

The IOWA LION



July/August 2023

iowalions.org



2023-24 MD9 Council of Governors

9NC
Tasha Finch

Council Chair
Nadine Brockert

9NW
Pat Essing

9NE
Bruce Piehl

9EC
Rick Baughman

9MC, 9SE, 9SW Currently Unfilled

NEW GOVERNORS.
 Incoming 2023-24 district governors pose for a photo immediately before their swearing in at the Lions International Convention in Boston. Pictured (L-R) Pat Essing (9NW), Tasha Finch (9NC), Rick Baughman (9EC) and Bruce Piehl, (9NE). Moments later, the governors were issued their oath of office by new International President Dr. Patti Hill. Then their "Elect" ribbons were pulled from their name badges.



UPCOMING EVENTS

Aug. 5	Council of Governors Meeting, Johnston
Aug. 10-20	Lions Booth at the Iowa State Fair
Aug. 15	9MC Zone Chair Training Marshalltown
Aug. 19	Oskaloosa Lions Golf Shootout
Aug. 31	Ag Appreciation Day, Grinnell
Sep. 1	Beat Cancer Night with the Cedar Rapids Kernels
Sep. 10	Bondurant Lions Cow Pasture Golf Altoona
Sep. 16	9MC Fall Rally, Marshalltown
Sep. 21-23	USA/Canada Lions Leadership Forum, Reno, Nevada
Oct. 20-21	Iowa Lions Fall Learning Conference, Grinnell

THE IOWA LION

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Past District Governors Association – An Underutilized Organization?

By PDG Ed Ottesen

Past District Governors Association Chair

I must admit, my first year as a Lion I had no idea who or what a district governor (DG) was or did, let alone a past district governor (PDG). For many this is not uncommon. It was not until being elected club president and attending zone meetings that I began to be more aware of that office and others at the district level.

It took a fellow club member and a past district governor, who was going through the district governor chain for a second time, to get me involved in Lions at the district and state levels. Ultimately, that resulted in my own term as a district governor. The past few years as a PDG has shown me that service to the District and the State does not end when the district governor year is over.

At the Iowa Lions State Convention this past May in Cedar Falls, I was elected as president of the Past District Governors Association. Much like my early years in Lions, I had no idea what that association was or what it did. At most, I was aware of a meeting on the schedule during the state conventions. So, two years ago my curiosity got the best of me, and I attended the meeting. That led to my election this past spring.

So, what is the Past District Governors Association and what does it do? For that I had to dig into the Constitution and By-Laws of the Lions Clubs of Iowa. The activities of the association are broad, yet vague. It “shall advise and assist in such ways as may be required by the Council (of Governors), in the promotion of Lions Clubs of Iowa, and shall promote the Iowa Lions organization and Iowa Lions in and through the International Association of Lions Clubs.” Like I said, broad but vague.

PDGs, individually and in small groups, have done a lot for their districts and the state. At every state convention or conference, past district governors help fundraise for the Iowa Lions Foundation through a raffle or other means. Look

at this past year’s state committee chairpersons and you will see that almost everyone is a PDG. I think it is also fair to say that every district has numerous PDGs serving at the cabinet level of that district. The only downfall to having many PDGs serving on the district cabinet is the potential impediment to getting the next generation of leaders in place. This fact is not overlooked by International, which has lead to PDGs not being eligible for election to district governor again, nor to serve as zone chairs.

So ideally, what is the role of a past district governor? First and foremost, PDGs are a source of a tremendous amount of knowledge and experience that can help the organization at all levels – club, district, and state. Look to them, use them, engage them.

Many PDGs, especially recent ones, will have encountered potential future leaders in their travels throughout the district during their succession to and including their year as governor. This puts them in an ideal position to become mentors to those Lions that show potential for leadership positions beyond their clubs. Challenge them. Being mentors could be the biggest benefit for those districts having district governor succession difficulties. For those who are PDGs, do not just fade into the background. Use that knowledge and experience at whatever level of Lions you feel is needed. Motivate your club or district to bigger and better things.

I have only touched on the possibilities of this organization. I understand that a past district governors dinner was held during one or both of the state events in the past. This was an informal dinner to socialize, and possibly brainstorm new ideas for the group. This was in addition to the formal Past District Governors Association meeting at the state convention. My goal is to renew that tradition. A steppingstone to making the Past District Governors Association more relevant and active in the future of Iowa Lions.

Feel free to send me your thoughts and suggestions for this association.

New State Chaplain Posts Memorial Service for Local Lions Members

*By PDG Dale Schoening
MD9 State Chaplain*

Greetings, fellow Lions!

I am writing as your new state chaplain, having been recently appointed to that position by the Council of Governors effective July 1. I am honored to serve in this capacity. I plan to do things to help support us spiritually as “We Serve” as Lions, while remaining respectful to the diversity of religious viewpoints that exist among our members.

I do want to first say thank you to PDG Rev. Dean Porter, who has stepped down as state chaplain after serving in that capacity for the past 14 years. I know his service was much appreciated by Lions around the state. Well done, good and faithful servant!

A little about myself. I am currently a member of the Boone Lions Club, having previously been a member of Lions at Woodward, Stratford, and Bagley, Iowa. I was 9NW District Governor in 2019-20. I served two years as an Iowa Lions Foundation trustee. I currently am secretary of the Boone Lions, a KidSight screener, a member of the Tissue Transport Relay Team for the Iowa Lions Eye Bank, and am bus driver and director for the Iowa Lions International Youth Exchange Camp. I am also a Melvin Jones Fellow.

I have just begun my 41st year under appointment as a United Methodist pastor. I retired from full-time ministry in 2017, but have continued to serve churches part time, currently at Bagley and Linden. I also drive school bus for Madrid Community Schools and am a Behind the Wheel driving instructor for StreetSmarts Drivers Education, based in Clive. I have played trombone most of my life, playing in the Boone Municipal Band since 1998. I am also chair of the planning committee for the Iowa Municipal Band Festival held each July in Boone.

My wife Mitzi and I have been married for 36 years and have three grown sons.

I believe we are put on this earth to serve. My faith supports me in that belief. I also recognize that the impulse to serve others is found in virtually all of the world’s great religions and many of its secular worldviews. I respect that fact.

Memorial Service for Local Lions

One thing I have already accomplished since becoming state chaplain is to fulfill a directive found in the Iowa Lions Policy Manual calling on the state chaplain to make available a memorial service that Lions Clubs can provide when a member dies. It is designed to be used at the funeral, visitation, or other memorial gathering of a deceased Lion with the permission of the family, officiant, and funeral director. It can be conducted by any Lions member.

You can find this memorial service on the Iowa Lions website. On the home page, scroll down to a Lions logo labeled “[Lions Memorial Prayer](#).” Click on the yellow box below that heading, and you will be able to either open or download the service. Please make use of this service so we can give appropriate recognition in our communities when one of our members dies.

Thank you for all you do to serve in your communities and in the world, and may you continue to know the blessings that come with serving others.

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International Report

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News from LCI Exec. Officers and July Convention/Board Meeting

Leadership: The following executive officers were elected: President Dr. Patti Hill from Canada, First Vice President Fabricio Oliveira from Brazil, Second Vice President A.P. Singh from India, and Third Vice President Mark S. Lyon from Connecticut. Six new international directors from the USA and one from Canada were elected. All resolutions were passed for constitutional changes. Four of Iowa's 2023-2024 district governors completed their District Governor Elect training in Boston at the convention.

Membership: "Mission 1.5" was "rolled out" in Boston: with a goal of 1.5 million members July 1, 2027.

The international dues increase took effect on July 1. This is a three-year tiered plan with \$46 per member effective July 1, 2023, \$48 effective July 1, 2024, and \$50 effective July 1, 2025. The Board of Directors voted to hold the 2029 International Convention in Minneapolis, Minnesota.

Service: Globally, we served 464 million people in 2022-23, with an additional 17 million served by LCIF, for a total of 481 million people served. Thanks to all the clubs who reported their service! The new Lion Portal is projected to "go live" in September 2023.

LCIF: \$39.2 million in grants was awarded in 2022-23. Globally, we exceeded our donations goal for the 2022-23 year. The USA donated nearly \$10.9 million. Thanks to every Lion, club, and district that donated!

Our USA goal last year was \$25 per member. It will be \$26 per member in USA in 2023-24. Last year, MD9 donated \$184,730.

Congratulations to District 9EC (Bernadette Lane

Coordinator) for reaching 192% of goal and District 9SW (Ken Klemish Coordinator) for hitting 127% of goal. They exceeded their 2022-23 goals set by Oak Brook leaders. MD9 LCIF coordinators just completed training in Oak Brook in July.

Dr. Patti Hill's 2023-2024 International Presidential Theme is "Changing the World"

My 2023-2024 Lions Clubs International Assignments

First International Vice President Fabricio Oliveira has asked me to be one of his DGE Group Leaders. I will be continuing as USA Area D LCIF Coordinator for Iowa, Minnesota, Wisconsin, and the Dakotas. On the USA/Canada Forum Planning Committee, I'm General Sessions Chair for 2023, Facilities Chair for 2024, Vice Chair for 2025, and General Chair for 2026 in Memphis. Lastly, I will be President of Leader Dogs for the Blind Engagement Board headquartered in Rochester, Michigan.

2023 GPLLI and ALLI at NWMSU

Thank you to the faculty and staff members who helped with the 2023 Great Plains Lions Leadership Institute and Midwest Advanced Lions Leadership Institute held at Northwest Missouri State in Maryville, Missouri this past July. Iowa faculty/staff for the two institutes included Stephen Becker, Debbie Doty, Gary Fry, and Ardie & Ken Klemish.

Congratulations to Hans Neidhardt, our institute curriculum coordinator from Kansas on his election at the Boston convention as an international director.

International Guest Speakers Are Confirmed for All MD9 2023-24 MD9 Events

Club Excellence Award Nominations

Submit your 2022-23 Club Excellence Award nomination by Aug. 31. Your 2022-23 district governor must sign the form before that deadline.

Our Combined LCI/LCIF "Lions International" branding is:



**Lions
International**

Watch This Space

**Council Chair
Nadine Brockert**

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Welcome to the 2023-2024 Lions International fiscal year. The new year will present its own set of challenges, along with new experiences, meeting new people, trying new methods of accomplishing our goals. Along the way, let's not forget to celebrate one another and our successes. It is important to remember that great things are accomplished by teamwork – everyone pulling together to accomplish a common goal.

One trait you will learn about me early on is that I came from a workplace where we had written procedures for nearly everything. For the last 10 years of my working career I wrote training materials. In view of our recent turnover in the state office and elsewhere, I would like to institute this practice for Iowa Lions. Yes, we have a Constitution and By-Laws, and a policy manual. The procedures will have more detail:

- The stakeholders (committees who will participate in the work)
- What needs to be done (i.e., for the State Fair, State Planning Committee)
- Who needs to do what (by position, not proper name)
- Deadlines that need to be met along the way
- Outside contact persons (by position), and so on.

The objective is to break a task down to the point that someone with no experience can pick up the procedure, follow the instructions and be successful.

Other emphasis areas for 2023-2024 will be succession planning and leadership training. We, as state and district officers serving you all, need to recognize potential future leaders. We also need to recognize that not everyone wants to be in leadership, but do the work in creating better communities. Advanced Lions Learning Institute as we know it is going away after this Lions year. The push from LCI is to do ALLI on a regional basis, which puts more of the burden on the Multiple Districts (MDs). This will increase the need for Great Plains Lions Leadership Institute, USA/Canada Lions Leadership Forum and the training done by each MD's Leadership team.

Global Membership Approach will again be an

emphasis area, in addition to Mission 1.5, a four-year plan to grow membership to 1.5 million.

MD9 is still working with club rebuilding in the individual districts. There are issues there that need to be addressed to make sure everyone is on the same page.

Succession planning is essential if Iowa Lions are to survive. Leadership in any organization is essential. Somehow, we need to make being in leadership less daunting, more appealing to those with the needed skills who have been put off by what they've heard and seen. We are a team. Treating others with dignity and respect are paramount. We are all volunteers and volunteers don't stick around if they don't feel welcome, aren't recognized for contributions, feel like they are being "picked on," feel forced into a position where they are not comfortable. You get the idea. No one wants to be part of an organization where bickering and backstabbing goes on. Let's make sure Iowa Lions are better than that.

The International Convention this year was full of excitement (and LOUD). The concert this year was performed by a Queen tribute band, Killer Queen. I Googled them and found that they had performed in Joliet, Illinois, the previous night and were off to other dates after our convention.

I sat in on a session on the new Portal. The cutover date has been moved to September. It will be a rolling cutover covering over a week. Until then, we need to use our current system.

I also attended a session on mental health given by a Lion from New York State. Abeda Khanam was very informative and can be found via Google. (Yes, I ask Google a lot of questions.) Her presentation involved learning to spot the signs of depression and the importance of self-care.

My 'baby' sister and prospective Lion, Kenlyn Clark, again accompanied me to convention. One of our Boston tourist stops was a visit to the John F. Kennedy Presidential Library at UMASS. The exhibits brought back a lot of memories for me; not so much for her, since she was born nine days after JFK was inaugurated and was not quite 3 years old when he was assassinated. For both of us, it was a very moving experience, and eye-opening, since many of the ideals President Kennedy worked toward mirror what we as Lions strive for: service to humanity, making lives of others as good as they can be. "Ask not what your country can do for you, ask what you can do for your country" is a call to service and commitment that seems to be lacking in today's world. Once again, we are left to wonder how much different our world would be had JFK lived.



CONVENTION FUN. Council Chair Nadine Brockert, her sister Kenlyn Clark, Lion Lori Sheehan and Immediate Past International President Brian Sheehan have some laughs at the Lions International Convention in Boston.

Seminars Set for Fall Learning Conference

*By PDG Debbie Doty
MD9 State Planning Committee*

Save the dates of Oct. 20-21, 2023 for the Iowa Lions Fall Learning Conference at Grinnell College in Grinnell, Iowa. Three great training seminars have been planned to help Lions move forward in the new year.

You Are What You Were When will address how people have subconscious bias based on events that happened during their lifespan. The program presents a framework for understanding and working with all different types of people. Author Morris Massey takes on assumptions about race, religion, age, gender and will help you develop strategies to deal with your homegrown prejudices and acceptance of others.

Key learning points of this presentation include:

- Understanding how to motivate and work with Gen X, Gen Y, and Gen Z,
- ASKing people... And LISTENing to what they say,
- Looking objectively and non-judgmentally at other people,
- Accepting that other people's values are just as valid as your own,

- Putting your own values on "hold."

The Global Membership Approach at the Club Level will help club leaders understand the steps to implement this proven membership growth plan back to their own clubs. Learn ways to revitalize clubs with new members and re-motivate existing members with fellowship and exciting service.

Welcome to the Lion Portal will give all Lions an introduction to the new reporting software being released in September. The Lion Portal will allow all Lion members to change their own contact information, plus see contact information for leaders beyond their own club. It will also implement some powerful Customer Relations Management (CRM) tools to help leaders on all levels better communicate with their members.

All of these sessions will be held on Saturday, Oct. 21, beginning at 9 a.m. and convening by 4 p.m.

The Iowa Lions Foundation and Council of Governors meetings will be held on Friday night, along with a BBQ dinner buffet.

Watch the September issue of *The Iowa Lion*, along with the Iowa Lions website and Facebook page for registration information.

District 9NC

District Governor
Tasha Finch

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Aplington, Iowa 50604

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Meet Your New District Governor

I joined the Parkersburg Lions Club in 2012 and have served as a club vice president, president, and zone chair of 9NC. I have worked in the banking industry for over 13 years at a few different places. I am now the Branch Manager of Lincoln Savings Bank in Aplington.

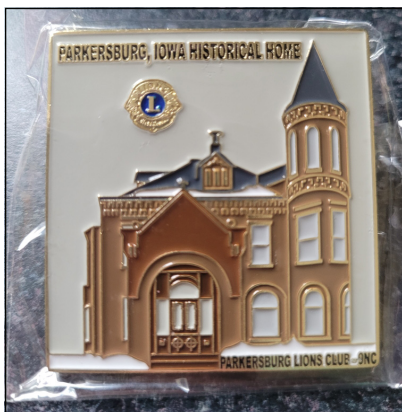
My passion is to help serve where there is a need. My theme is inspire and motivate. The unique reason I joined Lions club is because I received instant help from the Ackley Lions Club when I needed a wheelchair after I broke both legs at the same time. I remember thinking how grateful I was that someone would help me in 15 minutes. Now that's ultimate service. Who does that now days? LIONS DO!

I have been married to my husband Tony for 15 years. We have two daughters, Hannah and Hailey. We also have a 5-month-old grandson named Roland. We enjoy our two cats Snuggles and Butter. I enjoy gardening and spending time with friends and family.

I look forward to visiting clubs and new adventures that lay ahead. We have many changes coming soon, but I know we will strive for excellence in 2024.

Does Your Club Have a Pin?

Pictured is Parkersburg's new club pin. Remember there is a competition at State Convention for club pins. Maybe it's time for your club to do a new club pin.



Parkersburg Lions Partner with Clover Kids on Recycling Project

The Parkersburg Lions Club has been working with the Aplington Monroe Clever Clovers 4-H Club to collect plastic this past year. The group is working on its third bench already.

The Nex Trex plastic program was first introduced to me by Past District Governor Mike Ravera at the last 9NC District Convention in Clear Lake. This is a wonderful environmental project that your club can use to make a big difference in your community.

Did you know it takes anywhere from 10 to 10,000 years to biodegrade one plastic grocery sack?

If you would like more information please contact me and I will gladly come and speak at your meeting about this wonderful project.



TRASH TO TREASURE. (Above photo) Tasha and Tony Finch take a break with kids from Monroe Clever Clovers 4-H at a bench in the Aplington City park. (Below photo) One of the benches received through the NexTrek program for turning recycled plastic bags into park benches. The bench has a placard stating it was donated by the Parkersburg Lions Club.





COUNTY FAIR. Allison, New Hartford and Parkersburg Lions Clubs had a wonderful informational booth at the Butler County Fair this year. They KidSight screened 20 children on the Saturday of the fair. Parkersburg Lions Jim and Brenda Everts are ready to talk about Lions.

NEW MEMBERS		
Club	Member	Sponsor
Algona	Robert K Harrington	Kenneth Clark
Kensett	Gary Taylor	Mark Walker
Stanhope	Rebel Hall	Jacquelyn Frederick
Stanhope	Chris Ohnesorge	Alejandra Hayes
Stanhope	Grant Young	Polly Hayes



GROUND BREAKING. Past District Governor Stanley P. Johnson attended the groundbreaking (pictured above) for the new public Library in Rudd. Rudd held a lunch fundraiser to help with the extra expenses with this project. Rudd needs about \$50,000 more to complete this project. Rudd's library was wiped out by a tornado a couple of years ago. Pictured below with architect renderings of the new library are general contractors with Huff Contracting. We are very hopeful to start a new Lions Club in Rudd very soon.



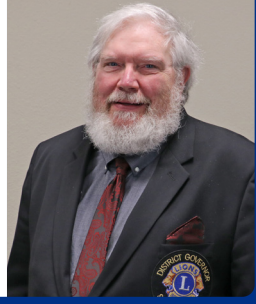
A LION'S WELCOME. Check out these new banners that are hung up throughout New Hartford. Kenny Thompson put up 12 of these banners in the downtown area. Proceeds from the omelet breakfast were used to purchase these amazing welcome signs.



District 9SE

District Governor
Michael D. Renken

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We start the new Lions year with positive thoughts and plans. We've had three training sessions for club officers. These have had great turn outs and lots of questions with information to be shared with the new and continuing leaders for the clubs.

Changes have taken place as we came to a close for the end of the year. The Iowa Wesleyan Campus Lions Club was closed as no advisor was able to be found and Iowa Wesleyan University was closed. A shock for all as we had just had our district convention there two days before the news was released. We've had two clubs merge and there is talk of another merger. We will have to see what transpires as the year goes forward.



WORK OF ART. Oskaloosa Lions launched their spin art booths during the Oskaloosa Fridays After Five in June. Pictured (from left) helping the kids are Lions Amanda Nelson, Susan Stearns, Becky Newcomb and Scott Bruns. Lion Scott built the boxes out of scrap wood and dollar store fans.

As the saying goes, the only thing constant is change. May the 2023-2024 Lions year see growth in the district and new friends made as we work together to serve our communities.

Have you asked someone to be a part of your Lions club? Have you asked someone to help serve your community in a service project? All it takes is just a couple words, "Would you like to help with our project?"

As the district was made aware at convention, there were no Lions members who stepped forward for leadership roles of vice district governors or district governor. There was a special meeting of all of the 9SE past district governors on July 15 to fill the district governor vacancy. They did vote to recommend my reappointment as district governor. We are now waiting on official confirmation of the appointment from headquarters. May we find persons willing to step forward to fill the positions for the following year as leadership is a vital need for Lions to succeed going forward. May our service projects continue and grow even more.

If you have questions or concerns, please feel free to contact me as your immediate past district governor. I will provide guidance on where to find answers to your questions.

May we all have an easy transition to the new Lions Portal using Salesforce as it rolls out for reporting and finding information on the web.

The club visits for this year have been divided up between several of the past district governors in the area. Some will see familiar faces and old friends. Please be open to what their schedule is like and work together to have an evening of fun and excitement when they come to visit your club.

WELCOME NEW MEMBERS

Club	Member	Sponsor
Leighton	Kyle Adams	Charles Bogaard
Leighton	Brenda J. De Jong	Greg De Jong
Leighton	Mary Meinders	
Leighton	Cindy Vandenberg	Gary Vandenberg
Lone Tree	Ty G. Schillerstrom	Joel Schillerstrom
Lone Tree	Zachery L. Schalla	Maureen Klebe
Oskaloosa	Sara Roach	Debbie Doty
Ottumwa Noon	Noah J Ekland	Ashley Baum
Ottumwa Noon	Samantha Ulin	Ashley Baum
Solon Centennial	Jason J Spengler	Robert Mesch

9SE CLUB ACTIVITIES

BIRMINGHAM profited \$1,350 from a Tenderloin Dinner served during Homecoming Celebration.

COLUMBUS JUNCTION made \$1,680 from a pancake breakfast; donated \$1,000 each to Iowa Lions Foundation and LCIF; collected 21 units of blood in a blood drive.

CORYDON had roadside clean-up; donated \$250 to Community Service programs, \$200 to a family for expenses while their son was in hospital with health issues, \$500 to KidSight and \$500 to KidSight Foundation; raised \$413 in metal recycling to be used for community projects and scholarships, donated \$40 to a Seymour, Iowa, Memorial Day fundraiser; awarded a \$250 and a \$500 scholarship to graduating high school seniors; put flags up around the square for Memorial Day and Flag Day celebrations.

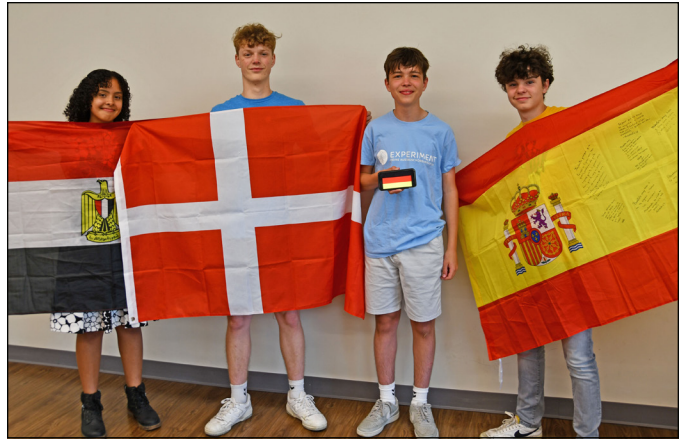
GRANDVIEW-LETTS donated \$200 to Camp Courageous, \$100 to the City of Letts for the use of the Community Room for a blood drive, and \$209 to Louisa County Sheriff's Office for drug and bullying materials to be passed out; held a blood drive.

IOWA CITY sponsored a blood drive in partnership with Red Cross and Iowa City Public Library; transported 18 units of eye tissue; raised \$12,000 with golf tournament; conducted 50 KidSight screenings.

LONE TREE recycled 98 pairs of eyeglasses and four sets of hearing aids; raised \$5,400 in setting and retiring 163 flags for Memorial day; set and retired 163 flags for Flag Day.



CHANGING OF THE GUARD. Outgoing Wayland Lions Club President Jay Meyer (right) passes the gavel to incoming Club President Theresa Ferdig.



CULTURAL EXCHANGE. Washington Lions Club had a visit from several foreign exchange students who talked about their countries and what they found different about the United States. Pictured (from left) are Amira from Egypt, Frederick from Denmark, Leo from Germany and Jaime from Spain.

NORTH LIBERTY set and retired 41 flags for Memorial Day and 59 flags for Flag Day.

OSKALOOSA built four spin art boxes from scrap wood and fans from a dollar store to raise awareness of Lions in community; raised \$340 from running the spin art and popcorn stand at three Friday After Five events and Art on the Square; picked up trash in and around the George Daily Community Garden; KidSight screened 32 children at North Mahaska Early Learning Center; met with city to plan memorial Lion water fountain at new Edmundson accessible playground; assisted the Optimist Club in putting out flags for Memorial Day and Flag Day.

SIGOURNEY donated \$500 for a scholarship for Sigourney High School Senior.

SOLON CENTENNIAL donated \$700 for a Solon youth to attend Camp Hertko Hollow, \$500 to the Solon Community Pantry, \$500 to Iowa Lions Youth Exchange Camp.

VICTOR did roadside clean up with help from the community and Boy Scouts, marking 30 years of service to the community; donated \$5,000 to various non-profits in the community; set and retired 100 flags for Memorial Day weekend; purchased food for the food bank and helped deliver food in the community.

WASHINGTON raised \$770 at Flyball concession stand sales weekend activities.

In Memoriam

Club	Member	Years a Lion
Centerville	W. Virgil Roerman	27 years
Fort Madison	Carol Foss	28 Years
Grandview Letts	Noel F. Townsley	40 Years
Ottumwa Noon	Mary K. Beggs	16 years

District 9EC

District Governor

Rick Baughman

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baughman611@gmail.com



Hello from Boston! What a GREAT time to be a member of the world's largest service organization. We continue to serve those in need around the world.

A little bit about me. I have been married to my partner in service, Ann, for 23 years. We have two children, Katie, and Adam, a daughter-in-law, Kelsey, and two grandsons, Carter and Caden. I enjoy fishing, golfing, cooking for the family and cheering for the Packers (even in their not so good years). I joined the Eldridge Lions club in 2004 after being asked several times. I am a prime example of why we need to ask people to join more than once.

Ann and I look forward to visiting your club and meeting our fellow Lions. Please contact me about a club visit or coming to help you with a project or fundraiser. We both love to assist with community service projects. You can submit club news (and pictures) to me, if you'd like, no later than the first of the month to be considered for future newsletters.

We have been busy visiting clubs to present perfect attendance awards, Melvin Jones Fellowship recognitions, and inducting new officers. We enjoyed a fun evening with my home club celebrating our 70th anniversary. We had a good crowd and fun was had by all in attendance.

Thank you, Past District Governor Nadine Brockert,



HAPPY ANNIVERSARY. The cake for Eldridge Lions Club's 70th anniversary celebration.

for your service to our district and 9EC Lions clubs this past year and for all the help you gave me. I wish you the best of luck as Council Chair and look forward to serving with you.

Virdi Golf Classic

I would like to thank all those who made the 20th annual Virdi Golf Classic a big success. Under the leadership of committee chair PDG Andy Ploehn, secretary PCC Jerry Inman and treasurer PDG Loren Claussen, we put on a first-class event. A special thanks to all the 9EC Lions who volunteered to help for the day. Thank you to the Low Moor Lions for manning the grill and feeding over 150 people. We hope to raise over \$30,000 to donate to the Iowa Lions Foundation. Final numbers will be in soon.

District 9EC Fall Rally

The Fall Rally will be hosted by the Bettendorf Lions Club on Oct. 28 at the Tanglewood Hills Pavilion, 4250 Middle Road in Bettendorf. A registration form will be in the September issue of *The Iowa Lion*. SAVE THE DATE!

Global Membership Approach

We will be rolling out the Global Membership Approach to local clubs to help you discover new talent, face your club's challenges, and develop new strategies. This process is designed to not only grow membership but to inspire new ideas, truly engage your membership (improving retention) and empower current and potential club leaders to lead.

This process has proven to be successful if clubs put it into action. We will continue to work with clubs for the Rebuilding Together program, as well. The district cabinet and zone chairs (see list) are here to help you and will be reaching out.

Zone Chairs:

Region 1

Zone 1: Larry Echeberry

Zone 2: Steve Newbery

Region 2

Zone 1: Greg Humrichouse

Zone 2: Ralph Binnie/Tony Hill

Zone 3: Ralph Binnie/Tony Hill

Region 3

Zone 1: Mike Whitney

Zone 2: Carolyn Tonn

CLUB ACTIVITIES

ALBURNETT held a blood drive; raised \$270 for school milk program; raised \$100 placing flags.

ANDOVER placed flags at Andover cemetery on Memorial Day.

BETTENDORF raised \$405 with an ice cream social; held its annual awards meeting and induction of officers.

BLUE GRASS volunteered at Virdi Golf Classic, Memorial Day flags, recycle/composting, and member teaching student English.

CEDAR RAPIDS NOON conducted a KidSight screening and held its annual awards celebration.

CENTER POINT hosted its Annual Pork Day Celebration serving pork dinners, holding a parade and fireworks display, and providing live entertainment. The event raised \$16,000.

DEWITT NITE served food for a local business at Revive at Five, making \$205.

DEWITT NOON hosted a Travelogue series; delivered Meals on Wheels; maintained a butterfly garden; gave a donation to a student with cancer.

ELDRIDGE placed 243 flags on Memorial Day and Flag Day; did roadside cleanup; planted and maintained flower beds; and held its 70th anniversary celebration.

FRUITLAND held a blood drive and placed flags.

MARION NOON held a White Cane fundraiser.

MILES maintained Main Street planters and collected eyeglasses.

LOWDEN gave a donation to the Garden Club and had a team golf in Virdi Golf Classic.

LOW MOOR placed flags on Memorial Day at Elvira Cemetery; ran a concession trailer at Tunes in the Park (pictured below) in DeWitt and the Quad City Air Show.



OTTER CREEK AREA performed park maintenance; held a scholarship fundraiser; delivered Meals on Wheels; held a Soles4Souls shoe drive.

PRESTON participated in the Preston Celebration with a float in the parade and operating a food stand; held blood drive.

STANWOOD held a blood drive.

TIPTON built handicap ramps; did roadside cleanup; donated to scholarships; gave a \$1,000 donation to city for planting new trees; placed 536 flags for Memorial Day and Flag Day.

WALCOTT held its annual awards night and officer inductions.

WELCOME NEW MEMBERS

Member	Club	Sponsor
Daniel McMurrin	Alburnett	James Carver
Karla McMurrin	Alburnett	James Carver
Marcia King	Bettendorf	Yvonne Nichols
Andrew Mulka	Blue Grass	Stan Stanfield
Gregory Thomas	Cedar Rapids Noon	Terry Durham
James Sarchett	Center Point	Faith Rhinehart
Beverly Nixon	Davenport Village	Diane Conners
Alan Noyce	Davenport Village	Diane Conners
Ann Noyce	Davenport Village	Diane Conners
Derek Daufeldt	DeWitt Nite	Lauren Daufeldt
Jason Meinsma	DeWitt Nite	David Linder
Joyce Turner	Lowden	Jayne Hintze

In Memoriam

Member	Club	Years a Lion
Art Kromminga	Monticello	47 years
Mike Kortemeyer	Mount Vernon	16 years
Donald Williams	Otter Creek Area	46 years
Larry Axtell	Davenport Village	14 years
Danny White	Davenport Village	2 years



POSTING THE COLORS. Lion John Selby and DGE Rick Baughman place flags in Eldridge.

District 9SW

District Governor
Dawn M. Goodsell

109 Rosa Drive
Neola, Iowa 51559

402-290-1155

dawngoodsell5@gmail.com



Welcome, everyone, to a new Lions year. I would like to take this opportunity to inform you about what is going on at the district level. Since we did not have a first vice district governor to step in and start this fiscal year, we were left in a bit of a bind. The past district governors (PDGs) of our district met via Zoom to discuss this issue and have since come up with an action plan.

On July 15, there was a meeting with the PDGs from our district to appoint me as district governor for another term. I can't wait to visit all of you again this year. Every club is unique and they are indeed "YOUR" clubs.

There is a Diabetes Project in the works and I am so excited to see it being rolled out, hopefully soon. Juvenile Diabetes has become a large concern and who else could better support this but Lions Clubs. You will be hearing more about this throughout the year, so stay tuned.

Our district convention will be Nov. 18, 2023. We will not be having a convention in the spring due to the unpredictable weather in Iowa. The convention will be located at the Audubon High School this year. Please mark your calendars to come support this event. We will be holding our cabinet meeting as well, with voting for a district governor elect and any other elected positions necessary. Our convention will include a list of wonderful speakers and lunch, as well. The cost to this event will be affordable, so we hope you all will plan on attending.

I am going to wrap this up by saying thank you so much for all the hard work that you all accomplished last year. The increase of membership was outstanding. Let's keep working on building our clubs in **membership, service** work, and being **visible** in our communities when needed. I could not be prouder of the work you are doing. Let's show this off by reporting it in MyLion so I can "Brag About You" in *The Iowa Lion* magazine.

Stay safe, stay well, and I hope to see you soon.

District Statistics for End of Fiscal Year:

July 1, 2023: 1,253 members

New Members: 109

Dropped Members: 199

Closing Balance: 1,163

Net: -90

WELCOME NEW MEMBERS

Member	Club	Sponsor
Angela Lyn Chew	Afton	Cindy Cheers
Mason Dean Fry	Afton	Ed Cheers
Katherine Pozesny	Audubon	Tracey Armentrout
Michael Pozesny	Audubon	Tracey Armentrout
Brian Hansen	Council Bluffs	Janie Summers
William Harris	Creston	Derek Thompson
Thomas Short	Creston	Ralph Dillinger
Gregory Schultz	Glenwood	Kyle Nakamoto
Lori Brees	Indianola Noon	Rick Wilson
Becky Kolosik	Indianola Noon	Greg Avitt
Gordon Smith	Indianola Noon	Loren Meyer



Photo courtesy Ray Harden

STARS AND STRIPES. More and more Perry residents are participating in the Flags Over Perry program, a partnership project of the Perry Optimist Club and the Perry Lions Club.



May and June Club Service Reported

ADAIR volunteered yard clean-up for shut-ins; supported vision needs for students; conducted a KidSight vision screening.

ADEL provided eyeglass assistance; volunteered at KidSight screening.

AFTON volunteered at EMT Appreciation Week; worked a fundraiser for eye treatment; worked a Tuesday Night Fun in the Park fundraiser; and pre-4th of July fundraiser.

ADAIR worked a concession stand for an event.

ATLANTIC held a Waffle Supper and Bake Sale; donated eyeglasses; donated funds for scholarships.

AUDUBON helped clean-up at the fairgrounds; volunteered for Bike Rodeo; served concessions; volunteered at the theater.

CRESTON held a Big BBQ Bash Fundraiser.

DIAGONAL donated to high school scholarships.

EXIRA collected plastic bags for Bags to Benches; replaced a deck for individual; sponsored Exira Taco Day; held an appreciation breakfast for Leos; served a Memorial Day Appreciation Breakfast; worked a Lions' Garage Sale; worked the Take Home Breakfast for Mother's Day; volunteered at the Bike Rodeo with the sheriffs department; helped restore a bridge; worked at a concession stand; cleaned up a park; donated blood at blood drive.

FONTANELLE worked at a concession stand.

GLENWOOD presented high school scholarships; volunteered at the food bank.

GUTHRIE CENTER delivered Meals on Wheels twice; volunteered at blood drive; worked can redemption.

HARLAN gave out high school scholarships.

INDIANOLA NOON volunteered for a community band event; volunteered at the school music department; participated in the Memorial Day Parade; donated to high school scholarships, the fire department, and the food pantry; worked a fire department fundraiser; inducted new members into the club; donated food for community meals twice; built beds for kids in need.

LEON worked a chicken dinner fundraiser.

MARTENSDALE trimmed rose bushes at the Lions Hall.

In Memoriam

Member	Club	Years a Lion
Donald D. Hawhee	Bedford	16 years
Ron Dunphy	Creston	34 years

MISSOURI VALLEY donated eyeglasses; donated to Iowa Lions Foundation; volunteered at a class reunion; worked the can kennel.

NEOLA worked can kennel three times.

NORWALK volunteered at the food pantry; delivered Meals on Wheels; presented college scholarships.

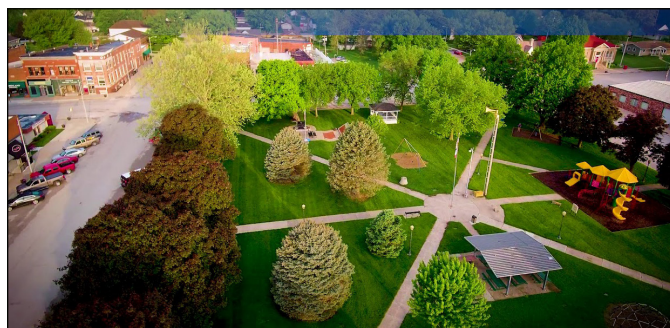
OSCEOLA sponsored CPR training with meal.

PERRY volunteered for Coffee for Perry Chamber of Commerce; collected eyeglasses; presented scholarships at the high school; donated to local charities; received the Governor Volunteer Award.

REDFIELD sponsored bingo; donated to the park cement fund; volunteered at Dallas County Sheriff's fundraiser; volunteered at an Old Settlers Community meeting; donated to Redfield Review; recycled cans for redemption.

STUART volunteered at Stuart Scoop the Loop; served food at Stuart Good Egg Day; volunteered at Bicycle Safety Day.

VILLISCA sold Memorial Day poppies; provided meals for EMS class; volunteered at the food bank; volunteered for reading challenge; helped Feed the Pack; assisted with Red Cross Blood Drive; worked can redemption; helped with city wide clean-up; planted trees in the park (see photo below) served biscuits and gravy for Garage Sale Day.



WAUKEE helped pick up debris at the park.

WINTERSET delivered Meals on Wheels; volunteered time for Flowers Around the Square; helped with a flag fundraiser; held White Cane Day; donated hearing aids; collected eyeglasses; donated money for high school scholarships.

District 9NE

District Governor
Bruce Piehl

127 East Main Street
Denver, Iowa 50622

817-487-5400

bepindy1@yahoo.com



Your New District Governor

Hello. I want to take the time to introduce myself. I am Bruce Piehl from Denver, Iowa. I am your district governor for 9NE. I became a Lion in 2014 with the Denver Lions Club. I'm going to give an appreciative shout-out to my sponsor. If it wasn't for them, none of the meaningful service and involvement in the Lions Club would have come to be. Marv Schumacher gave me a chance and asked if I would become a member. Sometimes, even a long shot lands where it should.

I have had the privilege to serve as 2nd vice president, 1st vice president, president and as a Leo advisor for the club. In District 9NE, my positions included zone chairperson, 2nd vice district governor, 1st vice district governor, Global Action Team leader, Global Service Team member and Leo chairperson.

My passion for Lions took me to the Great Plains Lions Leadership Institute and Lions University, from which I hold a Masters in Lionism. With gratitude, I have accepted numerous awards: Melvin Jones Fellowship, International Leadership Medal 2023 and a Senior Master Key in membership. But my most rewarding accomplishment is represented by my Leo Advisor pin.

Community positions include the boards of Denver Cares Denver Community Housing and Americans for Independent Living. I'm the owner of the business Doc's Knife Works in Denver. In addition, I serve as manager of Denver Senior Housing and work part-time at Schumacher Elevator.

One must always squeeze in time for hobbies. My time spent with the family is precious. I am lured by fishing and am not selective about fishing sites. Anywhere from the Boundary Waters to the Gulf of Mexico suits me just fine. Finally, I am a big fan of Iowa basketball.

My Themes

Be the Change.

Together we can change our communities.

Together we can change the world. (International President Dr. Patti Hill's theme)

My Quest

More membership with more service to the communities.

Our Vehicle for Change: The Global Membership Approach

When our membership grows, our communities grow. Our service strengthens. Our future brightens. Build a team, build a vision, build a plan and build success. Come be part of the success this year and for years to come.

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

Dubuque Evening – Marvin Cocayne
Dubuque Noon – Clement Steele



STRAWBERRY RHUBARB CELEBRITY. Long time Urbana Lions members Duane and Janice Eldred (passengers in the vehicle) were the grand marshalls of the Urbana Strawberry Rhubarb Celebration. 2023-24 district team members (standing L-R) Zone Chair Randy Steel, 2nd VDG Mark Miller, DG Bruce Piehl and 1st VDG Chris Waring walked in the parade behind the vehicle.

CLUB ACTIVITIES

BLAIRSTOWN sponsored the Blairstown Sauerkraut Days' spring demolition derby.

CEDAR FALLS held their Sturgis Falls Pancake Breakfast fundraiser at St. Patrick's Catholic Church, serving over 600 people; marched in the annual Sturgis Falls parade with the 10 person bicycle; continued work at our Diabetes garden with produce being harvested, kids camps being held and other educational sessions being conducted; sold T-shirts at a Waterloo Bucks baseball game, raising \$2,600 for Beat Childhood Cancer.

GARRISON planted flower barrels around Garrison; planted a swamp white oak in memory of longtime Lion Ronnie Flickinger.

HAWKEYE prepared a float for Hawkeye Fun Days.

HUDSON hired an artist to paint the Hudson sign by the Hudson Depot and two Lions members did the sanding; volunteered at the Food Bank.

INDEPENDENCE stood outside Fareway promoting and educating people on vision projects the Lions do and accepted freewill donations.

JANESVILLE picked up trash along Wildcat Way and performed church mowing and maintenance.

JESUP held a car cruise, car show, burnouts and food.

NASHUA held their Summer Social Night with awards presented.

URBANA held a Memorial Day Ham Dinner.

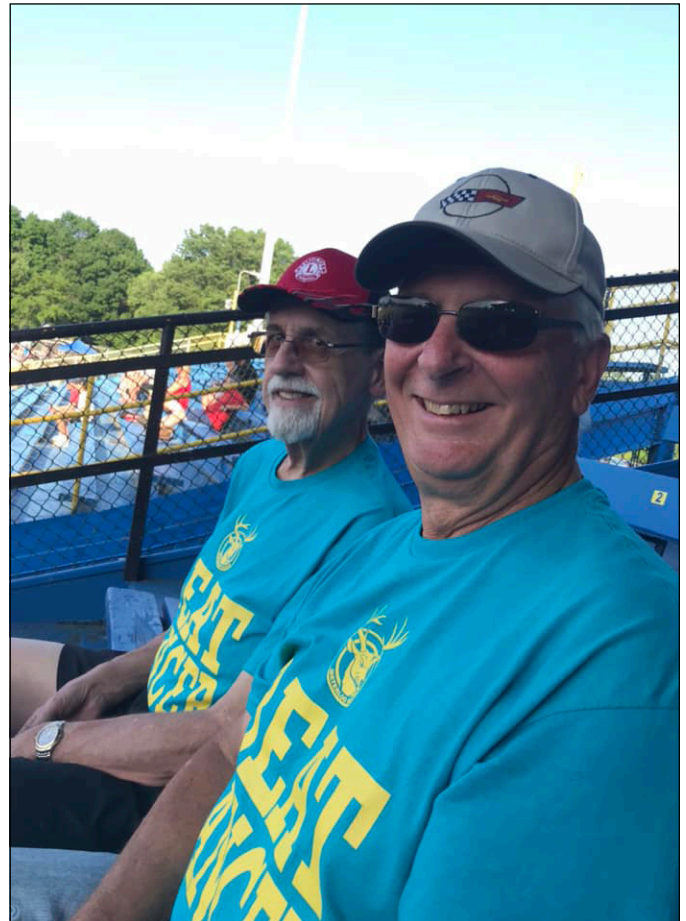
VAN HORNE collected cans and bottles from community members

WATERLOO collected eye glasses.

WESTERN DUBUQUE cleaned up a mile long segment of highway; sold pizzas as part of Epworth's Tunes in Tower Park.



NEW LEADERSHIP. Immediate Past District Governor Dale Schrad passes the gavel to incoming District Governor Bruce Piehl.



BEATING CANCER. 9NE Past District Governors Stephen Becker and Doug Welton enjoy the Beat Cancer Night at the Waterloo Bucks game in June. The event raised \$2,600 for the Beat Cancer children's cancer charity.

WELCOME NEW MEMBERS

Club	Member	Sponsor
Belle Plaine	Tom Overman	Scott Frank
Denver	Carma Eick	
Dubuque Noon	Gloria Holmes	Karin Stephenson
La Porte City	Mark Herman	Ryan Wisenbach
Nashua	Kim Buenzow	Jeffrey Newton
Nashua	Kathy Cerwinske	Sandra Moses
Nashua	Jeffery Newton	Dennis Litterer
Nashua	Dennis Scarbrough	Jeffery Newton
Nashua	Debra Sudol	Dennis Litterer
Nashua	Orlin Sudol	
Oelwein	Judy Malget	Richard Witt
Van Horne	Jacqueline Chambers	Luella Albers
Van Horne	Michael Chambers	Luella Albers

District 9NW

District Governor

Pat Essing

PO Box 33

Manson, Iowa 50563

515-570-5040

mpeising50@gmail.com



Let's Start Our New Lions Year With Energy And Hope!

Greetings to all 9NW Lions! My name is Pat Essing. I am your new district governor for 2023-2024. Our family proudly belongs to a great club, the Manson Lions Club, located in the eastern part of our sprawling rural district. This equates to long drives wherever I go but I am looking forward to meeting with as many of our clubs as possible this year. The more the merrier. Call me and let's agree on a date! You can reach me by the phone number or e-mail listed in the top corner of this page. We need to communicate so call today!

Change is everywhere around us these days. Webster's Dictionary explains change as "to make different, alter in condition or appearance." Our Lions International President this year is Dr. Patti Hill from Edmonton, Alberta, Canada. Her motto is "Be The Change!" The world is always changing and we as Lions need to change with it. Whether it is a software program or a rules change, we are forced to adjust our ways. We cannot stay stagnant or set in our ways.

Sometimes, as you get older, it's harder to change. I see this most every day in the real estate business, where older sellers downsize their homes and buyers change their residences for larger or smaller homes. As we know, nothing stays the same!

At our grandson's high school graduation earlier this spring, a speaker caught my attention when she said: "Change is inevitable in life. You can either resist it and potentially get run over by it, or you can choose to cooperate with it, adapt to it and learn how to benefit from it. When you embrace change, you will begin to see it as an opportunity for growth."

Definitely a life-changing event for our grandson to leave home for college!

I see this as the most important part of being your governor this coming year. My cabinet members and I must help our clubs adapt to our changing world. That's our utmost duty, so please don't hesitate to contact us anytime you have questions or need help. We Serve!

Right now, as I am writing this message, the kids in our neighborhood are already starting to shoot off fireworks. It's the 4th of July! My husband PDG Mark Essing and I are busy with last-minute preparations for our trip to Boston where this year's annual Lions International Convention is taking place. Intense training seminars and sessions are on the program, as well as the traditional banquets and the ceremonial pulling of the governor-elect ribbons for this year's crop of district governors worldwide. A memory for life!

Our district is coming back up to speed again as COVID-19 becomes a distant memory, but we need to do more. I am determined to do my part. Planning for our next district convention is well underway and we have already had meetings with the staff at the Wild Rose Hotel & Casino in Jefferson. Make a note in your calendars for April 5-6, 2024 ! It's going to be the best, and most well-attended 9NW District Convention in many years. I am working on it!

Another great program is our district-wide food drive, which was recently announced. PDG Cliff Weldon from Fort Dodge is in charge of this effort. You can reach him best at his e-mail iatiger@frontiernet.net. Not only is every club encouraged to collect food items and dollars for their local food banks, but we will also have a packaging event at the Des Moines Food Bank on Aug. 10. Hurry and contact PDG Cliff to get in on this. Last year's event was booked solid.

Why the food bank you may wonder? We don't see it in our daily lives, but there are a serious number of undernourished people out there, many times right in your own neighborhood. We Lions can help! A more detailed Newsflash was sent out in early July.

Throwing my hat in the ring to become a district governor is a big thing. Maybe the biggest step I've taken in a very long time. But I am not alone, my husband Mark is always by my side and there is a large group of Lions helping and supporting me this year. Too many to mention here, but during the coming 12 months you will meet some of my team members who are making all this possible.

I am writing this on the 4th of July, our national holiday. The words "United We Stand" come to mind. Let's all join together and make this year a great Lions Year!

Deceased Members

Club	Member	Years a Lion
Akron	Jason Philips	24 years
Manson	Arnold B. Smith	41 years

WELCOME NEW MEMBERS

Club	Member	Sponsor
Madrid	Deb Kruse	Kurtis Kruse
Madrid	Natalie Swanson	Kurtis Kruse
Ogden	Daryl Christensen	Roger Christensen

CLUB ACTIVITIES

AKRON held its annual golf tournament in beautiful weather conditions, profiting almost \$1,300.

CHURDAN delivered Meals on Wheels five days every week; awarded three scholarships for \$400 each to graduating seniors; donated \$100 to Camp Courageous; painted a covered bridge on the walking trail.

FORT DODGE planned for the annual Dragonboat Festival Pancake Breakfast.

HARTLEY had its annual donation spree and wrote checks for almost \$6,000! Our beloved Iowa Lions Foundation got one of the big checks that day as well as many local worthy recipients.

MANSON planned for a membership drive and picnic in August.

WALL LAKE had its annual golf tournament.



WELCOME TO BOSTON. Past District Governor Mark and District Governor Pat Essing pose for a photo at the Lions Clubs International Convention in Boston.



LET'S EAT. Manson Lions Club members serve pork burgers in the park.



GROCERY GRAB. Carroll Lions Club made a flying start on District Governor Pat Essing's Food Pantry project with the annual Grocery Grab event in Carroll, collecting over \$4,000 for local food pantries. Pictured with a trophy from Availa Bank are (L-R) Faye Riesberg, Jen Baumhover, Michael Wilson.



SCHOLARSHIP WINNERS. Hartley Lions Club presented several scholarships to local high school seniors. Pictured (L-R) are Hartley Lions Club Secretary Jerry Olson with scholarship recipients Landen Elwood, Ethan Diehm, Lucas Kroeze, Morgan Grooters, Elise Haack and Abigail Kunzman.

District 9MC
No District Governor
at this time

Contact Immed. Past District Governor David T. Coates

612-275-3596
 dtcoates2@gmail.com



Congratulations to all of the Lions in MD9 who volunteered to serve their clubs, districts and communities as officers and chairs for the 2023-2024 Lion Year.

Melvin Jones was very aware that Lions Clubs would be better served by a group of amateurs rather than professionals, even though Lions evolved from his membership in an organization of professionals, the Chicago Business Circle.

He recognized that professional groups had a limited appeal. Thus, he chose us, a bunch of amateurs. They often can't spell our description correctly. The most common misspelling is amature.

What do we have over the professional? The word amateur came into the English language from the French word amateur, which in turn comes from the Latin word for lover (amator). Its because we are a bunch of lovers. We are in Lions because we love serving others. The reward is not extrinsic, such as wealth in material goods, but intrinsic, the feeling that we have done something elemental and essential for humanity. It is this feeling that has made Lions Clubs International into the world's largest service organization.

But here in MD9 our numbers are shrinking. Individually, each of us is not immortal or irreplaceable. If every Lion set as a priority goal to recruit a new member this year, we could insure the future of Lions in Iowa.

Several years ago, one international Lion who is a future president of LCI said at a USA/Canada Forum,

WELCOME NEW MEMBERS

Member	Club	Sponsor
Stephanie Wager	Grimes	Katherine Scholl
Robert Smith	Grinnell	Patrick Mahaffey
Jamie Briggs	Johnston	Sandra Briggs
Kelly Kemp	Marshalltown Eve.	Bill Perden
James Bright	Prairie City	Richard Rhooda
Ken Cummings	Reinbeck	Dale Wambold
Dan Hinz	Urbandale	Ronald Markway

“It would be a tragedy for Lions to become extinct in the very country where it was founded.” International President Jitsuhiro Yamada said, “You can accomplish anything, if you believe in yourself.” Let us use our faith and love and avert the tragedy.



STORY TIME. Reinbeck Lions Chris Frischmeyer and Dale Wambold read stories and share how Lions help our community.

FALL RALLY

The 9MC Fall Rally will be held on September 16, 2023 at Grace Church in Marshalltown. The theme is “FIVE SIX Characteristics of Outstanding Clubs.” Activities planned are a Strides Walk, a service project, a silent auction, a cabinet meeting, presentations, breakfast and lunch and presentations on The 3 F’s. Presenters will include PID Gary Fry, PCC Judy Stone, PCC Bill Pollard, PDG David Coates and some celebrities from MD9. There will be drawings and prizes with Tail Twisters present. Registration will start at 8 a.m. with call to order at 9 a.m. A continental breakfast will be available from 8-10 a.m. and a lunch at noon. Adjournment is scheduled for 3 p.m.

Officer Training

9MC will offer zone chair training on Aug. 15 at Grace Church, Marshalltown.

9MC held officer training on June 12 at Marshalltown and June 21 at Mitchellville. Thirty-one Lions from 13 clubs completed club president and club secretary training. The instructional staff was Gary Fry, Tim Fienup, Dan Roberts, Bill Pollard, Judy Stone, Steve Halstead and David Coates.

In Memoriam

Jerry Baskett – Des Moines South
 Gayle Strickler – Grinnell
 Shawn Kooyman – Mitchellville

WE SERVE

ALTOONA purchased a new weight machine for the Altoona Fire Department; reroofed two park shelters in Sam Wise City Park; collected used eyeglasses and hearing aids; transported cornea tissue for the Iowa Lions Eye Bank; had a spin art booth at the Des Moines Art Festival.

AMES served 480 people at their annual turkey dinner fundraiser, donated \$5,311 to Retrieving Freedom to train service dogs for veterans and children with autism; collected 723 pairs of eyeglasses; donated \$2,000 to KidSight and purchased eyeglasses for two citizens.

BONDURANT awarded 10 \$1,000 scholarships to Bondurant Farrar High School seniors; had a concession stand at the June Bondurant Summerfest; donated many dozens of eggs to the local food pantry; and transported cornea tissue.

DYSART installed a ramp at the Sports Shed in the park; operated the concession stand for the June ball games; served 1,000 tenderloins at the park on July 3; helped with the Dysart 4th of July Parade.

DES MOINES SOUTH KidSight screened children at Drake Head Start; cleaned stone and picked up brush at the Adopt a Block at Laurel Hill Cemetery; worked at the Opening Eyes Special Olympics in Ames; delivered Meals on Wheels; worked at Trash Bash.

GARWIN donated money to Garwin Little League, Scout Troop 394, and for the Garwin electronic sign repair; planted trees in Garwin Central Park; installed trash receptacles and weeded Gamble Park.

GRINNELL picked up trash along Hwy 14 as part of the Iowa DOT's Adopt-a-Highway program; presented a \$500 scholarship to a Grinnell High School graduating senior; collected \$105 for the MICA Food Pantry.

MITCHELLVILLE held a picnic and an installation of officers; helped with the community Independence Day celebration; awarded a "Yard of the Month."

MONTEZUMA awarded \$250 scholarships to two graduating students; served 700 people at the 66th annual Chicken BBQ Dinner; donated \$1,600 to Iowa Lions Foundation, \$1,000 to LCIF, \$300 to After Prom, \$200 to the high school shooting sports program, \$200 to Leader Dogs for the Blind, \$200 to Camp Hertko Hollow and \$100 to Camp Courageous.

PLEASANT HILL held its annual fishing derby with games and prizes with 500 people attending

REINBECK started the second year of "Flags Over Reinbeck" by posting U.S. flags over the community on July 4th; held a monthly bingo; installed 16 Story Walk Boards constructed by high school students in the local park in conjunction with the library; purchased materials for the high school students to build flower boxes to be placed in the downtown area.

URBANDALE presented a check for \$1,000 to the Urbandale Food Bank; awarded a \$1,000 scholarship to an Urbandale High School Senior LEO Club member; served pancakes and sausage to participants of the Principal Golf Classic; hosted the Bingo tent at the Urbandale 4th of July celebration.

URBANDALE BREAKFAST helped with the Urbandale 4th of July Parade.

9MC FALL RALLY FIVE SIX Characteristics of Outstanding Clubs

**Sept. 16, 2023
8:00 a.m.-3:00 p.m.**

**Grace Church
3111 S 6th St
Marshalltown, Iowa**

Please Print Legibly

Name _____

E-mail _____

Phone _____

Club _____

____ Lion ____ LEO ____ Guest

Highest Office _____

Continental Breakfast with Lunch

Dietary Concerns _____

Silent Auction, Strides Walk, Service Project
Presentations and The 3 F's

____ Will bring an item for Silent Auction

Registration Fee \$20

Amount Enclosed: \$ _____

Make checks payable to District 9MC

Send completed registration form and
registratin fee to:

9MC District Treasurer
Wm. Shutters
9807 Quail Ridge
Urbandale, Iowa. 50322

The Only Constant in Diabetes is Change

*By PDG Bill Shuttars
MD9 Diabetes Chair*

“The only constant in life is change.” That is the message we are given by the progressives. We are very aware of how fast things are changing in our lives, especially in technology. Everyone over the age of 40 remembers when TVs had an antenna and only got a few channels. Then there was cable with a myriad of channels and the ability to record the shows to watch later. Now, with Firestick or Roku, we can turn our TV into a movie theater with the latest movies at our fingertips.

But the conservative says “The more things change, the more they stay the same.” There is truth in that statement, for we still spend a large portion of our sedentary lives in front of a TV.

For people living with diabetes, there is change and stability.

Several years ago, the experts cited the statistic that 9% of the world population suffered from a condition called diabetes mellitus. A metabolic disease involving inappropriately elevated blood glucose levels. That’s 1 out of every 11 people have diabetes. During COVID, things changed. In his State of the Union message, President Biden cited the statistic that 1 out of every 10 U.S. citizens suffered from diabetes. That’s 10%. Small Change? The predictions are that by the time President Biden finishes his term, the statistic will be 1 in 9 U.S. citizens will have diabetes, 11%. (These figures are also true for the world population.) These are not the numbers we wanted to hear.

The news is even more dire. More than half a billion people worldwide suffer from diabetes. The companies that produce insulin predict the number of people with diabetes will increase at a rate of 3.26 % per annum. That means the number will double every 21 years. Others predict that by 2050, 1 out of every 3 U.S. citizens will have Type 2 diabetes.

What is diabetes? When one consumes food, the protein, fats and carbohydrates in it enter the bloodstream as amino acids, lipids and glucose,

respectively. This causes a spike in the blood glucose level. The body lowers the blood glucose level by signaling the pancreas beta cells to secrete the hormone insulin into the blood stream. The insulin induces the cells in the muscles and organs to store the glucose in the cells for future use.

After the cells are filled, the liver stores some of the glucose, leaving an appropriate amount of glucose circulating in the blood stream. When the muscles and organs use the stored insulin, they will take additional glucose from the blood stream. When the glucose level in the blood drops, the body tells the alpha cells to secrete a hormone which induces the liver to put the stored glucose back into the blood stream. Life goes on until the next meal and the process repeats.

In the case of diabetes, the pancreas secretes no insulin in cases of Type 1. In the case of Type 2, the pancreas secretes insufficient insulin or the body does not efficiently utilize the insulin. This leaves the body with an elevated level of glucose. When the body has an elevated level of glucose in the bloodstream, it reacts by constricting the blood vessels, causing an increase in blood pressure and starving the cells of nutrients. This damages the heart and, in fact, damages every one of the 13 systems in the human body.

There are many symptoms of diabetes mellitus. Diabetes is sometimes described as a condition which causes elevated blood glucose resulting in frequent urination and thirst. Interestingly, this is where it gets its name. Diabetes mellitus comes from the Greek word diabaino, which means I pass through, and the Latin word mellitus, meaning sweet. It was sometimes described as honey sweet urine. It was first used by Apollonius of Memphis circa 250-300 BC. The first description of the disease is in a papyrus from circa 3000 BC. There is a different disease called diabetes insipidus, in which a patient will pass 4 to 5 gallons of urine a day.

The two common symptoms are caused by the body’s attempt to lower the blood glucose level. The kidneys remove water and glucose from the blood and

CONTINUED ON PAGE 23

excrete it. The problem is that the kidneys remove proportionally more water than glucose, thus raising the blood glucose level. This becomes a catch 22. So the kidneys remove more water and glucose. The body realizes it is short of water and thus the thirst. This will continue until the glucose level is back to normal if enough water is consumed. This is why some people with diabetes need to get up every hour all night.

Other common symptoms of diabetes are

- Your breath stinks or smells fruity.
- You are always tired.
- You are frequently hungry, even after eating.
- Your vision is blurry or changes often.
- Cuts or bruises take longer to heal.
- Your hands, feet or skin get numb, or itch or feel tingly.
- You have unexplained weight loss.
- You have mood swings or are irritable.

One question we all want to know is why are the numbers rising? There are a number of theories, but no one has the complete answer. How can we prevent being one of the 11%.

1. Eat a healthy diet. Choose complex carbs rather than simple carbs, which are quickly processed into glucose. Add a bit of lean protein to each meal.

It may be necessary to change the way you eat. Years ago, before insulin was readily available and affordable, people managed diabetes by eating many small meals during the day. That prevented spike in the blood glucose and the body used the glucose as it entered the blood stream, or shortly thereafter, in a sense, leveling the curve. Another way is to use the 60 carb meal method where at each meal you consume a maximum of 60 grams of carbohydrates.

Also, control your portion size. Get a smaller plate.

2. Manage your weight. An accumulation of fat in the tissues causes insulin resistance. This requires the pancreas to secrete more insulin. The increased demand for insulin can cause the pancreas to get into the habit of overproducing insulin.

A meal which contains some simple carbohydrates can cause the pancreas to get out of control and secrete more insulin than needed. This can cause low blood sugar (hypoglycemia), which can

be dangerous. This taxes the beta cells of the pancreas.

After overproducing for a period of time, the pancreas can fail and cease producing the quantity of insulin needed, causing hyperglycemia.

- 3. Be active.** Try to engage in moderate exercise for at least 150 minutes a week. Even if you have diabetes and the body will not store glucose in the cells, the cells will take glucose out of the blood stream, as needed. If you are exercising, your muscle cells are removing glucose from the blood stream, thus lowering your blood glucose level. This is why you may want to have a small snack of carbs before you exercise. Exercise helps to control weight and blood glucose, as well as improve cardio function and balance.
- 4. Quit smoking and limit your alcohol.**
- 5. Get plenty of sleep and manage stress.**
- 6. See your health care provider on a regular basis.** Experts estimate that one-third of patients with diabetes are undiagnosed.

Maybe if we change our life style, we can change not only our future, but we can change the projections of the experts.

Simple vs Complex Carbohydrates

SIMPLE

Carbs typically found in processed or refined sugars, broken down quickly by the body.

- White Bread
- White Rice
- White Potatoes
- Pasta
- Corn Syrup
- Brown Sugar
- Raw Sugar
- Glucose
- Fructose
- Sucrose

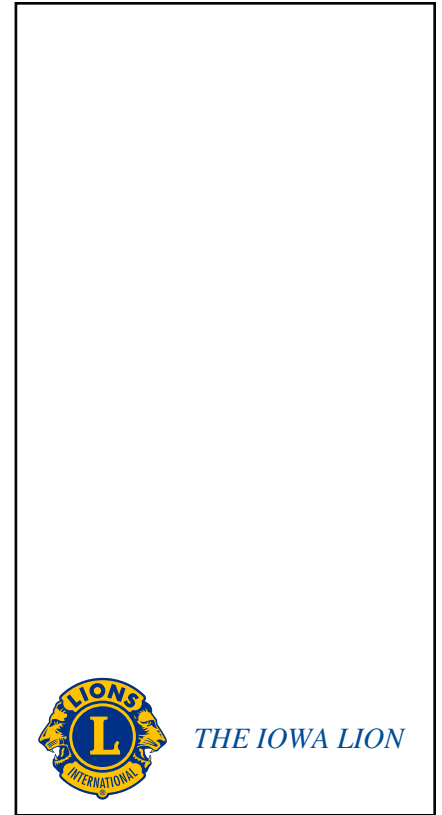
COMPLEX

Carbs made up of sugar molecules that are in long, complex chains, broken down slowly because they take longer to digest.

- Beans
- Oats
- Juice
- Millet
- Peas
- Sweet Potatoes
- Quinoa
- Vegetables
- Whole Grains



Adair Lions pose in front of the A-C Food Pantry and the sign identifying the Lions' participation in funding the food bank. Pictured (L-R) are Ardie Klemish, Larry Sheeder, Kaye Klemish, Ken Klemish, John Pettinger, Donna Sheeder and Forrest Schnobrich.



LCIF Funds Support Local Food Pantry

By PID Ardie Klemish
Area LCIF Coordinator

Your LCIF donations do come back to serve your local communities here in Iowa!

When Adair community leaders began working on a plan to finance, construct and stock the shelves for the first-ever food pantry in Adair, the local Lions responded quickly. The Adair Lions applied for a District and Club Community Impact Grant (DCG) from Lions Clubs International Foundation. The grant funds received will provide meat for the A-C Food Pantry for nearly a year.

Although the Adair Lions are a small group of 15 members in a town of only 800 residents, they continue to exemplify "Kindness Matters" in their local community.

The DCG program began on July 1, 2017. For every \$5,000 that a club donates in one Lions year in unrestricted funds, the club receives 15% of the funds back in DCG grant credits. Personal and club donations count towards the total club donation.

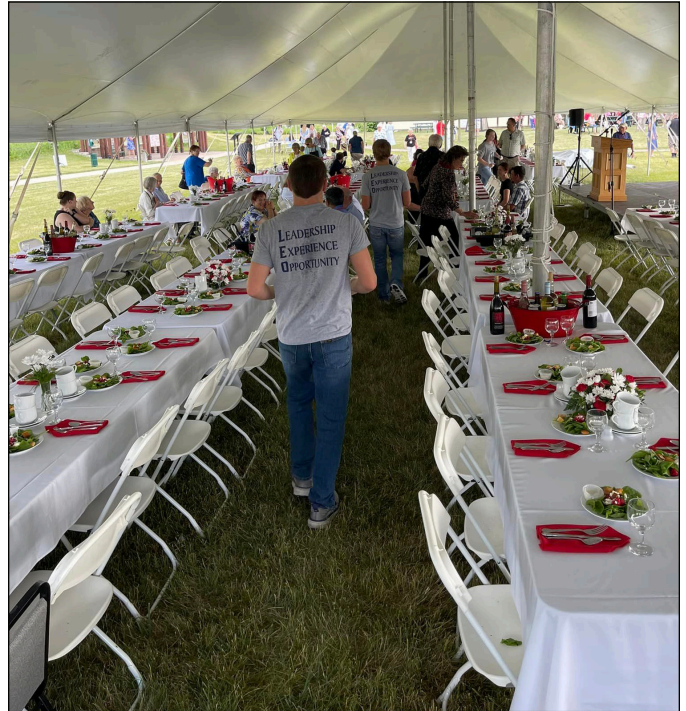
For every \$10,000 in unrestricted funds that a district donates in one Lions year (a combination of personal, club, and district donations), the district receives 15% of the funds back in DCG grant credits. If your club or district doesn't apply to use the DCG grant funds,

the funds will continue to accrue and be available for up to 15 years. The district governor and district LCIF coordinator are notified in August each year of the funds available for DCG grants.

This is an excellent example that LCIF funds do NOT all go outside of the US. Iowa (Multiple District 9) has received nearly \$1.7 million in grants since LCIF began in 1968.



ADDITIONAL DIGITAL COVERAGE



DINNER IS SERVED. Exira-EHK Leadership Leo Club serves dinner for the 40th anniversary of the Danish Immigrant Museum.



CHANGING OF THE GUARD. 9SW District Governor Dawn Goodsell installs officers at the Atlantic Lions Club. Pictured with DG Dawn (L-R) are Treasurer Greg Schuler, Secretary Leon Hodges and President Alan Ladd.

ADDITIONAL DIGITAL COVERAGE



MELVIN JONES FELLOWSHIPS. The Tipton Lions Club honored the family of Lynda Dykstra family and the John Albaugh family with Melvin Jones Fellowships. (Above photo) Pictured (L-R) are Dennis Dykstra, 9EC District Governor Elect Rick Baughman, and Denise Dykstra. (Below photo) Shawn, Kai and Kathy Albaugh with DGE Rick Baughman.



SERVICE APPRECIATION. Bettendorf Lions Club President Steve Newberry (far right) awards members for their service with Service Appreciation pins. Pictured (L-R) are Bob Jacobs, Connie Jacobs, Ila Rock, Yvonne Nichols, Jerry Nichols, Steve Teach, Liz Hanson and Caroline Hicks.



NEW OFFICERS. District Governor Rick Baughman inducted the 2023-24 club officers at Walcott. Pictured (L-R) are Jackie Puck, Brenda Warner, Renee Curler, Larry Echeberry, Everett Bieri, Jacob Puck, Loren Claussen, John Schwarz, Jordan Orcutt, Rhonda Brockman, Greg Garvin, DG Rick Baughman, Jeff Curler, and Dennis Puck.



THANK YOU. DGE Rick Baughman (center) presents Lizzy McMurin and Lyci Barclay with Thank You certificates for their service to the Tipton Lions Club and the Tipton community.



ADDITIONAL DIGITAL COVERAGE



12TH ANNUAL
**OSKALOOSA LIONS
GOLF SHOOTOUT**

27-HOLE TOURNAMENT WITH GAMES

SATURDAY, AUG. 19, 2023

HARVEST POINT & EDMUNDSON GOLF COURSES
OSKALOOSA, IOWA

**PRIZES IN ALL FLIGHTS
\$65 PER PERSON**

(\$30 FOR COURSE MEMBERS)

CALL 641-673-5120 TO REGISTER

**CLOSEST TO THE PIN
WINS \$200**



GOLF GAMES FROM 9:30 A.M. TO 12:30 P.M.

EACH REGISTERED GOLFER GETS 1 FREE BALL
FOR CLOSEST-TO-THE-PIN CONTEST

3 BALLS FOR \$5.00 • 7 BALLS FOR \$10.00 • 16 BALLS FOR \$20.00

**ADDITIONAL PUTTING & CHIPPING CONTESTS
ALL WITH 1ST, 2ND & 3RD PLACE PRIZES**

THANKS TO
OUR
TITLE
SPONSORS





Grinnell Lions Club



Ag Appreciation Day

Thursday, August 31

In and around Central Park in Grinnell

3 PM to 7 PM

- **Tractors/tractor parade**
- **Dari Barn Food Trailer**
- **Music - Route 66**
- **Exhibits & Guest Speaker**
- **Spirit of Farming & Ag Business Awards**

Help the Grinnell Lions Club celebrate farming and agri-business. Bring your lawn chairs and enjoy the food, the music, the exhibits, and have a great afternoon.

Grinnell Lions – “We Serve”

ADDITIONAL DIGITAL COVERAGE



SUPPORT THE FUN!

HOLE SPONSORSHIP

24TH ANNUAL
BONDURANT LIONS CLUB
COW PASTURE GOLF TOURNAMENT
4 PERSON BEST SHOT
WHEN: SUNDAY, SEPTEMBER 10, 2023
WHERE: GRIFF'S VALLEY VIEW R.V. PARK
6429 NE 46TH STREET, ALTOONA, IA

PLEASE CONSIDER HOLE SPONSORSHIP TO SUPPORT THE
BONDURANT LIONS CLUB SCHOLARSHIP FUND.

GOLD LEVEL: \$200 and more

SILVER LEVEL: \$100

BRONZE LEVEL: \$50

Please Contact for Reservation, Sponsorship or Questions:

bondurantlions@gmail.com,

Marty Vermeer 515-360-8717 or

Dale Rieck 515-249-3938



SPONSOR NAME: _____

Gold ____ Silver ____ Bronze ____ Level Amount Included: _____

Contact Name: _____ Phone: _____ Email: _____

Please Mail Check Payable to: Bondurant Lions Club, Attn: Marty Vermeer 11376 NE 126th Ave, Maxwell, IA 50161
Or venmo to: @BondurantLionsClub and mail or email sponsor information