homeless.

**CEDAR RAPIDS NOON** collected eyeglasses from community collection boxes; held a KidSight vision screening; supported Wright Elementary teachers and students through weekly tutoring and other activities.

**CLINTON** held its annual Candy Days fundraiser; participated with Leos in a Halloween parade; made donations towards playground equipment at elementary school and to Iowa Lions Foundation for Beep Baseball World Series.

**CLINTON RIVER KINGS & QUEENS LEOS CLUB** participated with Lions in a Halloween parade.

**DAVENPORT BREAKFAST** handed out Lions mints for Candy Day and passed out flyers of club goals and activities; sold tickets with Izaak Walton League which will bring in \$5 per ticket to Lions; placed an eyeglass collection box at a new location.

**DAVENPORT HOST** held a trivia night fundraiser to benefit the Christmas gift program at the Friendly House.

**DAVENPORT VILLAGE BRANCH** held nine KidSight vision screenings in October, screening 198 children.

**DEWITT** served as crossing guards for the Crop Walk; helped fund Christmas gifts for needy children through Shop with a Cop; provided funds for the Music Boosters.

**DEWITT NITE** donated, cooked and served food for special needs people attending Trunk & Treat event; donated \$2,000 to the Central Education Foundation.

**ELDRIDGE** delivered Milestone Meals on Wheels; assisted Scott County Library staff bring books out of storage for their fall book sale and pack/clean up afterwards; held a monthly food collection to donate to local food organizations; held Game Night at Grand Haven Retirement Community; KidSight screened 38 children; entered a Lions Club float in the Homecoming parade; maintained flower beds around the city of Eldridge; collected eyeglasses for recycling.

**FAIRFAX** participated in a Halloween Haunted Trail along with other community groups by having a station along the trail to tell a brief story and provide treats to community children.

**HIAWATHA:** KidSight screened 99 children; helped create 500 food packs for elementary school children for weekend food usage.

**LOWDEN** sponsored Trunk or Treat for kids in the community.

**LOWMOOR** held a Halloween Party for the area kids, serving them hot dogs, chips and pop.

**MARION NOON** KidSight screened seven preschoolers, of which one needed referral for further screening; collected 258 pairs of used eyeglasses.

**MECHANICSVILLE** donation towards the purchase of computer for a visually impaired student; supported the MD9 Leo Convention; distributed fresh and shelf stable food for the food pantry; donated to Campaign 100.

**MILES** sponsored a pumpkin decorating contest (no carving) open to all ages from preschool to adults with the public using pennies to vote for the best pumpkin in each age group; sponsored yard of the month; held a Catfish Fry for an estimated 300 people with proceeds going to buy toys for children in the hospital.

**MOUNT VERNON** held its annual Peace Poster Contest with 70 students participating; KidSight screened 84 children.

**MUSCATINE** read with 1st & 2nd graders in an after-school literacy program.

**OTTER CREEK AREA** held an October Fish Fry fundraiser; gave contributions to Leader Dogs & Service Dogs for PTSD personnel; pulled weeds, picked up garbage and did repairs at Lions Midway Park; delivered Meals on Wheels.

**PRESTON** participated in the annual Town Halloween Party with costume contest, games to play, cookies and a hayrack ride around town; collected refuse along two miles of roadside ditches west of Preston.

**STANWOOD** distributed treats to 88 children at Trunk or Treat in Stanwood; provided Iowa KidSight screening to 206 children at several daycares and preschools in Cedar Rapids and Marion, reaching a milestone by screening child #10,000 since the club became involved with the program in 2000.

**TIPTON** served pancakes, eggs and sausage to the community on the first day of hunting season; KidSight screened 36 children; along with the Scouts, cleaned up the ditches on Hwy. 38 just north of Tipton; handed out pencils with the Lions logo on them during Trunk or Treat; parked cars for the Tipton Homecoming football game.

**WALCOTT** held a benefit pancake breakfast, raising over \$8,000 for the Ty Arp Family Children's Education Fund; donated \$500 to a blind college student to help her buy a replacement computer for her studies.

**WALKER** cleaned two miles of ditches along the highway.

**WYOMING** made and sold caramel corn at the local high school to raise \$100 for Leader Dogs for the Blind; tested 1,300 25-watt and 40 tree string lights for annual Christmas decorating project.

You all are continuing to get better at entering your projects into MyLion. If you are having issues entering your service activities, please contact MD9 IT Chairperson Ron Schappaugh at (515) 337-2657 or email [lionronald@gmail.com](mailto:lionronald@gmail.com). We are not able to get pictures off of MyLion so if you have a picture(s) that you would like in The Iowa Lion, please email them to me, pictures and description only please.

# LCIF Funds Come Back to Iowa

## Coordinator Offers to Match New Giving to Campaign 100

**By Lion James Bixler**  
**MD9 LCIF Coordinator**

LCIF grant funding is coming back to Iowa. I would like to congratulate the following clubs: Grinnell, Kellogg, Montezuma and Victor who banded together in the cause of Diabetes Awareness in their communities. Lions Clubs International Foundation's Board of Trustees approved the LCIF Diabetes Grant application DIA17072/9MC in the amount of \$39,000 over a two-year project period. In addition to this, District 9MC is required to raise \$13,000 in the form of cash donations for this project. This amount is a combined collection of \$6,500 from Lions and \$6,500 from partners.

The grant total funding is \$52,000 which has a local buy-in of \$13,000. LCIF is a jump starter of

projects. These good works can have lasting results. One in particular is Iowa KidSight, which continues through our local support.

So as Lions, we at LCIF are asking for your support in Campaign 100. Support has not been asked like this since Campaign Sight First II. We are asking for your PERSONAL support as a Lion. We Lions are many in number (1.44 million). If we all make a contribution, the Campaign 100 goal will be reached and more projects serving our communities will be made possible.

To jump start personal giving in the period January 2020 through April 2020, I personally challenge each district to increase new personal giving to LCIF. I will match up to \$1,000 in total per district giving for new personal contributions to LCIF. So at the end of April 2020, MD9's collective \$7,000 in new personal giving will turn into a total of \$14,000 for LCIF. So how about it?

## 2020 Mid-Winter to Feature DG Triathlon

**By DG Debbie Doty**  
**Editor, The Iowa Lion**

The State Planning Committee promised a different type of Mid-Winter this year, and that means a fun activity after lunch instead of a speech. You won't want to miss the DG Triathlon, where the district governors will compete against each other in three games of challenge. Place a donation wager on your district governor (or maybe against) to see if they'll come in first place. All money raised will be split 50/50 between the winner wager and the Iowa Lions Foundation.

There will also be several different breakout tracks for general interest, Lions leadership and servant leadership. A New Lions track will include seminars on Lions Structure, Lions History and Lions Service. There is a Leadership track with seminars on "My Club, My Way," "No Mundane Meetings" and "Where's My Crown? What's My Leadership Style?"

The Friday of Mid-Winter will be for vice district governor training, the Iowa Lions Foundation trustee meeting and Council of Governors meeting

only. All other activities will be a one-day deal for Saturday, Jan. 11, at the Marshalltown Community College in Marshalltown. Cost is only \$25 per person and includes Saturday lunch. A servant leadership certificate option is also available for an additional \$10. The registration form can be found on the next page, or online registration is available on the Iowa Lions website.

Awards will be presented during the luncheon and all activities are expected to be over by 4 p.m., leaving Lions with plenty of time to return home at a reasonable hour.

The program for Mid-Winter is much different this year, as well, being a single two-sided sheet, but advertising is still available for it. Ad spaces are \$25 for singles and \$50 for doubles. Single spaces are proportionate to a business card. You can view the sizes and submission requirements for ads on Page 32 of this issue. The advertising deadline is Dec. 20, so get those ads sent to DG Debbie Doty along with payment.

Get your registration in soon!





# 2020 Iowa Lions Mid-Winter Leadership Conference, Marshalltown, IA. REGISTRATION FORM January 10 – 11, 2020 – Marshalltown Community College

**ROOM RESERVATIONS** are your responsibility and should be made directly with the hotel:

- **Best Western Regency** - 3303 South Center Street, Marshalltown. (641) 752-6321 Please mention you are with The Iowa Lions Mid-Winter Leadership Conference and get the special rate of \$75.00 + taxes.
- **Holiday Inn Express** 102 Iowa Avenue West, Marshalltown (641) 854-2900
- **Hampton Inn & Suites** 20 Iowa Avenue West, Marshalltown (641) 736-6795

## 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\*\* \_\_\_\_\_

*\*\*Please provide a legible email address to receive a convention survey after convention.*

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

Please make checks payable to: Lions of Iowa State Convention  
 And mail to: Iowa Lions State Office, 2300 S Duff Ave. Ames, IA 50010  
 Phone: 515-232-2215 E-Mail: [info@iowalions.org](mailto:info@iowalions.org)

**DEADLINE: REGISTRATIONS MUST BE RECEIVED BY Friday, December 20, 2019**

**NO REFUNDS AFTER January 1, 2020 ADMITTANCE BY BADGE ONLY**

		<u>Number</u>	<u>Cost</u>
Registration Fee	\$25.00 per person	_____	\$ _____
Servant Leadership Class	\$10.00 per person	_____	\$ _____
Leos	\$10.00 per person	_____	\$ _____
Guest	\$10.00 per person	_____	\$ _____
(NON-Lion) - LUNCH ONLY	Total Amount Due		\$ _____

## \*\*\*REGISTRATION FEES\*\*\*

**Registration fees include meals, classes, and meetings.**  
**Guest registration include lunch only.**

**Walk-ins are welcome!! Bring a friend!**

# Club Raises Funds for Community Projects Through Carriage House Sales

*By Lion Beverly Fletcher  
Council Bluffs Lions Club*

The Council Bluffs Lions Club has hosted a unique garage or carriage house sale twice this year to help raise money for local community projects.

In August, the club raised \$800 for the Southwest Iowa flood victims and in October, they raised \$750 for Micah House, a women and family shelter for the homeless.

Crocker's Carriage House, located behind the home of Lion Mary Hume, holds all sorts of holiday themed items, as well as reasonably priced antiques and an assortment of old tools.

Hume is now retired from a career in nursing, followed by a second career in real estate. She purchased many antiques and collectible items locally for dealers in the Kansas City area.



THE IOWA LION



**CARRIAGE HOUSE.** Lion Lois Chandler, Teddy Jensen, jewelry sales and friend, and Lion Mary Hume stand in front of a portion of the items for sale at the Crocker Carriage House Christmas Boutique held on October 18-19 in Council Bluffs. Funds raised at the Carriage House will help support Micah House, a women's and family shelter for the homeless.





# **BREAKFAST WITH SANTA**

**Saturday December 7, 2019**

**7:00 to 11:30 a.m.**

**Johnson County Fairgrounds Building “C”**

**Sponsored by**

**Iowa City Noon Lions Club**

**COST \$6 PER PERSON—Kids 3 and under are FREE.**

**Tickets at the door and from Noon Lions or  
call 319.338.1584**

**GAMES \* KIDS CRAFTS**

**MUSIC \* FUN \* GIFTS**

**Bring your camera and take a picture with Santa!**

**VENDOR FAIR**

**Featuring vendors such as:**

**Shaklee**

**Krystal's Crafty Stuff**

**Scentsy**

**“GREEN”**

**Paula's Custom Jewelry**

**Grandma Mary's Crafts**

**Devine Creations**

**Timber Wolf Creations**

**Beauty of Wood**

**Senegence**

**Tupperware**

**BJM Creations**

**+ others!**



**Our main project in the Iowa City area is  
Iowa KidSight, pre-school vision screening.  
Proceeds are also for local and International Lions vision,  
hearing and diabetes programs.**

# ADDITIONAL DIGITAL COVERAGE



**9SW CONVENTION.** Lions Are Super Heroes was the theme of the District 9SW Convention in October. Many of the speakers were selected because of their Lion hero status. Clockwise from top left: Lion Dawn Rudolph talked about how receiving Leader Dog Lady changed her life and how Lady was selected as the National Guide Dog Hero for 2019. Jackie Wick of Panora talks about how her granddaughter Tori inspired the founding of Tori's Angels Foundation. Lion Dennis Lincoln speaks about how his Glenwood Lions Club helped with flood relief in Southwest Iowa this year. PID Bruce Beck tosses his signature snowman stress relievers to Lions in attendance for answering questions and participating.







*26th Annual*  
**Montezuma Lions**



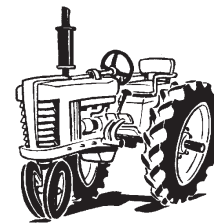
**TOY AND CRAFT SHOW**

**January 25, 2020**

**Montezuma, Iowa**



**SHOW HOURS:**  
**9:00 a.m. – 2:00 p.m.**  
**Saturday**



**Admission: \$3.00**



**Raffle & Many Door Prizes**



**NEW  
LOCATION  
THIS YEAR....**

**Community Hope Church**  
**501 North Front St. (Hwy. 63)**  
**Montezuma, Iowa**

**VARIETY OF  
CRAFTS  
PLUS TOYS  
- COME SEE!**

**Table Rent: \$15 each**

**Make checks payable to Montezuma Lions Club**

**Mail checks to:**

**Montezuma Lions Club, PO Box 789, Montezuma, IA 50171**

**Questions? Call Ron Hensel (515) 979-2705**

## ADDITIONAL DIGITAL COVERAGE

# District 9EC Fall Rally



**RALLY PRESENTATIONS.** (Above photo) AARP representatives Tom and Linda Stovel give a presentation on Fraud Alert at the 9EC Fall Rally at Camp Courageous in Monticello. (Below photo) Council Chair Pat Parker gives a presentation on Iowa Lions Youth Exchange.



**GRAND TOUR.** Lions tour the grounds of Camp Courageous during the 9EC Fall Rally.

# 122/366

## NEW MEMBER CAMPAIGN

*As of Oct. 31, 2019*

<b>NEW MEMBERS</b>	<b>29</b>
<b>DROPPED MEMBERS</b>	<b>37</b>
<b>NET GAIN/LOSS</b>	<b>-8</b>

## District 9EC 122/366 - Stage 1 Winners

Club Name	Sponsor Name	New Member
Coggon	Dave Shaffer	Gary Millard
Davenport Breakfast	Ken Meyer	Sarah Hamerly
Davenport Breakfast	Ed Hanssen	Robert Sitz
Davenport Host	Norm Dean	Marci Rodenbeck
Davenport Host	Norm Dean	Duane Haas
DeWitt	Carole Dunkin	Sally Burroughs
DeWitt	Nancy Aiken	Judy Loussaert
Delmar	Jerry Farrell	Renee Leitz
DeWitt Nite	Denise Meyer	Lauren Schemmel
Eldridge	Tony Hill	Chad Ulrich
Lowden	Steve Licht	Ted Licht
Lowden	Pastor Steve Stepp	Jon Mansfield
Monticello	Laura Larabee	Eva Larabee
Mount Vernon	Paul Fugate	Christian Andrews
Olin	Thomas McAtee	Jessica Klever
Stanwood	Donna Wood	Larry Echeberry
Tipton	Linda Boots	Sarah Begey
Tipton	Linda Boots	Kara Ross
Tipton	Linda Boots	Dave Ross
Tipton	Keith Whitlatch	Terri Peck
Tipton	Dennis Dykstra	Charlis Williams
Tipton	Dennis Dykstra	Dawn Williams
Walcott	John Kostichek	Everett Bieri
Walcott	Renee Curler	Jeffery Curler
Walcott	Jacob Puck	Kari Puck
Walker	Jim Meisheid	Mike Meisheid
West Branch	Mike Quinlan	Greg Norfleet
Wyoming	Jim Eichhorn	Steve Agnitsch



## ADDITIONAL DIGITAL COVERAGE

### District 9EC 122/366 - Stage 1 Presidents and Membership Chairs Club Growth Winners

Club Name	President	Membership Chair	+ Members
Coggon	Al Moorman	Galen McAtee	+1
Dav Breakfast	Linda Grunder	None	+1
Dav Village Branch	Lyle Miller	None	+1
DeWitt	Margaret Thiltgen	Mike Thomas	+2
Delmar	Roger Hansen	Kent Bennis	+1
Eldridge	Lynda Miller	Nancy Gruber	+1
Lowden	Jessica Wright	David Hintz	+2
Monticello	Wade Reddy	Penny Schmit	+1
Olin	Jamie Ketelsen	None	+1
Tipton	Keith Whitlatch	Glenn Fear	+6 Awesome !!
Walcott	Jacob Puck	John Kosticheck	+3 Great !!
Wyoming	Kevin Ellison	None	+1



The 2018-2019 winning International Peace Poster, framed, matted and signed, on display at the 9EC Fall Rally.



**ROTARIAN CHALLENGE.** 9EC LCIF Coordinator Rick Baughman manages the Rotarian Challenge board at the District 9EC Fall Rally. Rotarians Bill and Linda Tubbs of Eldridge challenged the Lions of District 9EC to raise \$1,000 for LCIF Campaign 100 and said they'd match that \$1,000. Not ones to back down from a challenge, Lions sold 100 squares at \$10 each during the Fall Rally to reach the \$1,000 challenge, effectively raising \$2,000 for Campaign 100.



## ADDITIONAL DIGITAL COVERAGE

# 2019 MD9 LEO Convention



**LEADERSHIP.** Sgt. Carlos Ruiz with the Iowa National Guard walks Leos through a team building activity.



**EXPERIENCE.** Leos practice stress management techniques during one of the breakout sessions.



**OPPORTUNITY.** Leos work on a service project making dog toys for a local animal shelter.



**LIFE CHANGING EXPERIENCE.** (Above photo) Lion James Goff from Washington talks to Leos about how he went blind and how his life changed after receiving Leader Dog Peanut. (Below photo) Leos work together to make foam in one of the break out sessions at the MD9 State Leo Convention held in Burlington on Nov. 2.





## ADDITIONAL DIGITAL COVERAGE

# Waukee Lions Charter Night



**NEW CHARTER.** Waukee Lions sign the new club charter.



**CHARTER MEMBER CERTIFICATES.** Waukee Lions President Clint Cole signs the new Charter Member Certificates as another new member looks on.



**GIFTS.** Neola Lion Jerry Farley (right) and Council Chair Pat Parker (middle) present the Waukee Lions Club with a gift of a new Lions flag from the Neola Lions Club as Waukee Charter President Clint Cole looks on.



**CHARTER MEMBERS.** The charter members of the Waukee Lions Club in attendance at the charter night at the Country Lane Inn in Adel on Nov. 8.



## ADDITIONAL DIGITAL COVERAGE

### Lions of Iowa Mid-Winter Conference 2020 Advertising Policies

Advertising copy MUST be received NO LATER THAN **Saturday, December 20, 2020**. Payment for ads MUST be received by that deadline, as well. SPACE IS LIMITED to 24 single spaces on a first-come, first-served basis.

E-mail ad copy to Lion Debbie Doty at [debbie@dotypc.com](mailto:debbie@dotypc.com). If you are designing your own ad, please send the exact size design in a **PDF High Quality Print** format (not Microsoft Word or PowerPoint). Lion Debbie is also happy to design your ad for you. Send high-quality graphics as attachments to the above e-mail. Please specify whether copy is for half page or full page.

Make checks payable to **Lions State Convention** and mail to:

Debbie Doty

PO Box 251

University Park, IA 52595

Credit card payments can be made by contacting DG Tim Wilson at the state office.

For more information, contact Lion Debbie Doty at 641-673-4173 (office) or 641-504-0117 (cell).

2.3" x 1.3"

single ad

\$25

*Proportionate to a business card.*

2.3" x 2.6"  
double tall ad

\$50

4.6" x 1.3"  
double wide ad

\$50

# Welcome Home, Ardie!



**WELCOME BACK.** (Left photo) Past District Governor Ken and Immediate Past International Director Ardie Klemish share some of their experiences serving on the International Board of Directors the past two years during a welcome home reception held Oct. 19. The Klemishes also displayed many of the gifts they received during their travels.