

The IOWA LION



November 2020

iowalions.org

Special Fall Convention Brings Lions Together

*By PDG Debbie Doty
Editor, The Iowa Lion*

Lions from across Iowa came together in Marshalltown Oct. 9-10 for a Special Fall Convention. Lions in attendance put into place good social distancing practices like wearing masks or face shields, using hand sanitizer, and staying 6 feet apart.

The Special Fall Convention ended up being more like a combination of the Iowa Lions State Convention and the Iowa Lions Mid-Winter Leadership Conference, which are normally held in June and January respectively. Awards were presented. Training classes and educational seminars were offered. Lions came together for fun and fellowship.

It was also a bit of a preview of what the new mid-year conference will be like once Lions approve a by-laws change at next year's Iowa Lions



EMOTIONAL AWARD. Past International Director Ardie Klemish presents an International Presidential Award to her husband, Past District Governor Ken Klemish.

State Convention in May. as the Council of Governors has approved an amendment to be brought forth changing the Mid-Winter event to fall instead. This will make traveling to the mid-year conference easier on Lions as Mid-Winter was frequently plagued by inclement winter weather.

Friday of the event allowed for vice district governors/district governors-elect training, the Iowa Lions Foundation board meeting and the Council of Governors meeting. Saturday saw several seminars before and after and awards luncheon, as well as a Strides Walk.

The Lions Pin Traders Club of Iowa presented its annual pin awards and pin plaque auction. The Club Pin award went to the Waverly Lions Club for its 75th anniversary pin. Immediate Past Council Chair Pat Parker won the award of Best Personal Pin. District 9EC won Best District Pin and Council Chair Judy



GOING ONCE, GOING TWICE. Lion Ken Reed holds up the coveted District Governor Pin plaque during the Lions Pin Traders Club of Iowa's annual auction.

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Newlywed Lions Bring New Energy to Club

Jacob “Jake” and Alicia Thompson, pictured, were given surprise royal treatment at the Montezuma Lions Club’s meeting Sept. 14 – just two days after their wedding. Jake volunteered to be the club president this year, in his second year as a member. Alicia became a member in July.

“Together they are bringing new ideas and new energy to the club,” said Lion Roger Allen, a fellow member of the Montezuma Lions Club.

In addition to Alicia, Jake has sponsored two other new members this year. Veteran Lions believe having newlyweds is a first for the Montezuma club and this was deserving of a celebration.

Congratulations, Jake and Alicia!

UPCOMING EVENTS

November	Diabetes Awareness Month
Nov. 13-14	9SE District Convention, Burlington
Nov. 14	World Diabetes Day
Dec. 5	International Leo Day
January	Hunger Awareness Month
Jan. 9	Council of Governors Meeting Location TBD
Jan 11-18	LCIF Week
Jan. 13	Melvin Jones’ Birthday
February	Lions Childhood Cancer Awareness Month
Feb. 2-4	District Governor Elect Seminar
Mar. 12-13	District 9SW Convention

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THE IOWA LION

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International Report

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PDG Ken and I extend a big thank you to each of you for your personal dedication of time, talent and treasure in your work as a Lion. YOU are the hands of hope to people in need in your community, your district, state and the world. Remember to thank your fellow Lions for a job well done and thank your family and community for their support.

Remember Special Waivers on Entrance Fees & Dues

The \$35 entrance fee for new Lion members is waived through Dec. 30, 2020; the Lioness and military entrance fee is waived through June 30, 2021; and Lioness who join Lions pay half-price International dues through June 30, 2021.

Change in 2021 District Governor Elect School

As a Group Leader, I just received notification from International Vice President Doug Alexander that the "in person" 2021 DGE School scheduled to be held in February 2021 in St. Charles, Illinois has been changed to virtual training for several days from April through June 2021. As of this publication date, the final day of DGE training is still planned for "in person" at the 2021 International Convention in Montreal but is subject to change based on the COVID-19 pandemic.

2021 Great Plains Lions Leadership Institute

Plan now to attend Great Plains Lions Leadership Institute July 23-25, 2021 at Northwest Missouri State

University in Maryville, Missouri. Scholarships are available through all of the districts in Iowa. Contact your district governor or district Global Leadership Team coordinator with any questions.

2021 USA/Canada Lions Leadership Forum in Des Moines, Iowa

The Lions of Iowa are proud to be hosting the 45th annual USA/Canada Lions Leadership Forum in Des Moines Sept. 9-11, 2021. It is truly an honor to be selected as the host city. We look forward to having lots of Iowa Lions in attendance, serving as volunteers and showing our Midwestern hospitality to the Lions of the world! To register or volunteer, go to the [USA/Canada Lions Leadership Forum website](#).

Lions Clubs International Dues

The International Board of Directors approved a resolution in May 2020 stating that no clubs will be suspended or canceled for late payment of dues through Dec. 31, 2020.

Currently, there are a record number of clubs globally that have not yet paid their balances that were due in January and July of 2020. Please note that the October, November and December club statements (available electronically on MyLCI) will include a suspension warning to inform a club of their past due status. Beginning Jan. 1, 2021, clubs will be placed on financial suspension if their balance over 120 days is more than \$20/member or over \$1,000.

On March 1, 2021, clubs previously suspended will automatically be canceled if their balance is not paid in full.

From March to June 2021, canceled clubs may be reactivated to Active Status upon receipt of their payment-in-full and approval from the district governor.

On May 8, 2021, the suspension cycle will review clubs again for balances unpaid over 120 days with cancellation to occur on June 29, 2021, if payment has not been received.

The bottom line is collect dues from all club members and remit payment to LCI as soon as possible. Please allow at least 10 days for postal delivery and payment processing by LCI.

Did Your Club File Their 990N that was due Nov. 1st? If not, file it ASAP.

CONTINUED FROM PAGE 1

Stone won Best District Governor Pin for her 2019-2020 governor pin representing a large bucket of popcorn.

Partners-in-Service presented three Warren Coleman Awards to District Governor Bryan Bross, Liz Durham and Lion Sondra Rierson.

Lion Sondra Rierson was also recognized with the Spark Plug Award.

Past District Governor Jim Bixler won the G.E. "Bud" Klise Leadership Award and Lion LaVerne Arp took home the Ralph A. Whitten Service Award.



STATE AWARDS. (Above left) Past International Director Ardie Kelmish presents the Spark Plug Award to Lion Sondra Rierson from District 9NW. (Above right) PID Gary Fry presents the Ralph E. Whitten Service Award to Lion LaVerne Arp of District 9EC. (Below) PID Norm Dean presents the G.E. "Bud" Klise Leadership Award to Past District Governor Jim Bixler from District 9EC.



Past International Director Ardie Klemish, who is a trustee on the Lions Clubs International Foundation Board, and MD9 LCIF Coordinator Jim Bixler presented an LCIF Chairman's Medal to 9EC District LCIF Chair Rick Baughman.

In a touching moment, PID Ardie Klemish also presented an International Presidential Award to her husband, PDG Ken Klemish.

"Do you know how hard it was to keep this a secret?" PID Ardie asked the crowd.

The wife presenting her husband with the 2nd highest award in Lionism wasn't the only emotional moment of the day. 1VDG Paul Fugate was visibly emotional at his table as PID Ardie read off the description of the Lion receiving an International Leadership Award. Recipients of that award were VDG Paul and Lion Jo Koethenbeutel.

The event was held at Grace Church in Marshalltown with both breakfast and lunch being diabetic-friendly meals. Convention Planning Chair Chris Waring said the committee took into consideration people with diabetes when planning the meals. "Diabetes is one of our organization's global causes, so of course we should plan our meals accordingly," Waring said.

Lions could choose from four different learning tracks during three separate educational sessions during the day, as well. Topics ranged from a hands-on session for using the MyLion app to how Lions can move forward during COVID-19.



PARTNER-IN-SERVICE AWARDS. The 2019-2020 Partners-in-Service presented three Warren Coleman Awards to (L-R) 9SE District Governor Bryan Bross, Liz Durham from 9EC and Sondra Rierson from 9NW. Lion Melanie Parker, far right, represented the Partners-in-Service.



PRESIDENTIAL LEADERSHIP AWARDS. Recipients of the 2019-2020 Presidential Leadership Awards presented at the Iowa Lions Special Fall Convention were Lion Jo Kothenbeutel of 9NC and 9EC 1st Vice District Governor Paul Fugate.



PIN TRADERS' WCA. Lion Pin Traders Club of Iowa presented a Warren Coleman Award to LPTCIA member District Governor Sheri Holliday. Pictured are LCPTIA members PDG Ron Hankom, PDG Doug Welton, DG Sheri Holliday and Lion Ken Reed.



NEW LEOS. In attendance at the Iowa Lions Special Fall Convention were members of the new Denver Leo Club. Pictured (L-R) are Lion Marv Kramer, Leos Jeremy, Kyler, Bryce, Mitchell and Layne.



CHAIRMAN'S MEDAL. Lions Clubs International Foundation Trustee PID Ardie Klemish and MD9 LCIF Coordinator Jim Bixler present the LCIF Chairman's Medal to District 9EC LCIF Coordinator Rick Baughman.



TAIL TWISTING. Taking care of raffle tickets are Lion Leslie Nuehring, 2nd Vice District Governor Dale Schrad and Past District Governor Nancy Slack.

A View from the Chair

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Special Fall Convention

Well, our Special Fall Convention is in the books. If you attended, thank you, thank you! If you did not get the opportunity to attend, we missed you.

I want to take this opportunity to thank the State Planning Committee for an outstanding job. This was a great centrally-located facility with plenty of room to social distance. The final numbers are not official, but I believe we were right at 100 attendees even with COVID-19 concerns. Our Friday was Vice District Governor Training and business meetings for the Iowa Lions Foundation and Council of Governors. Saturday was a learning event with an awards luncheon. I believe the committee is putting together a survey for your feedback.

Changing Tide of State Conventions

Some time ago the State Planning Committee was tasked with getting attendance up and keeping costs down at our events. We have had to make some tough decisions. Our last Mid-Winter and now our Special Fall Convention have reflected those changes.

Technology has been our friend and our foe in these changes. We have been able to cut the length of our business meetings by hours just by submitting all committee reports electronically ahead of time. I personally have struggled with the live technology during our events, but that's a work in progress. I apologize for the lack of our skills in that area.

We made every effort to maintain our protocols and give everyone the opportunity to be heard and acknowledged.

In the past, we have stayed in the Des Moines or Cedar Rapids hotel arenas. With Mid-Winter 2020,

we moved to an academic facility which has proven to be much more cost effective.

It has been requested by the Long Range Planning Committee to conduct a survey as to where you would like to hold our future conventions. The survey sheets were available at the Special Fall Convention and we will make them available at all district conventions as well. If you have a community college, learning facility or church in your community that would accommodate our size group, please feel free to list it and/or contact a member of the State Planning Committee.

Membership Struggles

We continue to struggle keeping our membership numbers in the plus. We have the extra challenge of keeping our members or adding new members during the COVID-19 times. Many of our clubs are not meeting in person or via online meetings.

If you need help with holding online meetings, with membership ideas or want to hold a recruiting night, reach out to your District Governor Team. Any one of us would be glad to help.

Happy Thanksgiving! I wish you all well and be safe!

Membership Numbers as of Oct. 14

District	New Members	Dropped Members
MD9	+132	-214
EC	+18	-36
MC	+13	-7
NC	+4	-31
NE	+25	-43
NW	+8	-19
SE	+28	-29
SW	+36	-36



Iowa Lions Eye Bank Turns 65

*By Lions John Kerber and Steve Halstead
9MC Iowa Lions Foundation Trustees*

Where were you on Sept. 13, 1955? I (Steve) had just celebrated my 14th birthday and was totally unaware of the historic event taking place a few miles away in Iowa City. That's the day the Iowa Eye Bank was established at the University of Iowa Medical Center. The name was later changed to the current Iowa Lions Eye Bank.

It all began about a year earlier when Dr. Alson Braley, head of the University of Iowa's Department of Ophthalmology, made a presentation at the Iowa Lions State Convention in Fort Dodge. We Lions accepted Dr. Braley's challenge to help fund the eye bank. Everything came together in September 1955 and Iowa had an eye bank.

In the beginning, all records were handwritten in a ledger book. That worked because things were pretty slow. From that first day until the end of the year, the eye bank received eyes from just two donors. With those donations, the eye bank was able to provide corneal transplants to three recipients on the growing waiting list.

All donor and recipient records are now maintained in an electronic database and things have become much busier. Between Sept. 13, 2019 and Dec. 31, 2019, the eye bank received eyes and corneas from 284 donors and were able to provide 286 corneas for transplants.

Prior to 1954, it was illegal for a person to will body parts to the medical school. After the law changing that was passed, Dr. Braley suggested that donor cards be issued to those who signed up. By 1965, some 15,241 donor cards were on file at the eye bank.

Since 2007, persons applying for a new or renewed driver's license are asked if they want to register as an organ, eye and tissue donor. If they consent, that information is encoded on their license. Some 1.5 million Iowans have registered in this way. Iowans can also register at the [Iowa Donor Network website](#).

Iowa Lions support the eye bank in several ways. The Iowa Lions Foundation funds the Iowa Lions Eye Bank with about \$110,000 per year, which helps purchase the fluid that the eyes and corneas are



Illustration © Fayethequeen93 Dreamstime.com

transported and/or stored in.

Central Iowa Lions relay donated eyes and/or corneas from the Iowa Donor Network office in Altoona to the eye bank. The first leg is from Altoona to Grinnell and the second leg is from Grinnell to the eye bank in Coralville.

A primary driver and a back-up have been scheduled for each leg every day of the year since the first transport on June 29, 2009. In that time, over 150 Lions representing 37 clubs have driven over 750,000 miles at no expense to the eye bank.

Eastern Iowa Lions got involved in a unique multi-state effort when they transported prepared corneas to the Wisconsin Lions Eye Bank. They began this service in November 2011 and ended it in November 2017 when the Wisconsin Lions Eye Bank started preparing their own corneas for transplant. In those six years, the Eastern Iowa program delivered some 1,700 corneas while driving over 278,000 miles at no cost to either eye bank.

Currently, in a small program, Iowa Lions are delivering prepared corneas to surgeons in Davenport, Iowa, and Moline, Illinois. These transports take place about twice a month.

Clearly, when it comes to the Iowa Lions Eye Bank, WE SERVE – and we've been doing it for 65 years!

District 9MC

No District Governor
at this time

This month's newsletter
prepared by
Council Chair Judy Stone



Brrrrrrrr! There is a chill in the air. That must mean its Fall. The first quarter is gone and the white stuff will be here soon. NO, not that stuff we have to shovel. Santa's beard, the happy stuff. We are happy in 9MC. We have added 10 new members to our district.

We are, however, still dealing with COVID-19 and recovering from the derecho. We did receive a Disaster Grant from Lions Clubs International Foundation immediately after the derecho. The grant was for \$10,000 and covered food lost by families that were without power for several days. We spread the funds over 5 communities: Gladbrook, Newton, Dysart, Traer and Reinbeck.

We worked with the local grocers to provide food boxes with fresh and frozen items. Families were identified with the help of local churches, schools and community action groups. Several clubs added funds to grant money, allowing them to serve more families.

If you are looking for a reason to make that individual donation to Lions Clubs International Foundation, this is it. Dig deep – they did when we needed it.

DECEASED MEMBERS

Member	Club	Years a Lion
Joyce Garwood	Johnston	12 years a Lion

CLUB ACTIVITIES

ALTOONA: Tissue transport

BONDURANT: Lost a member to COVID-19. Members were honorary pall bearers. The Cow Pasture NO-Golf donations are up to \$1,600, which goes toward scholarships. The club is working with the local baseball league to place Lions Park benches at the playground near diamonds. The club's woodcutting fundraiser is on hold due to the abundance of wood from recent storms.

DES MOINES SOUTH: Laurel Hill Cemetary clean up.

DYSART: A local grocer helped with the food relief effort thanks to an LCIF grant. The club contributed \$2,500 to match grant funds. Pictured are Donny Lyons, Bobby and Julie Torres, and Sherry Lyons.



GLADBROOK: Worked with a local grocer to provide food relief thanks to an LCIF grant. Pictured above are Tandi Davis, owner Hometown Family Market, Jeanne Paustian, Club Vice President Trudi Scott, President Darrell Paustian, Stan Koster, Club Secretary-Treasurer Arlo Hildahl and Richard Klinefelter. The club sorted approximately 2,800 pairs of glasses to go to Anamosa prison; donated handmade hats, mittens and scarfs to the Salvation Army to be distributed to children.

GRINNELL: Donations for the food pantry; roadside cleanup on Highway 146.

JOHNSTON: Sponsored Johnston Farmers' Market with funds raised going to plant trees throughout the community.



MARSHALLTOWN EVENING: Signature services are Meals on Wheels, popcorn fundraiser, Lions Mint sales and eyeglass collection. The club built a handicap ramp for a person in the community. Pictured above are Steve Johnson, Dave Espersen, Tim Fienup and the homeowner, who didn't wish to be named.

NEW MEMBERS

Theresa Ingold — Marshalltown Evening

MONTEZUMA: Newlywed members became officers. See separate story in this issue.

URBANDALE: Drive-up pancake fundraiser; manned the ticket booth for the Urbandale football games.



WEST DES MOINES: Shred day was a great success again (see above photo). The club is also back to work as the Lions Chain Gang at the Valley West football games.



PLATINUM ANNIVERSARY. Johnston Lions Club recently celebrated its 70th anniversary with Past District Governor Bill Shutters attending.

District 9NE

District Governor
Richard Congdon

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District 9NE Lions Membership Team Establishes Recruiting Target Markets

The 11-person Membership Team working under Rich Congdon's 9NE District Governor leadership concurs any for-profit company or not-for-profit agency that wants to stay in business has a primary, secondary and tertiary target market they want on board — a preferred rank order of customers, clients or members. The successful companies and outstanding organizations spend more time in pursuing a primary target market prospect than a secondary or tertiary target market person.

Think about it. Doesn't it make sense that each and every Lions Club should be just like a successful company or a successful organization? Oh, wait, we ARE an organization. We should religiously pursue a target market versus trying to grow our membership Willy-nilly or by chance.

We propose all 9NE Lions clubs seriously consider adopting the following as their membership target markets:

Primary Target Market: New Voices (i.e., women, young Leo-Lions, community college and university students, culturally diverse or under-represented populations, etc.).

Secondary Target Market: Businesses without a Lions member, new employees and people new to the community.

Tertiary Target Market: Recently-retired workers.

Chris Waring notes the New Voices program was introduced in 2018-2019. Hence, this is NOT a new program. Seriously, do we have "new voices" residing in our communities that we have never really reached out to? We need to pursue them.

Case in point: an article in the Aug. 23 issue of the Des Moines Register makes one think long and hard about the future look of Iowa and future potential membership of Lions Clubs. The article points out that 15% of all Iowans today are not white, yet 25% of our K-12 students are not white. Iowa's diversity is changing

and Lions Club's diversity needs to be in lock step.

Next case in point is where you can examine your club's gender mix and see if it is also in lock step with the fact that women make up 49.6% of Iowans.

If each Lions club within District 9NE would establish a group of 3-5 members to seriously examine the recommended primary, secondary and tertiary target markets, then lay out a plan as to how to get members of each target market group to come to a meeting — first as a guest and then as a member — we would earnestly be "poking holes in darkness" of our membership composition, wouldn't we?

Contact any of the following District 9NE Membership Team to assist in your membership drive: Zach Boss, Steve Corbin, Kathy Duke, Jessica Hoover, Bruce Piehl, Cindy Recker, Sandra Lutichens-Van Allen, Chris Waring, Doug Welton, Evelyn Wiebke and Janet Wissler.

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:

Calmar: John Meyer, Dennis Osmundson

Cresco: Ryan Cane and Don Wearda

Dubuque Noon: David Howe, Marie Trannel

Dubuque Evening: Jack Smeltzer and Gary Reid

Janesville: Sharon Barr and Robert Barr

New Hampton: Robert Messersmith and Lloyd Phillips

Sumner: Scott Buhr and Dwight Wedemeire

Vinton Noon: Ron Tippett and Bret Nelson

Waverly: Augie Waltman and Larry Vandaalen



LAMPLIGHTERS.
Vice District Governor Dale Schrad with Janesville Lamplighters Sharon and Robert Barr.

We are sorry for the loss of these dedicated Lions

Garnavillo — Tracy L. Werges

Janesville — Fred Hallberg

La Porte City — Frank P. Sproule

CLUB ACTIVITIES

BELLE PLAINE cleaned up storm damage in 3 city parks.

CEDAR FALLS collected eyeglasses; provided funeral honor guards; repaired cars for donation; and began KidSight evaluations for the school year.

HAWKEYE held a garage sale fundraiser.

INDEPENDENCE cleaned up Freeman Park.

JANESVILLE cleaned up three Bremer County cemeteries.

WAVERLY held a socially-distanced drive-thru pancake breakfast (pictured below).



SOCIALLY-DISTANCED KIDSIGHT. Cedar Falls Lions returned to doing KidSight screenings in schools. Lion Linda Shapiro evaluates a preschooler for potential vision issues while wearing appropriate Personal Protective Equipment.

Even through the pandemic, we welcome new members

CLUB	NEW MEMBER
La Porte City	Chris Ribble
	Michael Shaner
	Joe Schoenberger
	Joe Tecklenburg
Oelwein	Craig Harrison
Vinton	Keith Elwick
Waverly	Nana A. Quaicoe



INDUCTING NEW LEOS. Denver Lions started a new Leo Club. After the school superintendent and principal were contacted and potential leaders selected, meetings were started. Council Chair Judy Stone inducted the new members.

District 9NC

District Governor
Darwin Meyer

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As I write this today 10/10/2020, I look at the date. See anything in the date? Lions will recover from this COVID-19, as will our communities we live in. I, along with my Partner in Service Lorna, had a great day attending the Iowa Lions Special Fall Convention in Marshalltown. We checked everyone in with a temperature check, gave them a 1 oz. bottle of hand sanitizer, a program and an information packet. Everyone wore a mask.

We had a breakfast with pre-wrapped muffins, yogurt, coffee or water. Lunch came with dedicated Lions serving a healthy meal of green beans, potatoes, pulled pork or pulled chicken sandwiches and a lettuce salad. There were about 100 Lions in attendance with five young men representing the new Leo Club from Denver, Iowa.

It was wonderful to visit with old friends and to make new ones. Everyone enjoyed the day's activities. All this was done with a \$25 per person charge.

Lion Jo Kothenbeutel received a Lions Leadership award from Past International Director Ardie Klemish for her work in the Garner Lions Club and for dedication to Iowa KidSight. You can see her picture on Page 5 of this issue of The Iowa Lion. Congratulations Jo!

Iowa Needs Volunteers to Help Host the USA/Canada Forum in 2021

One of the seminars I attended was on the 2021 USA/Canada Lions Leadership Forum scheduled for Sept. 9-11 in Des Moines. We are in need of volunteers to help with roughly 30 different jobs like hotel registration, meal ticket takers, meal seating signs, forum store workers, welcome center greeters on the interstate highways, to anywhere as needed. We will need about 300 volunteers, and to date we have about 85. If you have never been to a Forum they are most enjoyable and informative. There is a lot of behind the scenes work that needs a lot of people.



LEADERSHIP WINNER. Lion Jo Kothenbeutel and her husband Past District Governor Don Kothenbeutel at the Iowa Lions Special Fall Convention in October. Lion Jo was presented an International Leadership Award.

Contact me if you would like to volunteer and I will get a Forum sign-up sheet to you.

What's new in Lions?

Clubs are starting to have monthly meetings again. Some are having a meal and some are not. Social distancing is being employed as clubs meet. Some feel comfortable wearing a mask and some are not wearing one. If your club is meeting again, I would like to make a club visit.

On Saturday Sept. 26, Lion Dixie Scherf held a zone meeting training session, with three of our new 9NC zone chairpersons in attendance.

This month, you will finally see my new district governor pin. I like to fish so we incorporated a yellow fish on



a blue background with Lions Clubs International's five areas of global service emblems. The upper left is vision, WE SERVE, and then the environment. The fish with my name and 2020-2021 9NC Lions year and across the bottom hunger, diabetes, and childhood cancer. I will be bringing these pins to club visits and selling them for \$2.

NEW MEMBERS

Club	Member	Sponsor
Parkersburg	Gina Dannenbring	Katherine Humphrey

New E-Mail

If you look beside my picture at the top of the previous page in The Iowa Lion, you will see how to contact me, but my email was hacked a few months ago so you need to use womanriver49@gmail.com to email me.

Global Assistance

Have you as a club or an individual made a contribution to Lions Clubs International Foundation or the Iowa Lions Foundation yet this year? I was just reading in the summer issue of LION Magazine about a grant that Sierra Leone received from LCIF after the Ebola outbreak in 2014-2016. Through LCIF and Lions of Europe, a grant for (US) \$244,068 was secured and donated to the nonprofit organization Partners in Health (PIH) to renovate the triage center area of Koidu Government Hospital. They built an emergency isolation building, essential for limiting contact and providing urgent medical care. Their medical facilities and doctors felt more secure in being able to help people when news of the COVID-19 outbreak occurred because of the work that had been done with the LCIF grant money. Grants given by LCIF to Iowa for the derecho damage helped communities replace perishable food that was lost when the power lines went down.

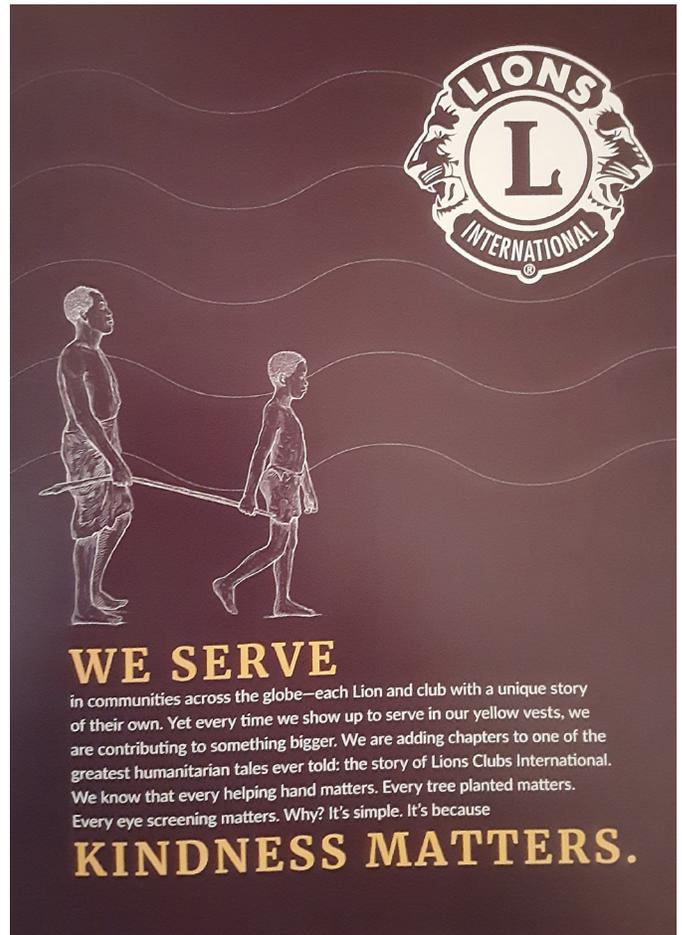
Our Foundation Needs You

The Iowa Lions Foundation needs our assistance in maintaining the dollars we use to support our entities. For example, in the October issue of The Iowa Lion there is an article about Lion Ken Murphy who received a successful cornea transplant as a result of the research work done at the University of Iowa Ophthalmology Department.

The Iowa Lions Eye Bank has been in existence for 65 years and is supported by your donations to the Iowa Lions Foundation.

The foundation has just released a new fundraising program called "The Power of 300." If you or your club can raise an additional \$2,500 in a 3-, 5-, or 10-year installment, with 300 clubs or individuals doing this, we can continue to provide funding for the many

areas that your foundation supports. Ask your 9NC Trustees to make a club visit. They are Lisa Prochaska from Clear Lake and Marian Gehrls from Iowa Falls. Our district goal this year is \$16,800, which is about \$450 per club from our 38 clubs.



Pictured above you will also see a photo of an outdoor display at Lions International Office in Oak Brook, Illinois. It shows a young boy leading a blind person in Africa with a stick. I saw this when I was in Chicago for my District Governor Elect Training in February.

Continue our goal of every member to "Just Ask One."

Wishing you a blessed Thanksgiving from your District Governor and Partner in Service Darwin and Lorna Meyer.

DECEASED MEMBERS

Member	Club	Years a Lion
Art J Tesar	Clear Lake	14 years a Lion
Duane Anderson	Kensett	20 years a Lion

District 9EC

District Governor

Stan Stanfield

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Will you save the life of your club? Will you???

Fall Rally Cancelled

The District 9EC Cabinet has cancelled the District Fall Rally that was scheduled for Nov. 7. With the increase in COVID-19 cases in the district and state, we felt that it was best for our members that we cancel. We could not locate a venue large enough that would allow for social distancing plus the guest speaker backed out due to the increasing COVID-19 cases in Iowa. It is our recommendation that we put our efforts into having an awesome Spring Convention for our members in March of 2021.

The district is asking club treasurers to mail in the donations they would normally present during the Parade of Checks at the Fall Rally to District Treasurer Loren Claussen, and earmark where it is to be sent. His address is 6700 230th Street, Walcott, Iowa 52773.

Extension Efforts

I want to bring you up to date on chartering a club in Anamosa and a branch club in Le Clair. The district has suspended all extension efforts until the middle of February due to rising COVID-19 cases in the district and state. We hope by February the pandemic will be winding down, businesses will be back open and people will become more involved in their community again.

Zoom Instructions

Hosting virtual club meetings is a great way to stay engaged while safely coordinating your service efforts. A District 9EC Zoom Server is ready for use by the district cabinet, Lions clubs and committees when conducting club meetings and business, but not for personal use. To setup a Zoom meeting, please email either First Vice District Governor

Paul Fugate at northcedar09@hotmail.com or Sam McCord at mccord@mcgbiocomposites.com and put in the subject line "Zoom Meeting Request". All requests must be sent 24 hours prior to your scheduled meeting. If not given 24 hours notice, there is no guarantee we can accommodate your request.

Don't Miss the New Member Fee Waiver Deadline of Dec. 31, 2020

Remember to recruit and report new members prior to Dec. 31, 2020 to take advantage of the new member fee waiver. This is the \$35 entrance fee collected when they join. Remember, new members ensure the success of your club for years to come.

Remember to Report Your Club's Virtual Activities

Your innovative virtual meetings and service projects make a difference and can be reported in the MyLion system. You are doing a great job of serving safely so report your virtual activities.

Awards

District 9EC Lions received awards at the Iowa Lions Special Fall Convention. They are Past District Governor Jim Bixler, 1st Vice District Governor Paul Fugate, Lion Rick Baughman and Lion Laverne (Butch) Arp. Their photos and awards are listed with other awardees from the Iowa Lions Special Fall Convention on Pages 4 and 5 of this issue.



INTERNATIONAL LEADERSHIP. Second Vice District Governor Nadine Brockert (far left) and Blue Grass Lions President Cindy Stanfield (far right) present a 2019-2020 Lions Clubs International Leadership Award to Lion Evelyn Troyer for reporting her club's service projects. Blue Grass Lions Club finished among the top 20 clubs in Constitutional Area 1 (which includes the United States, the Bahamas and Bermuda) with the highest number of service projects reported through MyLion.



WARREN COLEMAN AWARD. District Governor Chester (Stan) Stanfield presents a Warren Coleman Award to 1st Vice President Sally Shelton of Blue Grass Lions Club.

Beware of LCI or LCIF Scams

During recent months, there have been an increasing number of phone text, social media and email scams. Be aware of scams that fraudulently use the Lions Clubs International (LCI) or Lions Clubs International Foundation (LCIF) name or logo, or other trusted and well-known names. The goal of these types of scams is to trick people into revealing personal and financial information about themselves, which can then be used to commit identity theft.

If you receive a suspicious email, text, check or social media message, please follow these guidelines:

- Do not reply, open any attachments or click on any links in the message.
- Be wary of any offer to accept a check or money order in an amount greater than you are owed or requests to return money back to the check sender. Do not immediately cash an unexpected or surprise check. Unless you are expecting a check and you are certain it is meant for you, do not deposit it. Do not pay upfront for a promise like a grant, debt relief or financial assistance.
- Please delete the suspicious message and do not respond. Examples include: texts and Facebook notices that you have received a grant, but first need to provide personal data; unexpected checks from Lions and/or LCIF that look legitimate, including correct routing numbers; emails or messages from individuals you know saying they are in distress and need you to send money.
- No one from Lions will ask for donations over the phone. Unfortunately, if you lose money in a scam, notify your bank immediately and see if they can help. **Protect yourself!**

SEPT/OCT NEW MEMBERS

Welcome to 9EC - The BEST District in Iowa

Member	Club	Sponsor
Vaughn McClelland	Coggon	
Katrina Stroud	Mount Vernon	Paul Fugate
Todd Thein	West Branch	Michael Quinlan

In and Around the District September/October

BETTENDORF held a White Cane Days fundraiser; vision screening at Armstrong and Paul Norton.

BLUE GRASS made backpacks for school children; held a fundraiser for the Blue Grass fire and police departments; held a blood drive.

CEDAR RAPIDS NOON donated a total of \$1,400 to Hawkeye Area Community Action Program.

CLINTON purchased eyeglasses for 10 adults.

DAVENPORT BREAKFAST assisted a person in need of hearing aids.

DELMAR held a blood drive.

LOWDEN did a KidSight screening and held a blood drive.

LOW MOOR constructed a house ramp for a person in a wheelchair.

MARION NOON held an outdoor meeting to maintain social distancing; collected \$330 for help with eyeglasses and hearing aids; collected 300 pairs of used glasses.

MILES held blood drive with Mississippi Regional Blood Center.

STANWOOD KidSight screened 51 children at Springville Preschool and Kindergarten; assisted in building two ramps.

TIPTON held five meetings and constructed two ramps.

WALKER picked up trash for two miles.

WYOMING held a fundraiser.

In Memoriam

Member	Club	Years a Lion
Marvin Jensen	Andover	39 years

District 9SW

District Governor
Sheri Holliday

506 S. 3rd St.
Winterset, Iowa 50273

515-480-6474

holliday52@msn.com



Why Report Service?

How do clubs and districts individually benefit from reporting service?

- Reporting service helps transfer knowledge and best practices to your club's future leaders. Club officers can review past service activity reports, learn from the successes of the club's previous activities and better plan for their future activities.
- Reporting service is a matter of local pride. Reporting puts your club on the map as leaders in your local community, and it's an important way to share success with other clubs in your district and around the world.
- A high percentage of clubs reporting service is a sign of a healthy district.
- Reporting service allows you to become eligible for service awards.

How do clubs and districts collectively benefit from reporting service?

- Reporting shines a light on how and where local clubs are making a difference. This elevates the

profile of Lions Clubs International as a global service club organization.

- Service reports provide tangible evidence of our global engagement and impact to prospective partners of Lions Clubs International. These relationships strengthen the organization and yield benefits at the local level.
- People want to participate in real, visible change. Service reporting allows clubs to continually engage communities, tell stories more effectively and ultimately grow their member base.

How does reporting service benefit the people we serve?

- Service data helps everyone understand the needs of communities around the world and how our Lions and Leos are serving those needs.
- Because service activities are scalable, one small service project can become the next global initiative of the organization. But Lions Clubs International is not aware of such projects unless they are reported.
- Service data enables Lions Clubs International to identify best practices that can be shared globally.
- Measurement leads to insight. Setting higher goals each year mobilizes the organization toward growth.
- Service reports show how Lions and Leos around the world are using funds from Lions Clubs International Foundation grants to serve their communities. This visibility encourages Lions and Leos to think creatively about their own projects and apply for LCIF grants themselves.

Additional benefits

- Reporting is the final step in completing a service project. **If it's not reported, it's not done!**
- Reporting service is a lot like voting. You may think your report doesn't make a big difference, but the only way we'll be successful is if everyone does their small part.
- Reporting is considered service in itself. The time clubs and districts spend reporting their service are considered volunteer hours and can be reported in MyLion.

(Taken from LCI Website)

**“We stand together.
United in Kindness and Diversity”**



Find us on Facebook

We post a lot of information on our district Facebook page [@IowaLionsDistrict9SW](#).

PLEASE like our page so you get our posts to show up in your Facebook feed!

Club Activities

Reported in MyLion Sept. 15 - Oct. 14, 2020

ATLANTIC – packaged food and delivered to the Mobile Food Pantry; made a donation to assist with a diabetes service dog.

COUNCIL BLUFFS conducted a vision screening.

EARLHAM delivered Meals on Wheels.

EXIRA made donations to the Exira-EHK Student Council for homecoming decorations, Camp Courageous and Exira Fire and EMT Department; did environmental clean up and restoration; provided a garage sale for citizens and Lions to be able to donate items they no longer want or need to Lions.

GLENWOOD donated \$5,000 to Mills County K-9 Drug Dog.

HARLAN handed out boxes of fruit, canned goods and bread to 140 households during a drive-up food distribution.

INDIANOLA attended USA/Canada Lions Virtual Leadership Experience.

NEOLA sorted, bagged, boxed and loaded cans into a trailer and delivered to the recycling center.

PERRY put out American flags for the Flags Over Perry project.

CLUB SPOTLIGHT

Milo Lions Build Playground in Memory of Member

(Taken from the Milo Newsletter)

The Milo Lions Club was awarded a \$5,000 Warren County Philanthropic Grant toward its children’s playground project. The project is being done in the memory of Lion Dan Nash, a 34-year Lion.

There isn’t much that goes on in Milo that the Lions are not involved in. Some of their projects and fundraisers include scholarships to local high school students, pancake breakfasts, a steak/Iowa chop fry, memorial benches along bike trails, 4th of July Celebration, Scholars Dinner, Variety Show, soup supper and many more.

Pictured here is the schematic of new playground equipment purchased with donations from fundraisers honoring Lion Dan Nash.



Just a Few Reminders

• **9SW Peace Posters must be to Lion Melanie Parker by Nov. 15, 2020**

• **The 9SW District Convention has been rescheduled for March 12-13, 2021**

• **Save your plastic grocery bags**

• **Record your activities in MyLion**

• **Get your new members entered into LCI before the end of December 2020 to have your new member fee waived by International**

District 9NW

District Governor

Roger Curtis

PO Box 133

Badger, Iowa 50516

515-408-7563

rcurtis@iowalions.org



The fall colors outside the window remind me that as the harvest and 2020 is winding down, there is a lot to be **THANKFUL** for despite the COVID-19 challenges.

T – Teleconferencing during COVID-19 – Normally teleconferencing and video conferencing would never enter my mind, but with COVID-19, it has made it possible for Lions to stay connected. Teleconferencing allows for meeting over the computer via video, but there is usually an option to connect by phone for those without computers. Meetings can be conducted from the comfort of your home; granted it is not the same as being able to socialize in person, but it is helping Lions stay connected to each other and involved.

H – Helen Keller – Helen challenged Lions in her 1925 speech to Lions Clubs International Convention, “Will you not constitute yourselves Knights of the Blind in this crusade against darkness?” Out of this challenge, Lions have accepted the mission to preserve vision, foster independence and enhance the quality of life for adults who are blind or at risk of vision impairments and to serve as a trusted source of information and expertise on blindness in the community (source - [Lions Center for the Visually Impaired](#)).

A – Annual conventions and activities – Each year Lions Clubs International hosts an international convention to train district governors, international directors and other leaders. There are also annual district and state conventions. By the way, mark your calendar for the 9NW District Convention on March 27, 2021.

Along with these annual gatherings, there are many local activities that have become traditions as well. Many clubs have annual or semi-annual pancake feeds. Peterson Lions have an annual auction. Boone Lions have a turkey dinner annually. Akron Lions have an annual Omelet Breakfast. The list goes on.

While activities may be limited due to COVID-19, many clubs are adapting and continuing their service projects and activities.

N – NAMI – North America Membership Initiative (NAMI) brings fresh thinking and bold action to maximize our membership, so we can maximize our

service to the world. This initiative helps to reach new members and keep those we have in our club.

NAMI would like to see local Lions clubs reach new members and be a pillar organization in their community. I would like to challenge each club to become that pillar. This does not mean simply to have fundraisers, but to also have hands-on local community projects for Lions to be more visible.

An environmentally friendly activity that keeps clubs visible in the community is ditch cleaning. Not only are the clubs visible on the days they clean the ditches, but there are usually roadside signs that mention the club that is responsible for that section of road.

To learn more, go to the [NAMI section of the LCI website](#).

K – Kindness matters – According to the Cambridge English Dictionary, kindness is defined as the quality of being generous, helpful and caring about other people.

Lions Clubs International Foundation has demonstrated kindness by distributing grants to help with vision, disaster relief, humanitarian efforts, diabetes, youth plus additional global causes including hunger, environment and childhood cancer.

Besides the generosity that LCIF has shown, the members of Lions volunteer to help with Beep Baseball, assist with KidSight screening programs, collect eyeglasses and hearing aids, and other activities in their communities.

Keep up the good work in showing kindness to the world!

F – Foundations – LCIF has an amazing track record when it comes to donations received, with 100% of every dollar donated going to help others. The operating costs are covered by Lions Clubs dues. We are heads and shoulders above the rest!

U – United in kindness and diversity – Diversity in clubs means including both men and women, young and old, different cultures and ethnic backgrounds. Lions are encouraged to reach out to include diversity within their clubs.

Another way that Iowa Lions helps to support diversity and show kindness is through the Iowa Lions Youth Exchange Camp. Knowledge of other cultures can help demonstrate kindness to others by better understanding them as well as giving them an opportunity to grow together.

Thank you District Governor Sheri Holliday of District 9SW for encouraging kindness and diversity by coordinating the Iowa Lions Youth Exchange Camp.

L – Lions Clubs International – Where there is a need, there is a Lion. Lions Clubs is one of the world’s best kept secrets. I challenge you to make it the best service club and no longer the best kept secret. Remember, every Lions member is encouraged to ask and invite others to our service projects, activities and meetings.

Most importantly, I am **THANKFUL** for the opportunity to serve as district governor of 9NW. It is bringing me a deeper understanding and appreciation of Lionism.

While we may not be able to celebrate Thanksgiving as we have in the past, there is still much to give thanks for. **Carry on!**

Club Service Activities

BADGER hosted a pancake feed and a Halloween event; collected over 60 pairs of eyeglasses.

CHURDAN delivered Meals on Wheels five days a week every week; collected 51 pairs of eyeglasses.

FORT DODGE hosted a mental health symposium.

HARTLEY cleaned trash from ditches; worked its calendar fundraiser; supported citizens with hearing aid and medical needs; gave monetary support to Friends of the Cemetery.

ORANGE CITY collected 370 pairs of glasses.

MANSON hosted a Haunted Forest and Pumpkin Patch event.

Deceased Lion Members

Mildred Peters — Woodward



NEW MEMBERS. Akron Lions Club inducted two new members recently. Pictured are Club President Dee Watson pinning her new member, Jordan Hoffman, and new member Deanna Finzen with Club Secretary Bob Watson. Lion Dee Watson is the Number 1 recruiter in Akron Lions Club history.



WARREN COLEMAN. Michael Dutcher, left, of the Fort Dodge Evening Lions Club proudly accepts the Warren Coleman Honorary Award from District Governor Roger Curtis.



WE CAN DO BETTER AND WE NEED TO DO BETTER. The Fort Dodge Evening Lions Club hosted a successful mental health symposium. Past District Governor Tim Wilson (far right) emceed the event at which a panel of professionals addressed current mental health issues. The panel included (L-R) Webster County Sherriff Jim Stubbs, Fort Dodge Police Chief Roger Porter, Aaron McHome from UnityPoint Mental Health, Fort Dodge Fire Chief Steve Hergenreter, State Representative Ann Meyer, Fort Dodge Fire Department EMS Supervisor Terry Evans, Angela Tharp from National Alliance for Mental Illness and State Senator Tim Kraayenbrink. Read more about the event at the website of the [Fort Dodge newspaper The Messenger](#).

District 9SE

District Governor
Bryan Bross

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Burlington, Iowa 52601

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I have been thinking lately about the meaning of communication. The dictionary provides two definitions. The first is “the imparting or exchanging of information or news.” I think that is the point of this publication. We seek to inform our fellow Lions about the things that are going on but we are also seeking to hear from our fellow Lions about their successes. We also want to know how we can help overcome any problems as well.

In this sense, communication is a two-way street. A one-sided conversation has its place, but real communication goes both ways.

The second definition is “the means of sending or receiving information.” There are four means: verbal, nonverbal, written and visual. While there would appear to be some overlap in these four means, it is important to remember that there are many forms in today’s modern age. Beyond the traditional written means of this publication, we also have provided for visual, verbal, and nonverbal through our social media channels.

However, I wonder, with all the communicating being done today, how many people are really listening. If you are reading these articles, will you send me an email at bbross@iowalions.org and tell me what you want to hear about in my next article?

Usually the problem with communication is that we do not do enough of it in sufficient ways to make it effective. I do not believe we can overcommunicate. Do you agree?

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 to your club secretary or club service chairperson every month. They 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.

Service Activity Count Comparison by Month

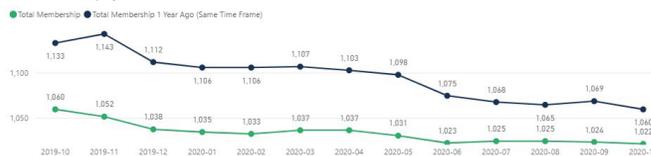


The pandemic has slowed us down for sure, but we

must pivot our service and diligently report it. If you are having trouble with MyLCI or MyLion, please let PDG Debbie Doty or DG Bryan Bross know so we can assist you.

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.

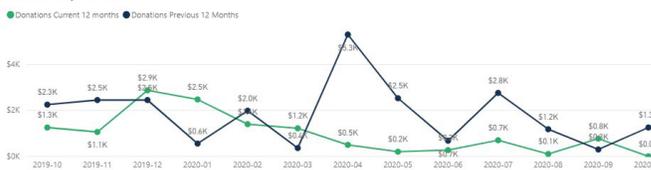
Total Membership by Month



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.

Donations by Month



LCIF has had enormous impact on this planet and we need it more than ever. Please consider giving an individual gift of \$25 for the first time. Going forward, please consider a gift of \$100 annually to fund our service worldwide for the next generation.

Please subscribe to our [District 9SE YouTube channel](#) and like our [9SE Facebook page](#). Besides the social media component, we will also send our 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.

Our Lions Clubs in Solon and North Liberty did a wonderful job working with local food pantries, churches, schools and grocery stores to reach those most affected.

Solon was able to reach over 140 people to replace their perishable food. North Liberty was able to reach over 60 people, as well.

Presidents David Sherman of Solon Centennial Lions Club and Clark Adams of the North Liberty Lions Club

were instrumental in working with their local community. Additionally, Lion Melanie Harrison, Club Marketing Communications Chairperson of the North Liberty Lions Club, assisted with the public relations activities promoting LCIF in North Liberty. I cannot thank these Lions clubs enough for their hard work. We are looking forward to seeing all of you at 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.

NEW MEMBERS (as of Oct. 15, 2020)		
Member	Club	Sponsor
Jodi S. Greiner	Crawfordsville	Bille Rose
John Rockwell	West Burlington	Francis McAllister

Service for September

BIRMINGHAM sponsored a blood drive; hosted a carry-out tenderloin dinner.

BURLINGTON assisted with the purchase of processors for a cochlear implant.

CORYDON put up flags around town square for Labor Day; delivered Meals on Wheels; picked up and sold \$488 worth of scrap metal; recoated a public basketball court.

GRANDVIEW-LETTS raised \$442 serving lemonade and water at the Conesville Motorcycle Rally.

IOWA CITY transported eye tissue for Iowa Lions Eye Bank; provided vouchers to the free medical clinic for people to receive free eyeglasses; started KidSight screenings again.

LONE TREE put up 126 U.S. flags for Labor Day; provided 50 face shields to the Lone Tree Care Center that the club received from the COVID 19 grant that the district received from LCIF; purchased 50 face shields to give to those in the community that are in need of them.

MEDIAPOLIS donated \$500 for a playground enhancement project at the Mediapolis school.

OSKALOOSA delivered face shields to a nursing home; assisted an individual in obtaining eyeglasses; held its annual Membership Steak Fry with Vice District Governor Nancy Oehler Love and Larry Love as guests; conducted a KidSight screening.

PELLA recycled 2,400 eyeglasses.

OLON CENTENNIAL partnered with a local grocer to purchase/replace refrigerated or frozen items that families lost due to the extended power outages caused by the derecho.



LIONS SHOPPING DAYS. (Above) Solon Centennial Lions Sam Lensing and David Sherman at Sam’s Main Street Market in Solon. (Below) North Liberty Lions Club at the North Liberty Fareway Store. Pictured (L-R) Lion Clark Adams, an unidentified Fareway employee, Lions Jeni Van Buer, Tom Van Buer and District Governor Bryan Bross. North Liberty and Solon Centennial Lions distributed LCIF grant funds to residents affected by the derecho.



Deceased Members
Mary Brown — Morning Sun

A HISTORY OF DIABETES – PART 1

Ancient Treatments for “Sweet Urine” Disease Varied Widely

By PDG Bill Shuttlers

MD9 Diabetes Awareness Chair

Diabetes Mellitus is a group of metabolic diseases involving carbohydrate, lipid and protein metabolism. It is characterized by persistent hyperglycemia which results from defects in insulin secretion and/or action. That being said, it does not explain the journey.

As early as 3000 BC there are descriptions of an unusual disease involving frequent urination. The Kahum papyrus (c 2000 BC) contained the title of a recipe for “treatment of a thirsty woman” but the text is missing. In 1552 an Egyptian physician Hesy-Ra describes a condition “to great emptying of urine.” The Ebers papyrus describes the preparation of a drink as a remedy. Indian literature of the same era describes a similar condition. Descriptions of this condition, symptoms and treatments are also included in Chinese, Greek, Roman and Arabic medical literature.

Areteaus of Cappadocia (2nd century AD, Greece-Asia Minor) provided the first accurate description of the condition and coined the term diabetes from the Greek verb “diabaino,” which means “I pass through.” He noticed that one of the symptoms was emaciation and he wrote, “...no essential parts of the drinks are absorbed by the body while great masses of flesh are liquefied into urine.”

His treatment for diabetes was the consumption of cereals, milk and wine, the topical application of calaplasms (poultice) and “Theriac.” Theriac was a famous cure-all remedy of antiquity which contained over 70 ingredients. Some Greek physicians prescribed exercise, preferably on horseback, to alleviate excess urination and either overfeeding or starvation.

Rufus of Ephesus (98-117, Greece) and Galen (130-201, Greece) mentioned that diabetes was provoking excessive thirst, polyuria, emaciation of the human body leading sometimes to death. The symptom of polyuria led Galen, who says he saw the disease only twice, to name it “diarrhea urinoma” (diarrhea of the urine).

The physician Chang Chung-Ching (ca 160-ca 219, China) described polyuria (large volumes of dilute urine), polydipsia (great thirst) and weight loss as symptoms of a specific disease. Chen Chuan (7th



Photo 99238445 © Heritage Pictures | Dreamstime.com

century AD, China) named the disease Hsiao Kho Ping and mentioned its characteristics: intense thirst, copious drinking and large amounts of urine which tasted sweet. In an attempt to treat the disease, his colleague, Li Hsuan, proposed the abstinence of wine, salt and sex.

The Korean, Chinese and Japanese words for diabetes are based on the same ideograph which means “sugar urine disease”.

Surgeon Sushruta (5th century BC, India) in his work “Samhita,” identified diabetes and classified it as Madhumeha. “Madhu” means honey and the combined term means “sweet urine” or “honey-like urine.” He pointed out not only the sweet taste but the sticky feeling to the touch and its ability to draw ants, which became the test for diabetes.

He thought diabetes was a disease of the blood rather than the kidneys. He was the first to recognize diabetic neuropathy was a symptom of diabetes. He also observed that diabetes affects primarily the rich castes and is related to excessive consumption of rice, cereals and sweets.

His remedy was to consume slimy vegetables, white starch, milk with cypress tops, egg whites, two powders (gum Arabic and gum dragant), rhubarb and cinnamon.

Together with his colleague, surgeon Charaka, he identified two types, one associated with youth and the other with being over-weight, later called Type I and Type II.



Show Your Lions Pride

Proceeds benefit the Iowa Lions Foundation



18" x 24" plus H-frame - Same Image on Both Sides

2-Sided Yard Signs – \$20 each

Free Drop Shipping When Ordered in
Increments of 10 Signs (Can Be Mix-n-Match)

To Order: Contact Your District Governor, send the form below in to the State Office or order online at <https://iowa-lions-foundation.square.site>

Lion Lives Here x _____	Deliver to: <input type="checkbox"/> Iowa Lions State Office (Ames)
Be Kind x _____	<input type="checkbox"/> Drop Ship (must be multiples of 10 for drop shipping)
Total Signs _____ x \$20 = _____	_____
Make checks payable to Iowa Lions Foundation	Lion / Club Name
Mail order form with payment to: Iowa Lions Foundation 2300 S. Duff Ave. Ames IA 50010	Street Address (No P.O. Boxes)
	City / State / Zip
	Phone Number E-Mail Address



EYE DONATION MONTH
NOVEMBER 2019

THE POWER OF
YOU

Build hope. Restore sight.
Change lives.

Register as a donor.

Cameron Whittle
Cornea Recipient



EYE BANK ASSOCIATION OF AMERICA

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www.eyedonationmonth.org



THE IOWA LION

Larson Receives 3rd Highest Award in Lions



PRESIDENTIAL RECOGNITION. Past International Director Norm Dean congratulates Lion Pat Larson on receiving the International President's Leadership Award.

By PID Norm Dean

Lion Patricia "Pat" Larson of the Bettendorf Lions Club, District 9EC received the International President's Leadership Award, the third highest award in Lions, at a recent Bettendorf Lions Club meeting. Lion Pat was unable to attend the Iowa Lions Special State Convention in Marshalltown, so PID Norm Dean had the pleasure of making the presentation at her home club.

Pat has a long history of providing leadership since she became a Lioness in the early 1980's before she became a Lion. She has served her club as 1st, 2nd and 3rd vice president, as club president and on the board of directors many times.

She has been the club KidSight coordinator for nine years and was instrumental in helping the club purchase a new camera. Pat has trained a lot of screeners in the club and the club has increased the number of children screened each year since they started screening.

In addition to KidSight, Pat has served as White Cane Day chairperson for three years, helped organize a zone-wide project for the Riverbend Food Bank and is presently serving as club LCIF coordinator.

She has been honored as club Lion of the Year, received a Key Award for sponsoring 15 new members and is a Warren Coleman Award recipient.

ADDITIONAL DIGITAL COVERAGE



STRIDES WALK. It was a beautiful fall day for a Strides Walk outdoors at the Iowa Lions Special Fall Convention in Marshalltown on Oct. 14. (Left photo) Strides Walk coordinator Lion Kim Seligman checks in Oskaloosa Lion Michelle Kent for the Strides Walk. (Right photo) Lions Kim and Brian Seligman from the Fruitland Community Lions Club enjoy the nice weather during the Strides Walk.



COFFEE TIME. State Planning Committee Chair Chris Waring makes another pot of coffee during the Iowa Lions Special Fall Convention.



CHOCOLATES FOR A CAUSE. Past District Governor Mary Porter sells bags of her husband PDG Dean Porter's famous peanut clusters to help raise funds to support mission trips.