

The IOWA LION



February 2023

iowalions.org

Fun Activities Packed into MD9 State Convention

*By Debbie Doty
MD9 Convention Planning Chair*

Lions, you will want to save the weekend of May 5-6 for an eventful Iowa Lions State Convention in Cedar Falls. Past District Governor Richard Congdon and other members of the Cedar Falls Lions Club are working hard to make the convention fun.

Sure, there are still lots of meetings and training events happening on Friday for those that need to be on the business-end of Lions, but the Cedar Falls Lions have also arranged for some appealing activities on Friday, as well.

Thanks to a grant from the Cedar Falls Convention



DOWNTOWN FUN. Free trolley rides to the Cedar Falls historic downtown shopping district allow for activities for Lions not involved in Friday afternoon meetings during State Convention.

and Visitors Bureau, the club has arranged for free trolley rides between the Diamond Event Center and the historic downtown shopping district. There, Lions will find boutiques, antique shops, coffee shops and restaurants, and the historic Blackhawk Hotel.

“That in and of itself is worth seeing,” said PDG Congdon, explaining the trolley will run every half hour starting at 11 a.m.

Partnering with Fahr Beverage Inc. out of Waterloo, Cedar Falls Lions will also host a beer pairing from 4-5 p.m. Lions can sample different beverages paired with appetizers.

Don’t fill up on too many appetizers, though. The International Banquet will follow Friday night beginning at 6 p.m. This will be a dressy affair, with formal wear for those that have it, or coat and tie and nice dresses for those who choose not to wear tuxedos or gowns.

International Director Allen Snider from Niagara-on-the-Lake, Ontario, Canada will be our international guest for the weekend and the keynote speaker during the Friday night banquet. ID Snider has 36 years of experience as a construction millwright and operating engineer at General Motors. Toward the end of his career, he took on the position of mobile equipment manager. In retirement, he farms garlic, lavender and sunflowers.

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UPCOMING EVENTS

February	Lions Childhood Cancer Awareness Month
Feb. 7-9	FVDG/DGE Seminar St. Charles, Illinois
Feb. 13	2023-2024 District Goals Reporting Platform Opens
Feb. 15	Childhood Cancer Day
Feb. 25	Council of Governors meeting Johnston
Feb. 25	Vice District Governor training Johnston
Mar. 3	Lions Day at the U.N. New York City
Mar. 3-4	9NW District Convention Fort Dodge
Mar. 10-11	9SW & 9MC Joint Convention Atlantic
Mar. 17-18	9EC District Convention Eldridge
Mar. 24-25	9SE District Convention Mount Pleasant
April	Lions Environmental Awareness Month
Apr. 1	9NC District Convention Clear Lake
Apr. 22	Earth Day
May 5-6	Iowa Lions State Convention Cedar Falls
May 28	World Hunger Day
July 7-11	Lions International Convention Boston, Massachusetts
July 27-30	Midwest Advanced Lions Leadership Institute Maryville, Missouri
July 28-30	Great Plains Lions Leadership Institute, Maryville, Missouri

CONTINUED FROM PAGE 1

ID Snider will help present Lions Clubs International Presidents Medals and International Leadership Awards. State awards like the Bud Klise Leadership Award, the Ralph Whitten Service Award, the Spark Plug Award, Leo of the Year and the Norm Dean Membership Growth Award will also be presented during the banquet.

The keynote speaker during the luncheon on Saturday will be Dr. David Dickens from Stead Family Children's Hospital at the University of Iowa Hospitals and Clinics. Dr. Dickens is Clinical Professor and Interim Division Director; Pediatric Hematology, Oncology and Bone Marrow Transplantation at UIHC and will talk to the Lions about pediatric cancer in Iowa.

Watch the next issue of *The Iowa Lion* magazine for a registration form and more information about training and seminars at the Iowa Lions State Convention in Cedar Falls.

And mark your calendars for May 5-6. You won't want to miss this one.

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Are You A Rowboat, a Sailboat or a Steamboat?

*By PDG Doug Welton
MD9 Global Membership Team Coordinator*

We all know that membership is the life blood of our organization. The question is, what is each of us doing to help grow and retain members?

The Global Membership Team chairs have been asked to put in place the Global Membership Approach (GMA) process in each district to grow and retain members.

There were opportunities early in the fiscal year to learn about the GMA process – at the Rebuild Iowa event, the GAT Summit and the Fall Learning Conference. Has the process been put in place in your district by the leadership team and is it working?

The process is simple to do. It does take time, an open mind to new ideas and a willingness to make a difference.

Why should you care about membership? It takes members to do the service we work so hard to offer to others. It takes members to get new members. It takes members to get current members involved so they want to stay a member.

Lions members are people. A wise man of the Orient once remarked, “There are three kinds of people in all types of organizations – rowboat people, sailboat people, and steamboat people.”

Rowboat people need to be pushed or shoved along.

Sailboat people move when a favorable wind is blowing.

Steamboat people move continuously, through calm or storm. They usually are masters of themselves, their surroundings, and their fate.

Which type of person are you?

A quick review of the GMA process is that you are to **build a team** of district leaders to work with clubs to retain members and get new members.

Build a vision by doing a S.W.O.T. analysis of your district with members from the district. Assess your

Strengths, Weaknesses, Opportunities and Threats. **Build a plan** from the information determined by the analysis and set goals. Then you **build success** by working the plan.

That is the process in a nutshell. You can find all the information about the [Global Membership Approach](#) in the Member Resources section of the Lions Clubs International website.

The multiple district has funds available to bring a team to your district to help you build success. All you need to do is ask for help by contacting the MD9 GMT. This was part of the idea of having a rebuilding team by having districts help districts with membership growth.

The Lions organization has all kinds of tools developed to help clubs and districts grow. The resources are available to help one succeed, but one has to want to succeed.

If we continue to do nothing then nothing will change. Don't be the one that does nothing, but be the one that does something and you will receive the benefits, the feeling of success.

Let us have a great second half of the year!

STRENGTHS

- 1.
- 2.
- 3.
- 4.
- 5.

WEAKNESSES

- 1.
- 2.
- 3.
- 4.
- 5.

OPPORTUNITIES

- 1.
- 2.
- 3.
- 4.
- 5.

THREATS

- 1.
- 2.
- 3.
- 4.
- 5.

International Report

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2023 Midwest Advanced Lions Leadership Institute (ALLI)

The Great Plains Lions Leadership Institute Board of Directors voted to hold an Advanced Lions Leadership Institute (ALLI) July 27-30, 2023 at Northwest Missouri State University in Maryville, Missouri.

The Midwest Advanced Lions Leadership Institute (MALLI) offers Lions an opportunity to learn more about the association and foundation, so they can expand their leadership beyond their clubs, into zone, region and district levels. The ideal candidates for this institute are Lions that have completed a successful term as club president but have not yet attained the position of first vice district governor/district governor elect.

Due to limited dorm room space, only the first 25 applicants will be accepted. Please submit applications as soon as possible. The registration form is on the [Iowa Lions website](#). Registration is \$220 if received by April 30, then increases to \$240. It covers food, dorm room, and all class materials. Your only personal cost is your travel expense.

Midwest ALLI will be held simultaneously with our annual GPLLI event. Lions from clubs/districts could “ride share” and even possibly share a dorm room.

2023 Great Plains Lions Leadership Institute (GPLLI)

The 2023 GPLLI will be July 28-30, 2023 at NWMSU in Maryville, Missouri. Please submit your application as soon as possible since dorm room space is limited.

GPLLI is training to prepare Lions for leadership positions throughout Lions, and is customized to best accommodate the needs of the area. Ideal GPLLI candidates are Lions ready to pursue leadership roles within their Lions communities. Club leaders would benefit from attending.

Registration is \$220 if received on or before April 1, then increases to \$240. It covers food, dorm room, and all class materials. Your only personal cost is your

car gas. The [registration form](#) can be found on the Iowa Lions website.

International Dues Increase Effective July 1, 2023

A \$3 per member dues increase for INTERNATIONAL dues will take effect on July 1, 2023. An additional \$2 per member increase will take effect July 1, 2024; and a final \$2 per member increase will go into effect on July 1, 2025. This was passed by the Lions of the world at the 2022 international convention in Montreal.

The need is due to increased operating costs/salaries, and inflation/cost of living. Our current officers, directors, and administrative officers have a mindset to stay within a realistic budget going forward.

Klise Leadership, Whitten Service, and Spark Plug Award Nominations Due

Each year at the Iowa Lions State Convention, three elite awards are presented to deserving Lions: the G.E. “Bud” Klise Leadership Award, the Ralph A. Whitten Service Award, and the Iowa Lions Spark Plug Award.

[Nomination forms](#) are on the Iowa Lions website under the Forms tab. **All nominations must be received by Feb. 28.**

Please provide as many details as possible on all nomination forms, including Lions and other community roles, so the judges have a “complete picture” of the nominees.

Klise forms go to PID Judy Hankom. Whitten forms go to PID Gary Fry. Spark Plug forms go to PID Ardie Klemish. **Please DO NOT MAIL nominations to the state office.** The Norm Dean Membership Growth Award will be awarded based on actual membership numbers reported in MyLCI for each district.

Childhood Cancer Awareness Month

February is Lions Childhood Cancer Awareness Month. Have you or your club made a donation for Childhood Cancer this year?

Two great Childhood Cancer organizations in Iowa are Beat Cancer Today and Tori’s Angels. Contact Lion Aaron Horn at aaron.horn@beatcancertoday.org for Beat Cancer Today or for Tori’s Angels contact Lion Bill Ridgley at bridgley@netins.net.



Love Notes

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Greetings, fellow Lions. Happy New Year!

The new year is always a good time for a fresh start and a reminder of who we are as Lions. When we are inducted into our association, we are taught that our motto is “We Serve.”

We are governed by our policy manual, as well as our constitution and by-laws. But as Lions, we have certain other obligations to uphold. These are spelled out in the Lions Code of Ethics.

The Lions Code of Ethics is designed to keep Lions healthy and working together. When we abide by the Code of Ethics, we lift each other up instead of tearing each other down. When we don’t abide by the Code of Ethics, we risk offending others and maybe even causing them to leave the organization.

As we find ourselves in the new year, I thought it would be appropriate to touch on some of the points of the Code of Ethics. They are as follows:

To show my faith in the worthiness of my vocation by industrious application to the end that I may merit a reputation for quality of service.

To remember that in building up my business, it is not necessary to tear down another’s; to be loyal to my clients or customers and true to myself.

Whenever a doubt arises as to the right or ethics of my position or action towards my fellow men, **to resolve** such doubt against myself.

To aid my fellow men by giving my sympathy to those in distress, my aid to the weak and my substance to the needy.

To be careful with my criticism and liberal with my praise, to build up and not destroy.

As the largest service organization in the world, it is upon our shoulders to work together for the common good, because. International President Sheehan says with great enthusiasm, **“Together,**

We Can!”

It is up to us as Lions in Multiple District 9 to communicate, collaborate and get the job done!

We currently have three districts that have no one in position to step into the district governor position – MC, SE, and SW. It is the job of each Lion to keep their eyes and ears open for potential DG candidates in these districts. If you need to know more about the criteria for being a DG candidate, give me a call.

LCI has changed the rules about which Lions can serve in what positions. District governors can no longer serve a second term and past district governors can no longer serve as zone chairs.

With our membership dwindling, it is becoming more and more difficult to find Lions to serve in these positions.

Congratulations to the New CCE

I would like to take this opportunity to congratulate Council Chair Elect Nadine Brockert. CCE Nadine was unanimously elected by the MD9 first vice district governors and district governors elect to head the Council of Governors for 2023-2024.

Get Those State Awards Nominations In

On one last note, it is time to nominate Lions for the Lions of Iowa awards. The deadline is Feb. 28. Nomination Forms and descriptions of the awards can be found on the Iowa Lions website under the [Forms tab](#). Awards will be presented at the State Convention Banquet on Friday, May 5.

Don’t forget: Together We Can as we Dream, Believe, and Achieve!



Diseases of the Liver (Part 2)

By PDG Bill Shutters

MD9 Diabetes Awareness Chair

In the last issue, we started talking about some of the diseases of the liver. We talked about Hepatitis A, B, C, D and E. There are some other forms of Hepatitis, as well.

Drug induced Hepatitis can occur when generally safe medications are taken in excess or very high doses and become toxic to the liver. The medications include acetaminophen, Vitamin A and niacin. Checking dosage is very important when children are involved.

Autoimmune Hepatitis occurs when the body's immune system attacks the liver cells and causes inflammation and liver damage. It is a chronic disease which occurs at any age and affects women more frequently than men. It is often linked to many other autoimmune diseases: thyroiditis, Grave's disease, Type I diabetes, hemolytic anemia, ulcerative colitis, thrombocytopenia and certain medications. It is treated with corticosteroids and immunosuppressants.

Neonatal Hepatitis is an inflammation of the liver in early infancy, usually between one and two months after birth. Approximately 20% of infants with Neonatal Hepatitis were infected by their mother before, during or shortly after birth with a virus such as cytomegalovirus, rubella, or Hep A, B or C.

An infant with viral hepatitis is usually jaundiced, not growing well because he/she cannot absorb vitamins and has an enlarged liver and spleen. In the other 80% of infants born with Neonatal Hepatitis, no virus can be identified but many experts suspect a virus is the cause. In these cases, a biopsy may be performed to check for Giant Cell Hepatitis. This is where four or five liver cells are clumped together, or biliary atresia, where bile ducts are destroyed for reasons not understood.

An infant with biliary atresia has jaundice and an enlarged liver, but is growing well and does not have an enlarged spleen. Treatment may include vitamin supplements and phenobarbital to stimulate the liver to produce bile.

If Hep A is the cause, it usually resolves in six months. If Hep B or C, chronic liver disease may result. If the infant develops cirrhosis, a liver transplant may be needed eventually.

Bile Duct Disease or Primary Biliary Cholangitis (PBC) (formerly called Primary Biliary Cirrhosis) is a chronic disease in which the bile ducts are slowly destroyed by inflammation and cirrhosis. Eventually the

bile ducts collapse and block the flow of bile causing liver failure. Bile is a fluid produced by the liver and 50% is stored in the gallbladder.

Bile helps in the digestion of fats, assists in the absorption of vitamins, rids the body of cholesterol, toxins and worn out red blood cells.

PBC is suspected of being an autoimmune disease triggered by genetics and environment. It is more common in women than men, and persons of northern European descent.

There are about 200,000 new cases each year. Early on there are no symptoms but later symptoms can include fatigue, itching and jaundice. Diagnosis is often made when blood tests are done for other conditions.

There is no cure, but treatment includes medications to slow liver damage, antibiotics for infections and surgery to repair some ducts. If liver failure occurs, a liver transplant may be required.

Wilson's Disease is a rare genetic disorder characterized by excess copper stored in various body tissues – mainly the liver, brain and corneas of the eyes.

It affects 1 in 30,000 people and is more common in people of Sicilian, Southern Italian, and Eastern European ancestry when both parents carry the recessive gene.

The symptoms often occur in people under 40 years of age. It has been diagnosed in children as young as 4 years old with many diagnosed in the early teenage years. Symptoms are typically related to the brain and liver.

Liver-related symptoms include vomiting and weakness. Brain-related symptoms include tremors, muscle stiffness, trouble speaking, personality changes, anxiety, and psychosis.

One common eye symptom is Kayser-Flescher rings, which are greenish, gold or brownish rings around the edge of the corneas caused by an accumulation of copper in the eyes. If the copper isn't eliminated properly and accumulates in the tissue with no intervention, it may become life-threatening.

Diagnosis includes blood tests, urine tests and liver biopsies. Treatment is usually a low copper diet, avoiding the use copper cookware, and medications containing chelating agents and zinc supplements. When other treatments are not effective or liver failure occurs, a liver transplant may be performed.

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With early diagnosis and treatment, a Wilson's disease patient can live a relatively normal life.

Hereditary Hemochromatosis (he-moe-kroe-muh-TOE-sis) is a genetic disorder which causes the body to absorb too much iron from digested food and store it in the organs, especially the liver. The excessive amount of iron can lead to life threatening conditions such as liver disease, cardio vascular problems and diabetes.

The genes that cause hemochromatosis are inherited, but only a minority develop symptoms or problems. There are a little over one million cases in the U.S.

Signs and symptoms usually occur after 40 for men and after 60 for women. Treatment includes regular removal of red blood cells from the circulation system, since they contain iron. It also includes avoiding foods with moderate-to-high iron, limiting vitamin C, and taking medications with iron chelation therapy. Genetic testing is often advised.

Most people who follow the treatment have a normal life expectancy.

Liver Cancer is a life-threatening disease in the cells of the liver. Liver cancer that starts in the cells of the liver is called primary cancer. The most common primary cancer of the liver is Hepatocellular Carcinoma (HCC), which begins in the main type of liver cell, hepatocyte. It accounts for one third of the liver cancer deaths.

Other primary liver cancers are Intrahepatic Cholangiocarcinoma (cancer in the bile ducts), Hepatoblastoma in children and Angiosarcoma (cancer in the blood and lymph vessels of the liver). These are less common.

Metastatic cancer – cancer which starts in some other part of the body and spreads to the liver – is much more common. Many of the metastatic cancers of the liver begin in the colon, lungs, breast, or pancreas.

Statistics show that 1% of the population will be diagnosed with liver cancer in their lifetime.

Liver cancer that starts in the liver is caused by the DNA in the cells changing instructions for cell division, which causes mutations in the new liver cells. These mutated cells start to rapidly reproduce and form a tumor.

Sometimes the cause of the DNA-changing instructions is known, like some form of hepatitis. Other times the cause is unknown.

Risk factors that can increase the likelihood of liver cancer include:

- Chronic infections, such as Hep B or Hep C
- Cirrhosis
- Inherited liver disease, such as Wilson's Disease or hemochromatosis
- Diabetes
- NonAlcoholic Fatty Liver Disease
- Exposure to Aflatoxins (mold in improperly stored grain and nuts)
- Excessive Alcohol consumption

Individuals of Asian, Pacific Islanders, Hispanic, Native American and Alaskan Indian ethnicity are more likely to develop liver cancer than those of African or European descent.

Symptoms for liver cancer are uncommon in the early stages. In later stages, the symptoms may include vomiting, weight loss, abdominal pain and jaundice.

Treatments for liver cancer may include surgery to remove the tumor, a liver transplant, radio frequency ablation, cryoablation, chemotherapy, radiation and biological therapy. Treatments are most effective if the cancer is diagnosed in the early stages, since liver cancer is one of the fastest growing cancers. Liver cancer can double in the median time of 88 days, but some in as little as 11 days.

As new medications and treatments become available through research, the prognosis for recovery from liver cancer continues to improve. At the present, we can work to achieve liver wellness.

15 Ways to Achieve Liver Wellness

1. Maintain a healthy body weight.
2. Eat a balanced diet.
3. Exercise regularly.
4. Avoid toxins.
5. Use alcohol responsibly.
6. Limit sugar. (Refined sugar and high fructose corn syrup are as damaging to the liver as alcohol.)
7. Don't use tobacco products.
8. Avoid the use of illicit drugs.
9. Avoid contaminated needles.
10. Get medical help when exposed to blood.
11. Practice safe sex.
12. Don't share personal hygiene items.
13. Wash your hands frequently.
14. Follow directions on all medications.
15. Get vaccinated.

District 9NC

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Happy new year everyone! Well, we made it through the holidays...except that at our house, we will be paying for things until June – ha! I hope your Christmas and end-of-year celebrations were fantastic.

November and December were good months for club visits for me. I was able to go to Marble Rock, Stratford, Rockwell, New Hartford, Ackley/Geneva, Williams, Iowa Falls, Stanhope, and Clear Lake Noon. Everyone is doing their best to keep the clubs strong.

The common worry, as we all know, is membership! My response to this is to share what has worked well as a recruiting event for my home club. We highlight that we need to share with folks what we do for service and invite prospective members to an event so they can see the good we are doing and how much fun it is.

We also need to remember that even our “seasoned” members may need a little boost once in a while to keep their Lion spirits high. For example, one of the Clear Lake Evening club members talked to me after we were done walking with the club float in the Christmas By The Lake parade. He remembered how much fun the event had been years ago and how this year’s event made him feel like it was “the good old days” when helping with this year’s parade. We had new members helping with the float and they were able to see the fun we were having while spreading the Lions message.

As you can see from the individual district reports in this magazine, convention season is rapidly approaching. I would recommend that you plan to attend a convention. You have an opportunity to touch base with an international director and listen to some top-rated speakers with appealing topics.

*We are sorry for the loss
of these dedicated Lions*

Club	Member	Years a Lion
Algona	John Diekman	31 years
Floyd	Steve Shankland	32 years
Sheffield	Chuck D. Nolte	19 years

I was able to attend the 9NE convention in early November and got to see how used eyeglasses are prepared for distribution,. I learned about an amazing organization (Beat Cancer Today) and listened to a great presentation by the invited international director.

I made a mistake when sharing the contact information for our new contact person for the Iowa Lions Eye Bank. Francie contacted me and shared that her phone number should be 319-335-4087. Her e-mail is francine-williamson@uiowa.edu. Please reach out to Francie if you have any questions. She might also be able to help schedule a tour of the facility if you would like to visit!

We Welcome New Members

Club	Member	Sponsor
Clear Lake Eve	Gary Christensen	Janeil Olson
Clear Lake Eve	Sandy Nichols	Janeil Olson
Clear Lake Eve	Linda Lopez	Tanya Kirschbaum
Clear Lake Eve	Teresa Noll	Tanya Kirschbaum
Clear Lake Eve	Julie Lopez	Tanya Kirschbaum
Clear Lake Eve	Paul Lopez	Tanya Kirschbaum
Clear Lake Eve	Dick Noll	Tanya Kirschbaum
New Hartford	John Anderson	
Northwood	Michelle R. Moretz	Nancy Amundson



NEW BENCH. Clear Lake Evening Lions present a TREX park bench to Clear Creek Elementary School. Pictured (seated L-R) are the three students who led the school initiative: Lauren Wick, Kylie Lester and Brynn Tidrick. Back row (L-R) are Lions Jeff Tecklenberg, DG Mike Ravera, Tanya Kirschbaum and Kathy Larsen.



SCHOLARSHIP PRESENTATION. Stanhope Lions Club presents a \$750 scholarship to local high school graduate Kristen Hetlend. Pictured (L-R) are Polly Hayes, Kirsten, Kirsten's father Paul Hetland and DG Mike Ravera.

NOVEMBER/DECEMBER CLUB ACTIVITIES

CLEAR LAKE EVENING sorted over 1,000 pairs of donated eyeglasses; assembled a float for the annual Christmas By The Lake parade in Clear Lake, taking first prize in the float contest.

EAGLE GROVE assisted with grocery distribution from the local food pantry to 92 residents; conducted a KidSight screening for 74 students.

HAMPTON conducted a KidSight screening for 60 students; held a Bowl Bonanza fundraiser raffle raising over \$1,000; held a Christmas Cash giveaway with \$2,075 raised and \$1,000 donated.

IOWA FALLS distributed food baskets to 400 local families.

MARBLE ROCK hosted a city-wide holiday lighting contest and donated a turkey plus a ham to the city-wide Thanksgiving meal drawing.

NEW HARTFORD held an omelet breakfast fundraiser, raising \$1,152.

OSAGE donated \$1,000 to Cedar River Complex in Osage to help pay for a scissor lift; donated \$1,300 to the Osage High School band to help pay for the 2023 band trip.

STANHOPE donated \$1,000 to the local fire department and \$1,500 to Wreaths Across America; and held a Fall soup supper, raising \$6,000.

Catch A Wave of Service!

District 9NC

March 31- April 1, 2023

VFW 219 Main Ave

Clear Lake, Iowa

NAME _____

Lion? Y/ N Current Office _____

NAME _____

Lion? Y/N Current Office _____

ADDRESS _____

CITY STATE ZIP _____

PHONE# _____

EMAIL _____

CLUB _____

Friday March 31st

Guided Tour of the Surf Ballroom 3:30pm

Friday Evening Meals & Service Planning

\$20.00 per person x ____ = \$ _____

Catered by T... Rib Crib

Saturday April 1st

8:00 AM Light Breakfast

12:15 PM Taco Bar Lunch

\$15.00 per person x ____ = \$ _____

Total Enclosed _____

Registration due by March 15th

Make checks payable to District 9NC

Mail to: Marian Gehrls

709 Bliss Blvd, Iowa Falls, IA 50126

Fairfield Inn

1401 Bayou Rd, Clear Lake, IA 50428

(641) 357-8585 Mention: Local Company Rate

AmericInn

1406 N 25th St, Clear Lake, IA 50428

(641) 357-8954 Mention: District 9NC Lions Convention

District 9MC

District Governor
David T. Coates

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What is a Challenge Coin?

In coin collecting, a challenge coin is a uniquely designed coin that represents an organization or occasion. Being given a challenge coin represents camaraderie or unity. It proves membership of a certain group, as well as honoring the actions of those who receive them. Challenge coins have a special way of instilling pride in its recipients.

You often see challenge coins given in military, medical, fire and police departments. However, in recent years, businesses and other groups have been using them. As a challenge coin collector, I am wanting to start a new Lions tradition by designing a Lions Challenge Coin.



My Lions Challenge Coin

The design of a challenge coin is important. The colors and emblems have different meanings. Each marking on a coin makes it unique and different. Materials that a coin is made with can also be different.

Let's begin by looking at the materials with which the coin is made. My coin is made of brass. Brass has been used for a long time. It was one of the first metals used in making tools and jewelry. Brass is an alloy of copper (Cu) and zinc (Zn), in proportions which can be varied to achieve different mechanical, electrical, and chemical properties.

Brass has long been a popular material for decoration due to its bright, gold-like appearance. Most people know brass for being used for hinges, drawer pulls and doorknobs. It has also been widely used to make utensils because of its low melting point, high workability,

durability, and electrical and thermal conductivity. These are the reasons, I chose brass.

Now, let us look at the design. In the center of the coin face are three Lions, a male, a female and a cub. Think of this group as a family or as individuals (male, female members, and young Leo members) – a "Pride of Lions." This pride, like Lions Clubs International, work together and have a common goal or purpose.

My coin hopefully offers a tribute to our International President Brian Sheehan's motto of "Together, We Can! and Together, We Will!" I hope that the standing together, standing behind each other, and facing the same direction represent this motto and idea.

Behind the lions, you will see a globe representing the world. I was hoping that this was obvious that it represents the world in which we live. We as "a pride" are representatives of the Lions family around the world.

Below the Lions is written the Latin phrase "E Pluribus Unum," which translates to "out of many, one." It is seen as the first and most excellent motto of the United States of America, approved by the United States Congress in 1782. The original meaning of E Pluribus Unum was to describe the 13 original colonies that came together to form a union. However, on my coin it means we are connected as individuals by Lions Club International to form as one organization.

On the outside ring of on the coin face it has the reason for this coin. Presented to a person for exceptional service in Lions Clubs. My coin states, "YOU HAVE THE HEART OF A LION." This is a tribute to our Past International President Douglas X. Alexander, whose theme was "Service from the Heart."

Blue symbolizes trust and loyalty and stands for serenity. It's the color of all that's constant and unchanging. For example, the aqua and turquoise found in Caribbean waters typically engender positive feelings, and the blue of police officers' uniforms call to mind protection, bravery, and loyalty. In my coin, the blue represents the Lions blue color and brass represents the gold.

On the outer ring on the tail side of the coin is my district governor theme, "Finding the Lion Within Yourself." This is a self-actuating motto. It is the point within your Lions time or travels that you have found the reason for being a Lion. It is your reason for staying in the Lions organization. What I'm trying to say is you found your purpose for being a Lion.

In the center, tail side of the coin is the shape of Iowa and District 9MC, of which I am the district governor. Underneath the state are the Lions and Leo club logos.

CLUB ACTIVITIES

AMES: Food at First; Warmth of Winter.

DES MOINES SOUTH: Christmas donation; KidSight; Salvation Army bell ringing.

GRINNELL: Tiger Packs; transport veterans.

JOHNSTON: collected glasses and hearing aids.

KELLOGG: Pancake Breakfast.

MARSHALLTOWN: Meals on Wheels; Salvation Army bell ringing.

MARSHALLTOWN EVENING: Christmas Party with Kiwanis; sold Lions Mints; collected eyeglasses; popped popcorn.

NEWTON: Peace Poster contest.

STORY CITY: Pancake Supper.

Deceased Members

Des Moines Host – David W. Hibbard

Grinnell – Jean Ketter

Urbandale Breakfast – Charles W. Stairs



DISTRICT PEACE POSTER WINNER. DG David Coates shows off the winning Peace Poster for District 9MC.

Combined District 9MC & 9SW SPRING CONVENTION

REGISTRATION FORM

(please send one form per attendee)

March 11, 2023

8:00 AM-4:00 PM

ZION LUTHERAN CHURCH
811 OAK STREET, ATLANTIC, IOWA

NAME: _____

DISTRICT: _____ *(Circle one)* Lion / Leo / Guest

CLUB: _____

PHONE #: _____

E-MAIL: _____

Please note any special dietary needs.

REGISTRATION FEE (\$30.00)

includes morning rolls & coffee, lunch & beverages

(Registration due by March 3, 2023)

Regardless of which district you are in, make checks payable to: ***District 9SW Lions***

Mail to: Lion Beverly Fletcher
c/o Lions Multi-District Convention
103 Chad Circle
Council Bluffs IA 51503

Please make sure your check donations get to your district representatives by Feb. 22 in order to be recognized for the Parade of Check Donations.

HOTEL INFORMATION

Rock Island Inn and Suites

1702 SW 7th Street
Atlantic, Iowa 50022

Call direct to book: 712-243-1600

Ask For Lions District Convention Block Rate of \$110 + Tx

(The hotel does not have elevators, so inquire about ground level if needed.)

District 9NE

District Governor
Dale E. Schrad

2922 Minnetonka Drive
Cedar Falls, Iowa 50613

319-242-1988

daleschrad@gmail.com



2023 is Here – Are We Prepared?

I hope by the time this report sees your eyes, you will still have a few unbroken New Year resolutions. The last half of 2022 has been a real eye-opening experience. As the team and I have been visiting clubs in District 9NE, we find a very dedicated and active group of Lions who are devoted to helping their communities. Of course, the current 42 clubs in the district are still experiencing aging out as covered later in this message.

This year's Peace Poster contest winner for 9NE was Lincoln Moore from Longfellow Elementary School in Belle Plaine. We had six Lions clubs participate in the contest this year. Posters were great and the team had a hard time deciding on the winning Peace Poster from our district.



DISTRICT 9NE PEACE POSTER WINNER. Dale Schrad presents the district Peace Poster Award to Lincoln Moore, a 6th grader from Longfellow Elementary School in Belle Plaine. Lincoln's poster advanced to state.

With the new year, District Governor Elect Bruce Piehl is preparing to fill the cabinet for 2023-2024. I am very proud of District 9NE as we develop leaders who are willing to step-up into the next generation of leaders,

I am also proud to announce a new Leo Club in the district. The Cedar Falls High Leo Club has been chartered. A charter celebration will be announced later. We are looking forward to supporting a Leo Club sponsored by the Cedar Falls Noon Lions.

Good News, Bad News

On July 1, 2022, District 9NE had 1,181 Lions members. As of Dec. 31, we have 1,147 – a net loss of 34 Lions. Some facts by clubs are: 18 clubs have a negative Lions' membership growth; 16 clubs have not had any movement in membership and eight clubs have had positive growth. We have lost 53 Lions and added only 19 new Lions. The Newhall Lions have added five new Lions while Shellsburg, West Union and Waverly have each had a net growth of three Lions each.

Sometimes losing members cannot be avoided but the replacement can be very difficult. We need to invite prospective members to service opportunities so they can see what Lions is about. Remember, we cannot perform service for our communities without members. We just need to invite and follow-up.

As our team works to rebuild clubs in the district, we will be using the GMA approach. As our clubs are aging out, we need to add younger members who are willing to devote a little time to the community they live in.

I know that a lot of communities are having problems looking for volunteers to serve on school boards, city council, county boards and other nonprofit organizations. We are not alone in our quest for new members as International has reported a net loss of 1,423 and a membership of 1,373,074. Down from a July 1, 2022 membership of 1,374,497.

I believe 9NE is the best district in the state. We have never turned away from a challenge, so we have five months to add around 42 new members, or one new member per club. It's not hard to do if we just ASK.

New Foundation Address

The new address to send your checks in support of the Iowa Lions Foundation is:

Iowa Lions Foundation
P.O. Box 1467
Marshalltown, IA 50158.

I am wishing all Lions a Healthy, Happy and Prosperous New Year with a lot of Joy in performing service. As we serve our purpose, enjoy!

In Memoriam

We are sorry for the loss of these dedicated Lions.

Club	Member
Elgin	LaVerne A. Imoehl
Elgin	Donald M Saboe
Elgin	Verne Walvatne
Hawkeye	Julie Lin Jones
La Porte City	Heinz Kramer



AS SWEET AS SYRUP. Van Horne Lions held a Pancake Breakfast fundraiser. Pictured (L-R) are Club Secretary Lou Albers, new members Carla and Robert Albertsen and Club President Larry Albers.

WE WELCOME NEW MEMBERS

Club	Member	Sponsor
Belle Plaine	Derrick F. Okine	Jack Schlesselman
Blairstown	Maureen L. Arndt	Jim Arndt
Blairstown	Kathleen S. Miller	Larry Miller
Cedar Falls	Dianne Campbell	Sandy Benak
Cedar Falls	Tim J. Combs	Dale Schrad
Cedar Falls	C. Warren Jennings	Ken Murphy
Cedar Falls	Robert P. Meinders	Mark Miller
Cedar Falls	Zeb T. Nicholson	Heather Nicholson
Cedar Falls	Lincoln Rozeboom	Gerald Sorensen
Elgin	Brian Wenger	
Postville	Lynn Noel	Linda Schierholz
Postville	Kristine L. Turner	Robert Schroeder
Vinton	Larry Andreesen	Calvin Rickels
Waverly	Greg Kneser	August Waltmann
Waverly	Tony L. Skaggs	David Wylam

CLUB ACTIVITIES

BALLTOWN sold calendars in monthly raffles as a fundraiser; cut and split firewood for sale.

CEDAR FALLS held its annual Christmas Luncheon for members and guests; rang the Salvation Army bell at Scheels; served on funeral honor guards; worked at the Northeast Iowa Food Bank.

DUBUQUE NOON wrapped gifts at Kennedy Mall to raise funds; bought and served dinner for 50 at the Dubuque Rescue Mission; cleared tables at Pizza Ranch as a fundraiser; donated 14 wire structures to the Dubuque Arboretum gift shop to sell.

FREDRICKSBURG held its pancake/sausage breakfast and its annual pie and soup sale.

GARRISON assembled and delivered sunshine baskets.

HAWKEYE provided secret Santa gifts to families.

INDEPENDENCE rang the Salvation Army bell; served on a church call committee.

JANESVILLE donated \$500 to support Leader Dog; held a Christmas party with gifts for the North Star Community Program; purchased and placed lights at United Methodist; counseled seniors on health insurance.

NEW HAMPTON held its annual pie and soup sale.

VAN HORNE collected cans and bottles; held community Bingo.

WAVERLY provided donations to Camp Hertko Hollow, Blank Park Children's Hospital, Stead Family Children's Hospital, Camp Courageous, Northeast Iowa Community Food Bank and LZ Phoenix.

WEST UNION went caroling at the Good Sam Home, Copper Creek and Stoney Brook Assisted Living; conducted a KidSight screening at Turkey Valley.

WESTERN DUBUQUE collected gloves and hats for elementary school children.

District 9SE

District Governor

Michael D. Renken

PO Box 75

Lockridge, Iowa 52635

319-537-0073

godsworker@farmtel.net



Holidays are over and the New Year has been rung in. Can you believe that our Lions' year is half over? What plans are in the works for the rest of our year?

For sure we have made changes and adjustments in planning and getting out and about for meetings. As January comes to a close, I have two clubs that have not made commitments for a district governor visit. I have one club committed in February and one in April. This finalizes all the clubs being visited this year.

What fun and excitement that has gone on. I just received a message from one of the clubs I visited earlier and they want me to come back to present awards that they are applying for in recognition of members for their service in Lions Clubs International.

We are planning for our 9SE District Convention for March 24 and 25 at Iowa Wesleyan University in Mount Pleasant. Our theme is "Since COVID Gave Us Lemons, Let's Make Lemonade."

Have you registered for District Convention?? We have many things going on. Friday night, March 24, is a Pie and Homemade Ice Cream Social along with a women's barbershop style group called Acapella for entertainment. Then Saturday morning begins registration and speakers, a business meeting and memorial service for those Lions Members that have died since the last district convention.



Our main speaker this year is Past International Director Justin Faber from Deckerville, Michigan. He was elected to serve as International Director at the 102nd International Convention, held in Milan, Italy, July 5 through 9, 2019.

PID Justin became a Lion in 2001 after joining the Ugly Lions Club. PID Faber was instrumental in changing his club from an all-male club to a diverse club that is the pillar of the district today. PID Faber has been a presenter at the USA/Canada Lions Leadership Forum.

PID Faber started his own small business at the

age of 19. He also owns and operates two other small businesses, Ameriheart and Thumb Rentals. PID Faber enjoys every aspect of being a small business owner and the challenges that go with it.

See Page 26 for more 9SE Convention details.

For our service project at the district convention, attendees are asked to bring non-perishable food items, personal and feminine hygiene products and paper goods for the Fellowship Cup in Mount Pleasant. The Fellowship Cup is a non-Profit organization that just celebrated 40 years in 2021. It began as a Christian coffeehouse that someone could stop in for a cup of coffee and share events happening in their lives. Often, people would request prayers. Through these requests for prayer, the founders began to realize the needs of the community. A ministry of food assistance and a clothing closet eventually began. Today, they help people with groceries every Thursday. They also have a medical equipment loan program for walkers, canes, wheelchairs and, at times, hospital beds.

One of the great things about the Fellowship Cup is that its ministries are primarily supported by volunteers. The office staff includes the director, bookkeeper, Retired and Senior Volunteer program director, procurement supervisor and assistant.

There is also The Quarter Maybe More store that is an expanded clothing and household donations sold to support ministries provided by The Fellowship Cup.

In Memoriam

Club	Member	Years a Lion
Birmingham	George Manning	41 years

Welcome to District 9SE

Club	Member	Sponsor
Birmingham	Nadine Countryman	Kriss Anerson
Fairfield	Jim Steinbeck	Ginny Hughes
Fairfield	Ryan Swanson	Denise Hall
Fremont	Dave Wilson	
Wayland	Amina Ferdig	Theresa Ferdig
West Burlington	Susan Ferrell	Sharon Parker
West Burlington	Connee Hewitson	William Brown
West Burlington	Amy Klein	Judy Knoll
West Burlington	Nancy Park	William Brown
West Burlington	Linda Springsteen	William Brown
West Burlington	Ronald Teater	Jeff Erickson
West Burlington	Nicollette Theodore	Sharon Parker

9SE Activities

for November/December

BIRMINGHAM hosted a soup supper serving about 120 people, raising \$636. There were nine different kinds of soup offered. During the supper, free horse-drawn wagon rides were offered for people to see the Christmas lights around town.

CORYDON delivered 23 noon meals to individuals who subscribe to the service; picked up scrap metal to be sold as a fundraising project; put up American Flags around the town square in observance of Veterans Day; met for its annual Christmas get-together. All members and spouses brought a wrapped gift which was auctioned off with proceeds of \$362 going to a local organization that distributes money to needy individuals for their personal needs, i.e.: food, utilities, health, etc.

CRAWFORDSVILLE held a community blood drive collecting 41 pints.

DANVILLE held its annual Christmas Walk soup supper raising \$800 that will go towards high school scholarships; did vision screenings at Tolson Headstart in Mount Pleasant

GRANDVIEW-LETTS honored the club's Peace Poster winners.

IOWA CITY conducted KidSight screenings on 245 children.

LONE TREE held its annual Spouses Night with DG Michael Renken as the guest speaker; decorated a Christmas tree for the Lone Tree Wellness Center Festival of Trees; donated \$500 to the Secret Santa program in Lone Tree; put up 156 U.S. Flags in the Lone Tree area in observance of Veterans Day.

NORTH LIBERTY donated about 250 pounds of garden produce to the North Liberty Food Pantry; prepared breakfast for 450 community members waiting to see Santa; placed and retrieved 39 flags throughout the community in honor of Veterans Day.

OSKALOOSA packed 61 Take-Along Meals to place in backpacks of elementary and middle school children for weekend breakfasts and lunches; announced during the Oskaloosa Lighted Christmas Parade.

SOLON CENTENNIAL heard from Iowa Lions Foundation Trustee David Heitmann about the activities associated with the foundation; donated \$1,000 to the Iowa Lions Foundation.

WEST BURLINGTON conducted its annual KidSight service project Nov. 4-10 at four different locations on four days and checked the eye sight of 109 children.

LIONS DISTRICT 9SE CONVENTION

*“Since COVID Gave Us Lemons
Let's Make Lemonade”*

March 24-25, 2023

IOWA WESLEYAN UNIVERSITY
601 N. MAIN ST., MOUNT PLEASANT, 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: PIE & ICE CREAM SOCIAL @ 7 PM

Following the 6 PM Cabinet meeting, we'll have fresh pies, homemade ice cream and entertainment from a ladies barber shop quartet.
Wear yellow.

Please mark # attending = _____

SATURDAY PROGRAM / AWARDS LUNCHEON

Early Bird Registration (*postmarked by Feb. 28, 2023*)

No. _____ x \$35 = _____

Regular Registration (*postmarked by March 6, 2023*)

No. _____ x \$40 = _____

Total Enclosed = _____

Make checks payable to: **Lions District 9SE**

Mail to: PDG Debbie Doty
PO Box 251
University Park IA 52595

*CLUBS remember to bring your banners and items
for The Fellowship Cup in Mount Pleasant.*

District 9NW

District Governor
James Gill

1416 Williams Drive
Fort Dodge, Iowa 50501

515-571-7615

jagillialions@gmail.com



Lions Christmas spirit lives on in the New Year!

Greetings and Happy New Year all 9NW Lions!

Our Lions Clubs in 9NW did wonderfully well helping people with needs at Christmas time in our communities in December. I received all kinds of heart-warming reports and pictures from many clubs this past month. I especially liked the pictures from Peterson, home of the biggest Lions Club in our district. They decorated their antique Pirsch fire truck and traveled through the Peterson, Royal and Sioux Rapids communities stopping to give Christmas goodie bags to the kids and to let them meet Santa Claus (pictured here). It was so cold with a wind chill -15 degrees just before the big storm hit.



Here in my hometown, our sister club, the Fort Dodge Evening Club, participated in the 2022 Christmas Shopping Spree at the local Fareway Meat & Grocery. The Lions competed with other service clubs to see who could gather holiday food stuffs for \$600 in seven minutes. The food store donated another \$100 on top of



HOLIDAY SHOPPING SPREE. Fort Dodge Evening Lions crew of (L-R) Ardie Lewis, Past District Governor Tim Wilson, Earl Possehn Jr. and Rosemary Possehn, compete in a Christmas Shopping Spree.

each club's total. Our Lions gathered no less than \$529 for the families in need in Fort Dodge. Way to go!

Other clubs did very well, also. See the service reports on the next page. Our Lions Clubs are generous to others at Christmastime!

Our District Convention in Fort Dodge on March 3-4 is coming together very nicely. The first speaker has also been announced; she is Bergetta Beardsley, vice president of philanthropy at the food bank in Des Moines. Remember, we had our first-ever district-wide service event there recently. More speakers will be announced shortly in our District Newsflashes so please stay tuned!

The convention hotel is the Best Western Starlite Village Inn & Suites. We have a block of rooms under 9NW District Convention. The rate is quite low, only \$99.68/night including taxes. Some people are already making reservations! The phone number to the hotel is (515) 573-7177, call today! There will also be seminars about diabetes, new officer orientation, latest news from International and much more. See you in Fort Dodge!



THE SPIRIT OF CHRISTMAS. The Carroll Lions partnered with other area service clubs and the Pella Corporation to shop with children for their families to give at Christmas. Every child received a gift from Santa.

Our district needs more leaders on all levels. Step up and make the best of your leadership abilities making our association stronger in these ever-changing times. I thank you! I look forward to meeting with you and all your fellow club members this year!

In Memoriam

Member	Club	Years a Lion
Orville Taylor	Hartley	25 years
Paul Aykens	Orange City	46 years

9NW Club Activities

AKRON wrote thank-you notes to veterans; prepared for the annual awards vote for Lion-of-the-year, Citizens of the year, Melvin Jones and Warren Coleman awards; adopted a family in need and purchased Christmas gifts for five children.

BADGER donated a total of \$2,000 to several worthy causes including the Lotus Community Project, Leader Dog, Salvation Army, The Lord's Cupboard, Beacon of Hope and the Badger Fire Department. Small club, great community spirit!

BOONE rang bells for the Salvation Army; had a Christmas party for members and spouses.

CHURDAN delivered Meals on Wheels; KidSight screened 35 kids in kindergarten and preschool; provided Christmas toys to 42 kids; donated \$100 to the Greene County Adopt-a-Family Christmas Program.

CARROLL went Christmas shopping for local children; did KidSight screening; donated to various food pantries; provided hearing aid assistance; inducted one new member.

FORT DODGE is bracing itself for the biggest event of the year: the 9NW District Convention!

HARTLEY made over \$2,000 profit from the recent Burger Bar and, fantastically, a profit of \$6,600 from selling calendars; paid out \$2,000 in scholarships; and also paid for two medical assistance cases.

MADRID had a Christmas party; gave \$1,000 to the Greater Love Ministries for holiday baskets and gifts for the children's wish list; donated \$1,000 for vests to the Madrid Fire Department.

MANSON had a big Christmas promotion together with the local Chamber of Commerce and their local food store to deliver toys and food certificates to 30 families in need; inducted a new member.

ORANGE CITY inducted two new members.

PETERSON donated \$4,500 in proceeds from its Omelet Breakfast to the Peterson Senior Center to be used for replacement of doors and exterior cladding on two sides of building.

DISTRICT 9NW CONVENTION

March 3-4, 2023

LIONS' DEN, 731 EXPOSITION DRIVE
FORT DODGE, IOWA

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 PROGRAM / MEAL – 6:30 PM

Ribeye Steak Dinner
\$25 per person x _____ = \$ _____

SATURDAY PROGRAM / MEALS

8:00 AM Donuts/Coffee
12:15 PM Burgers/Brats
\$7 per person x _____ = \$ _____

Total enclosed = \$ _____

(Registration due by Feb. 17, 2023)

Make checks payable to: ***District 9NW Lions***

Mail to: Lion Ray Ohlinger
201 NW 7th St
Pocahontas, IA 50574

CLUBS DON'T FORGET TO BRING YOUR BANNERS AND CHECKS FOR THE PARADE OF CHECKS

WE WELCOME NEW MEMBERS

Club	Member	Sponsor
Manson	Jim Moorman	Dean DeVore
Carroll	Danny Torgerson	Leon Muhlbauer
Orange City	Larry Dokter	Jack Stander
Orange City	Josh Goslinga	Dave Harmelink

District 9EC

District Governor
Nadine Brockert

6814 McIntire Road
Muscatine, Iowa 52761

Home: 563-264-1390

Cell: 563-260-1923

nadineb@machlink.com



Welcome to 2023. Aren't we glad that the deep freeze one Quad City Times writer referred to as 'Frostbite Falls' only affected the week around Christmas. Hopefully no one was booked on Southwest Airways for a winter getaway. One of our local Muscatine bakeries had cookies with "I Survived Christmas 2022" written in frosting.

Our Care and Share Chair Phil Larabee has been busy through November and December with requests. Sadly, three of them were house fires where everything was lost. Even more troubling is that two of these fires resulted in the death of precious children.

As Lions, we have the power to provide community awareness, working through our local fire departments, to get information out to our communities on ways to make our homes safer. We are in the season now where most house fires occur. We tend to overload electrical fixtures, use space heaters in an unsafe manner, forget burning candles and so on.

If you have an open fireplace, make sure your chimney doesn't have creosote buildup. Several years ago, a couple in Muscatine had major fire damage to their home due to a fire that started in the chimney after they had gone to bed. Passersby early in the morning saw the fire, called 911, and pounded on the front door to alert the couple to get out of the house.

I made a visit to Lowden for their Christmas meeting in December. It was also my great honor to present Melvin Jones awards to Jayne Hintz and David Hintz (pictured here), for exemplary service to their community and Lowden Lions. Congratulations Jayne and David.



Lions Jayne and David Hintz with the DG.

November visits included Stanwood and Monticello.

Leadership Succession

One of the goals I set forth last July was to put together a succession plan for district leadership. Without Lions stepping up to lead us into the future there is no future. As a leader, you are a conduit between membership at large and Lions Clubs International so that communication flows and the entire organization stays strong.

At our November Cabinet meeting, Past District Governor Kevin Adams of Monticello and 1st Vice District Governor Rick Baughman of Eldridge were charged with identifying individuals who have completed the requirements needed to hold district governor offices and/or be willing to serve in some capacity on the cabinet.

I am delighted to announce that there was a special PDG/Cabinet meeting held Dec. 27, and Lion Phil Larabee from Monticello was recommended to Lions Clubs International to fill the 2nd Vice District Governor position for the remainder of the Lions 2022-2023 year. I am also happy to announce that Lion Greg Andresen from Eldridge is running for the 2nd Vice District Governor for 2023-2024. Congratulations to both!

Plans are ongoing for our 9EC District Convention to be held March 17 and 18, 2023. A social time will be held on March 17 at Gramma's, located across the street from Iowa 80 Truck Stop at I-80 Exit 284 near Walcott.

We have an exciting meeting planned for March 18, at St. Ann's Church in Long Grove, the site of our 2021 9EC Fall Rally. Past International Director Bob Block from Illinois will speak to us in the morning. Our afternoon speaker will be Ray Fiedler, coordinator of the Iowa Office to Combat Human Trafficking. Coordinator Fiedler was recommended to me by retired Judge Nancy Tabor, who spent many years on the bench dealing with this issue.

Chair for this event is Lion Ann Baughman of the Eldridge Club. Registration cost is only \$20. I believe that you will find this convention rewarding and thought-provoking. The registration form can be found in the Dec./Jan. issue of *The Iowa Lion*.

Regarding 9EC membership, we endured the annual December swoon and are down to 1,189 at the beginning of January. Time to get out and recruit potential members.

Our 9EC 1st VDG, recently retired Rick Baughman, held a Building a Vision seminar in Stanwood on Jan. 14. This is an assignment that all 1st VDGs are to carry out as a part of their training as incoming district governors. In order to achieve the goal, we must be willing to do the work.

9EC ACTIVITIES

November/December 2022

ALBURNETT – Blood drive, Santa day lunches.

ANDOVER – packed nine food boxes for distribution to families in need; Christmas potluck; Santa visit to kids at City Hall, decorated sugar cookies and distributed treat bags; display flags at cemetery.

BETTENDORF – holiday food baskets.

BLUE GRASS – Durant American Legion membership drive; shop for veterans; Presbyterian church soup supper; mowing for senior; baking for church; honor guard for veteran; Buffalo, Iowa food pantry donation; Durant American Legion Fish Fry prep; rides to doctor for seniors; soldiers' Christmas food drive; Thanksgiving meals; recycling

CEDAR RAPIDS NOON – donations to Salvation Army, Camp Courageous and Catherine McAuley Center; KidSight screening; vision screening and eyeglasses fitted.

DAVENPORT BREAKFAST – flag deployment; KidSight screenings.

DEWITT – Meals on Wheels; Election Day Sloppy Joe lunch/dinner; Peace Poster contest; blood drive.

ELDRIDGE – Diabetes awareness event; Avenue of Flags; game night at retirement community; Milestones meal delivery; food collection for food banks; eyeglass collection and recycling; KidSight vision screening.

FAIRFAX – Veterans soup supper.

FRUITLAND COMMUNITY – Senior Christmas Luncheon.

LOWDEN – Ramp building; KidSight screening; blood drive

LOW MOOR – Feather party.

OTTER CREEK – Legion Hall maintenance; cheese sales; Meals on Wheels.

PRESTON – Vision screening; Childhood Cancer donation; Prince and Princess contest.

STANWOOD – Iowa KidSight screenings; North Cedar Clergy Christmas Bells; blood drive; food pantry donation; Soup with Santa.

TIPTON – Veterans' Day flags; Christmas tree sales.

We Welcome the Following New Lions

Club	Member	Sponsor
Anamosa	Kathleen Kirby	Robyn Eilers
Bettendorf	Phil Paone	Sara Newbery
Bettendorf	Rose Paone	Sara Newbery
Eldridge	Darlene Brus	Tracy Harris
Eldridge	Barb Peavey	Betty Carlson
Otter Creek	Ronald Brotherton	Kathryn Moser
Otter Creek	Alice Taylor	Bonnie Fritz
West Branch	Sandra Langenberg	Daryle Langenberg

Lions We Lost

Larry Thorson – Cedar Rapids Noon

Glen Jensen – Marion Noon

Scott Bormann – Preston

Melvin Korschgen – West Branch



FRUITLAND SENIOR CHRISTMAS. Fruitland Community Lions Club held a Senior Christmas party in December. (Above) Santa hears the wishes of a senior while Lion Wayne Shoulz looks on. (Below) Lions Janina Hawley and Kathie Frisbee hand out prizes and goodies.



District 9SW

District Governor
Dawn M. Goodsell

109 Rosa Drive
Neola, Iowa 51559

402-290-1155

dawngoodsell5@gmail.com



Happy New Year!

I have some wonderful news about what our district is doing right now. Past District Governor Allen Zobel is working on a food bank list for our district. It is in draft mode right as I am writing this. More and more are being added to the list.

As you know, one of the global service causes of Lions is Hunger. Now more than ever, we need to be in constant contact with our food banks and pantries to support them with their needs. Please take the time to make sure that your food pantries are full, the school kids are fed, and no person goes hungry.

I had the opportunity to visit the Harlan club in December. They are so gracious to their community. They provided a Thanksgiving dinner to over 300 individuals this year. With the cost of food and household items on the rise, it is getting harder and harder for families to put food on the table. Let's make sure that our food banks and pantry shelves are full and our communities are fed.

District 9SW Statistics for 2022-2023 to Date

Starting Total Members: 1,253

New Members: 67

Dropped Members: 80

Net Gain: -13

Club Excellence Award

Each club that I have met with so far this year has the full potential for getting the club excellence award this year.

The club excellence award can be achievable if you:

- Maintain your club members (adding new members would be awesome)
- Contribute to LCIF
- Start a new service project covering one of our Global Causes
- List at least 3 club activities on the MyLion website

- Be in good standing financially with LCI
- Must have your current officers listed on the LCI website
- Your President, Secretary and Treasurer is documented as have trained this year for their positions through live training or through LCI Learn website
- You must publicize your service work and activities through social media

It is my dream to see an outstanding number of clubs receive this for the year 2022-2023. We still have until June 30 to make this happen.

Pediatric Cancer and Tory's Angels

As I travel through our district and visit our clubs, often I bring up the subject of Pediatric Cancer and Tory's Angels. This is an entity that does so much for kids and parents by helping them with out-of-pocket expenses for medical care. Tory's Angels helps families for kids with many health issues.

I strongly urge your clubs to watch this video that our Pediatric Cancer and Tory's Angels that Chair Bill Ridgley did for us: [Iowa 9SW Presentation Video on Pediatric Cancer and Tory's Angels](#) on YouTube. Any support you can give this entity will be appreciated and would count toward a Pediatric Cancer service for your club.

If you know of a child or family that is in medical need, please contact Bill at bridgley@netins.net.

1st and 2nd Vice District Governors Needed

As we move forward into the new year, let's think about growing our clubs while keeping those awesome members that we have right now.

Let's think about mentoring a member to move forward in Lions Leadership. We need our leaders. We are still looking for a 1st and 2nd Vice District Governor to carry us forward in 2023-2024. If interested, please call me. I would gladly talk to you about taking that next step. Training is underway (via internet) so let's fill these positions as soon as possible.

IN MEMORIAM

Member	Club	Years a Lion
T R Henderson	Creston	54 years
Peggy Bowman	Redfield Club	3 years

Club Activities Reported

There are so many but here are few highlights:

ADAIR supported their food pantry, donated books to elementary students.

ADEL participated in hanging and taking down holiday flags; held a KidSight screening.

AFTON volunteered at a chili supper.

ATLANTIC held a Christmas Tree fundraiser; donated hearing aids and eyeglasses; donated a tree to the Festival of Trees; donated to NAMI SWI and Imagination Library.

AUDUBON purchased eyeglasses; donated to FFA project.

COUNCIL BLUFFS collected hearing aids and eyeglasses; held a KidSight screening.

EXIRA held its annual Pies for puppies' fundraiser; donated blood.

FONTANELLE held a pancake day event; decorated the city park for Christmas; helped with a cheerleading trip.

GLENWOOD collected eyeglasses; frequently worked the food bank.

GREENFIELD volunteered at Bingo fundraiser.

GUTHRIE CENTER delivered Meals for Wheels; collected glasses and hearing aids; donated to a Leo club, Care and Share, Royal Neighbors, Leader Dog, prison puppies, and LCIF; worked can redemption; worked the blood drive; held a KidSight screening; participated in the Peace Poster contest.

HARLAN held a Diabetes Awareness event; held a Community Thanksgiving Dinner.

INDIANOLA NOON supported the food pantry; volunteered for Santa Claus at a local day care; volunteered at Simpson College; taught religion classes; volunteered at Greater Des Moines Community Band; volunteered at school music program; donated to Camp Hertko Hollow, scholarships, Dollars for Scholars, and LCIF; helped with Santa Pancake Breakfast; volunteered at Helping Hands Warren County; volunteered for music boosters; collected eyeglasses; sponsored a Leader Dog puppy.

LORIMOR volunteered at a Santa event; provided Friendsgiving dinner.

MARTENSDALE volunteered at Lions Food Bank.

MILO sponsored spouse night.

MISSOURI VALLEY collected eyeglasses; worked can redemption; volunteered at Little Christmas Store.

NEOLA frequently worked can redemption.

PERRY set up flags for Veterans Day.

REDFIELD held a Christmas Wreath fundraiser; sent Christmas cards to Community Care Center; participated in Christmas caroling; frequently worked can redemption; volunteered at Bingo.

STUART volunteered at Community Care Center.

VILLISCA donated Christmas gifts to Good Samaritan Home; Feed the Pack; worked blood drive; donated to City Christmas Lights; paid for a child's glasses; donated to hurricane relief.

WAUKEE rang Salvation Army bells.

WINTERSET donated to the flag fund.

New Members

Member	Sponsor	Club
Natalia C. Kunze		Atlantic
Kasydi Klommhaus	Nathan Nickle	Clearfield
Kaytee M. Scadden	Janet Bennett	Clearfield
Madison J. Sickels	Greg Mobley	Clearfield
Emma E. Mobley	Greg Mobley	Clearfield
Joshua K. Sickels	Eldon Stroburg	Clearfield
Kade Klommhaus	Kevin Klommhaus	Diagonal
Jon Schaefer	Kenneth Schaefer	Diagonal
Chance Stutzman	Samantha Gettler	Fontanelle
Josh D. Rasmussen	Steve Smith	Guthrie Center
Benjamin C. Smith	Steve Smith	Guthrie Center
Chris Werner	Richard Clarke	Indianola
Cory S. Meinecke	Tim MC Dermott	Jamaica
Matt Sutton-Vermeulen	Reba Reed	New Virginia
Suzi Sutton-Vermeulen	Reba Reed	New Virginia
Carver R. Terpstra	Alan Waugh	Norwalk
Misty D. Cornelius	Iva Means	Redfield
Samantha Hotchkiss	Iva Means	Redfield
Jonathan Kufner	Jay Means	Redfield
Bill Hotchkiss	Jay Means	Redfield
Robin Hotchkiss	Iva Means	Redfield
Katie Johnson	Michael Johnson	Stuart
Roger E. McNeley	Terry McNeley	Winerset

Combined District 9MC & 9SW SPRING CONVENTION

March 11, 2023

8:00 AM-4:00 PM

ZION LUTHERAN CHURCH
811 OAK STREET, ATLANTIC, IOWA

REGISTRATION FORM ON PAGE 11

Iowa KidSight Needs Our Help

*By PDG Kristin Buehner
9NC Iowa Lions Foundation Trustee*

Iowa KidSight, a source of pride for Iowa Lions and one for which we all take ownership, is at a crossroads and needs all of our help.

“We have reached a point in time when we need to reassess giving to Iowa KidSight,” Program Manager Lori Short reported.

When the program began in March 2000, it was supported 100 percent by the Iowa Lions Foundation, said Short. Then known as Coming to Your Senses, the program screened 3,600 preschool children a year and had two employees: a full-time coordinator and a part-time photo interpreter. Short came on as the program’s third coordinator in 2002.

By 2019, the program was screening 54,000 children a year and had increased staffing to two full-time and five part-time positions, Short said. At that time, the Iowa Lions Foundation was supporting just 48 percent of program costs. That support included salaries, rent, postage for tens of thousands of mailings and additional overhead.

It costs approximately \$8 per child to cover the cost of the Iowa KidSight program.

KidSight also covers the costs of maintenance for the special cameras used for the screenings, of which there are now 78 in the state. The cameras are purchased separately by Lions clubs with grant support at a cost of about \$10,000 each.

The shortfall in Foundation support for Iowa KidSight is attributed to two causes – an increase in KidSight expenses due to program growth and the loss of Lions Clubs in the state. In 2000, there were 392 Iowa Lions clubs. Today there are 284.

Short pointed out the Knoxville Lions Club once provided “a big chunk” of money each year to BOTH the Iowa Lions Foundation and Iowa KidSight, specifically. That club, like so many others in the state, disbanded in recent years.



KNIGHTS OF THE BLIND. Garwin Lions Larry Brandt and Kristen Crouthamel show Victor Hernandez the picture taken of his eyes during a KidSight screening in November.

The current KidSight budget is \$420,000, which Short described as a “bare bones” budget to cover total operating expenses, “and an incredibly small budget for the size and scope of the program.”

It is estimated that if every one of the state’s 284 Lions Clubs gave \$1,478, they would cover the entire cost of KidSight. Realistically, not all clubs can afford the same level of support, but some clubs are able to exceed that amount. Many of them have been doing so; others give nothing at all.

“This is a business,” Short said. “People have to realize what it costs to run a business. I could use four times this much. It can’t be less when we need more.”

The need for the eye screenings is always there.

“Five percent of the children born each year will have vision problems,” she said. “We have to continually support them.”

In 2018-2019, for example, 51,352 children were screened, resulting in a cost of \$7.93 per child.

Funding for the 2018-2019 budget included:

- \$194,900 from the Iowa Lions Foundation;
- \$12,000 from the Iowa Optometric Association,
- \$92,708 from the Iowa Department of Public Health. The Health Department had granted \$95,575 that year, but the Legislature made mid-year across-the-board cuts, leaving KidSight with a shortfall of \$2,867.

CONTINUED ON PAGE 23

The total shortfall in 2018-2019 amounted to \$107,742, which had to be made up with line-item grants, gifts and fundraisers.

“So even though we get the grant, we may get cut mid-year,” Short said. “It’s happened (to us) three years. That’s why Iowa Lions Foundation funding is so important.”

To help with the shortfall, Short and her staff must constantly look for fundraising opportunities. One example is the community charity golf tournament sponsored by the Whirlpool Corporation. Whirlpool has given up to \$40,000 a year to Iowa KidSight from this event, Short said. However, it is not held every year, such as during the COVID-19 pandemic.

The Iowa Lions Foundation was established in 1976 to provide funding for specific vision-related state entities, in keeping with the Lions Club focus as “knights of the blind.”

KidSight is not the only entity supported by the Iowa Lions Foundation, but it receives the lion’s share of the budget, Foundation President Terry Durham said. The amount currently budgeted for KidSight is \$196,600, Durham said.

The Foundation also supports the Iowa Lions Eye Bank at \$135,000 this year; Iowa Cochlear Implant Center, \$35,000; and Iowa Lions Hearing Aid Bank, \$9,000. Foundation support comes from donations by individual Lions and Lions clubs in each of Iowa’s seven districts. District trustees reach out to the clubs.

Donations are accepted both for the Iowa Lions Foundation and for Iowa KidSight, specifically.

Short stressed the importance of maintaining our commitment to the Iowa KidSight program, conducted in cooperation with the University of Iowa, which diagnoses vision problems revealed in the screenings. Iowa KidSight then follows up with parents in ensuring children with vision problems are seen by local vision professionals.

“The Iowa Lions have the best KidSight program in the country,” Short said.

Do we really want to let it fall through the cracks? Let’s all take a serious look at whether we can do better for this program.

“Anybody that cares about kids and their vision, we need them to give,” said Short.

In the second quarter of the
2022-2023 Lions year
the Iowa Lions Hearing Aid Bank



Received **346** used aids

Sent out **28** hearing aid sets

Sent out **3** single hearing aids

Helped **31** Iowa residents
obtain hearing aids

What’s Happening with the Lions Digital Tools?

Lions Clubs International is currently beta testing a new Lion Portal experience. They are taking the functionality of the current digital tools and creating a streamlined experience.

The new portal is built on Salesforce, an industry-leading platform used by over 150,000 organizations, including 40,000 nonprofits.

MyLion, MyLCI and Insights, along with some additional tools and functionality will be accessible through an updated portal for members.

The portal will have all of the same features and functionality currently available with separate tools, but with a more consistent and efficient experience - whether you are on your computer, your tablet or mobile device.

Lions Clubs International is aiming to launch this new portal in the summer of 2023.

To help ensure a smooth transition, make sure your Lion Account information is correct in MyLCI and has a unique, unshared email address.

Learn more at lionsclubs.org/portal-updates.



Lion Portal

Turning the Corner at Iowa Lions Eye Bank



THE IOWA LION

*By Francie Williamson
Iowa Lions Eye Bank*

Happy 2023, Iowa Lions! We had many connections to this year's Tournament of Roses Parade, which actually took place on Jan. 2, since New Year's Day fell on a Sunday.

We were thrilled to see Lions Clubs International President Brian Sheehan aboard the Lions International float, as well as the Pella High School Marching Dutch.

Of course, there was the Donate Life America float, this year celebrating its 20th year in the parade. Aboard the float were florigraphs honoring two of our past cornea donors, Amanda Wilken and Emily Bohnsack.

The theme of this year's parade was "Turning the Corner," and we are turning the corner as well at Iowa Lions Eye Bank in Coralville. The worst of the pandemic is hopefully well behind us now, and we are gearing up for a hopefully busy year.

I started at the Eye Bank in October, replacing Ashley Dockendorf. We also have a new Family Services Coordinator, Tiffany Crider-Jensen. She replaces longtime Eye Bank employee Deb Schuett, to whom we wish a happy retirement.

If you haven't had the chance to say hello yet, at least virtually, or would like information about how I may be of service to you, please call me at (319) 335-4087 or email me at francie-williamson@uiowa.edu. I hope to meet many of you at the District 9SE Convention in March, as well as the state convention in May in Cedar Falls.



Photo courtesy of Iowa Donor Network

HONORING THEIR GIFT OF LIFE. Relatives of Iowa cornea donors Amanda Wilken and Emily Bohnsack traveled to Pasadena, California in late December to help decorate the Rose Parade's Donate Life America float, which featured Wilken and Bohnsack's "florigraphs."

ADDITIONAL DIGITAL COVERAGE



FIRST PLACE FLOAT. Clear Lake Evening Lions took first place with their float in the annual Christmas By The Lake parade.



MILESTONE AWARDS. Iowa Falls Lions receiving Milestone Chevron Awards. Pictured (L-R) are Paul Halvertson (40 years), Jim Mason (45 years), Mike Nissly (40 years), 9NC District Governor Mike Ravera and Don Fefjar (63-year member).

ADDITIONAL DIGITAL COVERAGE

District 9SE Convention Information

FRI. MAR. 24

DISTRICT CABINET MEETING

6:00 PM

PIE & ICE CREAM SOCIAL

7:00 PM

All registered convention guests are welcome to join us for delicious pies and homemade ice cream. Entertainment provided professional ladies barber shop quartet, Acapella. Wear yellow!

SAT. MAR. 25

REGISTRATION & LIGHT BREAKFAST

8:00-9:00 AM

SEMINARS

9:00-11:00 AM

HOW LEADER DOG CHANGED MY LIFE - Lion Jim Goff will share his story of losing his vision and how Leader Dog Peanut gave him his life back.

40 UNDER 40 - Leo-Lion Paul Fugate talks about how clubs can attract and keep members under the age of 40.

ADVANCING TRANSPLANT RESEARCH - Francie Williamson from the Iowa Lions Eye Bank will share the rich history of advancing research over the eye bank's 65+ years of cornea transplantation.

LCI Q&A with the ID - Bring your questions about Lions Clubs International for our guest Past International Director to answer.

LUNCHEON & AWARDS CEREMONY

11:30 AM

BUSINESS MEETING & ELECTIONS

1:30 PM



OTHER ACTIVITIES

CHUCK-A-DUCK

Our annual fundraiser for Childhood Cancer. Rent a duck for \$5. Toss it towards a target at the appropriate time. Closest to the target wins prizes. Funds raised are going to Ronald McDonald House Charities in Iowa City.

SILENT AUCTION

We've got some great auction items, some with a lemon theme. Silent auction proceeds are going to the Iowa Lions Foundation.

TAIL TWISTING

We've got several raffle prizes. Every registered attendee receives one raffle ticket. More tickets will be available for purchase from the Tail Twisters.

MEMORIAL SERVICE

We will honor the Lions who passed away since our 2022 Virtual District Convention.

PARADE OF CHECKS

SERVICE PROJECT

Attendees are asked to bring non-perishable food items, personal and feminine hygiene products and paper goods for The Fellowship Cup in Mount Pleasant.

ADDITIONAL DIGITAL COVERAGE



Agenda:

- 8:00am- District Cabinet meetings
- 9:00am- Continental Breakfast and Social
- 9:30am- Welcome/Pledge
- 9:35am- Welcome Address from the District Governors
- 9:45am- Leader Dog Speaker
- 10:15am- Lions Learning Center
- 10:30am- Leadership Institute
- 10:45am: Tori's Angels
- 11:15am- Games
- 11:30am- GMA Recap Presentation
- Noon- Lunch
- 1:00:pm – Keynote speaker
- 1:30pm Parade of checks
- 1:45pm Memorial Service
- 2:00pm- Wrap Up
- 2:00pm- Breakout District Meetings

Meals:

Breakfast will be at 9:00am with rolls and coffee, Lunch will be provided (hot meal) with coffee, tea and water with snack in the afternoon.

Parade of Check Donations:

Please make sure your check donations get to your district representatives by **2/22** in order to be Recognized for the Parade of Check Donations. 9SW- Ken Klemish; 9MC- Bill Shuttles

ADDITIONAL DIGITAL COVERAGE



CHRISTMAS SHOPPING. The Carroll Lions partnered with other area service organizations to take children Christmas shopping for their families. (Above) Carroll Lions Club Treasurer Lisa Mohr shops with small child. (Left) Lion Steve Kimmes visits with Santa.



GIFT FOR FIRE EQUIPMENT. Madrid Lions Club donates \$1,000 to the Madrid Fire Department to purchase vests. Shown (L-R) are Firefighter Lion Adam Ostret, Fire Chief Randy Pecenka, and Kurt Kruse, first vice president of the Madrid Lions Club.



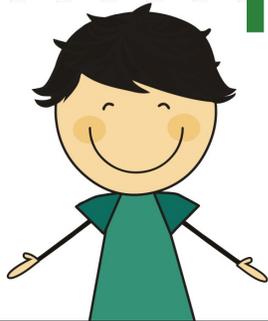
PROVIDING SHELTER. Badger Lions Club President Roger Curtis presents a check for \$1,000 to the Lotus Community Project Director Ashley Vaala and Assistant Coordinator Ashley Bishop. The project supports the regional homeless shelter for women, children and men with children.



(AT LEFT) MILESTONE CHEVRON AWARDS. Several members of the Hartley Lions Club receive chevrons for their years of service. Pictured (L-R) are Dennis Harms (30 years), Keith Stoltz (40 years), Jerry Olson (30 years) and Bruce Tewes (20 years). Absent from the meeting but also recognized were Kent Billings (20 years), Steve Leng (20 years) and Mort Rosenboom (35 years).

ADDITIONAL DIGITAL COVERAGE

Iowa KidSight



Impact in 2022



Iowa KidSight is a joint project of the Lions Clubs of Iowa and the Department of Ophthalmology & Visual Sciences at the University of Iowa Stead Family Children's Hospital, dedicated to enhancing the early detection and treatment of vision impairments in young children (target population 6 months of age through kindergarten) in Iowa communities through screening and public education.



42,097

Children
Screened



2,056

Children
Referred



3,089

Screening
Sessions



3.15

Minutes
Per Child



121

Iowa Lion Volunteers
Trained to Conduct
Vision Screenings



2210

Volunteer Hours Spent
Screening Children



<\$10

For less than \$10 per
child, vision capabilities
can be saved!

It is through volunteer efforts and financial support from members of our Iowa communities that we will keep it perpetuating. Contact us to extend your help.



2431 Coral Court #5, Coralville, Iowa 52247

Phone: (319) 353-7623 Fax: (319) 467-6090

Email: KidSight@uiowa.edu Website: www.IowaKidSight.org

