

"Beyond the Horizon"



# Lions Roar

The official newsletter of Lions of Virginia District 24-I

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

## Ring in 2021 and Let's Get Going!

Fellow Lions, we have had a rough time, but now we can see changes coming. They have a vaccine to use against the COVID virus and we can begin to return to business as usual even if it will not be the normal we had before. But we will be able to meet and to once again display the lion spirit to one and all. Let's see how we can create events with fun, hope and faith in a brighter future. Let's combine fun and knowledge. We can have community fairs that have some fun things to do but also offer a chance to learn as well. These things can be great and give hope and joy to many.

Ever try anew no bake recipe that is family friendly and good for you to? Why not have that opportunity at a community or craft fair? Have some games for the kids and for the adults and offer some ways to help those with diabetes and help learn more about diabetes. Have an admission fee of a couple of canned goods with all the donations going to the local food bank, you can even have the young ones racing to see who can fill the boxes of food first and give away simple prizes and special treats. It becomes fun for both those collecting and those bringing cans of food.

Having the fairs in this COVID environment may create new challenges but who knows, maybe you can come up with a great idea and every other club across the nation decides to adopt it. Could even be a drive-through fair with less contact. Just think and talk. Phone calls emails and social media connections are ways to communicate and can get groups together lets give it a try and show our communities that we are open to new ideas, new patterns and new ways to aid and help our communities. We are here and ready to help.

If you find people that want to help but want to do their own thing, Great! Form a new club and let them do their own thing and help them and show them how other lions will be there to support them. Let them know we can aid them in doing their "Own Thing." Yes we have global causes, but we also have our own individual community causes and those mean more to the ones doing them and the Lions who support them that what is asked by the International Lions.

Remember The Number One Mission of all Lions: WE SERVE! – Our communities, Our Clubs, Our Fellow Lions and the causes they support and have passion about!

Go Fellow Lions Be Strong and Serve well. I am proud of all that you do!

# Leadership Corner

1VDG Greg Cole

[liongregcole@gmail.com](mailto:liongregcole@gmail.com)

The roles and responsibilities of leaders have dramatically changed in 2020. This is true in business as well as volunteer organizations like Lions. We have encountered unforeseen roadblocks that have drastically changed roles and priorities for many of our clubs. In addition, we have been navigating health and safety concerns at home and in our workplaces, increased stress about our future and financial stability, and supporting our families through this pandemic, to name a few. What impact this will have on Lions Clubs in our district and around the globe is a big unknown.

One of my favorite sayings in times of crisis is "This too shall pass". Very soon the challenges of today will be in the past and we will be tasked with putting the pieces back together. Our call to action is to begin today preparing for the post pandemic Lions Club. As a leader in our district or your club, you must be prepared to lead in a different landscape. This could prove very challenging for many Lions enriched in deep traditions that may not fulfill the needs of tomorrow.

Lions International provides many educational resources for clubs to use for strategic planning. One such workbook is the Club Quality Initiative resource which can help you identify areas of your club operations that can be more efficient and facilitate change. Okay, I know change is an unpopular word. I mean even the banks are running low on change. (I hope you smiled on that one!) Change can be very powerful if done for the right reasons and in the appropriate manner. It does require one to have an open mind to new ideas.

HOMEWORK ALERT!! Think about your club or our district. What do you think are the three biggest challenges that we are going to face in 2021? If you are so inclined, please share those with me by sending an email to [liongregcole@gmail.com](mailto:liongregcole@gmail.com). Okay, some of you may have guessed it, I have homework to do for my FVDG/DGE training and this will help. I believe in a group effort!! I would value your input greatly.

I hope everyone has had a wonderful holiday season. My wish for 2021 is that it is so amazing that 2020 will be a quickly faded memory.

Winter Conference has been cancelled as a physical event however it does still have virtual elements. On Friday night 26 February there will be a zoom where you will be able to Meet and Greet our Candidates for DG and VDGs. On Saturday, 27 February there will be an open District Cabinet meeting. In response to our interest in education and training we are going to hold the classes from Winter Conference on line in our Friday Leadership schedule. PDG Beth Stevens will be providing a schedule for that that will be in the next newsletter and on the website under the Leadership page.

In addition the State Convention has been cancelled and we will be voting as we did last year. The information to the clubs for their delegates and their voting responsibilities will be sent by Lion Tammie Brightwell to the club presidents and secretaries. Please make sure all dues are paid and that the current roster is in good standing for those delegates selected.

# Service



## Diabetes Awareness Projects

### Part Two

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

As we learned in part one, diabetes and pre-diabetes are very common. Many don't know they have the disease. Some will be willing to make the necessary life style changes when we help them discover they have the disease. In part two we will identify some additional projects that may take a little more work than those identified in part one. They may also be more satisfying to complete.

Consider partnering with healthcare professionals to organize a screening for diabetes. How extensive do you want your screening to be? You could do a diabetes risk assessment. The Centers for Disease Control and Prevention, the American Diabetes Association and others have diabetes risk assessment forms. You merely assist participants in answering questions on the assessment form to demonstrate their risk for diabetes. You may want to involve health care professionals from within or outside your club. They could screen for blood glucose or A1C. You may want to include the necessary health care professionals to screen for retinopathy and diabetic foot. Do you want the screening to be a stand alone event, or held in combination with other events, such as your club's sight and hearing screening or a community health fair?

Promote diabetes prevention through social media campaigns or radio announcements. The key word is "campaigns". In part one we discussed a few projects using social media. Now we are talking about planning a sequence of posts over a period of time to tell a more complete story.

Volunteer at a diabetes camp. Contact Lion Chet Kramer to determine how much help he needs with our district diabetes camp. Find out when and where he needs the help. Then recruit volunteers from your club. You could also contact free clinics in your community to determine if they need volunteer administrative help with diabetes clinics.

Provide healthy cooking demonstration for people with diabetes and pre-diabetes. This is one you could do while we are still under Covid 19 restrictions. Members of one of the clubs in our district took turns cooking healthy meals for zoom audiences. Videos of the demonstrations may be posted on club web sites.

Organize a weekly walking club and share a healthy snack afterwards. Instead of a snack, you may persuade a restaurant to offer a healthy meal for 10 or 15% off. The walking club may be at your place of work, a local gym or community recreation center. Walkers don't have to be diabetic, just people wanting to get additional exercise. However, you may encourage diabetes educators to try to get patients to join the club. It may even be possible to team up an experienced diabetics to walk with someone recently diagnosed.



Bring fresh fruits or vegetables to an elementary school classroom to encourage children to try a variety of healthy foods. The school nurse you met while doing vision screening could help with this project. It may work to do this in health or physical education classes. Perhaps you could get a dietitian to say a few words about the value of fresh fruits and vegetables.

Provide funding to a "free clinic" for testing supplies, or medicine. Meet with the medical director or administrator of a local free clinic to learn if they could help more people if they had additional funds. If you decide to provide funding, you may want to get annual or semiannual reports indicating what was accomplished with those funds. For example: If you provided money for testing supplies, how many people were tested? How many had diabetes, or pre-diabetes? How many were helped by a diabetes educator? How many remain patients of the clinic and continue to receive care for diabetes or pre-diabetes?

Diabetes Awareness Projects Part Three will be included in a subsequent newsletter and will identify additional project ideas. In the meantime, please let me know if I can help with your diabetes awareness projects. I can be reached at [donwbutts@gmail.com](mailto:donwbutts@gmail.com) or 757-603-2674.

## District Governor

Have a year is gone fellow lions and we have faced adversity and difficult times. They are not over but we are beginning to see the light at the end. What can we do to aid that light becoming brighter and growing stronger? Think about how we can help our communities. We have seen many families, companies and organizations that have been hit hard and need help. For them the main question is not when we can help, but how can we help. I have gotten many reports of clubs fighting and struggling to keep going and others who keep looking for new ways and new ideas to come together and work out solutions. Keep thinking keep trying.

Many of you have expressed frustration and difficulty with zoom meetings or other web meetings. I understand it is difficult for some and connections are sometimes inconsistent and spotty. We can still make phone calls and there is still ways to get together through phone conferences. Landlines and cellphones can both call in and talk to each other. There can also be parking lot meetings. Some of the malls have large parking areas that are not being used. Its not hard to set up with an empty space between cars and talk to each other in a circle and have a fine conversation. And the weather can make it difficult, but it still can be done. There are many ways to get things done. For those that have computers we can still have chat rooms where you can type in your conversations, even with a lag it can be accomplished with little difficulty and communication can be clear if you take the time and are dedicated to accomplishing the task of communication (and I know lions are dedicated to service and getting the job done!)

We are Lion and we can achieve. Think, Try, Rethink and retry. There is a way, but perhaps we just have not found it yet. I congratulate you Lions on your work, your efforts and your determination to aid and serve your communities. Bravo Zulu! Well Done Lions!

Lion Scott Durbin  
DG 24 I

# Welcome to our New Lions!

## **Brandermill & Midlothian (Woodlake)**

Zaid Alsamir  
Sponsor: Lion Larry Dean

## **Chesapeake Great Bridge**

Chairty K Stephens  
Sponsor: Lion Carter QWright

## **Middlesex County**

Mark Mitch Johnson  
Sponsor: Lion Michael Hurd

## **South Hill**

Susan Brack  
Sponsor: Lion Jimmie Crowder

## **Virginia Beach Kempsville**

Byron T Johnson  
Sponsor: Lion Francis Warren

## **Virginia Beach Town Center -Blind**

Ashley N Durbin  
Sponsor: Lion Scott Durbin

Judy Knapp

# In Memory

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

## **Franklin**

*Lion Harry B Christie III*

## **Lancaster County**

*Lion Edward M KIdwell*

## **Williamsburg Host**

*Lion Douglas C West Jr*

## **Newport News Host**

*District Parliamentarian*

**Lion Ray Duke**

This year we had to say some special goodbyes for all of us. One of the hardest for us to overcome in the future will be the loss of our District Parliamentarian and longtime Lion and Good friend to each and every governor Ray Duke. He was always there and his only concern for each and every governor was to use his quiet voice and gentle manner to tell them if they were making a mistake or how to correctly address a situation. He never had a harsh word or was unkind in any way. He allowed each and every governor to make their own decision after he had informed them of the correct path.

You were a great friend Lin Ray and a dedicated servant to the cause and work of Lions and Lionism. You will be greatly missed.

Sincerely and with deep sorrow,  
Clarence TCEL

The Vote on the Float was completed and the vote by the cabinet was to sell the components of the float except for the Lion. Moneys are to be in a line item until their disbursement is decide. Lion Randy Jones is working on selling the components and finding a home for the Lion.

## Leadership Development Opportunities

We have officially hit the halfway point in the 2020 – 2021 fiscal year. Despite all the obstacles this year, our district is still demonstrating strong dedication to online and in-person trainings. And, the best news yet... our training calendar is still overflowing with leadership development opportunities for the second half of the year. January will feature another Leadership Friday, February will offer classes during Winter Conference, the Regional Lions Leadership Institute will be held in March, April is always busy training incoming club officers during Leadership Training Days, and May will complete our year training incoming Zone and Region Chairs. Whew, I'm tired just thinking about all the exciting events we are planning for you. Here are just a few highlights of the upcoming projects.

**Leadership Fridays:** January 8, 2021      Online 7:00 – 8:00 PM 1<sup>st</sup> VDG Greg Cole

**Succession Planning:** Succession Planning helps ensure the long-term vitality of Lions Clubs through a carefully planned system of identifying and preparing new leaders for all levels. This course demonstrates how to identify and develop new leaders; and how to plan and prepare for a successful leadership transition.

### **Winter Conference:**

We are still in the planning stage for Winter Conference classes. There will be courses in the areas of service, membership, leadership, and communications. In addition, a three-hour session to certify Guiding Lions will also be held. Here's a little more about the Certified Guiding Lion program.

The Guiding Lion Program is designed to assist clubs that are newly chartered, established or in the rebuilding process. A Guiding Lion is assigned to a new club or a priority club by the District Governor, in consultation with the sponsoring club or established club president, for a two-year term. Guiding Lions must become certified by attending the course or participating online and passing the certification exam.

Certification is good for three-years. If you are an experienced Lion, comfortable recruiting new members, training others and have a passion for service please consider joining this class. Contact PDG Debbie Ivey to register. So, what do I do as a Guiding Lion for a club?

### **Guiding Lions for a new club:**

- Ensure the club is successful in the first two-years of operation
- Orient and train club officers and members
- Motivate and support club growth and development
- Locate resources available to assist the club

### **Guiding Lion support for existing and rebuilding clubs:**

- Rebuilding through Build a Vision Assessment
- Recruiting new members
- Training new officers
- Providing meaningful community service

### **Regional Lions Leadership Institute:**

The Virginia Regional Lions Leadership Institute (RLLI) is a three-day course scheduled for April 30- May 2, 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. Contact PDG Beth Stevens at [lionstevens@cox.net](mailto:lionstevens@cox.net) for an application and deadline details.