

The IOWA LION



October 2020

iowalions.org

Member's Cornea Transplant Should Make Lions Proud

*By Lion Steve Corbin
District 9NE Membership, Diversity
and Inclusion Chair*

On Aug. 17, fellow Lion Ken Murphy underwent a successful cornea transplant at Mercy Hospital in Cedar Rapids. The surgery is officially called DSAEK (Descemet Stripping Automated Endothelial Keratoplasty).

DSAEK is a partial thickness cornea transplant procedure where the patient's descemet membrane and endothelium is removed and donor corneal tissue is transplanted. The transplanted tissue is approximately 100-200 microns thick; 0.8% of one inch (that's teeny-tiny).

Ken has encountered vision difficulties most of his life. He started wearing glasses at age 5. With his eyesight steadily worsening, he visited several eye doctors for two decades. Finally, at age 25, Ken was diagnosed with a congenital type of glaucoma that doesn't respond to traditional treatment.

After several eye procedures and steadily declining vision, Ken was forced to take early retirement from his teaching job at age 56. In 2008, Ken was a Waterloo Community School District Gold Star Award recipient for outstanding teaching.

Ken said he realized his vision was getting much worse this past winter while being a snowbird in Tucson, Arizona. Everything looked cloudier and cloudier, like having butter spread all over his sunglasses. His vision became so blurry that he couldn't see his wife Chris' face while sitting next to her at the kitchen table.

Ken knew he had reached a new vision low when this

spring he couldn't ride his bicycle on the ever familiar and memorized Iowa bike trails, even while wearing his specialized magnifying eyeglasses. Ken said to Chris, "This is the first time I've ever felt that my vision is a handicap."

In April, Ken visited his ophthalmologist, even in the midst of the COVID-19 pandemic.

It was then he was diagnosed with Fuchs' (pronounced fewks) dystrophy and was sent to the Wolfe Eye Clinic cornea specialist in Cedar Rapids.

With Fuchs' dystrophy, fluid builds up in the clear layer (cornea) on the front of the eye, causing the cornea to swell and thicken. Fuchs' dystrophy usually leads to glare, blurred or cloudy vision and eye discomfort. The best way to restore vision is with a cornea transplant.

Members of the Cedar Falls Lions Club are familiar with Ken's white cane being his companion and recognizing them by voice. I may be biased since I was his Lions Club sponsor, but Ken was one of our best guest speakers when he addressed the club on his eye ailment. He shared what it is like attending the Iowa Department for the Blind School in Des Moines and how he manages life with diminished eyesight.

Ken is my backdoor neighbor, living 80 yards away.



Lion Ken Murphy

CONTINUED ON PAGE 23



OUT-OF-THE-BOX FUNDRAISER. Carroll Lions Club raised \$5,800 with their alternative fundraiser. Pictured (L-R) are Lions Ron Morlok, Ann Slechta, Lois Flath and Club President Sondra Rierson. See Page 15 for more details.

UPCOMING EVENTS

October	Vision Awareness Month Lions & Leos Membership Growth Month
Oct. 2	Cedar Rapids Noon Lions 100th Anniversary CANCELED
Oct. 8	World Sight Day
Oct. 9-10	MD9 Special Convention, Marshalltown
Oct. 15	White Cane Safety Day
Oct. 16-17	9SW District Convention, Panora
November	Diabetes Awareness Month
Nov. 13-14	9SE District Convention, Burlington
Nov. 14	World Diabetes Day

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Service In Uncertain Times

by PDG Edward Ottesen
 MD9 Global Service Team Coordinator

The mainstay of Lions Clubs International is service – now more than ever. Everyday needs and the unforeseen ones still present themselves even during the trying times of a pandemic. Natural disasters still occur all over the world – no way more evident than right here in our state. Lions are still in the forefront of the efforts to fulfill those needs, be it ongoing everyday needs or the unforeseen.

For those clubs looking to make an impact in their communities, there are many examples from which to get ideas. Every month the LION magazine puts out by LCI highlights service by clubs across the globe. The summer issue includes examples of ways to help during the COVID-19 crisis. Even paging through this magazine will give insight to what clubs in this state are doing.

If your club is looking for new service ideas, LCI has a service toolkit to help. Everything can be found on [The Service Journey page on the LCI website](#). Here you will find five webpages with a wealth of information to get you started. This includes the topics of:

Club Quality Initiative – takes a whole-club approach to identifying, implementing and sustaining improvements to keep clubs performing at the highest level.

Club and Community Needs Assessment – helping clubs apply their unique strengths and motivation to the needs and opportunities within their local community.

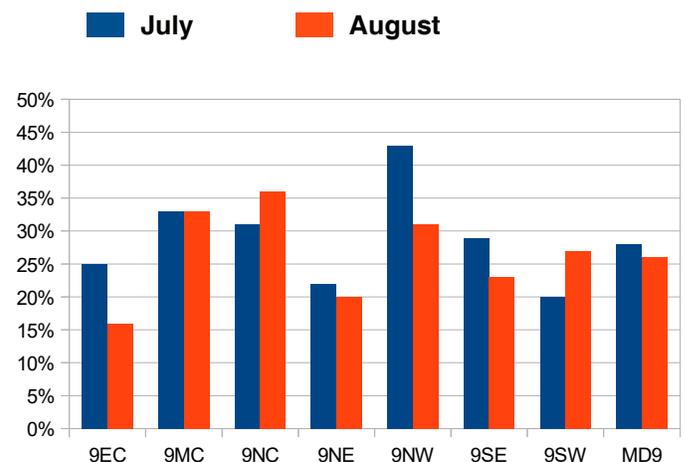
Developing Local Partnerships – we can achieve more when we work together.

Fundraising Guide – raising funds is a valuable strategy for bringing a community together and increasing the impact of service.

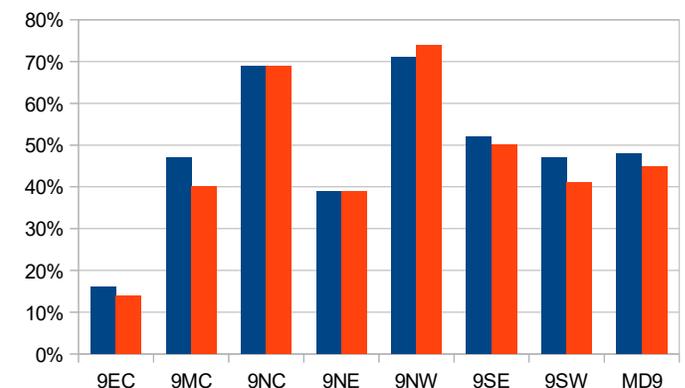
Why Service Reporting Matters – reporting helps us innovate our service and share our impact with the world.

The last topic is very important. Traditionally, reporting of service has not been as automatic as it should be. The change to online reporting, the use of the MyLion app and the pandemic have all affected reporting in a negative way. So far this Lion year through the end of August, MD9 has 26% of its clubs not submitting a Monthly Membership Report (MMR) in 3 months or longer. When you look at reporting service, this jumps to 45% of clubs in the state not submitting an Activity Report in 12 months or longer. Specifically, Districts 9NC and 9NW have about 70% of their clubs not reporting service in the last 12 months or longer. On the brighter side, 9EC has only 15% of its clubs not reporting service.

% of Clubs Not Submitting MMR in 3 Months or Longer



% of Clubs Not Submitting Activity Report in 12 Months



The Deaf Hear...

Cochlear Implant Center Restores Hearing to Citizens with Iowa Lions Foundation Help for Nearly 40 Years

*By Christopher Wilkins
Iowa Lions Foundation Trustee, 9SW*

The prophet Isaiah told of a glorious time when “the deaf will hear the words of the book” (29:18). The Iowa Lions Foundation has been supporting this harbinger for four decades by supporting the Iowa Cochlear Implant Center at the University of Iowa.

Camille Dunn, the current Director of the program, discussed the history, impact and needs of the Cochlear Implant Center in great length this past August.

It all began with Dr. Bruce J. Gantz in 1980. The advent of cochlear implants in Europe spurred Dr. Gantz to seek funding to begin a center in Iowa to help the deaf to hear. Before he could receive approval, he had to provide sufficient pilot data to prove viability of the procedure.

This is when Dr. Gantz contacted the Iowa Lions Foundation to acquire funding to start his research that began changing lives. The Iowa Lions Foundation gave \$100,000 to start the program, which opened the door to \$66 million in funds from the National Institutes of Health (NIH). To date, the continued support of the Iowa Lions Foundation has led to approximately 3,500 men, women and children receiving cochlear implants to gain the gift of hearing and independence.



Photo 170089636 © Laurentiu Iordache | Dreamstime.com

Each year, approximately 150 people receive services from the University of Iowa Cochlear Implant Center. Seventy patients have been served in 2020 (36 of which have been implanted since May 1 when surgeries were reinstated during COVID-19). The center is on track to serve a typical yearly total.

Each procedure incurs a cost of roughly \$90,000, but can provide a patient with a lifetime of hearing. The operational life of the implants is expected to be that of the client, as most of the original implants are still operational. The implants come with a 10-year warranty; however this is to account for any manufacturing defects that may present themselves and NOT due to the life expectancy of the product.

Donations to the University of Iowa Cochlear Implant Center not only go toward procedures and products, but also fund research and development. Currently, the center is studying the correlation between hearing loss and declining cognition in hopes of identifying and alleviating dementia. Current research is also focused on aiding single-sided deafness, which affects “segregation of sound” for sufferers. Donations also help pay research participants for their contributions.

While much funding is earmarked for specific uses, Iowa Lions Foundation funding is used to bridge gaps where donations lag. The center is currently in need of electroencephalogram (EEG) equipment. EEGs are devices that read electrical activity in the brain in response to stimuli; vital in hearing research. They are also seeking funds for iPads, which can translate verbal communication to text. This helps in today’s new normal, where the wearing of masks can hinder the reading of lips (necessary for communication with the hearing-impaired),

If you are able and compelled, will you consider supporting this great cause through the Iowa Lions Foundation? Every dollar donated goes toward the aid of a community in need, granting them the ability to care for themselves and better contribute to society, which in turn is an investment in our own communities at large. This fully exemplifies the Lions Club motto, “WE SERVE.”

International Report

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2020 USA/Canada Virtual Lions Leadership Experience

Over 1,700 Lions and Leos from around the globe attended the virtual USA/Canada Lions Experience Sept. 25-27. Both the opening and closing sessions featured the keynote speakers who would have inspired you in Louisville, Kentucky, if we had been able to hold the 44th annual Forum in person. Three general sessions, a childhood cancer symposium and sixteen seminars covered a wide variety of Lions initiatives. The closing session featured "Racing Ahead to Des Moines" with a motivational and scenic video of our Iowa 2021 USA/Canada Forum. You can register now at an "early-bird" reduced registration fee on the [Lions Forum website](#).

Midwest ALLI Postponed

The very first ever Midwest Advanced Lions Leadership Institute was postponed until late winter/early spring 2021 by the Great Plains Lions Leadership Institute board of directors, due to the ongoing spread of COVID-19. The first 40 slots will be reserved for Lions from Iowa, Kansas, Missouri and Nebraska. Watch for updates soon!

October a Busy Month for Lions

For Lions and Leos around the world, October is Vision Awareness Month, as well as Lions and Leo Membership Growth Month. World Sight Day is Oct. 8. The International Board of Directors meeting will be held virtually Oct. 12-21. United Nations Day is Oct. 24, but due to the pandemic, global Lion leaders will not be traveling in person to the United Nations to celebrate our partnership.

LCIF Grant Applications

All Matching, Diabetes, Hunger, Childhood Cancer, SightFirst and Lions Quest LCIF grant applications are due by Oct. 15 in order to be considered at the January 2021 LCIF Board of Trustees, the Lions Quest and SightFirst Advisory

Committee meetings. Emergency grants, as well as District & Club Grants, can be submitted at any time throughout the year.

Fundraisers for Iowa's 2021 USA/Canada Forum Host Committee

Since our 2021 Iowa Host Committee was unable to sell fundraisers at a "live" Forum in Louisville, Kentucky last month in September, Iowa's Host Committee Team will be at all Iowa state and district events with their

fundraisers. A beautiful 2021 Host Committee Forum pin is available for only \$5. In addition, the Host Committee received approval from the Executive Committee for the sole rights to sell face masks with the official USA/Canada Lions Leadership Forum logo.

The face masks are very comfortable soft cotton and launder easily. They only cost \$10. Check out the Host Committee booth at all the Iowa Lions events this year. Additionally, we are working on a set of collectors pins based on famous Iowa movies. More on those later!



Our Service Endures: TAKE CARE of Your Club Members

All Lions and Leo clubs around the world are still blazing new trails on how to meet safely, how to serve safely, how to fundraise from a distance and most importantly, how to take care of their own club members. Lions Clubs International has many resources. Go to the [Lions Clubs International website](#), then click on the *Coronavirus tab. Under that tab, check out Virtual Events Center (you can participate in a variety of ways) and SERVING SAFELY, which has Tips for Serving Safely, Hosting a Virtual Meeting, and Stay Ready to Serve. We still need to hold meetings, pay our dues, and find ways to raise money to help us "Serve Up Kindness!"

All Clubs and Districts: File Your 990N by Nov. 1 to Retain Your Tax-Exempt Status

A View from the Chair

Council Chair Judy Stone
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Well, 2020 was not done with us yet. If this year has been a test, our Lions hearts have held our ground. Once again, we were called to serve during the derecho or inland hurricane that devastated so many of our communities. Your district governors jumped to the task and received grants from your Lions Clubs International Foundation. Make sure you read more about how each grant was distributed throughout the affected areas in the article by MD9 LCIF Coordinator Jim Bixler.

During these times of COVID-19, we need to serve safely, but now more than ever there is a need for every LION to serve.

Serving Safely: for Every Need Lions Find a Way!

1. Do you have a laptop or tablet to spare?

Consider donating electronics to students to support their virtual learning or to nursing home residents so they can stay connected to friends and family.

2. Do you speak a second language?

Consider volunteering your time to translate documents or to virtually teach those learning a new language.

3. Do you have a musical talent in your club?

Consider hosting a virtual concert for isolated groups such as nursing home residents or hospitalized pediatric patients.

4. Do you have time to stop by?

Visit your neighbor, or the senior or young mother down the block, do they need anything, can you run an errand for them?

5. Do you have time to stop by a nursing home?

Help someone write a letter, read mail they received, share a book, ask about their lives before the nursing home.

Virtual counts! Don't forget to report your virtual

meetings and service projects.

The Passing of a Lion

During my years as a VDG, then DG and now as Council Chair, there are those clubs that ring a bell because of that one special Lion. The Urbandale Lions lost one of those special Lions recently.

Lion Ernest Doeringfeld became a Lion in 1958 and served his club until shortly before he left us. He was most recently the greeter and greet he did, always with his smile. I was always met at the door. Lion Ernest knew my name, my club, where I lived and what my current title was and what it meant. In his own way, every guest was made to feel special, important and valued.

Lion Ernest celebrated his 62nd year as a Lion and many years as an educator in the Urbandale area. If I can aspire to something, it would be to make Lion Ernest proud that I am a Lion, too. He will be missed by Urbandale and myself.

Succession Planning

As most of you are aware, we have several districts that lack a full slate of incoming DG teams and cabinet members. The most effective route to our future leaders is to be on the lookout for that one Lion that asks the questions, shows an interest in what is discussed, and makes suggestions for our Lions future. Seek them out, learn about them: how long have they been a member, what is their background? Do they have the time needed to pursue a chair outside their club and is it the right time in their life to pursue that chair? They will only succeed if we do that choosing correctly. We are responsible for their success and it starts with choosing them.

Membership totals: 7,583

District	New Members	Dropped Members
MD9	+89	-133
EC	+14	-24
MC	+8	-11
NC	+3	-17
NE	+17	-28
NW	+5	-12
SE	+17	-19
SW	+25	-22

Celebrate World Diabetes Day Nov. 14

By PDG Bill Shutters

MD9 Diabetes Awareness Chair

A child said “October and November are the TUVW of the year,” making December the XYZ. Learning sequences of 12 or 26 may be less challenging if one looks for differences and similarities.

October and November have at least one thing in common: they both have Thanksgiving. Canadian Thanksgiving is the second Monday in October and U.S. Thanksgiving is the fourth Thursday in November. Turkey is the main entrée at each with the Canadian tradition predating the U.S. Both are days of gathering family, celebrating the year and expressing thanks.

If you ask a person with diabetes what he or she is thankful for, insulin may or may not be the response, even though it brings normalcy to a diabetic’s life.

In the pre-insulin days, there were lots of ineffective treatments for diabetes, such as eating vegetables boiled until they were mush with little nutritional value or drinking mixtures of chalk. A restrictive diet was probably the best treatment available and yet diabetes claimed the lives of many.

Diabetes has been mentioned in the medical literature as early as 1550 BC. The symptoms were known, which included the attraction of insects to the urine of certain individuals. Physicians diagnosed the disease by tasting the body fluid of the patient. The population incidence was 1%! The recognition of the distinctive Type I and Type II started around 1850 with Type II accounting for 90% of the cases.

In 1922, Canadian physician Sir Fredrick Banting and his assistant, Charles Best, successfully extracted insulin from animals and carried out the first injection of insulin to a young orphan boy who was dying from diabetes. He survived and insulin became the new and accepted treatment for diabetes.

Dr. Banting was born on Nov. 14, 1891. In 1991, the International Diabetes Foundation created World Diabetes Day, celebrated on Nov. 14, in honor of Dr. Banting’s 100th birthday and designated November as World Diabetes Month. World Diabetes Day became an official United Nations Day in 2006 with the passage of UN Resolution 61/225.

This year, World Diabetes Day falls on Saturday, Nov. 14, with the theme “The Nurses and Diabetes.”

How can we celebrate World Diabetes Day and Month in this year of masks and social distancing?



Graphic courtesy of International Diabetes Federation

1. Wear a BLUE CIRCLE, the symbol for diabetes. You can obtain a copy from the [Logos and Emblems page in the Resource Center on the LCI website](#) and have all members wear one in public.
2. Set up a booth by a storefront to promote the day. Provide information on diabetes, your club and its service to the community and world. Let people know about Lions, LCIF and the disaster support they are providing all over the world at this time.
3. Organize a Diabetes Screening Day.
4. Hold a Strides Walk in the community.
5. Recognize your school nurses and other nurses in community service organizations.
6. Get tested. (Yes, you, yourself.) It is estimated that over half of the people with pre-diabetes are unaware of it.
7. Learn the symptoms of diabetes: frequent urination, constant thirst and hunger, weight loss, vision change, fatigue.
8. Assist someone who is financially challenged to purchase his/her insulin or diabetes medication prescription. There are many citizens who have lost their medical insurance when they were laid off due to the pandemic.
9. Distribute grocery gift cards so parents can provide a diabetes-healthy diet for their children.
10. Remember these needs by a financially-challenged family don’t disappear after November. They may need assistance for a period of time. Celebrate World Diabetes Day YEAR ROUND.

District 9MC

No District Governor
at this time

This month's newsletter
prepared by
2nd Vice District Governor
David Coates



Club Visits

Hey there! I'm the elected 2nd Vice District Governor David Coates from the Johnston Lions Club. I have been a Lion for more than 25 years serving in Tennessee, Georgia, Minnesota and now Iowa.

I have already connected with many club presidents via email and phone. I look forward to meeting many of you in the upcoming months. Please email me at dtcoates2@gmail.com if you haven't already heard from me.

I have been asked if I would set up a monthly Microsoft Teams or Zoom meeting. Please, let me know if this would be beneficial for you or your club.

In August, I visited the Grinnell and Urbandale Lions Clubs. I have set up a visit with Mitchellville Lions Club and look forward to meeting the other 40 clubs in our district.

One of the great things that I've found about the Lions Clubs is that no matter where you go in the United States or in the world, you can find a Lions Club with warm and caring men and women who are working on a collective goal together. I look forward to serving and working with you in the future.

Please call upon me so that we may set up a time for me to speak with you and your club members. I look forward to this opportunity.

Next Convention Iowa Lions Fall Convention

Iowa Lions conventions are moving away from the old ways and are becoming more of a learning and training experience. There will be several seminars at the Oct. 10 Iowa Lions Special Fall Convention that will be valuable to Lions. They include seminars on MyLion and how to better use it, a session on how to use Microsoft Teams to reduce the travel time and expense of a regular meeting and how to become a Certified Guiding Lion. Plan now to attend the Special State Convention in Marshalltown on Oct. 9-10. It will

be held at Grace Church, 3111 South 6th St., starting with registration at 8 a.m. and seminars beginning at 9 a.m. We have tried to put together a class for everyone and, of course, we will have fun.

October is Vision Awareness Month

Since 1988, Lions World Sight Day has raised awareness about the importance of eye health and the need for quality eye care services for all. On this special day of service, Lions clubs around the world conduct sight-related projects including vision screenings, eyeglass donations, restorative surgeries, eye health education programs and the donation of assistive devices to those with vision impairment.

Lions World Sight Day is traditionally held in the month of October. This year, Lions are encouraged to organize their Lions World Sight Day activities in conjunction with the Lions Worldwide Week of Service in Sight.

A Call for New Leaders!

We are still searching for that PDG to step up as an acting district governor. Please know that if you decide to be that PDG, you will have an army behind you to share the load. We are working diligently to cover our district with zone meetings and club officer training. We will continue to work alongside you to move our district forward for the next generation of vice district governors.

If you have been president, secretary or treasurer for many years in your club, please, talk with me or Council Chair Judy Stone about moving up into the next level in Lionism. We need your knowledge, ideas and skills at the next level. We need to develop our next generation of Lion Leaders for our Lions Clubs that we love.

Without this new commitment on your behalf, we will be stuck without new leadership. There is an adage and it states, "Many hands make light work out of a task." We need new hands and minds to continue towards another century of Lions and Lions Clubs.

Find the new Lion within you!

DECEASED MEMBERS

Club	Member	Years a Lion
Urbandale	Ernest A. Doeringsfeld	62 years
Urbandale	Arven Olson	13 years



NEW MEMBERS

Club	Member	Sponsor
Rhinebeck	M.L. Kosanke	Mark Oleson

CLUB ACTIVITIES

GRINNELL LIONS CLUB

Environmental Project - Picked up trash along Highway 146, both east and west sides, from the U.S. Cellular in Grinnell to Casey's near I-80. This service was done as part of Iowa DOT Adopt-a-Highway program.

Hunger Project - Collected \$108 to donate to the local food pantry (MICA). The club does such collections at "5th Monday" meetings.

DYSART LIONS CLUB

The Knights Run helps Mission 22, which is dedicated to healing America's Veterans when they need it most- right now. Mission 22 offers help for Post-Traumatic Stress Disorder, Traumatic Brain Injury, substance abuse and all of the issues that veterans are facing today.

Mission 22 united in the war against veteran suicide since statistics show that each day over 20 veterans take their own lives.

Paraphrased from [The Knights Run website](#): The run went from the Dysart Trailhead east past Garrison. The run was light on participants because of COVID-19 and the derecho, but through the event the Knights Run was able to raise \$1,500 to go to Mission 22.

On a side note, the sponsors of the Knights Run were also able to raise money selling their "challenge coin." Donations went towards a year's tuition for a nursing student in Jerusalem.

SOUTH DES MOINES LIONS CLUB

Environmental Project - Cleared off 80 gravestones and picked up debris from the derecho.

Recycling Glasses - picked up 460 pairs of eyeglasses for recycling and delivered to the Ames office for distribution.

JOHNSTON LIONS CLUB

Environmental Project – Planned and managed a local farmers market with monies raised given to the City of Johnston to purchase trees for citizens.

Recycled Glasses and Hearing Aids – Picked up eyeglasses from four shops for recycling, along with two hearing aids and delivered to the Ames office for distribution.

MARSHALLTOWN EVENING LIONS

Popped popcorn is back every Saturday outside Hy-Vee from 10 a.m. to 2 p.m.

Completed some much needed repairs to the popcorn machines.

Built a ramp on Marshalltown's northside.



HARD AT WORK. Marshalltown Evening Lions build a ramp to a home on the north side of town. Pictured above are Lions Bill Peden, Dave Esperson and Tim Tagstrom. Pictured below is the ramp base coming up to the house. It was a hot day but the job was completed.



District 9NE

District Governor
Richard Congdon

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October is Lions Membership Month. I have asked District 9NE Membership, Diversity and Inclusion Chairman Steve Corbin to give us some direction and ideas about membership. Even with COVID-19, 9NE added 11 new members. Way to go clubs. We can do this!

Paradigm Shift Needed for 9NE Lions Clubs to Grow

*By Steve Corbin
9NE Membership, Diversity and Inclusion Chair*

(Paradigm [noun; 15th century; Latin/Greek]: a typical pattern, model, methodology or framework containing a very clear manner of looking at something in a different way.)

In a six-page document I shared with all Lions Club presidents and membership chairs at the beginning of District Governor Rich Congdon's "Lions Poking Holes in Darkness" term of office, I suggested we should start thinking about expanding the size of our clubs in a slightly different manner. A paradigm shift is needed.

The first paradigm shift needed, IF we want our clubs to grow, is to adopt the thought from a recruiting perspective, being a guest supersedes being a member. Example: The Cedar Falls Lions Club focused on an incentive program for members to ask people to come to a meeting as a guest. We soon realized that for every four people who came to a meeting as a guest, one become a member. Remember the 4:1 guest-member ratio. The result: membership has grown from 87 members to 121 during a four-year period of time; 28% growth.

Memorize this rule: To get new members, you first need guests. Repeat the rule until it sinks in.

Next, whether a member is an introvert or an extrovert, E-V-E-R-Y member must "make-the-ask" of a friend, neighbor, peer, associate, in-law (and even out-laws) to be a guest. Making-the-ask is difficult because it's not part of our DNA. Making-the-ask is uncomfortable and not a natural feeling to be

proselytizing (attempting to convert someone).

Create a reward program for members to bring guests. Next, create a system for members that brought a guest who then becomes a member; the sponsor gets a MUCH greater reward. Rewards can include anything from a Lions polo shirt to gift cards to good old cash.

Behold the turtle! It only makes progress by sticking its neck out.

Progress and growth will ONLY come to a Lions Club when the members "stick their necks out" and try new things. It's been proven over and over again that dynamic Lions Clubs focus on making a difference – get this, in a different manner. They pursue goals in a different manner rather than relying on doing the same old thing the same old way with the same old results.

If you don't change, you're through!

A paradigm shift is how you approach getting new members. Remember, focus on guests first – it works!

I avail myself to share with you specific guest and membership growth programs that worked in the Cedar Falls Lions Club. Call me at 319-290-9779.



LAMPLIGHTERS. (Left Photo) DG Rich Congdon presents a Lamplighter certificate to Cedar Falls Lion Blake Bishop. DG Rich presents awards to Garrison Lions Dick Flickinger and Ronnie Kerkman.

Lamplighter Award Recipients

Lions are the light of the world. Your district is recognizing special Lions who are the heart and soul of a club and are representative of lamplighters "Poking Holes in Darkness." New Lamplighters are:

Belle Plaine: Scott Frank and Hank Werhman

Cedar Falls: Blake Bishop

Dyersville: Keith Amunson and Roger Gibbs

Garrison: Dick Flickinger and Ronnie Kerkman

Hawkeye: Al Schlatter and Iva Bumgardner

Lawler: Greg Kout and Cathy Rosonke

Postville: Linda Schierholz and Nathan Thompson

CLUB ACTIVITIES



BELLE PLAINE offered diabetes screenings at a pancake breakfast; cleaned up from the derecho and assembled free lunches for victims (pictured above).

CEDAR FALLS volunteers went to Cedar Rapids to deliver food to the linemen and clean up debris from the derecho; sewed masks for school children and raised \$3,000 to continue the efforts; collected eyeglasses and hearing aids and delivered them to the collection center



in Oelwein; and planted a garden on the University of Northern Iowa campus for the students to enjoy. Pictured above are Lions Jim and Jeanna Newcomb delivering food to the linemen who worked so diligently to restore power after the derecho.

FAYETTE filled backpacks for distribution to local schools.

GARRISON held another Garrison Market on Monday, Aug. 24 followed by their monthly meeting.

NASHUA assisted a neighbor by delivering necessary supplies to him while he was hospitalized.

VINTON sold food at Party in the Park for the Benton County Food Bank and Operation Backpack.

WAVERLY raised awareness of blindness and promoted their White Cane Days.

WATERLOO provided a community meal for those experiencing hunger; collected 250 eyeglasses; and helped three people obtain hearing aids who could not otherwise afford them.

Even through the pandemic, we welcome new members

CLUB	NEW MEMBER
Cedar Falls	Kim D. Armstrong
Denver	Holly Matthias
	Kyle Matthias
Fredericksburg	Nancy DeSloover
Janesville	B J Barr
La Porte City	Chad Burlingham
	Brian Davis
	Lance Husman
	Phillip Medina
	Jamie Myers
	Bobby Rogers

Deceased Members

Newhall — Alden Morrison



DISTANCING. Cedar Falls Lions held their first meeting since the beginning of the pandemic outdoors in a park.

District 9NC

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Hello, Lions of 9NC. I trust everyone is staying safe and using common sense in this trying time. As I write this, I realize we are a quarter of the way through our Lions year. We need to remind ourselves of who we are as Lions and what we do. I have a quote from Helen Keller on a sticky note by my desk that says, "Alone we can do so little, together we can do so much."

Because COVID-19 caused the canceling of the Lions Clubs International Convention in Singapore, International President Dr. Jung-Yul Choi has been asked to extend his term another year. Dr Choi wants to expand on the official theme "WE SERVE" with an additional focus on staying "UNITED in KINDNESS and DIVERSITY."

Have you been asked to serve in a leadership capacity in your club? Have you accepted the challenge? We need to bring new people into our leadership line to gain new perspectives on ways of serving people. Have you just asked someone to become a Lion?

I use an experience again from the West Fork Food Pantry, which is a service assistance project of the Sheffield Lions Club. On Sept. 5, we had a woman come through who had just lost her job and she could not thank us enough for providing this community service to her family! She was amazed at the variety of food we had available to choose from. It is a truly rewarding experience to be a part of this community service as a Lion.

On Sept. 13, the food pantry held an

Save the Date



9NC Convention

Saturday, April 10, 2021

appreciation supper for all those volunteers. We live in a state where we think there is no food shortage or need for food assistance. In the last nine months, the West Fork Food Pantry has distributed about 34,500 pounds of food. We are told by the Food Bank of Iowa that the average meal is 1.2 pounds, so the math tells us we served 28,750 meals!

Did you have or know of anyone who was affected by the derecho storm that hit Iowa on Aug. 10? Did you help anyone with storm damage? Did you report those hours to your club secretary so the hours of service can be recorded on MyLCI?

I just received word that Districts MC, SE and EC have applied for and received disaster grants from LCIF. LCIF has extended our Campaign 100 goal to reach \$300 million through June 2022. Have you as an individual made a commitment to Campaign 100? Has your club made a donation to the campaign?

I was at coffee this week and the topic of hearing aids came up. Lions have donation boxes set up at various places in our communities for eyeglasses and hearing aids. Because of the pandemic, many businesses have limited foot traffic in and out. WE need to make signs, use the radio, use the internet, anything we can think of to remind people of our need for

eyeglasses and hearing aids. I told my friends to send hearing aids my way. They had forgotten what Lions are noted for!

Drive-by sack dinners have become a popular event in communities. Most of these are freewill donations. Groups have someone grill burgers; someone gets bottled water; another group gets chips; and another group makes snack bars and puts them in a small Zip Lock bag. As people come through a drive thru line, they drop money in a donation box. They are asked how many waters they want. Next stop a bag of chips is given out. If there are 2-5 people asking for a meal that number of chips is given to them. Same with the bars. Last stop they are given however many burgers they want. Works rather well!

The Sheffield community did this the first Tuesday of May and we served about 200 meals and had a fun time doing it!

Many of our Lions Clubs have resumed meetings with social distancing and face masks being used. As your district governor, I have been attending meetings on an internet platform called Zoom. Zoom is a wonderful way to communicate and be able to have some face to face interaction. I will be attending a Zoom course at North Iowa Area Community College to learn how to use this tool.

9NC held its first cabinet meeting on Sunday, Sept. 13. Of the 30 cabinet positions, five are new zone chairpersons! Thank you to Dennis Reidel of the Mason City Noon Lions Club, Mike Ravera from the Clear Lake Evening Lions, Connie Carter from the Kamrar Lions, Tasha Finch from the Parkersburg Lions, and Marian Gerhls from the Iowa Falls Lions for stepping up and being new zone chairpersons.

NEW MEMBERS

Club	Member	Sponsor
Charles City	Kyle A. Staudt	Bruce Cannon

United States Postal Service

Statement of Ownership, Management and Circulation

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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	650
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(4) Paid Distribution by Other Classes of Mail Through USPS	0	0
c. Total Paid Distribution {Sum of 15b (1), (2), (3), and (4)}	625	650
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 {Sum of 15d (1), (2), (3), and (4)}	0	0
f. Total Distribution (<i>Sum of 15c and 15e</i>)	625	650
g. Copies not Distributed	100	100
h. Total (<i>Sum of 15f and g</i>)	725	750
i. Percent Paid (<i>15c divided by 15f times 100</i>)	100	100
16. Electronic Copy Circulation		
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<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: 9/17/2020. 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).		

District 9NW

District Governor

Roger Curtis

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We are family!

The recent chill in the air brings to mind many pleasant thoughts of warm food in our kitchen. My wife and I have spent many happy hours around the dining room table with our children over good food and conversation. Granted, the dining room looks different now that we are empty nesters, but the pleasant memories still remain. That is the way I look at visiting Lions clubs. I look forward to the pleasant conversations and hanging on to the memories.

Civic-Minded Adults

Service organizations are needed now more than ever and finding the members to fill the various spots is not always easy. The excuses that “I am too busy” or “I am already involved in too many things” are very common. Another one is “I do not want to take time away from my family.” That was once my excuse not to join, but I joined Lions anyway when our oldest child was 3 years old and my wife was pregnant with child number three!

I remember watching the children (toddlers to young adults) come to the pancake feeds. We had one Lion that would make smaller pancakes for the children to eat and keep track of how many the children would eat. (At one feed, my son ate sixteen pancakes – growing teens can eat a considerable amount!) The pride I have in my children does not stem from them eating pancakes, it comes from them being willing to volunteer to help at the Badger Lions Pancake Feed. The Pancake Feeds are a community effort with the firefighters helping clean the fire station the day before to the family members of Lions helping with the cooking and serving. I was thrilled when our children started to stay behind and help clear tables and tear down. The children of Lions members have helped over the years from cooking sausages to serving drinks and cleaning up. I see Lions as a way to help raise civic-minded adults.

The Manson Lions Club is involving the youth at their Haunted Forest and Pumpkin Patch event. The students can earn hours for their silver cord awards while helping the Lions with their fundraiser. Good job, Manson Lions.

Let's Have Some Fun!

I would like to challenge every club to continue to grow this year. Involving families in community projects is just one way to get them involved. Once they see the fun involved with Lions, they are more likely to join.

One suggestion to bring in new members is to invite them to a holiday party (something the Fort Dodge Noon Club does annually). My wife still talks about the Spencer Evening Lions Christmas parties in the basement of the hotel that her grandfather, Arnold “Ole” Olsen, would take her to. Singing songs and visiting with Santa were highlights of those meetings for the children. In addition, the sack of peanuts and the orange presented to each child were also good memories.

Try Something Different

Times have changed. There are fewer clubs and members than in the past, but that is where I would like to challenge every group in 9NW to grow by at least one member this year. Service organizations are just as important now as ever. Communities need the support of individuals working together for good and Lions is a shining example of that, whether it is through the Leader Dogs for the Blind program or LCIF helping with COVID-19 relief. Service organizations are vital.

Meeting during this global pandemic is challenging, but that is where creativity comes into play. When the weather is nice, how about a picnic or maybe a bonfire (keep in mind the burn ban so maybe use a fire pit). S'mores are optional.

Another option would be to hold a meeting while raking leaves for a member in the community. Bonus points for having a meeting during a service project. There is always the option of a Zoom meeting (or whatever computer technology you can think of).

Club Visits

With winter approaching, I am trying to schedule as many club visits as possible before the snow flies. If you have not heard from me to schedule a visit, please contact me. Until next time, stay warm, stay positive and stay safe. While you are at it, enjoy a cup of hot chocolate or coffee for me. Carry on!

WELCOME NEW MEMBERS

Member	Sponsor	Club
Todd Finzen	Bob Watson	Akron
Diana Beaman Finzen	Bob Watson	Akron
Anthony Minnehan	Lynn Subbert	Churdan
John Studer	Wyan Metzger	West Bend

CLUB SPOTLIGHT

The Fort Dodge Evening Lions Club was chartered in May 1974. Since that time, the membership has engaged in many types of community and service activities.

The club has actively participated in KidSight since the program's founding (as well as checking adults) and donates to Iowa Lions Foundation. They are currently the only 9NW club that has donated this Lions fiscal period. Thank you for your \$1,700 donation! They also support LCIF, Leader Dogs for the Blind and lots of community projects. The club provides funding to address individual needs for glasses and hearing aids, as well.

Several projects have stood out over the years. Most recently, the Fort Dodge Evening Lions sold Lions mints and coordinated a regional Mental Health Symposium.

The club conducts three primary fundraisers each year. It holds two raffles – one in the spring and one in the fall for a truck and a grocery drawing. Both raffles have become Fort Dodge Lions' traditions.

The club recently celebrated an awards night and everyone received a pin or an award. Congratulations to Michael Dutcher, Jr. for receiving the Warren Coleman award. He has only been a member since December 2018! Warmest congratulations to Ardie Lewis who received the coveted Melvin Jones award.

Fort Dodge Evening Lions – an outstanding club!

Service Activities

CHURDAN provided labor to install playground equipment in city park; did town clean up; provided Meals on Wheels; held pancake breakfasts at a county park in cooperation with the Lohrville Lions.

LOHRVILLE held pancake breakfasts in cooperation with the Churdan Lions.

HARTLEY cleaned up ditches; collected donations for the pool fund.

If your club has service activities, be sure and record it on MyLion and also send me an email. Thanks!



ALTERNATIVE FUNDRAISING. The Carroll Lions worked outside together at a local park, assembling mailers for their financial campaign to area businesses. The club asked \$100 donations or whatever they are able to contribute. This financial campaign was meant to replace the income from their annual and community-beloved soup day, which was canceled due to the coronavirus pandemic. They have received over \$5,800 in donations! Pictured (L-R) are Ron Morlok, Lisa Mohr, Leon Muhlbauer, Jamie Ostrander and Ann Slechta.

Good News!

Help is now available to get the MyLion reporting system up and operating.

A two-page instruction worksheet has been distributed to every club officer in District 9NW and all you have to do now is to sit down and try to get it to work. Help is available from our district's intrepid IT expert, Lion Carl Duling from the Madrid Lions Club.

He can be contacted by phone at 515-795-2339 or via e-mail at dules@windstream.net.

Lion Carl is a kind-hearted soul, so please don't hesitate to bring your problem to him; don't be embarrassed, you are in the best company. Call today!



District 9EC

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District 9EC Responds to Derecho

The Lions District 9EC includes the counties of Cedar, Clinton, Jones, Jackson, Linn, Muscatine and Scott, several of which were hit hard by the Aug. 10 derecho.

The district responded quickly with a \$10,000 Disaster Grant from Lions Clubs International Foundation. In addition, 9EC also tapped its Care & Share funds in the amount of \$6,000. Then lastly, we received an additional \$3,000 Community Impact Grant from Lions Clubs International Foundation. This provided the district with a total of \$19,000 to help those affected by the disaster in our counties.

The \$19,000 disaster relief was distributed as follows:

The Cedar Rapids area received \$10,000 in assistance with which they purchased and distributed through Hawkeye Area Community Action Program (HACAP). Several pallets of food were purchased on Aug. 27 and distributed on Sept. 3. This accounted for more than 2,500 households receiving 8,517 meals in the Cedar Rapids/Marion areas distributed by Cedar Rapids Lions and a couple of members from Blue Grass Lions with coordination of HACAP.

Southeast Linn County received \$2,000 in assistance and was sent through the Mount Vernon Lions Club. Individuals from the Mount Vernon Lions cooked and served meals to members of the community affected by the disaster. The club also purchased cleaning, disinfecting and medical supplies through an area grocery store and distributed them to more than 400 members in the Mount Vernon and Lisbon area.

Clinton County received \$4,500 in assistance which was distributed through Information and Referral of Clinton County. Food, water, medical and cleaning supplies were purchased from Hy-

Vee, Fairway and Jewel food stores in Clinton. Distribution of items was made to more than 5,000 people in Clinton County by the Clinton County Lions Clubs.

Cedar County and other areas received \$2,500 in assistance of Wal-Mart gift cards. PCC Jerry Inman of Stanwood Lions contacted local law enforcement and government agencies to get names of families in need. Jerry was given referrals of 25 families that needed help. He purchased 25 \$100 gift cards, interviewed and distributed them to those families.

In summary, through the efforts of Lions in District 9EC, more than 13,900 people received food, water and cleaning supplies and our Lions are continuing to provide help. WE SERVE...that's what we do; we are Lions!

Service Projects

Due to the pandemic, it has been extremely difficult to do our traditional service projects and fundraisers. However, let's not let that keep us from serving our community. Many of us rely on the KidSight screening as a signature project. We are at the mercy of the schools and preschools as to when they will allow Lions back into the schools to perform screenings. We must think of projects in which we have minimal or no contract with the community while this pandemic is with us.

Goals for the 2020-2021 year for service: Every club earn the 9EC Service Club Excellence Award. To earn the award a club must conduct a service project in each of the five entities and report it via MyLion. The five entities are diabetes, vision, hunger, environment and childhood cancer. As a district, we need to work with clubs not using the MyLion app and try to get them online to report their service projects.

Zoom License for the District

District 9EC has purchased a Zoom license for use by the District Cabinet, Lions Clubs and committees when conducting Club meetings and business, but not for personal use. The Zoom meeting software is available to Clubs free of charge. We still have a couple of issues to work out, but I will send an email to Clubs when we are ready to field it.

In and Around the District August/September

ANDREW raised and sold sweet corn for the benefit of five 2020 graduates for scholarships to further their education.

BLUE GRASS recycled and composted; crocheted 11 caps to be donated for the homeless; worked on maintaining a Facebook site for the Blue Grass Lions and for the Mississippi Valley Regional Blood Center blood drives sponsored by Blue Grass Lions Club.

CEDAR RAPIDS NOON assisted Hawkeye Area Community Action Program with a food distribution event on Sept. 3 at the Veterans Memorial Stadium parking lot, providing traffic control and loading food into vehicles. Food was provided through a \$10,000 LCIF emergency grant as well as donations from Hy -Vee and other entities.

DELMAR held a Tractorcade meet in Delmar Park and parade through area towns, including a lunch stop.

MARION held a White Cane fundraiser.

MOUNT VERNON served 500 hamburgers and hot dogs to Mt. Vernon residents who had no electricity for three days after the Aug. 10 windstorm.

OTTER CREEK AREA assisted American Legion with a fish fry to raise money for the parking lot the club uses as well for meetings and fundraisers.

TIPTON parked cars and buses for the Central Iowa Track Meet held at the Tipton Football Field; placed 525 American Flags around the community of Tipton in observance of Labor Day weekend; delivered food boxes to families in the community.

In Memoriam

Club	Member	Years a Lion
Merle Ocken	DeWitt	12 years

AUG./SEPT. NEW MEMBERS

Welcome to 9EC - The BEST District in Iowa

Member	Club	Sponsor
Brian Callahan	Alburnett	James Carver
Alan Danielsen	Davenport Village	
Kurk Hubbart	DeWitt	Rhonda McIntyre
Scott Miller	DeWitt	Monica Murphy
Jeorgia Roberson	Marion	Terry Chew



LOW MOOR AWARDS. Low Moor Lions presented awards to members on Aug. 25. Pictured (L-R) are Lions Morrie Wruck, Lee Stofer, Dave Heilmann, Dave Hogleve, Rich Smith, Tom Goldensoph, Orren Thompsen, Jim Hofer, Ted Witt standing in for his son-in-law Tarron Borgesson, Steve Banowetz, Bill Dohrmann and Ralph Binnie.

District 9SE

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When we serve others, we will retain existing members and attract new members. Our motto, “We Serve”, means many things.

First, it means that service is a responsibility of each Lion member. Regardless of what others may or may not do, we each have a responsibility to serve one another. If you are looking around waiting for someone to take the initiative, then you have it wrong. I ask you to take the initiative for a service project.

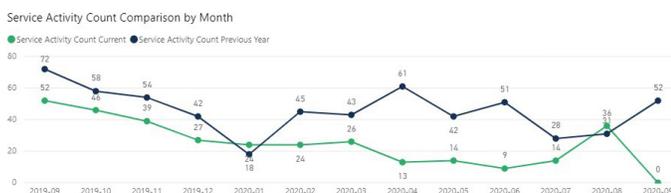
Second, the “We” in the motto means it is a group activity. However, as we all know, there are many roles in “We” to be filled. There are those that lead. All do the work. Then there are those that cheer. It takes all kinds to accomplish service, so that is why “We” is part of the motto.

Third, service comes from a heart of kindness toward others. We all must check our hearts regarding why we do what we do and for whom. I think my motivation is to see that smile on a child’s face or the tears in a mother’s eyes. How about you?

Finally, the grammatical arrangement of our motto tells me that “We Serve” is a defining statement about what we have done, what we are doing and what we will continue to do without end.

We must work to increase our service, but we must also be diligent to report all of it no matter how small or unimportant we think it is. Please report your individual service on the MyLion app or to your club secretary every month. Club secretaries will report general club service, but they need each Lion member to provide them their service hours monthly. Service reporting for our district is shown below. The pandemic has slowed us down for sure, but we must pivot our service and diligently report it.

We must engage our existing members to be more



active and ask family, friends, neighbors, and business contacts to join us in our service. As you can see from the following graph, our membership has generally declined over the last twelve months.



We will be working very soon to plan at least one new club in our district, but we need “all hands on deck” to do everything you can at the local club level to retain members and increase membership. If you do not know what to do, ask your club officers, your zone chair, or any district cabinet member.

We call on all Lions to support LCIF through a donation of any amount to Campaign 100. A report of donations is shown below for the last twelve months. LCIF has had enormous impact on this planet, and we need it more than ever.



Past District Governor Debbie Doty will be conducting virtual club officer training very soon. All of this will be posted to our [District 9SE YouTube channel](#). We also are posting things to our [9SE Facebook page](#). Please subscribe to our YouTube channel and Like our Facebook page. Besides the social media component, we will also send out emails as appropriate.

Our district received another \$10,000 grant from LCIF. This time we are providing disaster relief in the Solon and North Liberty areas to replace perishable food that was lost due to extended power outages after the Aug. 10 derecho. We’ll have more to report in the November newsletter.

9SE District Convention

Don’t miss our 9SE District Convention Nov. 13-14 at the Burlington Golf Club, 2124 Sunnyside Avenue, Burlington, Iowa. The theme will be “Digging Deeper” and we will be hosting International Director Justin K. Faber from Deckerville, Michigan.

If you are having trouble with MyLCI or MyLion, please let PDG Debbie Doty or DG Bryan Bross know so we can assist you.

Service for August

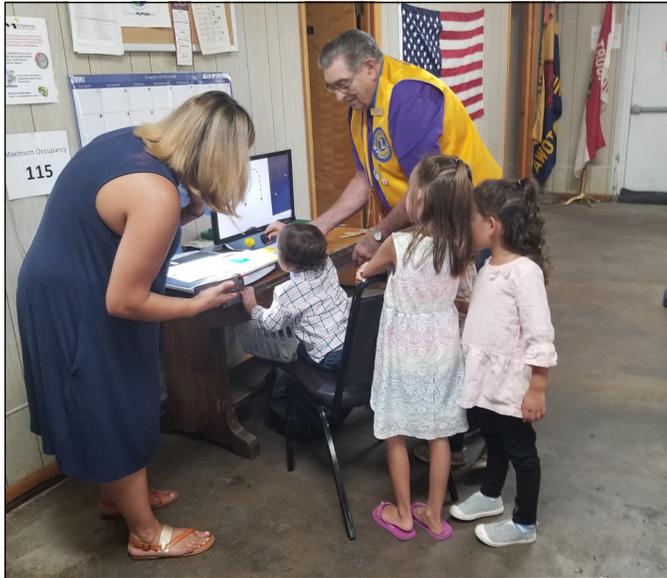
BIRMINGHAM manned a rest stop for Bike Van Buren XXXIV.

BURLINGTON sent thank you cards to nursing home workers.

OSKALOOSA picked up trash at Edmundson Park; provided hearing aid assistance to an individual.

MELCHER-DALLAS made Blessing bags.

WASHINGTON provided lunch for healthcare workers; delivered face shields to a nursing home.



SCREEN READER. Winfield Lion Jim Strasser presents a TOPAZ Reader to Carter Rowe as Carter's mom Jessica and sisters Gabriella and Isabella look on.

NEW MEMBERS (as of Sept. 15, 2020)

Member	Club	Sponsor
Ashley Baum	Ottumwa Noon	Jill Budde
Shawn Baum	Ottumwa Noon	Jill Budde
Janet Chelgren	Ottumwa Noon	Heather Simplot
Carrie Jaeger	Ottumwa Noon	Jill Budde
Lisa Matthiesen	Ottumwa Noon	
Mariah Nichols	Ottumwa Noon	Jill Budde
Don Phillips	Ottumwa Noon	Charles Rooker
Sue Richardson	Ottumwa Noon	
Paula Simplot	Ottumwa Noon	Heather Simplot
Andreas Wilz	Ottumwa Noon	Jill Budde
Ben Johnson	Winfield	Larry Jennings
Pam Johnson	Winfield	Corriene Culver
Dick Reynolds	Winfield	
Cory Rowe	Winfield	James Strasser
Jessica Rowe	Winfield	James Strasser

DECEASED MEMBERS (as of Sept. 15, 2020)

Duane Barker – Keosauqua

LIONS DISTRICT 9SE CONVENTION

“Digging Deeper”

Nov. 13-14, 2020

BURLINGTON GOLF CLUB
2124 SUNNYSIDE AVE., BURLINGTON, IA

REGISTRATION FORM

NAME: _____

Lion? Y / N OFFICE HELD: _____

NAME: _____

Lion? Y / N OFFICE HELD: _____

ADDRESS: _____

PHONE #: _____

E-MAIL: _____

CLUB: _____

Please note any special dietary needs.

FRIDAY: A TASTE OF OKTOBERFEST @ 7 PM

Appetizers, cash bar & games. Wear a Lions shirt or Oktoberfest-themed costume.

Please mark # attending = _____

SATURDAY PROGRAM / AWARDS LUNCHEON

Early Bird Registration (*postmarked by Oct. 17, 2020*)

No. ____ at \$35 = _____

Regular Registration (*postmarked by Nov. 2, 2020*)

No. ____ at \$40 = _____

Total Enclosed = _____

Make checks payable to: Lions District 9SE

Mail to: Lion Sierra Huggins
2006 S. Main St.
Burlington, IA 52601

CLUBS remember to bring your banners, an item for silent auction and canned goods and/or paper products for the service projects.

District 9SW

District Governor
Sheri Holliday

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Our diversity enhances our kindness.

The harmony of service.

Through the diversity of service Lions offer communities around the globe, we are able to extend kindness to hundreds of millions of people each year. That's a remarkable achievement. When we bring together caring men and women— each one unique, yet every one united for the greater good—we create a very special form of harmony. It's the harmony of service. And it can reach all people, in good times, and in times of great need.

Healthy Clubs

Club health is still so important, even if it looks different today than it has in the past. Today, a healthy club is finding ways to serve safely, and getting as many members involved as possible. A healthy club is still holding meetings, but they're doing it virtually. A healthy club is engaging members through emails, social media and friendly check-ins. We will return to the incredible hands-on service that we are known for, and love. But until then, we need to create a great club experience now that makes all members feel invested and truly part of the club so we are ready to serve today and tomorrow.

Storytelling

Storytelling brings your service to life. This year, it is critical for Lions to share the stories of how we are serving in these challenging times. By utilizing social media and leveraging local media, Lions can stay connected to their communities while promoting their clubs. Storytelling can inspire your community, and the caring men and women who are looking for an opportunity to serve.

(Taken from Presidential Theme)

We stand together. United in Kindness and Diversity

9SW District Convention

[updated from last month]

Location

Panora Community Center
115 W. Main St., Panora, Iowa

Special Guest

Past International Director Joyce Middleton

Overnight Guests

AmericInn Lodge & Suites Stuart
420 SW 8th St., Stuart, IA 50250

Toll Free Reservations: (800) 634-3444

Friday Oct. 16

- 5:30 p.m. Registration
- 6:15 p.m. Meal
- 7:00 p.m. Introducing ID
- 7:15 p.m. Entertainment

Saturday Oct. 17

- 8:00 a.m. Registration
- 8:15 a.m. Cabinet Meeting
- 9:30 a.m. Peace Poster judging
- 9:30 a.m. 1st Breakout sessions
Moving Your Club Forward After COVID-19
- 10:30 a.m. 2nd Breakout Sessions
Service Projects and Your Club-Fresh New Ideas
- 11:45 a.m. Lunch
- 12:30 p.m. Memorial Service
Business Meeting/Election
Guest Speaker
Awards
Tail Twister Raffle
Adjourn



65TH ANNIVERSARY. District Governor Sheri Holliday poses with the Panora Lions Mascot during the Panora Lions Club anniversary celebration Sept. 17.

Club Activities

Aug. 15 – Sept. 14 as Reported in MyLion

ATLANTIC delivered for the food pantry; conducted a Corn Hole tournament.

EXIRA cleaned and did gardening at HEAL House; served hot meals and took hoagie orders.

GLENWOOD participated in Dollars for Scholars; ran a Mobile Food Pantry; donated to Mills County K-9; held an ice cream social; ran a Lawn Mower Poker Run.

HARLAN helped at the pre-season football scrimmage.

INDIANOLA maintained hiking trails; sold mints; made a donation to the school.

NEOLA ran the Can Kennel.

OSCEOLA collected recycling.

PERRY raised Flags Over Perry for Labor Day.

REDFIELD gave donations to Redfield Development, WCV Rec Club, Redfield Review, Booster Club and the school.

Just a reminder...

Peace Posters due at District Convention!

Registration Form 9SW District Convention

Oct. 16-17, 2020

Panora, Iowa

Name 1. _____

Current Office Held _____

First Timer Yes _____ No _____

Name 2. _____

Current Office Held _____

First Timer Yes _____ No _____

Club _____

Address _____

City & Zip code _____

Phone # _____

Email (optional) _____

I would like a display table for:

I need Electricity Yes _____ No _____

Friday Night _____ # @ \$15.00 = \$ _____

Saturday _____ # @ \$20.00 = \$ _____

Total Enclosed = \$ _____

Make Checks Payable to: District 9SW Lions

And Mail to: Lion Melanie Parker,

404 West Jackson Street, Panora, IA 50216

COVID-19 and Diabetes

What Should People with Diabetes Know and Do?

Reprinted with permission from the International Diabetes Federation website. Originally printed Aug. 27, 2020.

For people living with diabetes it is important to take precautions to avoid the virus if possible. The recommendations that are being widely issued to the general public are doubly important for people living with diabetes and anyone in close contact with people living with diabetes.

- Wash hands thoroughly and regularly.
- Try to avoid touching your face before you have washed and dried your hands.
- Clean and disinfect any objects and surfaces that are touched frequently.
- Don't share food, glasses, towels, tools etc.
- When you cough or sneeze, cover your mouth and nose with a tissue or use the crook of your arm if you don't have a tissue at hand (dispose of the tissue appropriately after use).
- Try to avoid contact with anyone showing symptoms of respiratory illness such as coughing.
- Think whether you can make changes that will help protect yourself or loved ones. For example, can you avoid unnecessary business travel? Can you avoid large gatherings? Can you avoid public transport?
- If you are ill with flu-like symptoms, stay at home.

If you have diabetes:

- Prepare in case you get ill.
- Make sure you have all relevant contact details to hand in case you need them.
- Pay extra attention to your glucose control. Regular monitoring can help avoid complications caused by high or low blood glucose.
- If you do show flu-like symptoms (raised temperature, cough, difficulty breathing), it is



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important to consult a healthcare professional. If you are coughing up phlegm, this may indicate an infection so you should seek medical support and treatment immediately.

- Any infection is going to raise your glucose levels and increase your need for fluids, so make sure you can access a sufficient supply of water.
- Make sure you have a good supply of the diabetes medications you need. Think what you would need if you had to quarantine yourself for a few weeks.
- Make sure you have access to enough food.
- Make sure you will be able to correct the situation if your blood glucose drops suddenly.
- If you live alone, make sure someone you can rely on knows you have diabetes as you may require assistance if you get ill.
- Keep a regular schedule, avoiding overwork and having a good night's sleep.

Panora Lions Club Celebrates 65 Years

By PCC Pat Parker
Panora Lions Club

The Panora Lions Club celebrated its 65th anniversary on Sept. 17 by inviting the community to a supper to say thanks for their support over the years. Due to COVID-19, they were unable to hold a previously planned celebration in May of this year.

The Panora Lions Club was chartered March 10, 1955 and held its charter night in May of 1955. In those 65 years, the Panora Lions Club has made a difference in Panora and Guthrie County.

Panora Lions helped build Michael Mills Park, named after a local veteran who died in service during Desert Storm. They helped the city gravel roads in town. Lions used to run an ice-skating rink and they were able to get the old train depot donated to the Guthrie County Historical Village in Panora. They have given financial support to many projects in Panora and Guthrie County.

One of the biggest projects Panora Lions Club has worked on for the past 20 years is Iowa KidSight. In those 20 years, they have screened over 2,547 children. Of the children screened, 109 (4%) were referred with vision issues to the local eye doctor.



CELEBRATING. Panora Lions (L-R) Darrell Shook, Pat Parker and Jim Spalding pause for a photo during the Panora Lions Clubs 65th anniversary celebration in September.



Panora sponsored the Linden Lions Club in 1967 and then sponsored the Waukee Lions Club in 2019.

They currently have 23 members ranging in age from their early 20s to their 80s.

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It was exciting news for my wife, Lion Doris Kelley and me when Ken said, “The back of your house used to look cloudy to me. Now I can see it much better and can see you and Doris standing there.” Upon that statement, ironically but properly, tears came to both of our eyes.

Ken intends to send a sincere and deep-felt thank you note to the family of the cornea donor.

Be proud of being a Lion, as according to 9NE District Governor Rich Congdon, the Iowa Lions Eye Bank has been in existence for 65 years. Rich notes the Iowa Lions have given \$150,000 each year to the University of Iowa Hospitals and Clinics; a \$9.6 million commitment to helping Iowans see.

DG Congdon also revealed the Iowa Lions organization recently purchased \$65,000 of new equipment to help Dr. Mark Griener, Associate Professor of Ophthalmology and Visual Sciences, with his research. Dr. Greiner is attempting to grow new cornea by using a person’s own DNA.

Ken’s ophthalmologist is Dr. Benjamin L. Mason at Wolfe Eye Clinic in Cedar Falls and his cornea transplant surgeon is Dr. Todd W. Gothard at Wolfe Eye Clinic in Cedar Rapids.

You can send Lion Ken your well wishes by text at 319-230-5788 or e-mail at KenMurphy317@gmail.com. His screen reader will read your messages to him.

Why Am I Getting Two Copies of The Iowa Lion?

This is a question that has been asked frequently both to the state office and the editor of The Iowa Lion. **Club secretaries are SUPPOSED to be getting two copies of the magazine.**

This was decided as a compromise a few years ago when the Council of Governors voted to start sending a digital copy to Iowa Lions each month instead of a physical copy. The club secretary receives TWO copies to take to the meetings to share with their club members who either can't or won't read the digital version.

ONLY club secretaries receive these printed copies of the magazine, so **PLEASE** take them to your club meeting and share them with your members.



THE IOWA LION



RIDE, LION, RIDE. Bondurant Lions Club held its annual tractor ride Aug. 1. A record 61 riders participated in the event that netted approximately \$1,040 in profit. Both a lunch stop and pie and ice cream stop were included as part of the ride. Lions report that riders were very excited about being able to do an event like this that still provided COVID-19 social distancing.

ADDITIONAL DIGITAL COVERAGE



PPE DONATIONS. (LEFT) District Governor Bryan Cross provides LCIF-funded face shields to Angie Budnick at Fort Madison Community Hospital. (BELOW) DG Bryan Cross provides LCIF funded face shields to staff at Great River Medical Center in West Burlington. (ABOVE) Past Distric Governor Don Foor from the Grandview-Letts Lions Club delivers a box of face shields to healthcare workers at Wapello Specialty Care. The face shields were part of a \$10,000 Lions Clubs International Foundation COVID-19 Emergency Grant received by District 9SE.



ADDITIONAL DIGITAL COVERAGE



WHITE CANE GIFT. Lion Jim Strasser presents young Carter Rowe with a walking cane from the Winfield Lions Club as fellow Lions and Carter's family look on. Carter is vision impaired. The Winfield Club also presented Carter with a screen reader. At the same meeting, 9SE District Governor Bryan Bross inducted new members. (BELOW) Pictured (L-R) are sponsor Corriene Culver, new members Pam and Ben Johnson, sponsor Larry Jennings and DG Bryan.

