

"Beyond the Horizon"



Lions Roar

The official newsletter of Lions of Virginia District 24-I

Vol. 3, No. 4

December 2020

*Connecting the clubs, communities & needs
for the Lions of Central and Southeastern Virginia. We Serve!*

The End of 2020 and Half a Lion Year

This Lion Year has been difficult for all of us. However we have persevered and begun to find new ways to achieve new and wonderful successes. Why? Because as Lions we have been inspired to continue to help our communities. Now at this time of getting together as families, let's reflect on the past year. Yes it has been difficult and it has changed how we did business this year and how everything around us has changed and yet we have found ways to continue to act as lions and help our communities. Please fellow lions do not be discouraged but think again how we can change and adapt to what is happening in our lives and our communities. You have shown great resiliency and wonderful ingenuity. Think how we can continue to follow this path and how we can continue to blaze new trails. There are still many things we can do to help our communities. The District Governor has been thinking of new ideas and new projects as well. Some of them seem daunting now but with time thought help from many lions and other resources those daunting projects and ideas become viable and successful.

And with all reflection remember, one of the things we need to do is look back over what we have done and think how we could make it better. We can look at what other Lions have done and then see if we cannot use their ideas with our club and create an additional new service or fund raising program to our community. Remember copying someone else's idea is a true compliment. Perhaps after you improve their idea they may steal back your changes to improve theirs.

Lions take some time yourself and pause recharge, celebrate the holidays with your families. Celebrate your family, your faith and your club, then look forward of the new year and its glory and promise.

Hey gang, Clarence here. How has things been going? Having some rough times? Well we all have them sometimes but it is how we respond that makes the difference. And more importantly find a chance to laugh and smile and enjoy a moment of peace and joy. Our governor has, of course sometimes it is at his own expense. Like when he hung a picture of his family's four-legged family members only for it to crash to the floor about an hour later. Good news the picture was saved the frame was lost. The the wase wife of the governor did not laugh but her smile was a little pinched and twitching at the corners. He will hang the picture again and this time it will be done properly.

Do we have new Lions or Lions that have not experienced tough times? Well it's okay to get upset as long as you can find a little piece of it to laugh about. After all it will get better but your Lion friends may not let you forget it soon. They will however help you treasure it with a smile and a perhaps even a cheer.

See ya next year and Happy Holidays!

Clarence TCE Lion,
Editor in Chief (or is it Cheep)

Membership

These are certainly interesting times we live in. None of us could have foreseen these extraordinary circumstances brought on by the COVID-19 pandemic. Lions clubs everywhere are wrestling with the question: How do we maintain membership during the pandemic?

Lions clubs must insure that they maintain regular communication with club members. Weekly Club announcements regarding the club's upcoming plans, including District and LCI news should be sent by email or posted on social media sites. A friendly telephone call to members is always encouraged for those members who do not use computers.

Online meetings are the preferred method of maintaining Club connection during this pandemic. There are no cost online meeting rooms, such as Zoom which can bring members together for a meeting.

Lions Clubs are adapting to new ways to fundraise and support their communities. Ideas include:

- 1) Raise funds for needed projects using a Go Fund Me Page;
- 2) Beyond increasing your club's annual donation to the local food bank this holiday season, Lions clubs can host drive-by food collection sites;
- 3) The switch to online webinars and digital raffles and auctions will help raise fund and boost the Lions club's online presence;
- 4) Start collecting and recycling plastic bags and material to earn a bench through the Trex program.

Although this is a very difficult time, keep collectively looking for solutions to problems as they arise in your community and understand that this is temporary. Don't forget as you come up with new ideas and ways that you take the time and plan them out. Maybe it might seem good at first but as you plan you find problems but at least now they become opportunities to find solutions. Finding new solutions is one of the ways we can prepare for the coming year.

January starts the second half of the Lion's year and the start of a new and more incredible year. Get ready lions so that when the time comes and things begin to return to more open opportunities the lions are ready to show our communities Lions took the time to prepare and rush on to the newly opened communities with energy, effectiveness and help to our communities. And of course that will give us new chances and opportunities for members to help our clubs grow.

PDG Donna Weiler
District 24 I Membership Chair

Service



Diabetes Awareness Projects

Part One

By Lion Don Butts, District 24-I Diabetes Awareness Chairperson

Diabetes and pre-diabetes are common in America and the number of people affected continues to grow. Approximately one-third of those with diabetes and over 84 percent of those with pre-diabetes are unaware of their condition. Many of those who are unaware will be willing to make recommended behavioral changes when they learn about their problem and the changes they need to make. Lions have an excellent opportunity to serve their community by increasing diabetes awareness.

In this article we will describe some easy projects to enhance diabetes awareness in the community you serve. Some of these projects will not work until social distancing requirements are eased.

You may donate a book or magazine subscription to your local library. Be sure to get a picture and caption published in your community newspaper. The picture of a member of your club, wearing their club shirt, presenting the first magazine or the book to the librarian, and the caption providing information on the incidence of diabetes will serve three purposes. It will tell readers how common diabetes is, and hopefully make them question whether they are at risk. It will let readers know they can find information about diabetes at their library. Additionally, it will demonstrate to readers that your club is serving the community and make them more likely to participate in club fund raising events.

Publicity will be helpful for all projects. In some cases more people will be reached with the publicity than the event itself.

Another easy project is to arrange for a role model with diabetes to speak to students at a local school about healthy lifestyle choices. The role model could be an athlete, performer, author or government official. The school nurse you met while doing vision screenings can help facilitate this project.

You could sponsor a child and parent or guardian to attend the Lions District Diabetes Family Camp. Our district's excellent camp is getting even better. In the past participants have been exposed to counselors, educators, activity instructors and much more for a weekend. The camp was recently awarded a Lions Club International Foundation Grant. Grant funds will allow participants in the weekend camp to receive the additional benefits of these same experts one weekend a month throughout the year on the campus of Old Dominion University. This repeated exposure will facilitate establishing healthy lifestyles as a habit.



Another project worth considering is to develop a list of available community resources for those with diabetes and pre-diabetes. The list should be made available to all club members, and posted on the club's web site and face book page. Every member of your club should be able to advise diabetics and those with pre-diabetes on what community resources are available.

You may want to submit an article on healthy lifestyles to your local and school newspapers. The Centers for Disease Control and Prevention web site is a good source of information for your article.

Another consideration is arranging for a speaker at your local library or community center. Have healthy snacks and relevant literature available for participants. Use social media and the local newspaper to make people aware of the event.

Diabetes Awareness Projects Part Two will be included in a subsequent newsletter and will identify projects that require slightly more work, but may be more satisfying. In the meantime, please let me know if I can help with your diabetes awareness projects. I can be reached at donwbutts@gmail.com or 757-603-2674.

District Governor

Fellow Lions forgive me for not thinking of this before but I would like lions to consider additional ways of serving our communities. I have been talking to some of my nurse and medical friends and they agree that if we could do something to help seniors enjoy life more many would notice and be supportive. Many younger families would find it helpful as they are beginning to experiencing caring for their parents and if we could help them that would be great. What am talking about? Fall prevention. There are many different types of opportunities with this idea. But most hospitals and medical facilities only care about in house fall prevention. But what about seniors (such as myself when we are at home, in the park or at the store? Is there a way we can help them? Yes, with fall prevention seminars and events. If you look this up on the web you will find it does several things. It helps people eat better, move better, eliminate dangers in the home and lower medical costs. I would lions to think this over and see if there are things we can do to help. I know members of the military are willing to help with exercises and activities to improve balance and flexibility. Nurse are willing to help with nutrition and diet and medical knowledge. And I know there are many others.

Most importantly this will give Lions a chance to become a focal point for help in this opportunity and draw attention to Lions, Lionism and helping our communities. This is going to take planning and thought. Please Fellow Lions surprise me and our communities with what we can do as Lions to improve the health of our communities.

Lion Scott Durbin
DG 24 I

Welcome to our New Lions!

Amherst County)

Deshaun M. Hall
Sponsor: Lion Robert Garrette

Brandermill & Midlothian (Woodlake)

Tammara K. Kidd
Sponsor: Lion James Stewart

Chesapeake Southside

Tina Mainer
Sponsor: Lion Nina Ambrose

Farmville

Joni Beachly
Sponsor: Lion Lisa Tharpe

James City

Robert W. Waughan
Sponsor; Lion Wayne Glass

Norfolk Ocean View

Paul Denton
Sponsor: Lion Cecil Smithson

Southeastern Virginia Filipino American Club

Donald N. Gatewood
Sponsor: Lion Victoria Querimit

Evelyn N. Gatewood
Sponsor: Lion Victoria Querimit

In Memory

Please keep in your thoughts and prayers these Lions, their families, friends, and Clubs.

Rustburg

Lion Earl F. Vaughn

(New Members Continued)

Virginia Mesana
Sponsor: Lion Lolita Peterson

Sussex County

Richard A. Douglas

Virginia Beach Aragona Woodstock

Ruthanne Whalen
Sponsor: Lion Christine Johnson

Terry G. Whalen
Sponsor: PDG Donnie Johnson

Williamsburg Host

Ross Whitehead
Sponsor: Lion Paul Kerr

Leadership Development Opportunities

New Leadership Page on District Web Site:

If you missed Fall Conference or Club Officer Training don't worry; it's not too late to hear the presentations. Our fabulous webmaster, Lion Christian Lancto, has created a leadership page on our district website where you can find the PowerPoint presentations and audio recordings of the officer trainings. Supplemental resource materials, including officer E-books, are also available for download. Be sure to download all the materials for New Member Orientation. The LCI orientation video is great and I highly recommend it. Other classes will be posted soon so check back often at: <http://lionsdistrict24i.org/leadership/officer-training.html>

Leadership Fridays:

Continuing our series of online Leadership Fridays. Our upcoming classes include:

Specialty Clubs - presenter Lion Homer Cook 12/11/2020

Club Succession Planning - presenter 1st VDG Greg Cole 1/8/2021

Class time is 7 – 8 PM. A Constant Contact will be emailed out the Monday proceeding the event with the Zoom link.

Regional Lions Leadership Institute:

The Virginia Regional Lions Leadership Institute (RLLI) is a three-day course scheduled for March 5 – 7, 2021 in Roanoke, VA. RLLI helps Lions in Virginia achieve leadership excellence in their volunteer and personal lives. This is a dynamic educational opportunity for club officers to gain critical leadership skills. Lions from around Virginia gather to improve their public speaking skills, learn how to motivate club members, hear advice on time management, and tips for conflict resolution. Competent Club Presidents know the value of courses in setting and achieving goals, team work and the fundamentals of Lionism. The Leadership Institute utilizes the talents of skilled, experienced individuals to present information on topics that will be of tremendous benefit to you in both your future service in Lions, as well as your career and personal interactions.

The District Governor can endorse ten candidates from District 24-I. Lodging and meals are provided for the three-day event. Attendees are responsible for travel expenses and a \$150 participant fee. Applications are due to GLT Beth Stevens by December 31, 2020.

For those of you who are considering leadership in lions even in just your own club, zone or region, RLLI is a great asset and opportunity to be mentored by some of the strongest leaders in our Lions organization right here at home. They know your communities and your resources. It is not too late to get your application to PDG Beth Stevens.

Thank You:

PDG Beth it is time to thank you for your dedication to leadership and your continuing efforts to provide informative and necessary topics to help our lions grow in service and in Lionism for all of our communities. Please if you have not attended any of these classes you are greatly missing out on a great source of information and assistance in helping your clubs group, strengthen your community and aid people in need.

Lion Scott Durbin
DG 24 I