

The IOWA LION



May 2024

iowalions.org

Patience Required During Lion Portal Roll Out

*By PDG Debbie Doty
Editor, The Iowa Lion*

After over a year of anticipation, the Lion Portal is finally rolling out. MyLCI and MyLION shut down on April 12 and Lions International started emailing Lions their Portal credentials on April 15. If you haven't seen your email yet, don't fret. Lions International expects to complete the rollout by May 18.

At first, when clicking on Member Login on the Lions International website, a window came up stating that MyLCI and MyLION were gone and the new Portal would roll out soon. Now when clicking on that same link, it shows a welcome to the Lion Portal with instructions to get started with a new account.

As with any software update, patience is a friend. Of course things are going to look different, with menus changed. There will likely be some frustrations as we learn how to navigate the new software.

It is encouraging that the Lion Portal is built

The screenshot shows the Lion Portal interface. At the top, it says "Lion Portal" with the Lions International logo. Below that, a message reads "The Lion Portal is now available. Get started." There are two main sections: "Never logged into Lion Portal?" and "Already logged into Lion Portal?". The "Never logged into Lion Portal?" section includes a four-step process: 1. Login using your current account, 2. Review your credentials, 3. Setup your password, and 4. Start using the Lion Portal. A "Get Started" button is located to the right of the steps. The "Already logged into Lion Portal?" section has a "Go to Lion Portal" button. The "Register for Lion Portal" section states that new registrations will be accepted shortly after the initial launch period. At the bottom, there is a link: "Click here to learn more about Lion Portal".

on Salesforce, a software used by hundreds of corporations and non-profits around the world.

Lions Tech Support is also ready to answer our questions. I have personally worked twice with Representative Andrea, who was very kind in helping me find where to get the reports I was after.

Iowa Lions have also planned a seminar on the Lion Portal at the MD9 State Convention May 31-June 1 in Cedar Falls. Lions are encouraged to register for the state convention and participate in the seminar.

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UPCOMING EVENTS

May	Strengthen Membership Month
May 4	District 9NE Recognition Event
May 20-23	Alternate Pin Swap, Bettendorf
May 31-Jun 1	Iowa Lions State Convention Cedar Falls
Jun 2	LCIF Tell-A-Thon
Jun 10	Guthrie Center Lions 100th Anniversary Celebration
Jun 14-15	Iowa Lions Leadership Summit, Johnston
Jun 15	Fort Dodge Evening Lions 50th Anniversary Celebration
	9NE Cabinet Meeting and 2024- 2025 Kick-off
Jun 21-25	Lions International Convention Melbourne, Australia
Jun 27	Helen Keller's Birthday
July 25-28	Midwest Faculty Development Institute, Maryville, Missouri
July 26-28	Great Plains Lions Learning Institute, Maryville, Missouri
Sep. 5-7	USA/Canada Lions Leadership Forum, Louisville, Kentucky
October	Lions Vision Month
November	Lions Diabetes Awareness Month
Nov. 1-3	Iowa Lions Fall Learning Conference, Cedar Rapids
Nov. 15-16	9NC/9NE Joint District Convention Independence
Nov. 16	Cedar Falls Lions 100th Anniversary Celebration

CONTINUED FROM PAGE 1

Lions International has also provided several training videos on the [Lion Portal YouTube channel](#) that users can watch to get familiar with how to enter service, managing members and keep track of LCIF donations.

I encourage club secretaries to go in and enter next year's officers first if they haven't already done so prior to MyLCI going down. This must be done even if club officers are staying the same. Doing so will guarantee incoming officers maintain access to the Portal after July 1.



THE IOWA LION VOLUME 60 - NO. 5 MAY 2024



Published by the Lions of Iowa
(U.S. Postal Service ISSN Number 0162-3834)

Official publication of the Lions Clubs of Iowa, 16 E. Main St., Ste. 260, Marshalltown, IA 50158. Published monthly except bi-monthly July-August and December-January issues. Digital subscriptions to Iowa Lions members are included in Iowa Lions Multiple District dues, as are two printed copies per Iowa Lions Club. Printed copy subscriptions are available to Lions members for \$35 per year to members inside Iowa, \$45 to members outside Iowa. Periodicals postage paid at Madrid, Iowa 50156.

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All changes of address and other correspondence concerning SUBSCRIPTIONS should be directed to the ABOVE address, phone number and/or email.

COPY SHOULD BE TO THE EDITOR BY THE 10TH OF THE MONTH to be considered for publication in the issue of one month later. MATERIAL INTENDED FOR DISTRICT NEWS PAGES needs to be in the hands of the district governors or district news editors prior to that time, according to their deadlines.

Advertising that is relevant to Iowa Lions Clubs is accepted. Contact the editor for rate information.

POSTMASTER: Send address changes to:
THE IOWA LION EDITOR
PO BOX 1, MONTICELLO, IA 50158
Tel. (515) 232-2215

IOWA LIONS LEADERSHIP SUMMIT

Cultivating Iowa Leadership from the Ground Up

HOSTED BY THE CONSTITUTIONAL AREA GAT TEAM



June 14-15, 2024

at the Johnston Lions Building
6401 Merle Hay Road, Johnston, Iowa

**ALL IOWA LIONS CLUB LEADERS
ARE ENCOURAGED TO ATTEND THIS
STRENGTH-BUILDING SUMMIT**

FRIDAY, JUNE 14, 7-9 PM

Social with snacks, beverages and
team-building games.

\$10 Pre-Registration Fee

Covers Friday night snacks, all Saturday meals
& training materials



Register



Reserve Hotel

Lions Rate \$149+tx
good thru 5/24/24

**For Information, Call Area GAT
Co-chair Tammy Rockenboch
(608) 438-9572**

SATURDAY, JUNE 15, 8 AM-8 PM

Registration & Coffee Time, 8-9 AM

- Plowing Our Fields - Teamwork/Ice Breaker
- Tilling the Field - Club Officer Overview
- Good Iowa Soil - Right Tools for the Right Job,
Constitution & By-Laws / Lions Ethics
- LUNCH FOR ALL ATTENDEES
- Taming the Bull - Getting Your Club Ready
for New Ideas
- Family Farming, Past, Present & Future - New
Ideas & Technology Acceptance
- Planting the Right Seed - Global Membership
Approach & Mentoring
- Crop Rotation - Leadership Succession
- Harvest the Crops - Goals and Action Plans
- Celebration Dinner with Certificate Presentations

A View from the Chair

Council Chair

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By the time you all read this, the new Portal will hopefully be performing well and everyone has had a chance to use it. Rollover began April 12, with Lions offered access starting with Constitutional Area 1 (CA1) beginning April 16. As with any new software system, there are bugs that need to be worked out, so if you are having problems, please contact the Portal tech support.

April was a busy month in Multiple District 9 (MD9) for district conventions and a club's 100th anniversary. The international directors, past and present, who visited MD9 were exceptional individuals. We thank them for coming and Past International Director Ardie and Past District Governor Ken Klemish for hosting them. It was also

my pleasure to finally meet and chat with our new KidSight Director Chelle Lehman. Chelle's first teaching position was at Louisa-Muscatine Junior-Senior High School in the early 2000s. She spent three years there before moving on to a larger district. Louisa-Muscatine is my school district.

Don't forget to register for what promises to be a wonderful state convention at the Diamond Event Center in Cedar Falls on May 31-June 1. The State Planning Committee, led by PID Gary Fry, Past Council Chair Jerry Inman and PDG Loren Claussen, has a fun and informative gathering planned. A registration form can be found elsewhere in this issue. A special this year is that first-timers will not have to pay the registration fee. They'll just pay for their meals. The Saturday evening banquet will be formal dress, so please plan accordingly.

Some good news on the leadership front for 9NE – DG Bruce Piehl received word from LCI that the appointment of Lion Craig Spilde as 1st vice district governor for the 2024-2025 Lions year has been approved. Congratulations Lion Craig!!

Reminder to DGs and DGEs – the Who's Who is currently being updated for the 2024-2025 year. If you have any changes, please communicate to State Secretary Nancy Love ASAP. DGEs also need to submit their cabinets to SS Nancy as soon as they can, even if not yet complete. When slots are filled, please update your cabinet rosters. DGEs also need to check the policy manual to review their district appointments to state committees. Contact your DG or State Secretary Nancy Love for clarification.

May and June are months of transition and planning ahead. Many of us have children and grandchildren making the transition from high school to college, the military, trade school or the working world. Status quo is changing, and we need to be able to accept it. Planning ahead also includes fun things, like your summer vacation.

Don't forget the Iowa State Fair and the Lions' booth in the Varied Industries Building. The Fair runs Aug. 8-18. Volunteers will receive a free ticket for the day they volunteer at the booth, mileage and parking at the fairgrounds with a receipt. Contact DG Tasha Finch, tasha@alumni.uni.edu, for more information. Sign-Up Genius will be used again for volunteers to claim their slots.

A celebratory poster for the Fort Dodge Evening Lions International 50th Anniversary Celebration. The poster features the Lions International logo at the top, which includes a blue and yellow lion head and the text "FORT DODGE EVENING LIONS INTERNATIONAL 1974-2024". Below the logo is a large, gold, 3D-style "50th" with "th" in a smaller font. Underneath "50th" is the text "Anniversary Celebration". The date "Saturday, June 15, 2024" is prominently displayed in a bold, black font. Below the date is the location "Olde Boston's Restaurant & Pub, 809 Central Ave., Fort Dodge, Iowa". At the bottom, the schedule is listed: "5:00 PM Social Hour 6:00 PM Dinner 7:00 PM Program". The poster also includes the text "SPACE IS LIMITED - REGISTER EARLY" and "EMAIL FDEVENINGLIONS@GMAIL.COM". The entire poster is framed with a decorative border of gold confetti and streamers.

State Convention: Bringing Lions Together for Impactful Change

By PDG Paul Fugate
MD9 Convention Planning Committee

The Iowa Lions State Convention is just around the corner, promising a weekend filled with inspiration, education, and collaboration. Hosted at the Diamond Event Center in Cedar Falls May 31 to June 1, this convention is set to be a pivotal moment for Lions members and guests.

One of the key highlights of the convention is the lineup of seminars designed to empower Lions and enhance their impact. Among these seminars is “The New Lion Portal,” a session focused on the new software to help streamline club operations and service projects. Attendees can expect to gain valuable insights into navigating this powerful tool effectively.

Another seminar not to be missed is “A Conversation with GAT Leaders from International Headquarters.” This interactive session offers a unique opportunity for Lions to engage directly with Global Action Team (GAT) leaders, gaining firsthand knowledge about global initiatives, best practices, and collaborative opportunities.

Additionally, Chelle Lehman, the new Iowa KidSight program manager, will present on how Iowa KidSight is “Using Data to Tell Our Story.” This presentation will be a celebration of KidSight’s past 24 years and where it can go in the future. Data-driven storytelling is at the core of Lions’ brand consistency. Iowa KidSight uses metrics to display its reach, successful screenings, and

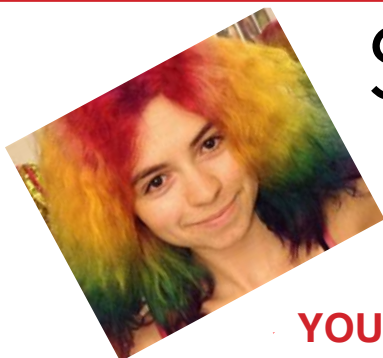
lives impacted. Whether it is the number of children screened or the success stories from grateful parents, their story unfolds through data.

MD9 Youth Exchange Chair Sheri Holliday will present on the Iowa Lions Youth Exchange & Camp and how you and your club can get involved in ILYEC programs. From volunteering at camp, your club sponsoring a host family or student, to becoming a district chair.

International Director Jay Moughon from Virginia brings a wealth of experience and insights to the event. His presence underscores the global reach and unity of Lions International, emphasizing the collective effort to serve communities and create positive change worldwide.

In addition to these enriching seminars and guest speakers, the convention promises networking opportunities, social events, and a chance to celebrate the achievements of Iowa Lions clubs. It’s a time for Lions members to come together, share ideas, and renew their commitment to service and leadership. Mark your calendars for the Iowa Lions State Convention, where Lions from across the state will unite for a weekend of learning, connection, and empowerment.

The registration form can be found in Page 23 of this issue and the March and April issues of *The Iowa Lion* magazine and [online at the Iowa Lions website](#). There is a \$5 convenience fee for registering online. Registrations need to be postmarked by May 17.



**MD9 IOWA LIONS
LCIF**

**STATE CONVENTION
FUND RAISER**



**YOUR DISTRICT REPRESENTATIVE
COULD END UP WITH HAIR LIKE THIS!**

*FOR EVERY \$1,000 RAISED BETWEEN NOW AND STATE CONVENTION,
YOUR DISTRICT REPRESENTATIVE WILL GET A NEW COLORFUL HAIRDO
BY OUR VERY OWN TAILTWISTER EXTRAORDINAIRE ALICE WHITLATCH.*

START RAISING FUNDS NOW BY CONTACTING YOUR LCIF COORDINATOR!



YOUNG PHILANTHROPISTS. Children from the Washington Y Kid's Summer Camp pose with Washington Lions and Y staff after donating their proceeds from a summer lemonade stand to the Washington Lions Club. Adults pictured in the back row, (L-R) are Y Camp Director Tamara Alexander, Washington Lions Club President Don Hiner and Lions Rachel Nicola, Kathy Ebert and Bill Ebert.

Washington Y Kids' Summer Camp Supports Lions

*By PDG Rachel Nicola
Washington Lions Club*

In 2023, the Washington Y Kids' summer camp decided to give their lemonade stand proceeds – all \$584 – to the Washington Lions Club.

In addition to learning business skills with their lemonade stand and bake sale, the young campers learned philanthropy. They were asked to choose a worthy cause to support.

"I think it helped that this year's camp theme was reading," explained Y Marketing Director Taylor Hanson.

Camp Director Tamara Alexander said, "One little boy suggested giving the money to an eye doctor because they do good things. We didn't feel

comfortable giving to a private business. But we had heard about the Lions club, how they help with vision. The kids thought that was great."

Washington Lions members meet in the Y's community room. When they heard about the Y campers' business, they were happy to support the stand, as well as to join the campers for a photo.

**We had heard about
the Lions club, how
they help with vision.**

International Report

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2024 USA/Canada Lions Leadership Forum in Louisville, Kentucky

REGISTER NOW for the USA/Canada Lions Leadership Forum in Louisville, Kentucky, Sept. 5-7. Current registration fee is \$325. The cost will increase to \$340 per person after May 31. Registration covers the cost of over 80 seminars and four meals (Thursday night banquet, Friday noon lunch, Saturday noon lunch and Saturday evening banquet). A \$150 hotel room deposit is required with your registration fee.

The USA/Canada Forum is the BEST event in Lions! The International Convention gives you a global experience of Lions, but the USA/Canada Forum gives you new service ideas for your local club, educational seminars and new friends for a lifetime! More info and the registration form are available on the [Lions Forum website](#).

International Membership Dues Increase on July 1

Lions International annual dues will increase to \$50 per member on July 1, 2024. Please remember that when billing club members for July 1, 2024 dues. Family and student members are still half price. There will be no change for Lions of Iowa dues.

Club Excellence Award

The 2023-2024 Club Excellence Award has four criteria:

Membership: Achieve a net growth or charter a new Lions or Leo club or branch.

Service: The club contributed to LCIF, started a new service project, held AND REPORTED on MyLion at least three service projects (including VIRTUAL).

Leadership/Organizational Excellence: Club is in good standing (not in status quo or financial suspension), reported club officers on MyLion, key officers participate in at least one leadership training

event (district, multiple district, international, Lions Learning Center, webinars).

Marketing and Communication: Club publicized service activities through local news sources or social media.

Your club still has two months to fulfill these criteria. YOU CAN DO IT! The form requires your 2023-24 district governor's signature. The signed form must be submitted to Lions International by Aug. 31, 2024.

News from March 2024 International Board of Directors Meeting

Marketing: Peace Poster is being digitalized by the 2025-26 Lions year so once your club account has been charged, the kit will be made available to you digitally.

Membership: Globally so far in 2023-24 year, 39% of all new clubs are specialty clubs.

Leadership: E-books will be revised to reflect system updates to new Lion Portal since the system "went live" in April.

Club/District Administration: Beginning in the 2025-26 year, a Global Extension Coordinator will be needed in every district.

LCIF: A new partnership with the World Food Program has been established to implement school-based feeding programs in third world countries. This is why it's so important to report your service on the new Lions Portal. The 2024-25 goal is to serve ONE BILLION people per year.

Now is your LAST CHANCE to make your club and/or personal donation to LCIF for this Lions year. Please help us reach our goal!!



District 9EC

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We received some April showers and snow here in 9EC. Our daffodils and bleeding hearts were not happy being covered with snow, but we sure did need the moisture. Just as the farmers are gearing up for spring field work, it is time for our Lions clubs to gear up for our end-of-year activities. Let's get those club officers elected and reported in the new Lion Portal. Even if your club selects the same officers, they need to be entered every year. Please reach out for help, if needed.

March was a busy month for Ann and me. We traveled to Marshalltown and enjoyed our time with the Lions in 9MC at their district convention. It is always fun attending other conventions to meet new Lions and share ideas and experiences. Congrats to MC for chartering the new South Tama Lions Club. I talked with two of their members and they are excited to be Lions and to start "Changing the World."

We made club visits to Park View, Fairfax, and Fruitland. It is fun seeing all the great projects clubs are doing in surrounding communities. There should be a lot of happy kids in our district as many clubs hosted their community annual Easter egg hunts. We enjoyed a night of fun and fellowship at the zone meeting in Bellevue. Region 2 Zones 2 and 3 held a combined zone meeting with over 70 Lions in attendance. Lion Dawn Thompson and Leader Dog Millie were the keynote speakers and shared some of their experiences and the work that goes into finding the right match. Thank you to the Bellevue Lions, Past District Governor Tony Hill, Lion Ralph Binnie, and the Bellevue Lions Club for hosting a first-class event. With the 50/50 raffle and silent auction, over \$900 was raised for Leader Dogs for the Blind.

District Convention Recap

We had an awesome district convention hosted by the Anamosa Lions. District Convention Chair Susan Good and her team of Anamosa Lions did a fantastic job hosting this event. We had 80 people in attendance, and everyone had an enjoyable day.

Jim Carver from the Alburnett Lions was awarded the District Lion Leader of the Year award and Paul Seyfert of the Delmar Lions Club was awarded Lion of the Year. Both Lions have had a huge impact on the success of their clubs.

International President's Certificates of Appreciation, the 4th highest award in Lions, were presented to Larry Frazee from the Park View Lions, Tony White with the Bettendorf Lions, and Susan Good from the Anamosa Lions. Congratulations to all the award winners; they live our motto

"We Serve".

Past International Director Bud Wahl and Lion Jama Wahl were our International guests for the weekend. They enjoyed their Friday afternoon visit to Camp Courageous. Camp CEO Charlie Becker gave us a PowerPoint presentation about the camp and then a personal tour. PID Bud and Jama were impressed by not only the facilities and appearance of the camp but also the camp's mission. They even enjoyed a ride on the camp's new Zip-Line (pictured below). Saturday they both did a wonderful job talking about membership and service. They shared how we need to continue to find new service projects that are valued in our communities, to invite new people to join us and how important it is to have mentors for our new members. They both were a joy to have with us and we look forward to seeing them at upcoming USA/ Canada Leadership Forums.



I would like to thank PID Ardie Klemish and PDG Ken Klemish for their help on convention weekend. They showed up early, chauffeured PID Bud and Jama to different events, answered any questions we had, never complained and are just GREAT cheerleaders to have on your side. They do this for all the district conventions in Iowa. They both are truly treasures for the Iowa Lions.

Be reading our district newsletter and emails for information on our local officers training that will be taking place in May and the Iowa Lions Leadership Summit to be held in Johnston on June 14-15. Both training opportunities are for all Lions to attend.

9EC Lions continue to invite people to join us in our mission to "CHANGE THE WORLD" and THANK YOU for your continued service to our communities and world. Have a great May!

NEW MEMBERS

Member	Club	Sponsor
Maribel Thumma	Tipton	Sarah Crock
Scott Thumma	Tipton	Sarah Crock
Dana Arp	West Branch	Robert Hoffman
Jeff Arp	West Branch	Robert Hoffman

SERVICE ACTIVITIES

ALBURNETT turned in a large box of eyeglasses for recycling; donated \$1,000 to the Iowa Lions Foundation and \$250 to LCIF.

ANDOVER hosted the community Easter egg hunt. They filled 1,200 eggs for the kids to find and the Easter Bunny was on hand for photo opportunities; did their spring Highway 67 cleanup (pictured right).



LOW MOOR held an Easter egg hunt where they served hot dogs, chips and soft drinks (pictured above); did KidSight screenings; club members were given a tour of the Remington seed corn facility.

LOWDEN hosted a community blood drive; held an Easter egg hunt; donated \$100 to HACAP in Cedar Rapids to help fight hunger.

BELLEVUE hosted a joint Zone meeting for Region 2 Zones 2 and 3. Guest speaker Dawn Thompson with Leader Dog presented to 70-plus members in attendance and over \$900 was raised for Leader Dog.

BLUE GRASS KidSight screenings for 55 kids at Noah's Ark Preschool; assembled 20 health and hygiene bags for persons in need; transported seniors to medical appointments; visited a club member in a care facility; helped the Durant American Legion with their fish fry.

MILES recycled eyeglasses and hearing aids; held a community-wide blood drive; donated hygiene products at the district convention for the Jones County Food Pantry; assisted two families who suffered house fires.

CENTER POINT donated two bikes to be raffled off at the Middle School Sock Hop; held their annual fish fry fundraiser; had the Center Point Heights Assisted Living residents help fill Easter Eggs for the community Easter Egg Hunt; had dinner with the residents at Center Point Heights.

MONTICELLO hosted a blood drive, collecting 59 units of blood; screened 152 kids for KidSight.

DAVENPORT BREAKFAST did KidSight screenings.

PARK VIEW recycled eyeglasses.

DEWITT NOON hosted a soup/chili challenge; delivered Meals on Wheels; are hosting their Travelogue events.

STANWOOD recycled 200 pairs of eyeglasses; sponsored a student for HOBY Leadership Conference; donated to the Jones County Food Pantry; donated funds to numerous entities at the district convention parade of checks.

ELDRIDGE delivered meals for Milestone; held its annual Monarch Memorial Tree fundraiser; hosted game night at Grand Haven; helped replenish diabetes supplies at the middle school; partnered with the North Scott High School Service Club to replenish feminine hygiene products.

TIPTON constructed a handicap accessible ramp for a family in need; donated \$1,000 to the Iowa Lions Foundation, \$250 to Care and Share and \$1,000 to LCIF.

LONG GROVE held a successful pancake breakfast.

WEST BRANCH built an ADA ramp for a person in need with the help of Ron Hill from the Tipton Lions; worked the concession stand at several Carver Hawkeye Arena athletic events; hosted a pancake supper; trimmed junk trees along a pedestrian walkway; hosted weekly pickleball drop in events; sponsored two teams for West Branch Football Trivia Night; helped with an Easter egg hunt.



EXEMPLARY LIONS. (LEFT PHOTO) District Governor Rick Baughman presents the District 9EC Lion of the Year award to Paul Seyfert from the Delmar Lions. (CENTER PHOTO) Jim Carver from the Alburnett Lions accepts the District 9EC Leader of the Year award from DG Rick Baughman. (RIGHT PHOTO) Anamosa Lion Susan Good receives an International Presidents Appreciation Certificate. Pictured (L-R) are Past International Director Norm Dean, PID Bud Wahl, DG Rick Baughman, Lion Susan Good and PID Ardie Klemish. The International President's Certificate of Appreciation is the 4th highest award from Lions International.

District 9SW

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CLUB SPOTLIGHT: Guthrie Center

The Guthrie Center Club has been very busy this month. They are actively helping so many individuals in their community. This club is a really eager bunch of Lions who are determined to support their community and continue to be a visual footprint, as well. Congratulations to this club for making the "Spotlight" this month and all the service they do.

Service reported this month for the Guthrie Center Club:

- Leos delivered Meals on Wheels
- Donated to Camp Hertko Hollow
- Donated to Iowa Lions Foundation
- Donated to Leader Dog
- Gave a donation to the manager at the can redemption center
- Donated to Lions Clubs International Foundation
- Can redemption collection
- Donated to the Royal Neighbors of America, Guthrie Center Chapter, for their help with the Guthrie County Fair Lions Grill food stand.
- Conducted a KidSight screening
- Donated to the local Leo Club
- Guthrie Center Chamber and Lions teamed up to award \$400 in Chamber Bucks to four of the best light displays in the city with \$200 from Lions, \$200 from Chamber, and \$100 to the photographer.
- Donated to district Care and Share
- Delivered for Meals on Wheels

In Memoriam

Member	Club	Years a Lion
Reba Reed	New Virginia	25 years
Phyllis L. Brown	Bayard	21 years

100 YEARS

Guthrie Center Lions Centennial Celebration

Date: June 10th, 2024

Location: Guthrie Center Fairgrounds

Time: 6 p.m.

Admission Fee: \$25.00

Contact Joe Hanner for tickets, 641-757-9070

New Lions Portal Access

In April, I sent out a letter to all the officers giving the information in regards to the LCI reporting website. On April 12, the old system was taken down. Transition began to migrate information from the old system to the new system, as well as the rolling out of access to the new system for everyone.

I hope everyone has had an opportunity to take a look at the training videos on YouTube (see the Portal article on Page 1 of this issue) and at least touched the new system a little bit. If you have any questions or need help with this, please do not hesitate to reach out to our IT Chairperson Juanita Reynard for help. Her email address is kahluafawn@yahoo.com.

Future Calendar Events

May 31-June 1	State Convention
June 6	New Virginia Club Visit
June 10	Guthrie Center Club Visit
June 17	Indianola Eve Club Visit

If you would like me to visit your club, please contact me at dawngoodsell5@gmail.com.

Acts of Service

ADAIR hosted the international director for 9MC District Convention.

ADEL held a KidSight screening.

AFTON held an Easter egg hunt; donated to the Afton Volunteer Fire Department and the Afton Community Center.

ATLANTIC recycled eyeglasses.

AUDUBON purchased 43 books from the school book fair and gave one to every first grader in school as well as to each classroom library; prepared and served a pancake supper to the residents at a local nursing home; donated to After Prom and to Firehouse Flames to purchase candy and eggs for the annual Audubon Easter egg hunt.

EXIRA donated blood; visited Hamburg Lions Club to promote a possible Leo Club; volunteered to help Hamburg Lions club with a music event; canvassed the CAM area to promote the formation of a new club in the area.

GLENWOOD donated to and volunteered at the food bank; conducted a KidSight screening.

INDIANOLA EVENING conducted a KidSight screening.

INDIANOLA NOON volunteered at music events in a number of area schools; held a KidSight screening; collected eyeglasses and hearing aids; provided desserts for a community meal at the Indianola United Methodist Church.

MISSOURI VALLEY held a town Easter egg hunt for kids.

NEOLA worked can redemption.

NORWALK conducted Bingo with Parks and recreation; hosted an Easter photo shoot; directed cemetery parking at the funeral of Officer Jason Spurr of the Norwalk Police Department.

NEW VIRGINIA served Easter Breakfast at the Shelter House.

VILLISCA sponsored a presentation for the recycling of eyeglasses; donated blood; helped the Feed the Pack program; transported an individual to medical appointments; held a community betterment fundraiser; donated to the food pantry; watered and cared for community trees planted last year.

WAUKEE conducted a KinderCare KidSight screening.

WINTERSET delivered Meals on Wheels; collected plastic bags for the "Bags to Benches" project; transported eye tissue; held a Beef Burger Drive-Up Dinner.

New Members

Member	Sponsor	Club
Rita Rohde	Leon Hodges	Atlantic
Connie Greer	Geralyn Greer	Harlan

District 9SW Club Statistics

Beginning balance: 1,159 members

Added: 110 New members

Dropped: 91 Members

Closing balance: 1,178 members

Net gain: 19 new members since July 1

We are sneaking up on your last 2 months of the fiscal year. Let's keep working hard on growing our membership numbers. Look for that special skill set that your club needs and search for the person to fill that position. It could be technology or it could be marketing or it could simply be that they are willing to help when needed. Extra hands and muscle are always needed and welcomed. Most important in the next couple of months, celebrate your successes. Pat yourselves on the back. You are all doing an awesome job.

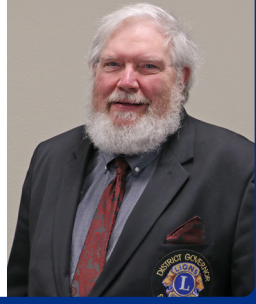
District 9SE

District Governor
Michael D. Renken

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godsworker2001@hotmail.com



9SE CLUB ACTIVITIES

BIRMINGHAM held a Salsbury Steak Supper; hosted a blood drive.

DANVILLE donated \$100 to LCIF in honor of District Governor Mike Renken when he came to visit the club to induct a new member to the club and four new Leo members.

FREMONT collected 57 pairs of eyeglasses to recycle from donations at the community building and the bank building where collection receptacles had been placed six months ago.

FORT MADISON donated \$200 to the local FFA Chapter.

GRANDVIEW-LETTS donated \$200 to Louisa-Muscatine After Prom Party, \$150 to Iowa Lions Youth Exchange Camp, \$200 to Leader Dog and \$200 to Stead Family Children's Hospital in Iowa City.

IOWA CITY conducted several KidSight screenings involving 76 children; partnered with the Free Medical Clinic to help seven people get eyeglasses; raised \$230 from having a dine out at Hudson's Restaurant and them donating 15% of the cash receipts.

OSKALOOSA packed weekend food bundles for 138 elementary and middle school children with food insecurities; picked up trash in and around the Daily Community Garden.

SIGOURNEY donated \$175 to LCIF; held KidSight screening for preschoolers in the local school district.

VICTOR put together an Easter egg hunt (pictured below) with 70 children and their parents attending. Children had fun hunting candy filled eggs and also received toothbrush, toothpaste, a kite, bubbles, and a gift certificate to Texas Steak House.

District convention is over and the election results are in. We had a great time with those that attended and are looking forward now to state convention, which will be May 31 and June 1.

We did not have anyone come forward for district governor or vice district governor, so we will be having a special cabinet meeting to appoint a District Governor. I am looking at the calendar now and will hopefully have a name for a district governor before the state convention.

Time flies when you have fun in Lions. There has been so much going on this year: new members coming in, members we said goodbye to either through them stepping away or dying. Have we replaced those we lost? Think about who you would ask to join.

I just had good news. The new Portal is up. Everyone should have their log in, hopefully, in the next few weeks. The new Portal is supposed to be easier to navigate and report information. Members will be able to keep their own information updated. This will help the work of the club secretary.

Enjoy the pictures of the activities and awards given at district convention. If you missed convention, maybe you should consider being part of convention next year.

As I leave the district governor position at the end of June, I wish everyone the best in Lions and may you continue to serve in your communities. When the call comes from Lions that there is a need, step up and answer the call.

I will be in the background as someone for resources for you. All you have to do is contact me either by phone or email.

WELCOME NEW MEMBERS

Club	Member	Sponsor
Birmingham	River Griffin	Dixie Pencil
Iowa City	Chelle Lehman	Mike Murray
Keosauqua	Richard W. Chellos	Virgil Morris
Keosauqua	Rhonda M. Fellows	Virgil Morris
Keosauqua	Jim T. Nusbaum II	Darin Mahon
Keosauqua	Natalie L Parsons	Virgil Morris





CHUCK-A-DUCK FOR CHILDREN'S CANCER. 9SE Convention attendees chuck their ducks at a target for a chance to win prizes. Money raised from "renting" the ducks went to the Tori's Angels Foundation this year.



CANINE COMPANION. Lion Teresa Hart of Kentucky and labrador puppy Fletch show off some of the commands Fletch is learning in training with Lions Project for Canine Companions as District Governor Mike Renken looks on. Lion Teresa explained how LPCC raises dogs for people with disabilities, including veterans with PTSD. See more 9SE Convention photos on Page 27 in the digital only section.



TRADITIONAL GIFT. International Director Hans Neidhardt of Potwin, Kansas, accepts the traditional gift for IDs first visits to Iowa, an embroidered jacket. The district also gave a donation to LCIF in his honor.

District 9MC
District Governor
David T. Coates
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West Des Moines, Iowa 50266
612-275-3596
dtcoates2@gmail.com




GIFT EXCHANGE. District Governor David Coates (left) presents International Director John Lawrence with the traditional embroidered Iowa jacket during the 9MC Convention. ID Lawrence presented DG Coates with an engraved ornament.



PRESIDENTIAL RECOGNITION. (ABOVE PHOTO) International Director John Lawrence (far left) from Maryland honors Charity Coates (center) with a Presidential Certificate of Appreciation, the 4th highest award in Lions, as District Governor David Coates (far right) looks on. **(BELOW PHOTO)** Past Council Chair Judy Stone (center) also receives a Presidential Certificate of Appreciation from ID Lawrence and DG Coates during the District 9MC Convention in March.



WELCOME NEW MEMBERS		
Member	Club	Sponsor
Jenny Crawford	Altoona	Bill Pollard
Paul Green	Altoona	Tracey Casey
Chelsey Sadler	Altoona	Bill Pollard
John Frank	Ankeny	Dennis Kern
Larry Frohwein	Ankeny	Merrill Whitehill
James Jensen	Ankeny	Donald Zuck
Allen Lambert	Bondurant	Jeff Pettiecord
John Granchie	Gladbrook	Jeanne Paustian
Pamela Thomas	Gladbrook	Jeanne Paustian
Bob Colin	Johnston	Michael Beaman
Stephanie Erickson	Marshalltown Noon	Judith Stone
Samantha Bender	South Tama	Charter Member
Heather Betz	South Tama	Charter Member
Brenon Chyma	South Tama	Charter Member
Emily Chyma	South Tama	Charter Member
Lisa Couch	South Tama	Charter Member
Elisa Davenport-Ordaz	South Tama	Charter Member
Baron Davis	South Tama	Charter Member
Viki Ebersole	South Tama	Charter Member
Allison Graham	South Tama	Charter Member
Darvin Graham	South Tama	Charter Member
Stephan Hiracheta	South Tama	Charter Member
Trevor Killian	South Tama	Charter Member
Elaina Martinez	South Tama	Charter Member
Kali Messlerli	South Tama	Charter Member
Danny Robinson	South Tama	Charter Member
Sierran Robinson	South Tama	Charter Member
James Sanchez	South Tama	Charter Member
Arron Strellner	South Tama	Charter Member
Micaella Suchanek	South Tama	Charter Member
Sherri Vesely	South Tama	Charter Member

WE SERVE

AMES donated \$500 to KidSight; collected 500 pairs of eyeglasses; held the Ames Lions Club annual Central Iowa Toy Show.

BEAMAN donated \$50 to Beaman Community Easter Egg Hunt; KidSight screened 14 children at the BCLUW Kindergarten Roundup and nine children at a daycare center in Conrad.

BONDURANT donated \$100 to the Iowa Lions Foundation; transported cornea tissue for the Iowa Lions Eye Bank.



DYSART held a fish fry and served over 200 people with the proceeds going toward five scholarships for Union High seniors; sponsored a blood drive (pictured above) with 28 donors.

GARWIN held two fish fries in March and served over 100 people at each one.

MARSHALLTOWN EVENING popped popcorn at Hy-Vee every Saturday; made a donation to the Iowa Lions Hearing Aid Bank; purchased a \$3,200 Handicap Swing to be located in one of the Marshalltown city parks; donated \$1,000 to Meals of the Heartland; collected used eyeglasses; maintained the Lions mint locations.

MARSHALLTOWN NOON completed the eyeglass project move to Anamosa prison and the project is now up and running; repaired/updated club banners by sewing new patches and renewing loose patches.

MITCHELLVILLE purchased bicycles for prizes at the Mitchellville Community Easter Egg Hunt; transported cornea tissue for the Iowa Lions Eye Bank.

REINBECK held a Bingo fundraiser for Tom McLean Park; held a Bingo fundraiser for the Reinbeck Library; assisted a local daycare center in their annual fundraiser by serving and making pancakes.

URBANDALE donated \$1,000 each to LCIF and Iowa Lions Foundation; transported cornea tissue for the Iowa Lions Eye Bank.



APRIL FOOLS. Ames Campus Club members hosted a Pie in the Face April Fools event to raise money for the Ames Animal Shelter.

In Memoriam

John Beals – Nevada

Marvin Bigbee – Ankeny

Joann Fry – Mitchellville

Margaret Gowin – Altoona

Lowell Smith – Ankeny



GOLDEN FISH. Dysart Lions serve up food at a fish fry. Pictured (L-R) are Lions Grag Lyons, Neil Mullen and Sharry Lyons with customer Tom Brant.

District 9NW

District Governor

Pat Essing

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Good vibrations!

We came home, Mark and I, only a few days ago from our district convention in Jefferson. Everything worked out great. The speakers were fantastic! We had a top notch international director visiting. The food was good and everyone was happy. I have received so many positive comments about the convention from so many people. Good vibrations! The only things that did not quite work out were the live streaming (our specialist could not make it) and the final Lions' ROAR (we were all tired by then). There is always next year!

As always, a good convention is a mixture of fun and entertainment and of serious business, as well. Our Friday night Hawaiian evening with card bingo and desserts had the best Friday night attendance in memory. The convention day itself got a flying start from that. Serious business? Yes, we elected Mike Mulrone to be our district governor in 2024-2025, so he can now put the acronym DGE in front of his name. Not up on Lions acronyms? It means district governor elect. In early July, he will be district governor and his magic year will start for real.



PRESIDENTIAL RECOGNITION. District KidSight Chair Steve Rehmann (center) receives an International President's Certificate of Appreciation from International Director Joanne Ogden (left) and District Governor Pat Essing.

We were also lucky in getting International Director Joanne Ogden from Ontario as our guest of honor. She not only is a great speaker but also an energetic networker and inspiration for young Lions everywhere. She told us she is gone almost every weekend to Lions meetings or conventions and working a full-time job in addition to that. A remarkable Lion!

I can't help thinking that many of our convention presenters would make wonderful programs for your home club. Need a good Lions program? Call me, and I will help set something up for you. Maybe our 9NW Leader Dog Ambassador Dawn Rudolph-Thompson? She and her Leader Dog Millie gave a great presentation that your club members would also appreciate. Or maybe a program on Lions Clubs International Foundation by Bernadette Lane? She is not from our district but maybe she would come if it's not too far to drive. She gives a very professional presentation! Here in our own district Julie Ford or PDG Mark Essing would be pleased to come to your club to talk about our Iowa Lions Foundation and the programs we support such as Iowa KidSight. Talking about Iowa KidSight, our District Chair Steve Rehmann from Fort Dodge is a firebrand who has done a fantastic job. So many opportunities! Give us a call!

Earlier this past month we were invited to the famous Quad Club meet with the clubs from Boone, Madrid, Ogden and Woodward. We actually have two Quad Club meets in 9NW. We went to the other one last month. It's a great get-together where Lions can exchange ideas and experiences for the benefit of all. This year, the good Lions in Boone were the host club for this event. They had put on a nice program with Leader Dog Chair Dawn Thompson, followed by representatives from the ambulance service and the Ledges State Park. Good food, also!

We had a very nice and memorable visit with the Madrid Lions and were honored to be the presenters of several awards. See the pictures on Page 29! Madrid has been such a solid and strong club in the southeastern part of our district for so long. Good people!

We worked so hard this month, but it was worth it. Lionism is alive and well!

We Welcome Our New Members

Club	Member	Sponsor
Lehigh	Rodney Neil Long	Ray Bass
Orange City	Arlin Brenneman	Ray Rank
Orange City	Dave Wassenaar	Jan Grosskreutz
Woodward	Matthew R. Goodrich	Sandra Dickson
Woodward	Katrina L. Lehman	Sandra Dickson

Club Activities

AKRON had a workday to straighten out the Paper Recycling Barn; donated to Project Prom for the high school students.

BADGER sponsored an Easter Egg Hunt in the park.

BOONE hosted the Quad-Club meet with Lions from Boone, Ogden, Madrid and Woodward. DG Pat Essing and PDG Mark Essing were the guests of honor. A great program was put on with Leader Dog Chair Dawn Thompson, the Boone County Ambulance Service and representatives from the Ledges State Park 100-year celebration.

CHURDAN delivered Meals on Wheels; donated \$200 each to Iowa Lions Foundation and LCIF, \$75 to Iowa Lions Youth Exchange Camp, \$50 to the American Diabetes Association, \$100 to Leader Dog and \$500 to Iowa KidSight.

CARROLL donated \$150 to the Leader Dog; eye screened 43 kids at the Fairview Preschool in Carroll.

DAYTON had a drive-through only Roast Beef Dinner.

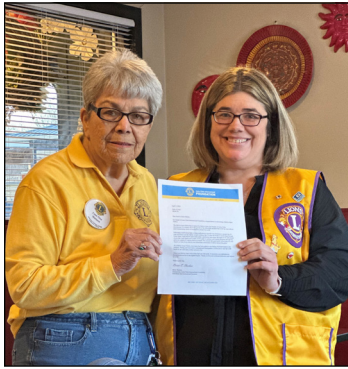
FORT DODGE NOON delivered Meals on Wheels; joined with Humboldt County to make healthy meals to send overseas.

HARTLEY had a Valentine Party; donated \$500 to Leader Dog.

LEHIGH held an all-you-can-eat pancake breakfast.

MANSON sold more than 250 pies during its Easter pie fundraiser.

WEST BEND served 274 to-go meals in two hours during its big Roast Beef Dinner making \$1,600 that will be used for scholarships and donations.



CLUB AWARDS. Akron Lions Club recently presented awards. (Top left) Club President Julie Ford (left) presents the Lion of the Year Award to Lion Connie Blake. (Top right) Lion Dee Watson awards a Warren Coleman to Lion Tom Schroeder. (Left photo) Dee Watson presents Julie Ford (right) with a Melvin Jones Fellowship.



HAWAIIAN YA DOIN? Akron Lions Club President Julie Ford (left) and International Director Joanne Ogden are all smiles at the Hawaiian-themed Friday mixer during the 9NW District Convention at the Wild Rose Casino in Jefferson.



BIG RED DEAL. District Governor Elect Mike Mulroney demonstrates how his hair color might look if the district can meet an LCIF challenge by state convention.



THE SHUFFLE. Lion Kay Sandberg deals cards for Card Bingo during the 9NW District Convention at the Wild Rose Casino in Jefferson.



LEADERSHIP MEDAL. Past District Governor Stefan Sandberg (middle) accepts a Lions International Leadership Medal, the third highest award in Lions, from International Director Joanne Ogden (left) and PID Ardie Klemish.

District 9NE

District Governor
Bruce Piehl

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Pivoting on a Dime...Lions Adapting Through History

One of the advantages of the Lions clubs internationally is that we can pivot on a dime. What do I mean by that? No matter the humanitarian disaster, Lions can deploy assistance rapidly anywhere in the world. This is in large part because Lions International has clubs all over the globe. There are nearly 1.4 million Lions in over 46,000 Lions Clubs in over 200 countries. This allows the mobilization of help anywhere in the world.

We all know that Chicago businessman Melvin Jones was the founding father of Lions Club in 1917. In that era, social problems as a result of World War I needed to be addressed. Jones urged business clubs to commit to focusing their energies on improving their communities.

Among the early projects for many Lions clubs was supporting the war effort, as America had just entered World War I. Lions collected reading material for soldiers and sold war bonds.

During World War II, the Easton, Massachusetts club of 52 members saw about six young members join the armed services. The club wanted to make sure that they did their part on the homefront for these men and others. The Easton Lions raised \$1,000 to send 300 care packages to Easton soldiers.

The Easton Lions Club had speakers who shared relevant information. For example, one speaker talked about synthetic rubber. Another speaker presented details of the rationing system. A physician and charter member of the club gave a talk about the mental disturbances of soldiers returning from the front line. Today, we call this PTSD.

When gas rationing was started in 1943, Lions were concerned that they would not be able to drive to their meetings. Interestingly, Easton's local rationing board recognized that the Lions club was vital to

the war effort and allowed members to drive to the meetings. Car-pooling to meetings was the mode of the day.

During World War II and the Korean Conflict, Lions clubs focused on creative ways in which they could serve our men and women in service. Cedar Falls Lion Rich Congdon recalls his father, who was a Lion, had metal, paper, and blood drives. Treats were sent to troops.

Canadian Lions provided invaluable support for children orphaned during the war. This caught the attention of Her Majesty Queen Elizabeth (the Queen Mother), who sent a royal representative to Canada to thank them for their service. Subsequently, the first British Lions club was founded in London in 1950.

Over the decades, Lions have worked to get children in poor areas of the world vaccinated for measles and rubella (German measles). Measles is highly contagious and is one of the leading causes of death and disability in children. If a pregnant mother contracts rubella, her baby could be stillborn or develop serious problems including heart disease, deafness, blindness, and birth defects. In some African countries, Lions have gone door to door to emphasize the importance of vaccination.

Closer to home and earning the title of the costliest thunderstorm in U.S. history, was the derecho in August of 2020. Twenty-six weak tornadoes were spawned, as well as straight-line winds up to 140 mph, destroying buildings and flattening crops and trees. Many Iowans were without power and water for two weeks. The morning after the derecho, LCIF provided money to buy food, water, grocery store vouchers, cleaning supplies, and gift cards for those affected. Lions around Iowa cooked and served free meals and helped with the cleanup efforts.

Our history has a plethora of stories to share about how Lions around the globe have helped out in humanitarian crises. Let us continue to serve in crises big and small. Let's be ready to pivot on a dime. And thankfully, we have Leos to be our wingmen and women!

*We are sorry for the loss
of this dedicated Lion*

Club	Member	Years a Lion
Waverly	Glenn Meier	23 years

Strengthening the Pride

BELLE PLAINE braved the cold to help with parking for the STEM Festival at the high school; donated \$125 to the community center and \$500 to the city's summer Parks & Recreation program for youth softball and baseball.

CEDAR FALLS labeled 1,992 cans of diced potatoes and packed them into 83 boxes at the Northeast Iowa Food Bank; raised \$2,000 from a pancake breakfast.



DENVER held an Easter event (pictured above) complete with decorated eggs, a meal, and photos with the Easter Bunny. Participants were asked to bring non-perishable food for the Northeast Iowa Food Bank.

GARRISON held its annual Homemade Beef and Noodles Dinner (pictured below), raising \$2,500 with proceeds going to senior scholarships, the Garrison Pork Project, and the fire department and library.



HAWKEYE held a garage sale.

HUDSON repaired a truck donated to AFIL for Veterans and painted the bathrooms in the veteran's community center.

LAWLER, NEWHALL, and **VAN HORNE** held Easter egg hunts for their communities.

WAVERLY donated \$21,000 for gazebos for the Bremer County Fairgrounds.

We Welcome New Members

Club	Member	Sponsor
Cedar Falls	Gavin Dostal	Dale Schrad
Cedar Falls	Ganno Oberhauser	Richard Congdon
La Porte City	Todd Butler	Jonathan Barz
Lawler	Lois Pikar	
Waukon	Jackie Cooper	Kim Gates



HOPPY EASTER. Lawler Lions (above) and Newhall Lions (below) hosted the Easter bunny at Easter egg hunts in their communities.



District 9NC

District Governor

Tasha Finch

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Clubs Collaborate to Serve Community

Clear Lake has two Lions Clubs, both have made positive impacts on their community and beyond for many decades. Their missions are essentially the same. But it wasn't until about three years ago that the clubs began serious collaboration that has produced even more fruitful results.

Gary Harris, president of the Clear Lake Noon Lions Club, likes what he's seen lately. "We can do more together for the benefit of Clear Lake," he said. "The interaction and cooperation are setting an awesome example that other service groups can learn from."

The recent growth in collaboration took root when Noon Lions Club members helped sell tickets for the Evening Lions' annual fundraiser, the hamburger and sweet corn feed. From there, the Evening Lions have helped with various tasks at the annual Noon Lions Chicken Barbecue fundraiser. Both clubs raise tens of thousands of dollars for programs that assist those in need and help improve the community.

The collaboration expanded with the clubs forging an Iowa KidSight team. The trained volunteers screen young children for possible vision problems that are referred to professionals. When a new screening camera was needed, both clubs donated and helped raise additional money to cover all the \$10,000 cost.

According to the Clear Lake Evening Lions' Lisa Prochaska, past district governor and District 9NC KidSight chairperson, the combined Lions team has screened 350 children in Clear Lake and four other North Iowa towns – Garner, Ventura, Northwood and Manly – since last September.

Tyler Weigel, past president of the Noon Lions, was also instrumental in getting the clubs to work together. "KidSight is an ongoing goal and is really going well with both clubs involved," said Mike Ravera, Evening Lions past president and immediate past district governor. "It's a super project that has brought the clubs

closer together."

More recently, each club donated \$850 to purchase a new track and cross-country records board for Clear Lake's Lions Field, where the local school teams compete in various sports.

Speaking of Lions Field, the land where the school's athletic facilities now stand was purchased and donated to the district by the original Clear Lake Lions Club, the oldest club in Iowa. It was organized in 1921, while the Evening Lions was chartered in 1975. The original club is referred to as the Noon Lions to distinguish between the two clubs and the time of day when they hold their meetings.

Although the clubs are still distinct, they both focus on the five pillars of Lionism, as defined by Lions International, the world's largest service club organization. Those pillars are Vision, Hunger, Diabetes, Childhood Cancer, and the Environment .

One recent example toward protecting the environment: A 2023 plastic collection drive in cooperation with the local elementary school netted nearly 100,000 bags that were recycled into two outdoor benches. One was donated to Clear Creek Elementary, the other to the new Everyone Plays inclusive playground. The Lions partnered with the Trex company on that project.

Both clubs donate to Leader Dog, a program that provides trained canines to help people with severe vision problems retain mobility in their lives.

Other cooperative service examples:

- Both clubs provided volunteers to help build that Everybody Plays facility.
- Both clubs participated in the roadside cleanup for Earth Day.
- The Evening Lions also held their first diabetes screening and information event last November, and the Noon Lions plan to get involved with helping it become an annual offering, according to Harris.

Plans are already evolving for another joint project, a community blood drive, hopefully before the end of this year. The goal is to create a recurring event.

Tom Sherman, a longtime Evening Lions member and the current club president, notes that both clubs "have a lot of great members." Combined, the two clubs have about 130 members, many of them joining within the past couple of years. Sherman sees the increased collaboration as spurring growth for both groups and bringing more positive benefits to the community.

Collaboration. So far, so good.

Nature or Nurture

*By PDG Bill Shutters
MD9 Diabetes Chair*

We are seeing an increase in the proportion of the population with diabetes mellitus, especially in this century. The question often asked “Is it Nature or Nurture?” The answer is YES, meaning at least one of the factors is involved.

Considering the role of nature, let’s look at a more obvious condition, blue eyes. Twenty-seven percent of the U.S. population has blue eyes and 8-10% of the world population does. Forty-five percent of the U.S. population has the dominant brown eyes with 27% green or hazel. All blue-eyed people share a common ancestor. This one person, who lived 8-10,000 years ago, had a mutation on the HERC2 gene which turns off the OCA2 gene. The OCA2 gene determines the level of brown pigment in the eye, thus giving brown or green or hazel eyes. Every blue-eyed person has this same mutation.

This mutation spread as homo sapiens migrated from Africa to Europe and is the reason mainly people of European decent have blue eyes. They all have the same switch at exactly the same spot on their DNA. That’s a rate of growth of .3 of 1% per generation. To put that in another perspective, it would take over 4,500 years to double your money invested at that rate.

Both Type I and Type II diabetes mellitus have genetic or familial factors as shown by many studies. People with Type I insulin-dependent diabetes have a susceptibility gene on Chromosome 6. The genetic architecture of Type II, with respect to which genes are involved and how they are involved, is presently under a great deal of investigation. Prior research has demonstrated that over 15 different genes are involved.

In terms of familial or inheritability of Type II diabetes, the following estimates have been observed: the lifetime risk for developing Type II is 40% for those with one parent with Type II, 70% if both parents have Type II. That increases to 3 times more likely to develop Type II if they have a first-generation relative with Type II as compared to an individual without a positive family history.

With twin studies, the concordance is 70% for identical twins and only 20%-30% for fraternal twins. Keep in mind that a large part of the inheritability factor is related to obesity and obesity is a large factor in the risk for Type II diabetes.

The risk factors for Type II diabetes are age, gender, ethnic group, family, diet, physical activity, weight, sleep and lifestyle. The first four fall under nature, over which we have little control. The last five are nurture and we have

some control over these factors.

Type I diabetes has historically been referred to as juvenile diabetes with Type II called adult-onset diabetes. Now physicians are encountering children with Type II diabetes. Poor diet, lack of activity, too much screen time, and weight are the culprits. But this mirrors our population.

The consumption of highly-processed foods, living a sedentary lifestyle and the number of larger people has increased over the past several generations. Look at what is on the shelves in the grocery store or advertised on TV. It’s highly-processed foods containing large amounts of sugar and fats ready to pop in the microwave because time is of the essence. To compliment this, there are fast food drive-ins at main intersections for when we have less time. Many people with good intentions join a gym but never have time to go and end up canceling their memberships.

Seating manufacturers for airlines, theaters, and wheelchair manufacturers face a challenge. The users need larger seats while the providers request a smaller one in the name of profit. In clothing, medium is the new small. T-shirts for promotional advertising run out of L or XL first.

The routine lack of sleep over a period of time can increase the risk for diabetes. Today there is an increase of patients receiving the diagnosis and treatment for sleep apnea. Research has shown that children from abusive or dysfunctional homes are also at higher risk for developing diabetes later.

Two things which affect the numbers, one which is nurture and the other is nature, are diagnosis and the miracle of compound interest (exponential growth). As more people become aware of diabetes through the media and more physicians test patients at physicals, more people will be diagnosed. One-fourth of the people in the U.S. with Type II diabetes are undiagnosed. The second, if a mutation occurs in a population and it has a positive rate of increase per generation, then it is possible for the percentage of the population with this mutation to increase over the years by natural selection. This is the case with blue eyes and the susceptibility for Type II diabetes.

We can do our part in decreasing the rise in the number if people with Type II diabetes.

1. Live a healthy lifestyle.
2. Eat a balanced diet.
3. Keep moving.
4. Monitor your weight.
5. Get plenty of sleep.
6. Team with your health care provider.

2024 Iowa Lions State Convention – May 31-June 1, 2024

Diamond Event Center, 5307 Caraway Ln, Cedar Falls, Iowa

REGISTRATION FORM

ROOM RESERVATIONS are your own responsibility. Mention **Iowa Lions** for discounts at the following Cedar Falls hotels (all include free breakfast): **Hampton Inn Downtown Cedar Falls**, \$139 +tax, 101 W 1st St. • **Comfort Suites**, \$114 +tax, 7402 Nordic Drive • **Super 8**, \$85 +tax, 7515 Nordic Drive. Go to www.cedarfallstourism.org/iowalions to make reservations at the aforementioned hotels. The group rate expires April 30, 2024.

FILL FORM OUT COMPLETELY – PLEASE PRINT LEGIBLY

NAME 1 _____ LION LEO GUEST
 CURRENT OFFICE HELD _____ FIRST TIMER? YES NO
 CLUB _____ DISTRICT _____
 ADDRESS _____
 TELEPHONE _____ EMAIL _____

NAME 2 _____ LION LEO GUEST
 CURRENT OFFICE HELD _____ FIRST TIMER? YES NO
 CLUB _____ DISTRICT _____
 ADDRESS _____
 TELEPHONE _____ EMAIL _____

Please mark if you would like to participate in the following activities being planned by the Cedar Falls Lions Club on Friday, May 31. Some activities may be at your own expense and/or may require a minimum number of people to participate.

Pickle Ball Tournament Corn Hole Baseball Tournament Historic Downtown Scavenger Hunt Wine Tasting

DEADLINE: Registrations should be **postmarked by Friday, May 17, 2024**. Registrations postmarked AFTER that date will incur a \$10 late registration fee. No meals can be guaranteed for registrations received after May 22, 2024.

Select a Package:	Number	Cost
Full Package (includes Saturday lunch, registration & banquet)	\$85.00 per person x _____ = _____	
Lunch Package (includes Saturday lunch & registration)	\$40.00 per person x _____ = _____	
Registration Only (no meals)	\$25.00 per person x _____ = _____	
Banquet Package (includes Saturday banquet & registration)	\$50.00 per person x _____ = _____	
First Timer's Full Package (includes Sat. lunch & banquet)	\$70.00 per person x _____ = _____	
First Timer's Lunch Package (includes Saturday lunch)	\$25.00 per person x _____ = _____	
ADD Late Fee (if postmarked after May 17, 2024)	\$10.00 per person x _____ = _____	
Friday Night Dinner provided by CF Lions Club	\$16.00 per person x _____ = _____	
	TOTAL AMOUNT DUE	_____

Special Dietary Needs: _____

I need a vendor table for: _____ (All vendors must be registered to get a table)

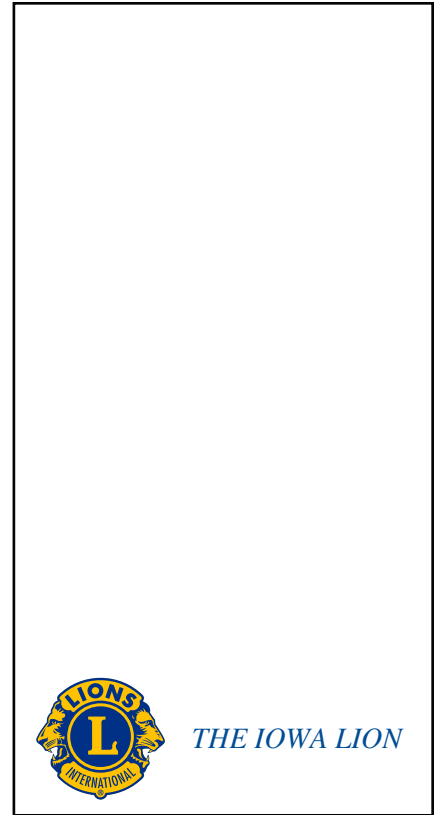
Please make checks payable to: **Lions Clubs of Iowa MD9 Convention**

And mail to: **Treasurer Lisa Prochaska, PO Box 527, Clear Lake, IA 50428**

Phone: (641) 373-1942 or (563) 920-0857 E-Mail: MD9-conventions@iowalions.org

Register online at iowalions.org/event/2024-md9-state-convention. There is a \$5 convenience fee for online registration.

ABSOLUTELY NO REFUNDS FOR CANCELLATIONS AFTER MAY 22, 2024.



FEAST. A couple of patrons crack into fresh-boiled lobster at the Norwalk Lions Club’s annual Shrimp, Steak and Lobster Dinner.

Norwalk Lions Serve Up Fun and Food Every Year

*By PDG Debbie Doty
Editor, The Iowa Lion*

Each February, the aroma of steak sizzling and seafood boiling can be smelled in the vicinity of St. John the Apostle Catholic Church in Norwalk. It is the entrees cooking for Norwalk Lions Club’s annual Shrimp, Steak and Lobster Dinner. It is the Norwalk Lions Club’s largest fundraiser.

Tickets for the event go on sale right around Christmas and usually sell out before the event in February. Ticket holders are treated to their choice of grilled steak, fresh Gulf shrimp or fresh Maine lobster. The seafood is flown in live from the respective coasts. Many regular attendees buy their tickets as soon as they go on sale to avoid missing out.

The entrees of grilled steak, whole lobster and boiled shrimp are accompanied by sides like baked potatoes and coleslaw, as well as ice cream for dessert.

Many attendees bring their own appetizers and beverages to share at the tables. Many bring their own seafood utensils like claw crackers and seafood picks. Lobster bibs are provided by the club, as are cocktail

sauce and melted butter.

To add to the fun, there is lots of tail twisting – 50-50 drawing, raffle prizes and a silent auction. A dance follows dinner and camaraderie fills the air. Strangers seated at a table soon become friends.

It’s a huge undertaking by the club, but one that they’ve become known for year after year. If you are interested in attending next February, watch the Norwalk Lions Club’s Facebook page or ask to get on their

email list to be notified when tickets go one sale. Then it’s just a matter of deciding ahead of time whether you will order shrimp, steak or lobster. Either way, you won’t go away hungry.



HEATING UP. Norwalk Lions bring water to boil for lobster and shrimp.

ADDITIONAL DIGITAL COVERAGE



YEARS OF SERVICE. Fruitland Community Lions recently received Member Chevron Awards from 9EC District Governor Rick Baughman. Pictured (L-R) Pat and Tom Buser, DG Rick, Wayne Shultz and Kim Thompson.



PRESIDENTIAL AWARDS. 9EC District Governor Rick Baughman presents International President's Certificates of Appreciation, the 4th highest award by Lions International, to (left photo) Larry Frazee from the Park View Lions Club and (right photo) Tony White from the Bettendorf Lions Club.

District 9EC Convention



DINNER BELL. (Above and below) Anamosa Lions serve lunch to 9EC Convention attendees.



BIG WELCOME. Camp Courageous rolled out a big welcome for visiting Past International Directors to the 9EC Convention. Pictured next to the camp welcome sign (L-R) are Past District Governor Ken Klemish, PID Ardie Klemish, Lion Jama Wahl, PID Bud Wahl and 9EC District Governor Rick Baughman.



BEAT CANCER FUNDRAISER. Past District Governor Paul Fugate explains the auction fundraiser for Beat Cancer Today, a pediatric cancer charity. The Jerseys were signed by the Cedar Rapids Kernels during District 9EC's Beat Cancer Night.



LCIF DONATION. 9EC District Governor Rick Baughman, right, presents a \$200 donation to LCIF in Past International Director Bud Wahl's honor in thanks of the PID being the International guest at the 9EC Convention.

District 9SE Convention



PURE GIFT. District Governor Mike Renken presents District Governor Elect Shari Neidhardt with 100% cotton yarn collected for Awesome Breast Forms, a charity that donates crocheted and knitted breast forms for women who have had breast cancer. DGE Shari is a volunteer for the organization and gave a presentation during the convention on how the program works.



HOMEMADE BREAKFAST. West Chester Lions serve up a wonderful breakfast of homemade cinnamon rolls, fruit and yogurt on Saturday morning.



PRESIDENTIAL HONORS. (Above) 9SE Iowa Lions Trustee David Heitmann (center) accepts an International President's Certificate of Appreciation, the 4th highest award given by Lions International, from District Governor Mike Renken (left) and International Director Hans Neidhardt (right). The award was presented to Lion David because of his excellent fundraising efforts for the Iowa Lions Foundation during his two-year term as trustee. (Below) Convention Chair and West Chester Lion Vicki Erwin (left) accepts an International President's Certificate of Appreciation, presented to her for leading the West Chester Lions Club in hosting an excellent district convention. President's Certificates of Appreciation were also given to PDG Debbie Doty for her efforts mentoring Lions leaders in the district and to Immediate Past Council Chair Nancy Oehler Love for all she does for Lions as the Iowa Lions state secretary.



ADDITIONAL DIGITAL COVERAGE

District 9NW Convention



ALL DRESSED UP. Badger Lion Jeremy Thompson and Leader Dog Millie model their Hawaiian shirts during the Friday night mixer at the 9NW District Convention.



KEYNOTE ADDRESS. International Director Joanne Ogden from Ontario, Canada, gives the keynote address. She talked about how she became a Lion after vision screening a school child who was labeled troubled. Once the boy was fitted with glasses, his disruptive behavior ended and he became a model student.



BINGO CALLER. PDG Cliff Weldon calls Bingo during the Card Bingo game at the 9NW Convention Friday night social.



WALKING IN ANOTHER'S SHOES. District Governor Elect Mike Mulrone practices walking with a white cane while blindfolded during a demonstration.

ADDITIONAL DIGITAL COVERAGE



APPRECIATION. 9NW District Governor Pat Essing, far right, presents awards on her visit to the Madrid Lions Club. Pictured (L-R) are April Smith, Secretary Bryce Duling, Deb Kruse, Don Dovre, Travis Risvold, President Kurt Kruse and DG Pat Essing.



EASTER BUNNY VISIT. 9NW Leader Dog Chair Dawn Thompson (left) and Leader Dog Millie help the Easter Bunny pass out candy during the Badger Lions Club's Easter egg hunt.



YEARS OF SERVICE. 9NW District Governor Pat Essing, far right, presents a Melvin Jones Fellowship Award to Madrid Lion Ray Ortman, center, as Madrid Lions President Kurt Kruse looks on.