

LION

JANUARY 2019 LIONMAGAZINE.ORG

The Service Journey

A roadmap to new service opportunities



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VIDEOS

SERVICE IS OUR JOURNEY

It is a global movement of service. Learn more about Lions' global causes: diabetes, childhood cancer, hunger, environment, and vision.

DISASTERS WILL CONTINUE, BUT LIONS ARE ALWAYS THERE TO HELP

See how Lions around the world are providing immediate and long-term relief following emergencies and disasters.

MAKE NEW VOICES HEARD

Lions don't just serve the world - we represent it. New Voices are so important to Lions. Women strengthen our membership, leadership and community.



THE VAULT



JANUARY 1968 RABIES

A reminder of how far we've come, thanks to vaccines.



MAY 1988 FIGHTING DIABETES IN AUSTRALIA

Lions have been on the forefront of fighting diabetes for a long time.

HIGHER KEY AWARDS

Lions honored for sponsoring members.

WE SERVE

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To empower volunteers to serve their communities, meet humanitarian needs, encourage peace and promote international understanding through Lions clubs.

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Service is a Journey

Hello, Lions!

When we became Lions, we embarked on a journey together. We all started down a path of service, sharing kindness, bringing hope to our communities, changing the lives of the people we serve, and changing our own along the way.

But in many respects, the service itself is a journey. It isn't something that comes together in a single day and it doesn't end when the event is over. It's a cycle of learning and doing and celebrating, so that we can continue evolving our work and expanding our capacity to serve.

We learn of a problem—perhaps it's an epidemic of diabetes in our hometown or a local population in need of medical care—and we begin to think of ways in which our club might help. We do some research, we reach out to people who know about the issue, and we learn more about the needs and the obstacles in our path. This is the learning and discovering that comes before the doing. And this makes the service we do that much better, because it's more informed, and more prepared, and ultimately more effective.

Reporting what we do and sharing our stories is also a key component to keeping the movement going. It is one thing to perform a good deed. It's another to perform a good deed and share the story of your service with others who may champion your cause or even join you in service—all because they were inspired by your story.

Remember, we're all on this journey together. We are all heading towards one goal—a better world—yet we are all taking different paths to get there. And the process of getting there is just as important as the destination. What is your path?

Yours,



Gudrun Yngvadottir

International President, Lions Clubs International



We Serve.



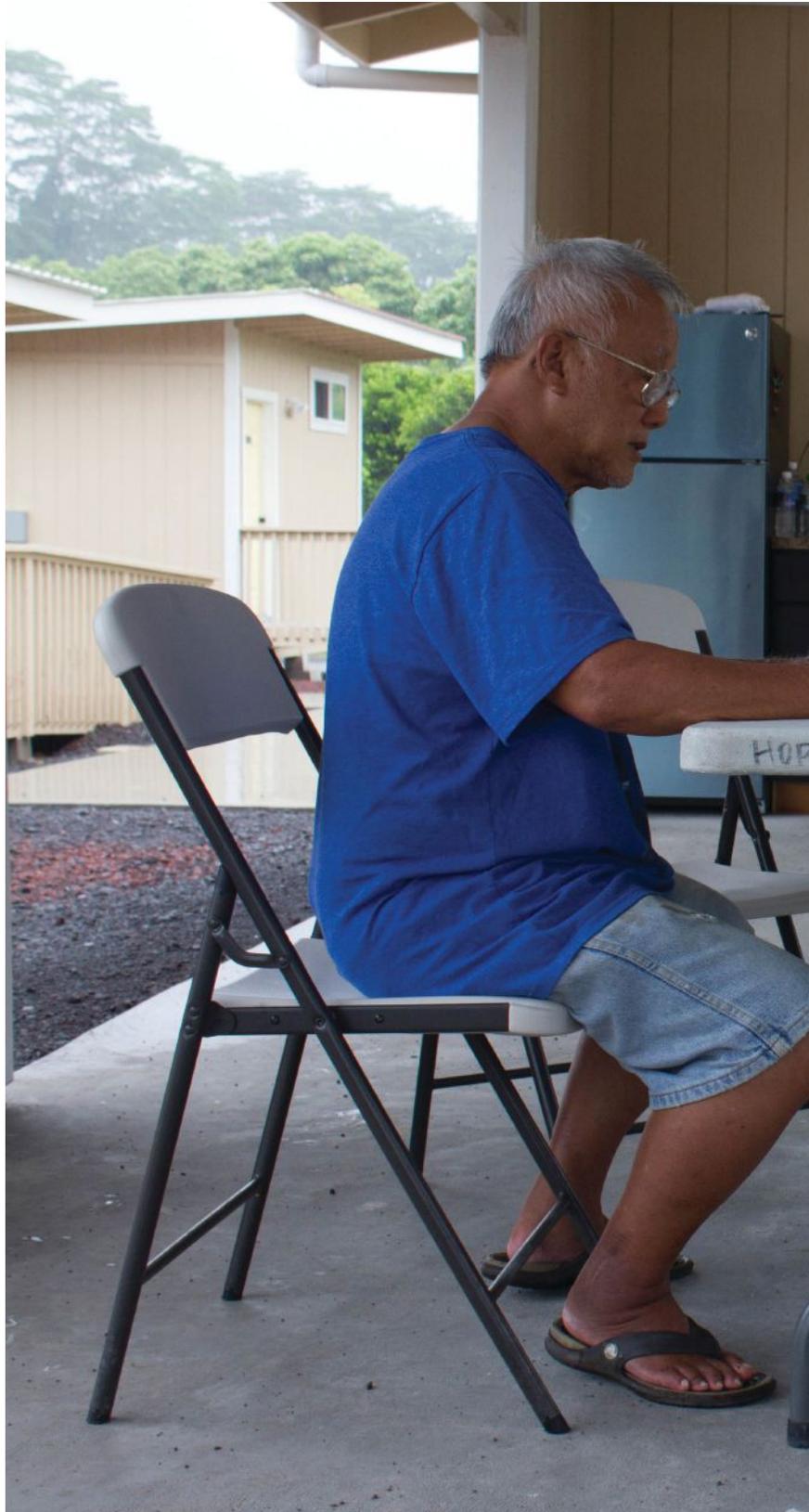
Reaching High for Health

Fitness instructor Dawn Wells helps the visually impaired get healthy and fight diabetes with her special classes—and special helpers. Georgia Lions from the Conyers Lions club and the Oak Hill Branch club are volunteer guides to help students during this invigorating class. See story on page 17.



Hope is Everywhere

Holly Lange, 70, and Leonard Goo play a game in a communal area at the Sacred Heart Shelter in Pahoehoe, Hawaii, where a collection of tiny homes have been erected to help give evacuees more long-term housing. In the background, Lions clean up after serving lunch and delivering gift bags at the shelter. See story on page 32.









New Eyes in Nogales

Doctors in Nogales, Sonora, Mexico offer free post-op care to patients who have had cataract surgery in Tucson, Arizona, thanks to the kindness of Lions, Tucson ophthalmologists, and surgery center staff.



With Mobile App, Anyone Can be Someone's Eyes

The world is now just a little bit more accessible to people who are blind or with low vision, thanks to a simple mobile app and the collective power of more than 1.5 million volunteers.

Be My Eyes is an app for mobile phones that connects blind and low-vision people with sighted volunteers for visual assistance through a live video call.

It was founded in 2012 by Hans Jørgen Wiberg, a Danish furniture craftsman who is visually impaired. Wiberg learned a friend of his, who is blind, was using video calls with friends and family to help navigate everyday tasks. Wiberg thought that the technology of video calling could be used to assist blind or low-vision people without having to rely on family and friends. The app launched in 2015, is available

in more than 180 languages, and is accessible in more than 150 countries worldwide.

Volunteers simply download the app, and when a blind or low-vision person needs help, the volunteer assists the user through a live-video connection. The sighted volunteer may help with things like checking an expiration date, reading printed forms or medicine labels, navigating transit, or even describing places or objects. If they aren't available to help at the moment, the call is forwarded to another volunteer. With more than 1.5 million volunteers enrolled, there is always someone ready to take the call.

"It's my hope that by helping each other as an online community, Be My Eyes will make a big difference in the everyday lives of blind people all over the world," says Wiberg.

Looking Ahead

February

Childhood Cancer Awareness Month



International Childhood Cancer Day
2/15

What does your club have planned? For service ideas, check out archived issues of LION Magazine at lionmagazine.org.

SUN	MON	TUES	WED	THURS	FRI 1	SAT 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

February 2019



The Connection Between Air Pollution and Diabetes

Recent research published in *The Lancet Planetary Health* indicates a strong link between air pollution and diabetes, highlighting the importance of air quality.

Researchers at Washington University School of Medicine in St. Louis, Mo., in collaboration with the Veterans Affairs St. Louis Health Care System in Missouri, analyzed the impact of pollution on a group of United States veterans with no previous history of diabetes.

They followed the participants for 8.5 years and found that air pollution contributed to around 3.2 million cases of diabetes and the loss of 8.2 million years of healthy life.

"Our research shows a significant link between air pollution and diabetes globally. We found an increased risk, even at low levels of air pollution currently considered safe by the U.S. Environmental Protection Agency (EPA) and the WHO [World Health Organization]," senior author Dr. Ziyad Al-Aly told *Medical News Today*.

"This is important because many industry lobbying groups argue that current levels are too stringent and should be relaxed. Evidence shows that current levels are still not sufficiently safe and need to be tightened," he said.

Medical News Today also notes that the risk of diabetes related to pollution is higher in lower-income countries that lack clean air policies, such as India, China, and Indonesia, while more wealthy countries, such as Canada, Australia, and New Zealand, have a lower risk.

Perhaps most concerning is the finding that show even at levels that are officially deemed "safe," the risk is still significant.

L IN THE NEWS

OVERHEARD

“It’s true when they say time flies when you are having fun.”

—**DG Elisabeth Halim**, on serving as a Lion for 30 years. See story page 38.

“It was freaky for a minute. Then you get used to it.”

—**Jaye Dempsey, President of the Puna Lions Club in Hawaii**, on the thousands of earthquakes that shook his house every five to 10 minutes after the eruption of the nearby Kilauea Volcano. See story page 32.

“It was like an episode of ‘Nailed It.’”

—**Sandy Arce, of the Metairie Airline Lions Club in Louisiana**, on the less-than-perfect result of the first cake they baked for a child in foster care. See story page 30.

BY THE NUMBERS

12,000

Dollars raised per year (in quarters) from the series of seven telescopes maintained at the Tower of the Americas in Texas by the San Antonio Founder Lions Club.

20

Birthday cakes made in one month by the Metairie Airline Lions’ Cub program to give to kids in foster care.

165

Feet into the air the Kilauea Volcano’s “Fissure 8” bubbled lava as it erupted in the late spring of 2018.

8,000

Donuts made by the Willimantic Lions in Connecticut for the 2018 Hebron Lions’ Harvest Fair.

Carving His Own Path as a Lion



Rann Emmerson
Salt Spring Island Lions Club,
British Columbia, Canada

It was 1983 and Rann Emmerson was chatting with some folks who were planning to build a kindling shed. They needed a cement mixer. He had one. Turns out, those folks were Lions. Emmerson has been a Salt Spring Lion ever since.

He's not your typical Lion, though. Emmerson began making carvings from pieces of wood he'd pluck off bushes when he was a small boy, on walks with his father in Northumberland, England.

Now 86, Rann spends his days in his home on a hillside in the woods on Salt Spring Island, British Columbia, creating hand-made Christmas figures. Carved from two-by-two cedar deck rails, Emmerson makes Santas, gnomes, elves, bishops, singing monks, merlins, kings, carved trees, lamp posts, and anything else that might fit into a Christmas landscape.

After his wife passed away in 2013, nurses started coming to his house regularly and he began to give them figures to take home with them and to share with the people at the hospital. He's continued giving carvings away every year since. This year, everyone got a Santa.

A trained hair stylist and amateur painter, Emmerson came to Canada in 1955, where he opened a series of hair salons in Edmonton. He sold his paintings in the salons, but he refuses to sell his carvings.

"He gives his carvings away to put a smile on someone's face," says Zone Chair Pat Spencer. "That's all he wants."

Though he's been a Lion for 35 years, he's been unable to attend a meeting for the past 20 or so—first due to his wife's health and now due to his own. But "he serves in his own way," says Spencer.

The club organizes a Christmas dinner for seniors and Emmerson took all the phone calls, she says. And, of course, they use his carvings to decorate the tables at the dinner.

"I'm a little bit different than the rest of the guys," says Emmerson. "I'm a Salt Spring Lion. I'll do anything for this island."



The Salt Spring club has had a big impact on their small island. In 1967 Lions built 22 units of low-cost housing for seniors, put in a park with sports fields, and, up until the '70s, operated the ambulance services on the island. "The Lions were the paramedics," says Spencer.

Today, an active club with 53 members, they still maintain the senior housing and they've recently funded a skate park. "We just finished opening a bike park for small kids, with hills and corners and all that," says Spencer. They've also begun doing vision screenings for the elementary school kids.

And while he can't partake in all the activities, Emmerson will keep providing the island with joy in the shape of his wood carvings. Don't ask him if he has a favorite, though. "They're all my children," he says.

Let Your Service Roam

Show Your MyLion Pride

Our world-class mobile app, MyLion, is changing the way we serve. Help spread the word and show off your service wherever you go with MyLion accessories. Get your MyLion t-shirts, pens, selfie sticks, and more on the online store.



LCIstore.org



AUSTRALIA

Drought Busters Raise Funds to Help the Vulnerable

In Biggenden, a small town of 800 in Queensland, Australia, Lions are reaching out in support of the Biggenden Drought Busters, taking under their wing three women who united to personally help the drought-impacted farmers.

The Biggenden Lions are also a small group with a membership of 15, but together, small groups are proving they can make a big difference.

Impacted themselves by the drought that continues to cause extreme hardship, the women and the Lions have been collecting money and goods for farmers in areas where the grass is gone, the hay to feed livestock is getting scarcer, and families are living with a dwindling supply of household and stock water.

“Because of the lack of rain, the paddocks are as hard as concrete so that if we do get a heavy downpour it will all run off,” wrote Lion



Christine Holder in an email. “We still have grass, although it is all dead so we have to supplement the cattle with extra feed.”

Further out, it’s worse. Not only are farmers losing livestock, but they’re fighting bushfires. The wildfires had already destroyed 10,000 hectares [24,700 acres] of grazing land when the area was hit by a tornado that dropped tennis ball-sized hail, decimating small towns and crops, says Drought Buster Lea Treloar.

The Drought Busters formed in August when one of the women, Julie Just, was told of a young widow with three small children who needed help. The young mother, already grappling with the loss of her husband, is trying to keep a farm going and raise her children, but water is so limited that the children are bathing in the same water for three days at a time.

The trio’s first fundraiser, an all-day sausage sizzle followed by a meat tray raffle, raised more than



Lions social events help lighten the spirits in drought-impacted Australia.

US\$1,000, all of which went to farmers by way of vouchers for food and personal items to be purchased from local businesses.

“I couldn’t believe little Biggenden could raise this amount of money,” Just says. “Every little bit helps.”

Holder, the treasurer of the Biggenden Lions Club, says they run a weekly raffle to raise funds, but even the raffle intake has been lessened as businesses in town also suffer. People do not have extra money to spend.

Evening get-togethers were also organized in the community to lift spirits, and the Drought Busters set off to personally deliver care packages, hugs, cake, and cuppa, supporting those in need. The Lions, with Australian government federal funding, have supported their community since 1995 through the Lions Community Care Service.

“Unfortunately there is no quick fix on this so we are in it for the long haul,” says Treloar. “The Biggenden Lions Club is very active in this town and are very supportive of anyone doing something positive in the community.”



TAIWAN/MD 300

Holiday Brings Senior Citizens Out to Celebrate

In Taiwan, they have a special celebration for senior citizens during the Chung Yeung Festival, which takes place over the first nine days of the lunar calendar.

The ninth day of the ninth month of the Chinese calendar was originally a day thought to be “potentially dangerous,” and to protect against this danger, people would climb a high mountain, drink chrysanthemum liqueur, and wear Japanese Cornelian cherries (a species of dogwood), which are thought to have cleansing properties.

Today, people use the holiday to relax, take hikes...and pay homage to the elderly!

Taiwan has dedicated this day to senior citizens, and it has become customary to bring the elderly to enjoy fun activities and meals.

This year, the Nutzu Lions Club in Taiwan partnered with the Banqiao community to bring 320 senior citizens ages 80 and over to dine at their local Chung Yeung Festival. They gave them Chung Yeung gift money and watched as they made new friends, smiled, sang, and interacted with each other and their new Lion family.

USA

Guides Make Fitness No Sweat for Visually Impaired

Georgia fitness instructor Dawn Wells was asked to lead an exercise class for the blind and visually impaired in 2014. This was new to “Sistah Fitness,” as the ever energetic woman is known in the business.

And frankly, she says, it was a “disaster.” But Wells didn’t just put the experience behind her. She chose to learn from it and move forward.

Now with the assistance of Georgia Lions, she is helping the blind get healthy through her nonprofit Angel Eyes Fitness and Nutrition program.

She followed her first experience with a six-week fitness program for the Georgia Libraries of Accessible Statewide Services, and her students weren’t the only ones learning something new. Wells discovered two things in particular: This

special audience would require a special approach because the usual visual cues used in a fitness class wouldn’t work. And there’s a dire need for fitness and nutrition education within the blind community.

In her regular classes she teaches at Dawn Wells Fitness in the Atlanta area, Wells informed some of her regulars about her mission to help the visually impaired, and they in turn told her about Lions.

They formed the Oak Hill Lions Branch club out of the Conyers (Georgia) Lions, and Wells, a veteran of the U.S. Marine Corp., became a Lion.

Now Lions from the Conyers club and the Oak Hill Branch club are volunteer guides in her classes for the visually impaired, and Wells says the success is not about her. “It’s all of us,” she says. “It’s about the participants and the Lions.”

Cecily Nipper of Atlanta is a fan. Nipper, 31, became legally blind in 2012 from glaucoma and experienced a stroke that blinded her in 2017.

Her physical therapist is thrilled with the mobility she has recovered, she says, and she’s loving her

chance to get out and meet people who are struggling with some of the same issues.

“She’s the best,” she says of her instructor. “It’s contagious, that energy she has. She explains it in a way that I don’t feel disadvantaged because I can’t see.”

Nancy Morton-Linek, a Conyers Lion and advisor to the Oak Hill Branch, is one of the guides helping Nipper and others. Her involvement in Wells’ work has rejuvenated her, making her a more active Lion, she says.

Guides like Morton-Linek assist students with proper positioning, doing the movements correctly, and offering a hand to balance when need be. As a bonus, many become friends.

“Dawn’s addressing the global causes of vision and diabetes,” says Morton-Linek. “She isn’t just helping people exercise. She’s helping them fight diabetes.”

Oak Hill Lions Jeff Coleglazer and his wife, Marti, are also enthusiastic volunteers.

“Before, many of these people were limited to exercising in chairs because it wasn’t safe, but



now we can lead them in their direction and it helps them be more active,” he says. “My wife and I have been blessed with good health, and we’re both retired. This is our opportunity to give back. It feels good to help people who are trying to help themselves. And Dawn is passionate about what she does. She has a very exciting personality. You can feel it, and that’s her all the time.

“It’s becoming like family.”

In her latest approach, Wells has added Zoom, a video conferencing tool, so she can teach remotely with the assistance of Lions who are onsite with the students. It allows her to reach more people at more locations that are closer to their homes.

“It’s extremely rewarding for me,” she says. “It fills my heart and it makes me appreciate all I can do.”

The Service Journey

A Roadmap To New Service Opportunities



“The journey itself is home.”

— Matsuo Basho

When you think about the legacy of Lions Clubs International, you think about service. Ever since founder Melvin Jones had a vision to change the world through acts of kindness, service has been the heartbeat of the organization. It's why people become Lions. It's why you give your time and talents to your communities. It's how you make lives better.

And that's what it's all about. That's what Lions have been doing for more than 100 years.

So, what is it about the service of Lions that has stood the test of time? Why does compassion continue to move Lions to act? In a world of increasing need, can Lions increase service to keep up? And can it be done even better?

Service is a journey

It takes time and planning. There are stages along the way. It takes you somewhere new. Somewhere special. And when you reach your destination, you've not only changed lives along the way, but you've changed, too.

Sometimes the journey is only metaphorical. But sometimes it's real, and it takes you across borders, far from home.

The service journey is a new way to think about service. It has four phases—Learn, Discover, Act, and Celebrate—that define the service experience. Each phase is connected. Each phase can help Lions innovate how they serve.

Knowledge is power

When you increase your understanding of your community and your world, you develop an awareness of the needs that are out there.

Learning makes it possible to be effective. In this phase, Lions gather needed information, draw insights and understand how new information fits into the bigger picture. This enables you to develop common goals and apply your experience to new projects.

Learning leads to discovery

Lions often create the greatest impact when they work right in their own communities. But there are often challenges that get in the way, resources that need to be gathered, and expertise that needs to be sought.

When looking for ways to make an impact, Lions have to first discover what they can offer, what they can improve upon, and what obstacles might be in the way.

When they find the answers to these questions and leverage their time, talent, and resources as individuals, and collectively as a club and a global organization, Lions create new paths to opportunity.

Putting it into action

The third phase of the Service Journey is all about action. This is what Lions do best. Lions serve. Lions get things done. With the proper know-how (from the learn and discover phase) service projects can make a big impact on the communities where Lions live and serve.

Celebrate the accomplishment

Service isn't the end of the journey.

The work that Lions do inspires more great work from other Lions. When Lions celebrate their work and tell their stories, they inspire more to join the movement.

Because celebration isn't just about the past; it paves the way for the future. When Lions report on their service work, they contribute to a crucial set of data that will inform and inspire the future work Lions do. It empowers those who follow in their footsteps with the knowledge to make their service work that much better, that much more effective.

The ability to learn from and improve upon the past depends on the ability to record and share your stories of service. By taking photos, putting together a video, and sharing your service on MyLion, you help hone Lions' ability to make meaningful change.

To serve is to grow

Lions are global citizens. Lions are leaders in community and humanitarian service. But even more than that, Lions are humans.

Lions all have a unique way of thinking about and engaging with the world around them. While no two Lions are the same, they are united in what drives them.

Lions serve so a hungry child can have a healthy meal. So a pair of glasses can open weary eyes. So a community can defeat the spread of diabetes. So a world in need can hope.

Lions are constantly learning and discovering, and acting, and celebrating. It's part of being a Lion: as you serve, you grow.

Project See

Lions in Nogales Tend to the Unseen Poor in Mexico's Border Hills

By Joan Cary





Lions from Nogales, Arizona and Nogales, Sonora, Mexico visit the homes of the poor in need of eye surgery on “the hill” overlooking Nogales, Sonora, Mexico.

Josefina Estrada rested on the crisp white sheets of a gurney at the Camp Lowell Surgery Center in Tucson, Arizona, awaiting her turn for cataract surgery. It was 11 a.m., but she had been awake since 2, long anticipating this day the Lions had promised.

Her morning had progressed slower than expected, but it was a journey she hoped would end in success.

“The Lions will take care of you,” she said in Spanish.

The Journey Begins

At 4 a.m. Estrada left the snug cinderblock home she shares with her sister-in-law, Enriqueta Barcenas, in the impoverished hills skirting Nogales, Sonora, Mexico, to meet the Nogales Sonora Lions at McDonalds. The Lions would be her escort at the U.S.-Mexico border where the steel wall divides the sister cities of Nogales, Arizona and Nogales, Sonora.

Estrada could see that the sun had yet to rise over the Santa Cruz River Valley, and that cars were crossing from her native country into America. But she could not see the Lions’ faces with her left eye, the cataract having grown so thick. She was nervous. Tired. She is a homemaker who sells her sister-in-law’s homemade apple empanadas on the street, as she reported on her humanitarian need form. Lions had completed it for her over the course of three visits to her home. And she was truthful. She had no legal troubles in her past.

But now she had to be patient. Confirming identities, getting special permits for people like her with no passport or visa could take time, and this time security had run into an unexpected hiccup during shift changes at the border. It would take hours before the Lions and their guests like her could get to America, just a few city blocks away.

“There are all these uncontrollable variables since 9-11, and these are people not familiar with the bureaucracies that occur at the border, but they’re willing to be patient because they’re hopeful and they’re grateful,” explained Nogales, Arizona Lion



Nogales Sonora Lion Dr. Laurence Alegria explains the next day's schedule to Josefina Estrada who will have cataract surgery, thanks to Lions.

Luis Fernando Parra, the city attorney.

After hours, their patience was rewarded. The five cars in the caravan of Nogales Sonora Lions, each with four patients in tow, were waved on to enter America with one-day special permits. They would have to return with their receipt before nightfall.

Waking Up to Sight

Estrada and the others were first driven 70 miles to the Tucson offices of Dr. Laurence Kaye, where Kaye and ophthalmologist Jack Aaron would do a quick pre-op eye screen before moving them to the surgery center a block away.

“God sent me to this place,” Estrada said in Spanish to one of the volunteer nurses there, now eight hours after leaving home in Mexico. The building was populated with volunteers and yellow vests.

“She says she is thankful to God for Lions,” added a volunteer translator who was helping Estrada communicate with English-speaking nurses and doctors—also all volunteers. “She says the first thing she wants to see after the surgery is the people who have helped her. She thanks God for the Lions.”

Estrada, 65, made the sign of the cross over her chest as they wheeled her off to surgery.

“11:50,” she announced a bit later, smiling wide and pointing to the wall clock in recovery as proof that she could see through the healing drops in her

eye. She had already remarked in Spanish about the handsomeness of her surgeon, Dr. Karl Rosen, and of the Lions, bringing smiles in all languages. She was clearly seeing faces again.

Lions Reach Across Borders

For more than 40 years the Lions of Nogales, Sonora and Lions of Nogales, Arizona, USA—friends across the border—have worked together to make this annual bi-national Operation See project a success. They have corrected the vision of more than 3,000 needy persons who might otherwise have gone blind from what is considered a treatable cause.

Three months before surgery day the Nogales Sonora Lions begin making the potential patient list, doing background checks, visiting people in their homes, and documenting their few assets. Many live with no running water and no heat.

On the Arizona side, Nogales Lions led by their club president Claudia Wise and longtime program organizer Mayra Zuniga, communicated with the doctors and medical personnel in Tucson. These are the people, upwards of 25, who would kindly give up their Saturday to serve with Lions.

“We had to turn people away, so many wanted to help,” said nurse Kathleen McMurray amid a flurry of pre-op activity in the surgery center.

While medical personnel did their job for free,

Lions did theirs in the lobby. They exuded warmth, greeting patients in both Spanish and English. They translated worries, answered questions, and wrapped arms of security around shaky shoulders they had never seen before. They disappeared only to return with Mexican sweetbread, juice, and fruit for hungry post-operative patients and their companions.

Seventy-year-old Mario Ortega Rodriguez, there to have a cataract removed from his right eye, met Nogales Arizona Lion Stella Perez in the waiting room. She greeted him with a hug. In Spanish he told her he was hungry and he is a diabetic. He had not eaten since 3 p.m. the day before because he was too nervous.

She quickly tended to him.

“He says that she [Perez] is his guardian angel,” his wife, Maria DeJesus Castro, said later when he was recovering. A mechanic since age 9, Rodriguez had lost most of the sight in his left eye in 1983 when he was jump-starting a car and the battery exploded in his face. But he continued to work as much as he could with only his right eye vision until the cataract began to rob him of that sight, and he was almost blind.

“He cried last night,” his wife said. “He said this is the first time in his life people have been good to him.”

Word Gets Out

The Nogales Lions in both America and Mexico do not have to advertise this goodness they extol every year. Nor do the doctors. “He doesn’t do this as a promo,” Perez said of Dr. Aaron, a longtime participant in Project See. “He does it because it’s the right thing to do.”

Aaron responds that “Lions gets the Lion’s share of the credit.”

“Word just gets out. Everyone here knows about the work of Lions,” said Jorge Medina, a civil engineer who is past president of the Nogales Sonora Lions.

On the streets of this busy city, people honk their horns and wave to him and other Lions. They recognize the Lions’ logo on the pickup truck, and the yellow vests, and stop Lions on the street to ask questions for a family member or friend in need of help. “They know,” Medina said. “They know that we will try to help them.”

Ninety people applied to receive vision help through



Elicia Nevares Garcia is prepared for cataract surgery by nurses who have volunteered their help at the surgery center in Tucson for Lions’ Project See.



Josefina Estrada get post-op attention from bi-lingual nurse volunteer Susan Hunn. “Sometimes you have to explain to them that today they are getting the best (care) and it’s free,” says Hunn. “Today is like winning the lottery because the Lions are taking care of you.”



Nogales Sonora Lions Dr. Jesus Hector Romero and Dr. Laurence Alegria have a little post-op kindness for Josefina Estrada.



Nogales Sonora Lion Dr. Laurence Alegria greets Mario Ortega Rodriguez and his wife, Maria DeJesus Castro, when they arrive for free post-op care in Mexico on the day after his surgery.

Project See this year, and 22 between the ages of 56 and 88 were chosen based on the severity of their vision loss, the availability of other financial assistance, and their individual financial need, said Medina. One woman did not clear the final check at the border and had to be taken back home, but Lions will see to it that she has surgery in Mexico.

Although the patients come from all parts of the city, Lions are familiar with “the hill” where Estrada and others live. At Christmas every year they go there, where others choose not to go. They go in jeeps because there are no streets, just worn tires in the dirt to create steps, and they deliver 300 bags of food to needy families.

There are many in need in this city of have and have nots. Every year the number of people asking for help through Project See raises 5 to 10 percent, said Nogales Sonora Lion Dr. Jesus Hector Romero, who with another Lion, Dr. Laurence Alegria, a public health doctor, takes on the time-consuming task of completing forms for patients. And every year, Romero said, he expects they will continue to have a waiting list.

Keeping the Project Alive

Dr. Aaron, who has donated his expertise and time

to Project See for more than 30 years, remembers when they brought treatment to the patients instead of patients to treatment. He would haul all of the equipment and drive a mobile clinic across the border to park outside Carondelet Holy Cross Hospital in Nogales, Sonora where they gave him one operating room for the day. He was also performing cataract surgeries the old way. It required a larger incision and sutures.

Now the surgeons—four volunteered this year—perform phaco emulsification, the newest ultrasound technique where the cataract is broken into small pieces and removed through an incision about one-fourth the size of the old one. It means no or very little need for stitches or bandages, fewer post-op restrictions, and a quick recovery. And Aaron’s young partners like Rosen are familiar with the procedure, so he can recruit them to help.

“I want this project to outlive me,” said Aaron.

Many of these Mexican patients getting help from Lions are nearly blind, he said. “The worldwide burden of treatable/preventable blindness is estimated at about 20 to 40 million, and cataracts represent at least half of that.”

While cataracts are dealt with fairly quickly in the U.S., in Mexico and especially for the very poor,

it's a question of keeping people functional and independent, said Aaron. "If you're blind from a cataract, the life span can be 3 to 5 years if you don't have a support mechanism or family. In many cases it can be lifesaving to have cataract surgery."

In Tucson, the cataract patients moved quickly from post-op to the lobby to await their ride home with the Lions who brought them. They wouldn't have to cross the border the next day. They had post-op appointments with Nogales, Sonora doctors, including Lion Romero, who would provide all of their follow-up care for free.

My House is Your House

Elicia Nevares Garcia, 71, who lives in a tiny home under the shade of a quince tree on "the hill," was excited for her doctor visit the day after surgery. She was happy she would be able to cook her favorite fried chicken again, she said. Before surgery, she could not see to cook when the sun started to go down.

"She is grateful," said Medina, translating for her as she stopped to shake hands, hug, and extend a "Gracias" to every Lion she could now clearly see in the waiting room full of post-op patients. "She says the Lions are very friendly, and she is very thankful. She says 'poor my house is, but my house is your house.'"

Behind her, Josefina Estrada and her sister-in-law, who wiped away tears of joy, made their way toward the door with eye drops and another appointment slip. "Gracias. Gracias." Estrada gave hugs and walked toward the sunshine and the mesquite trees beyond the door.

On the sidewalk, Medina said his club hopes to someday have the funding for their own eye clinic where people like Estrada and Garcia can get help without having to cross the border. He watched traffic as the women walked across the busy street for their ride home.

"People ask if we get some pay," Medina said, tapping his heart through his vest. "The pay we get is in the heart." **L**



Nogales Arizona Lion Stella Perez has a hug for Mario Ortega Rodriguez following surgery. He says she is his guardian angel.



Attacking Diabetes in His Community Seemed Like the Clear Path

By Reannon Muth

Pat Ryan left the 2017 Lions Clubs International Conference in Chicago with a mission: He would return to his home state of Kentucky to help screen 100,000 people for diabetes.

Ryan was motivated to join the fight against the global diabetes epidemic in part because he knew people in his adopted home state were suffering.

“We have one of the highest rates of diabetes in the country,” he says. According to Kirsten Rowland, associate director at the American Diabetes Association in Lexington, approximately 567,000 people in the Bluegrass State have diabetes. “Of these, an estimated 108,000 have diabetes and don’t know it,” she says.

Ryan was also motivated by what he’d seen on the conference stage. Watching former International President Bob Corlew call on Lions to help prevent and raise awareness of diabetes was inspiring—and, in a way—

serendipitous. For this retired science teacher and athletics coach, the diabetes epidemic wasn’t just a worthwhile cause to rally behind—it was disease he’d known personally.

At 5’8” and 160 pounds, Ryan is slender. But in 2015, his weight hovered around 260. He was severely obese. “I could barely walk down the street without huffing and puffing,” he says.

He was also diabetic.

Then Ryan had a doctor’s appointment that changed everything. His physician diagnosed him with Stage 3 Chronic Kidney Disease. “That was the panic button,” Ryan says. He’d had enough.

Ryan began eating more fruits and vegetables, and walking two to four miles a day. Over time, he lost 100 pounds. A year later, Ryan visited his nephrologist and came away with a remarkable new diagnosis: not only was his

Chronic Kidney Disease down to Stage 1, which is normal for a 71-year-old, but after 16 years, his physician updated his diagnosis from “diabetes” to “prediabetes.” His blood glucose levels were well within the norm and he no longer needed to take medication.

It was during this time that Ryan attended the Centennial celebration in Chicago and was moved to heed the call for Lions to mobilize to help those who have diabetes or are at risk of developing it. When he returned to Kentucky, Ryan began working on a LCIF Diabetes Grant application that would provide his Lexington Lions Club with the funds needed to host diabetes screenings and then conduct follow-up meetings with at-risk individuals. If the grant is secured, the club aims to start small by screening 10,000 to 20,000 people first and then expanding from there.

Richard Heine, chairman of the Fayette County Diabetes Coalition

(FCDC), is helping Ryan and the Lexington Lions Club with the application. Formed in 2002, the FCDC works in affiliation with the health department and several local schools, churches, businesses, and hospitals. “It was formed to look at diabetes as a community problem, rather than only a medical problem,” says Heine. Heine believes a community-wide approach is key to curb the diabetes epidemic.

“Pat has taken an important step and aligned himself with local community efforts in his desire to make a difference,” says Heine. “The same efforts will be needed throughout the country if Lions are to succeed.”

Heine thinks it’s important that any Lions Club members wishing to support the diabetes cause in their own communities first do as Ryan did and “identify champions.”

“Find out what is being done in the community and by whom, and then seek to discover ways to assist and participate,” he advises.

One of the first organizations Ryan contacted, for example, was the American Diabetes Association in Kentucky, who put him in touch with their associate director, Kirsten Rowland. Together, Ryan and Rowland helped plan and promote several local diabetes awareness and fundraising events.

From the onset, Ryan was insistent that the Lexington Lions Club do more than serve as event financiers.

“If we’re going to serve, serving is about more than giving checks,” Ryan says. When the Lions helped the ADA put on the Tour de Cure in May 2018, for instance, he and other Lions “helped set up signs, set trash cans, and helped set up booths.” Through this walk/run/cycling event, the ADA raised

US\$200,000 for diabetes research, education, and advocacy.

Ryan also enlisted the ADA’s help in promoting Diabetes Kids Day at the Lexington Lions Club’s annual Bluegrass Fair. The fair featured music, food, and 100 amusement rides and carnival games. The event provided an opportunity for children with diabetes to make new friends and enjoy the fair free of charge.

Rowland comments that the Diabetes Kids Day was “our largest event of the year.” More than 100 children and families attended. She considers events like these important because they help connect diabetic children with one another so that they can “share their struggles, triumphs, and ultimately provide a vital support system.”

One of the Diabetes Kids Day attendees was Maya Young, an eight-year-old with Type 1 diabetes who has served as an ADA Youth Ambassador for the past two years. Her mother, Karin Young, says that Maya “loved riding all of the rides and meeting other kids just like herself.”

Young recommends Lions host events designed to educate parents about the signs and symptoms of Type 1 diabetes in children. “I feel lucky to have figured out my two-year-old had diabetes in just four days,” commented Young. “Some children end up in the hospital fighting for life because people are unaware.”

Rowland agreed that more education is needed. “I think a big challenge is getting important educational information out to those who need it,” she says. “To fight the diabetes epidemic, we need to do more screenings and then get information into the hands of those with pre-diabetes and those diagnosed to help

prevent and manage diabetes.”

Though Ryan faces an uphill climb in his mission to screen 100,000 Kentuckians, he remains optimistic—in part because he knows he won’t have to do this alone. Not only does he have the support of his club, the Fayette County Diabetes Coalition and the American Diabetes Association, but he also has the support of the global network of Lions. “This is encouraging,” he says.

“Because of Lions, I feel more empowered. They’ve got my back. I’ve got the Lions Club behind me.”

In the meantime, Lexington Lions have been working to raise both funds and awareness. In 2017, the Bluegrass Fair, which they’ve been hosting for nearly 60 years, raised US\$175,000 for more than 20 local charities including the ADA. Ryan estimates that US\$12,500 of the profits from 2018’s fair will be donated to charities that support diabetes prevention and treatment.

The club has celebrated their progress by sharing service photos on Facebook—the club’s two Facebook pages have nearly 13,000 followers—and through local media outreach. Recently, their PR efforts have seen some success. “We had great coverage of Diabetes Kids Day on a local TV station and a front-page story in our local newspaper,” says Ryan.

Rowland is grateful for work Pat Ryan and the Lexington Lions Club have done to help the American Diabetes Association Kentucky and recommends Lions everywhere do their part to get involved. Four hundred million people have diabetes worldwide, with this number expected to rise to 650 million by 2040. “It’s going to take all of us to help make a difference in diabetes and ultimately find a cure.”

For Your Next Service Journey

Pack Your Bags With the Right Resources

Learn

Lionsclubs.org

- Learning opportunities abound on the brand new lionsclubs.org, where Lions and Leos can explore our global causes in depth.
- There's also an entire section dedicated to the Service Journey, where Lions, Leos, and the general public can explore our approach to service at their own pace.
- Another exciting feature is MyLion™, a powerfully immersive service platform that lets Lions and Leos view and interact with service data from around the world.

Diabetes Fact Sheets

In addition to the exciting information and tools available online, we're also developing educational tools such as our new Diabetes Fact Sheets—made possible through our strategic partnership with the International Diabetes Federation (IDF)—to equip Lions and Leos to raise awareness about our global causes.

- Available for download on lionsclubs.org
- Features global, regional, and country-level data
- Includes country-by-country IDF Member Association contact information

Celebrate

Lionsclubs.org

- Explore the Service Toolkit for resources about the importance of service reporting.
- Report your service through MyLion™.
- Read stories about inspiring projects happening around the world.

The Service Toolkit

The Service Toolkit includes important downloadable resources that speak to the hows and whys of service reporting:

- The Why Reporting Matters guide walks members through all the benefits of service reporting, and why it matters so much to members, clubs, and the association as a whole.
- The Service Reporting Guide helps you implement reporting with MyLion, showing you how step by step.

Social Media Channels

Social media channels are a great outlet for engagement, and Lions and Leos are encouraged to participate in the ongoing celebration of service by following, sharing, and interacting with each other and our official social accounts:

- Facebook
- Twitter



Discover

Lionsclubs.org

- Explore the discovery-oriented Service Toolkit in the Service section of the new lionsclubs.org.
- Visit the search-friendly, filter-rich Resource Center to discover information and tools relevant to you.
- The MyLion™ member dashboard helps you discover service projects happening around the world and get inspiration for your own service.

Service Toolkit

The Service Toolkit itself is a portfolio of downloadable resources designed to help clubs assess, position, and activate for greater impact in your communities. Discovery-oriented tools include:

- The Club Quality Initiative takes a whole-club approach to identifying, implementing, and sustaining improvements to keep clubs performing at the highest level.
- The Club & Community Needs Assessment (CCNA) helps clubs identify and apply their unique strengths, determination, and innovation to the needs of their local community.
- The Developing Local Partnerships guide helps clubs identify and evaluate their challenges, and connect with like-minded organizations in the community to bridge gaps through partnership.
- The Fundraising Guide helps clubs understand and plan for both online- and event-based fundraisers.

Act

Lionsclubs.org

- Use the Service Launchpad tool to find Service Project Planners.
- Explore and apply for funding through the Lions Clubs International Foundation grants section.
- Use the MyLion™ member portal to plan and promote service activities.

Service Project Planners

- A collection of downloadable tools designed for clubs who are ready to engage the global causes in their community.
- Twenty-one unique planners are currently available in the Resource Center
- There are currently eight total diabetes planners, four vision planners, and three planners each for hunger, the environment, and childhood cancer.
- Each planner contains six key sections: a project overview, a task planner, a volunteer planner, a planning checklist, a budget worksheet, and an impact planner.





CAKE

for kids, by kids

By Erin Kasdin

It was just two years ago that the Metairie Airline Lions Club in Louisiana was pulling together their first ever Cubs program to add some life—and able bodies—to their service activities. In that short time they've established a robust partnership with a local nonprofit to help give joy to children in foster care.

The eight to 10 members of the club's Cub program bake and decorate cakes for children who are having birthdays while living in foster care.

“My daughters really wanted to do something that would help other kids,” says Sandy Arce, who joined the Metairie club because of the Cub program. She wanted to give her kids an opportunity to serve and she realized it wasn't easy to get projects started without the backing of a global organization like Lions. “Honestly we just never knew how to implement any of that,” she says, when talking about their efforts to volunteer before joining Lions.

After a brainstorming meeting with the Cubs, Arce went to the local nonprofit CASA Jefferson Parish, which supplies court-appointed special advocates to children in foster care, to see if there was a way they could help the kids in the system. Executive Director for CASA, Rosana Gonzalez, had just the idea.

The First Cake They've Ever Had

"A lot of kids who come into custody say, 'I've never had a birthday cake in my life,'" says Gonzalez. "They've never blown out candles."

Arce speculates her own experience may be partially what made her so dedicated to the project. "I never had birthdays much as a kid," she says. "For whatever reason, financially, we weren't able to do it. I felt a little robbed. It means a lot to me that I can provide this to these kids."

At the beginning of each month Gonzalez gives Arce a list of the children in foster care with birthdays coming up. She lists the days the cakes are needed, along with a description of what the recipient likes (Spiderman, flowers, dragons) and the age, gender, and first name of the child, omitting any identifying details.

"Confidentiality for the children in the foster care system is very important," says Gonzalez. "Only specially trained people are allowed to know who these kids are."

The Cubs divvy up the cakes due that month and get to work. Arce's daughters get really into it, she says. "They look up inspiration on Pinterest and watch videos on how to bake cakes." Arce admits it wasn't easy at first.

"We had 20 cakes the first month," she says. "It was like a crash course in how to bake a cake."

CASA helps provide materials like cake mixes and icing. Some people use the mixes; others make them from scratch. "Some go all out," says Arce. "But we invite everyone to participate, no matter the skill level."

She recalls one grandmother who called Sandy distressed over the rainbow cake request she had gotten. She wanted to know if rainbow sprinkles from a can was good enough. Arce reassured her that it wasn't about how beautiful the cake was. "It isn't about your aptitude," she says. "It's about what your heart tells you to do."

"Just the idea that someone is making a cake for them... They get so excited."

Gonzalez says the foster kids love the cakes and look forward to them. "Just the idea that someone is making a cake for them and it will be what they like and what they want. They get so excited," she says.

They Don't See the Smiles

Unlike other service projects, where Lions see the joy on the recipient's face—like when they get a new pair of glasses and can see for the first time or when they receive a warm meal for the holidays—the kids baking cakes never get to have that moment.

Because the identities of the children in foster care are kept confidential, the Cubs (and Lions) never get to meet them, or even see a picture of them enjoying their cake. "Sometimes I can send a photo if it's, maybe, a toddler and I can get a picture of just her hands smashing the cake, or something like that. But no faces," says Gonzalez.

Arce says she's surprised and impressed by the Cubs' willingness to put so much effort and love into something when they don't even get the reward of seeing how happy it makes another child. "They are doing it from the bottom of their heart. They truly have hearts of gold," she says. 🍪



Angelina Fernandez, 14, shows off a princess cake she made for a girl in foster care.

**MOST
MEMORABLE
CAKE**

"The first cake we did was a spackle job. It leaned to one side, was very heavy. But it was so much fun to make."

—Sandy Arce,
Metairie Airline Lion

"Once we got a smash cake for a one-year-old. They had made two cakes: one for the family and one for the baby. My heart melted."

—Rosana Gonzalez,
CASA Executive Director



Sacred Heart Church, in Pahoehoe, stands as lava from a Kilauea volcano fissure illuminates the night sky and volcanic gases.

ERUPTION

WHAT HAPPENS WHEN THE EARTH OPENS UP

Story and Photos by Katya Cengel

A Tightly Knit Neighborhood is Scattered

Tuesday nights were their nights. That is when the Girlie Girls held their meetings. The group of women in Leilani Estates subdivision on Hawaii's Big Island met to socialize, but they also meant business. When a rural neighborhood road not maintained by the county needed repaving, the Girlie Girls got all the neighbors to contribute \$50 each for new gravel. Then they made sure everyone came out with rakes to help level the road. It was the Girlie Girls that kept the neighborhood in Hawaii's Puna District together, says Lion Paul Sebala, whose wife, Janet, belonged to the group.

"That's what made all the neighbors so very close. I mean we knew each other's cats, dogs," says Sebala.

Although some men went to the meetings, Sebala was not one of them. Tuesday nights were also Lions nights, when the Hilo Waiakea Club hold their meetings. If the Girlie Girls were his community, Lions were his second family. A self-described menopause baby, Sebala, now 55, lost both his parents by the time he was 28. He found substitute parents and grandparents among the

Lions, most of whom were older than him, when he joined in 2002.

"I felt very comfortable. Many of them had the same small town values that I had at the time," says Sebala, who is a picture framer.

In Leilani, Sebala found that same community feeling, one that reminded him of his childhood on Wake Island, an atoll in the middle of the Pacific Ocean. He wasn't too worried that Leilani Estates is located in Kilauea Volcano's lower East Rift Zone, where vents have been active in the past.

"We moved in knowing full well there was a risk the volcano could be erupting," says Sebala. "But it hadn't since 1955."

When they bought their land more than two decades ago a lot of people were already living in the subdivision. The land was lush and forested. Instead of fearing the volcano, Sebala was grateful for it.

"We really could not afford to buy a house if that Kilauea Volcano wasn't there," he says.



The house where Lion Jaye Dempsey lives in Leilani Estates. The home itself is owned by his uncle, Lion Paul Sebala, past zone chair.

Sebala and his wife paid \$20,000 for two acres and another \$36,000 to build a house, far less than they would have to pay for a house in the nearby city of Hilo, he says.

Two decades later, on May 3, 2018, Kilauea erupted.

Lava began oozing out of the ground in Leilani Estates and molten rocks spurted toward the sky. The air filled with vog—volcanic smog. Leilani Estates residents were told they had until sundown to evacuate.

When he heard the news, Sebala was at the Lion's District 50 Convention in Hilo. Although Sebala and Janet had moved to Hilo five years before for work reasons, they planned to return to Leilani after they both retired and were about to begin construction on a small cabin there. In the meantime they were renting their Leilani house to Sebala's nephew, Jaye Dempsey. It was, in part, to rescue some of the construction materials that Sebala went to Leilani Estates that day. He also wanted to say goodbye.

"It was more, I think, just kind of seeing the house for the last time," he says.

Not just the house, but also the neighborhood. Their adult son Patty lives down the road. When their son Kelly died of a brain tumor in 2010 they planted a breadfruit tree in his memory in their yard.

By the time Sebala arrived, Dempsey had already loaded up his PlayStation and television. For several days



Jaye Dempsey, 34, president of the Puna Lions Club, displays the lava rocks that rained down on his home in Leilani Estates during the volcanic eruption.

before the eruption Dempsey says earthquakes shook the house every five or 10 minutes. Thousands more earthquakes would follow.

“It was freaky for a minute,” says Dempsey. “Then you get used to it.”

After rescuing their things and saying their goodbyes, Sebala and Dempsey headed to an evacuation shelter. They weren’t there to ask for help, but to give it.

They stayed until midnight, helping in whatever way they could, says Dempsey. At the time Sebala was Zone Chair for the Puna District, where much of the damage occurred. Dempsey is president of the Puna Lions Club. President of a club of one he likes to joke.

Only it isn’t a joke.

Sebala had talked his nephew into reviving the Puna Club and had just held an official meeting when the volcano erupted, wrecking havoc on the very area the club represents. By August the lava had destroyed more than 700 homes, wiped out entire beach communities, covered a power plant, and filled in a bay. As the volcano

quieted, the Lions held a second meeting to discuss the Puna Lions Club. Not long after, Hurricane Lane struck, causing flooding in Puna and other districts.

“We need to stop having meetings,” says Dempsey. “Maybe that’s the problem. Every time we have a meeting a disaster follows quickly afterwards.”

Despite the joke, Dempsey, who is 35, has taken his new role as a Lion seriously, serving as the go-between for those on the ground in Puna and the Lions helping with relief efforts. As a park caretaker for the county, it was Dempsey’s job to clean up at the Pahoia District Park gym evacuation center, one of two shelters where Lions served hot meals every Saturday and delivered goods every Thursday for two months and three months, respectively. To help fund their efforts they received a US\$10,000 grant from LCIF, US\$5,000 from a Hawaii Lions District 50 foundation (another US\$5,000 was later added) and an estimated US\$7,000 in donated goods and services. Current District 50 Governor Bob Lee credits his predecessor, PDG Blayne Hanagami, and the Hilo area Lions with handling the relief effort with “amazing grace”.



Hawaii Lions with the Bodacious Women of Pahoia at a distribution center the women manage where the Lions brought and helped sort items for evacuees of the volcanic eruption. The Bodacious Women are in front, with founder, Ronnette Gonsalves, second from left. Back row, left to right, Lions Winston Towata, PDG Blayne Hanagami, Clyde Yoshida, and Alan Garson. Front row, left to right, Lions Glen Shigehara and Kent Sonoday. Far right, Priscilla Garson, wife of Lion Alan Garson.



Not Done Yet

On a Friday morning in August, almost four months after the eruption began, a half dozen Lions gather at the Pahoehoe gym evacuation center. The grass outside, once covered with hundreds of tents, now houses only a handful. Inside, the gym is almost as empty. Michael Blevins is one of the few evacuees left. Blevins, who is 58, rented a home in Kapoho Bay. One night in mid-May he remembers hearing a huge rumbling. It sounded like thunder, but it didn't stop. Later he learned it was another fissure in the volcano opening up. Blevins packed his bags and left. A couple of weeks later lava hit the area and wiped out everything. He has been at the shelter ever since.

Although Blevins received around US\$6,000 for rent assistance and lost possessions from the Federal Emergency Management Agency (FEMA), he is grateful for the pillows, blankets, and flashlights Lions have provided.

"Those kind of things really are the most touching gifts," says Blevins. "They're not expensive, and you can find them everywhere. It's just the convenience of not having to worry about the little stuff."

Inside the gym a handful of Lions pack more little things into gift bags they will take to a new settlement where 14 elderly evacuees are now being housed. All six clubs on the island's east side took turns helping with the relief effort, as well as individuals from clubs on the more distant west side, says Hanagami. His vision is for the recently revived Puna Club to one day be able to take care of its own.

Harry Kim, mayor for the island of Hawaii, has a

grand plan of his own. He wants the government to develop a place where the evacuees can live forever. In the meantime, he has reached out to churches, asking them to help house the less than 100 evacuees still in shelters. The idea is to lodge evacuees in temporary shelters that consist of a collection of micro-units (also known as tiny homes) of around 120 square feet each. The units are built on church land with donated supplies and labor from businesses, charities, and church groups. Each unit or small studio is freestanding and has electricity but no plumbing. The first 20 to be completed are a modified shed design offered by Hawaii's HPM Building Supply, which was one of many to partner on the project.

Not everyone is a fan of the project. Some criticize residents for choosing to live in lava flow zones. Mayor Kim has little patience for these critics. Like Sebala, he describes the region as well-developed and appealing.

"What they call Lava Zone 1, 2, that was only created in the 1980s. All of these places (subdivisions) were developed before the 80s."

Plus, he says, Hawaiians help each other. It's just what they do. The Hawaiian story is one of immigration, says Kim, people coming from different places. Hawaiians are a diverse group and they need and depend on each other to survive. Sebala's family is from the Philippines. His father moved the family first to Wake Island, an atoll in the middle of the Pacific Ocean, and then to the Hawaiian islands. It was past district governor Alan Garson, who got Sebala to join Lions. Before Lions, says Sebala: "I had no idea about community service, I was a self centered person".



From left: 1. PDG Alan Garson, right, helps evacuee Holly Lange, almost 70, carry the gifts the Lions gave her to her tiny home. Fellow evacuee Leonard Goo is also helping. 2. Immediate PDG Blayne Hanagami, 65, delivering lunch and care packages to evacuees of the Kilauea Volcano eruption living at a tiny-home community. 3. Immediate PDG Blayne Hanagami, far left, and current District Governor Bob Lee, carry a table to waiting PDG Alan Garson at a tiny home settlement for evacuees. The Lions brought tables to the settlement to give evacuees a community space.

Rebuilding a Community

The Hawaii Lions are focused on helping build the tiny home settlements, looking to give the residents a sense of permanence and belonging that can be so elusive as an evacuee. Currently, the Lions are building picnic tables, painting them bright blue and yellow, and placing them outside each tiny home and in the common area of one settlement, so residents have a place to gather and connect.

Puna residents are “salt of the earth” and “regular people,” says Sebala. He’s hoping the picnic tables can help the residents build a community like he had at Leilani estates.

At another tiny-home shelter, 78-year-old singer-songwriter K’uava Depoe is getting used to living as part of a community. Before the eruption she lived in Black Sand Beach Subdivision, where she owned a small sliver of land on which she constructed a makeshift home. Depoe went to Black Sand for the solitude. She lived with a nest of geckos and fell asleep to the sound of Coqui frogs. After the eruption, while there was no lava problem in Black Sand, there was a heavy dust problem. The dust polluted the air and the rainwater she collected in a basin. It was lack of clean water that convinced her to go to a shelter. Almost two months ago she moved to her micro-unit.

Space is tight. Bathrooms are in another building, and a sink and microwave are in a central covered pavilion. So there are rules that the free-spirited Depoe finds

bothersome. Overall, though, it is much better than sleeping in a shelter with hundreds of others. Here, “You can sleep naked if you want to,” says Depoe. “These have been a place to catch your breath.”

Holly Lange has more trouble gathering her thoughts. A slim woman of almost 70, she hides under a scarf and turquoise mood glasses.

“I have no will to go on,” she says.

On May 31 her house was covered by lava. Like Blevins, she lived in Kapoho Bay. Also like him, she left before the lava came. She took some things, but she left behind a cat and much of her stuff, not believing the lava would take her little country house, a place where she raised chickens and even horses at one time. She received US\$30,000 from FEMA for the house, she says, but she has not received anything for the land, which remains off limits.

“Everything’s gone. My neighborhood’s gone. I had an acre and a half. All my friends are all scattered.”

Sebala understands the feeling. While his house in Leilani Estates where Dempsey lives is fine, the neighborhood feels empty now. People have scattered. The sense of community they loved is gone.

“Everybody’s trying to re-find that,” says Sebala. “They’re realizing what they lost. That it doesn’t exist anymore.” **L**



◀ Elisabeth Haderer

The program may be called “New Voices,” but many of the women involved with International President Yngvadottir’s new initiative celebrating women in leadership have been doing the hard work of leading as Lions for some time.

PDG Elizabeth Halim, a district governor in Indonesia and New Voices Chairperson for Constitutional Area (CA) 7, has been a Lion for 30 years. PDG Gloria Lassey and PID Teresa Mann, also New Voices chairpersons, have been serving for 27 years and 25 years, respectively. Altogether, the chairpersons of the seven constitutional areas (and Africa) have 144 years of experience as Lions.

“These women [chairing the constitutional areas] have so much experience, but were not heard before as they are today, just like the many other Lions out there who are serving and running meetings, but do not have a voice,” says New Voices Global Chairperson and chairperson for CA 6, PID Sangeeta Jatia. “This initiative celebrates them and looks forward to their active leadership in the years to come. We are looking for these new voices!”

The goal of the New Voices Chairpersons is to be a resource to the Lions in their area who want to learn more about and participate in the program. They are working

New Voices

A Chorus of Lions

Experienced Leaders Bring New Voices to New Levels

diligently to amplify the New Voices message, help tell your stories, and gather feedback from you in order to better empower New Voices volunteers.

Diverse Backgrounds Bring Breadth of Knowledge

These women leaders come to the table with a broad range of experiences that give them a unique perspective on being a Lion—and enable them to help inspire others.

Some grew up with Lions, like PID Joyce Middleton, Chairperson for CA 1. “They were, and are, a significant part of the fabric of my hometown,” she says. But they were divided by gender. A few years after she and her husband had joined separate clubs, they decided to charter a new one, based on families, where members could bring their children to meetings. “I love that, in our town, there is a place for anyone to serve,” says Middleton.

It was just such a place that Halim needed when she became a Lion. “I was a young mother, only in my 20s, trying to manage my time, juggling between work and taking care of my little kids. But even then, I managed to spend a few hours for Lions meetings every week,” she says.

Lassey, who chairs CA 8, knows all about juggling her role as a Lion with her role as wife, mother, and employee. Lassey joined Lions when she still had three young children at home and a full-time job. “As one who does not do things by halves, I fell deeply in love with this structured and organized way of rendering service to the needy,” she says.

Others came to Lions later in their career, after raising their families, when they were looking for a meaningful way to spend their time. “Some might say that me becoming a Lion was somewhat a result of ‘empty nest syndrome,’ ” says Mann, chairperson for CA 5.

Lions Changed Them

But no matter when in their life cycle they decided to become Lions, all have been deeply impacted by its role in their life, and share a vision of creating a more diverse leadership that reflects the face of Lions on the ground around the world.

“As a woman Lion leader I hope I can create a bridge between men and women, young and old—whatever the assignment is,” says PID Elisabeth Haderer, Chairperson for CA 4. “Lions has taught me to use everything I have to give for the benefit of others.”

PDG Mónica Segura, Chairperson for CA 3, talks about a defining moment for her during her time in the Patagonian Desert, doing vision screenings for a population in the remote region. “An adolescent left the optician’s room, running outside,” she says. “He was crying and shouting something we could not understand. We all ran after him until he stopped and stood looking at the tree in the yard of his school. He sobbed and he couldn’t speak. After a while he said to us, ‘This is the first time I can see the leaves of my favorite tree in my school yard. I always sit here during break time.’ We all cried with him. We had provided sight to a young man who could not advance in his studies because he did not have a pair of reading glasses. A miracle? Yes, a miracle,” she says.



◀ Teresa Mann



In a Busy Life, There Still Can be Room for Service

Lassey knows that the fabric of women's lives today is different than it was 30 years ago. "Our hallmark is events oriented and face-to-face interaction which has still not been very well adjusted to the 21st century era," she says. "It's difficult to balance with the fast-paced lifestyle of young women who often use social media to connect to friends and family."

Haderer acknowledges the challenges for young women today. "Time is precious, isn't it," she says. But, she says, there are two key principles to keep in mind when thinking about how to spend your time and energy. "We become successful by what we get. But we become happy by what we give."

Vision for New Voices

"Studies have shown that by creating gender balance in leadership, organizations are much more successful," says Haderer. "By increasing the opportunity for women to become effective leaders, offering them learning experiences online and in classrooms ... we are convinced that we will attract women outside Lions to join us and make a difference. The women of Lions are a powerful source, working side by side with men, young and old."

Jatia just wants women to be themselves. "To me this is what New Voices is all about—speaking our mind, using our unique capabilities, and being ourselves," she says. "Let us celebrate being a woman." 🗣️



▲ Gloria Lassey

Becoming a Lion pushed PDG Nicole Héon Lepage, chairperson for CA 2, to have her own transformative moment. Her club was well known for its successful Christmas party at a local hospice, but for two years Lepage couldn't bring herself to attend. It brought back too many painful memories of when her grandfather had lived in a similar home. "On the third year I donned a Mother Klaus costume and played a role," she says. "Since then I have not missed one year and play my role with all my heart." Many of the women talk about the opportunities that open up after becoming a leader—the skills and leadership training that's available. But they all also agree that the real value of being a Lion—at any level—is in the intangible.

"Being a Lion has allowed me to explore and develop skills in areas that have nothing to do with my career," says Middleton. "It's added another dimension to my daily life."

Meet the Team ▶

Each leader has her own story to tell. Find your leader, read her story, and get inspired at weserve.org/newvoices.



PID Joyce Middleton,
CA 1



PID Teresa Mann,
CA 5



PDG Nicole Héon Lepage,
CA 2



PID Sangeeta Jatia,
CA 6



PDG Mónica Segura,
CA 3



PDG Elizabeth Halim,
CA 7



PID Elisabeth Haderer,
CA 4



PDG Gloria Lassey,
CA 8

A Community Center Flourishes, Thanks to Leos and LCIF

BY JAMIE KONIGSFELD

On the coast of Uruguay lies its capital city, Montevideo. In this vibrant city is the Leo Club Montevideo Ansina, one of the first Leo clubs awarded a grant from Lions Clubs International Foundation (LCIF). Recognizing a need for renovations at a local community center, the Leos applied for an LCIF Leo Service Grant and were awarded US\$5,000.

Abandoned 10 years ago, the community center was in rough shape. The inside of the building had deteriorating paint, damaged walls, and dirty floors; most importantly, it needed a new roof. Outside, the weeds and bushes were overgrown and trash littered the lawn.

Eighty Leos from the Leo Club Montevideo Ansina, along with 15 Lions from the Montevideo Ansina and Madame Curie Lions Clubs, funded by the Fundación Leones del Uruguay, worked hard to give the community center a much-needed update. A handful of volunteers from the community center also supported the effort. The volunteers worked together to repaint the interior and exterior walls, doors, windows, outdoor play equipment, and the building's sign. They also spruced up the outdoor areas; volunteers cleaned the patio, the lawn, and tended to the bushes. In addition, professionals were hired to replace the roof and over the next few

months, further renovations were made to the building, including a new bathroom, new furniture, a new kitchen, lighting, and air conditioning.

The new-and-improved community center is **directly benefiting 100 children** and will benefit the neighborhood by providing recreational

and educational activities. The center will offer computer classes, a library, and community festivals. It will also house a program that serves meals to children who do not get enough to eat and will establish an early childhood care center managed by the government's national care system. The desire to end hunger and help the city's youth is what motivated the Leos to develop this project. In fact, the Leos visit the center every Saturday to give snacks and play games with the neighborhood children. The Leos plan to keep generating new activities to serve the community. One idea is to start a garden.



Thanks to the big-hearted Leos and Lions of Montevideo, along with LCIF, the community will have a new early childhood care center and will flourish with the new space for positive neighborhood development.

Leo Service Grants are a brand-new program offered by LCIF. The grants empower Leos to make a bigger impact within their own service projects, while being exposed to leadership skills. LCIF will award up to US\$2,500 for Leo clubs in a Lions district or up to US\$5,000 for Leo clubs in a Lions multiple district.

Visit LCIF.org/BE100 to learn how Campaign 100 will serve youth and work toward a world where no one goes hungry through sponsoring programs addressing the distinct needs of at-risk and vulnerable populations, and expanding resources and infrastructure needed to address food shortages in our communities and around the world.

New Opportunity Arises for Homeless in Salzburg

BY JAMIE KONIGSFELD

A man was living in a small shelter for 500 EUR (US\$568) per month, with only a mattress on the floor for furniture and no shower. His new home is fit for human habitation.

A brand-new building built for a housing program in Salzburg, Austria is giving 55 people without homes a chance to restructure their lives and begin a new path. The program will help citizens of Salzburg reintegrate themselves into society. Thanks in part to Lions and Lions Clubs International Foundation (LCIF), these new apartments are fully furnished. The doors opened up to residents on October 1, 2018.

More than 1,700 people in the county of Salzburg do not have a home, according to a survey published by the Fédération Européenne d'Associations Nationales Travaillant avec les Sans-Abri (FEANTSA) in 2017. According to FEANTSA, a non-governmental organization (NGO) fighting homelessness, this means more than 1,700 people are living with friends, in supported housing, shelters, hostels, or with no roof over their heads at all. This number includes 270 children.

Salzburger Studentenwerk (a local NGO) had a building constructed with 55 apartments where residents can live for up to 36 months while receiving job coaching and life coaching. The construction of the building was financed partly by the Province of Salzburg and public support, and partly by a bank loan. However, there was no money for the furniture. Lions clubs and Rotary clubs of Salzburg collaborated to help furnish the apartments; in addition to raising funds, the Lions of district 114-W also secured a US\$50,000 grant from LCIF. Now, each apartment is furnished with a kitchen counter and sink, a shelf, a table with chairs, a sofa/bed, and a wardrobe. The resident in each apartment assumes operational expenses.



By the end of September there were 170 applications for residency, and by the official opening ceremony on October 16, residents had moved into more than two-thirds of the 55 available apartments.

Hansjörg Brunner, the project chairperson, is proud of the stability this project offers its residents. It's the type of project he says Lions were created for. He's proud not only because Lions and LCIF were able to provide financial assistance, but also because they were able to source further support by reaching out to their social network within Salzburg.

This new opportunity for housing could not have come at a better time, as the weather in Salzburg becomes colder with averages in the mid 20s (degrees, Fahrenheit). The residents will have a safe place to live while receiving the coaching they need to find full-time employment and stable living areas. Lions club members plan to stay involved in the housing program through the supervision of job coaching, mentoring, and help with job placement.

Thanks in part to our global Foundation, this project will benefit approximately 100 people over three years. Visit LCIF.org/BE100 to learn how Campaign 100 will sponsor and deliver programs addressing the distinct needs of at-risk and vulnerable populations such as the elderly, the disabled, females, orphans, and others disproportionately impacted by social and economic factors and requiring special services.





Makes you hungry, doesn't it? Willimantic Lions' fresh donuts help draw visitors to the Hebron Lions fall festival in Connecticut.

Willimantic Lions made the donuts again at the 2018 Hebron Harvest Fair, a project of the **Hebron Lions Club** in **Connecticut**. Fairgoers ate or took home more than 8,000 donuts and drank enough coffee to generate more than US\$6,000 that Lions will donate to local charities.

Work to rehabilitate Three Senses Trail, often called Braille Trail at Calaveras Big Trees State Park in California, is underway. The project is a partnership between California State Parks, the **Arnold Lions Club** in **California**, and the Calaveras Big Trees Association.

In **Illinois**, the **Durand Lions** rededicated their newly renovated Lions water fountain that was purchased in 1986 as a gift to the village.

In **Ohio**, the **Millersport Lions** are especially proud of Lion Roy Brewer who constructed three large double-sided information kiosks for Lions Park. Brewer spent hundreds of hours designing and building the all-weather structures in time to post maps for visitors attending the town's annual Sweet Corn Festival.

Dr. Tom Woods and his fellow members of the **University Heights Lions Club** in **Arkansas** conducted numerous free eye screenings for children in the northeast part of their state over the summer.

Ashtabula Lions in **Ohio**

celebrated their member Ed Searles who was recently honored with the Melvin Jones Fellowship Award.

The **DuPont Lions** in **Washington**

are known as eager builders after taking on many construction projects in their community. DuPont Lions completed the demolition and reconstruction of a major arbor in the town's Clock Tower Park and built permanent restrooms in the park just in time for summer festivities.

The **San Antonio Founder Lions Club** in **Texas**

has been operating and maintaining the seven telescopes at the Tower of the Americas in Texas since 1967, and quarters from tourists and locals wanting to view the Alamo City from high above San Antonio, have totaled US\$10,000 to \$12,000 a year that Lions put toward worthy causes. The tower is owned by the City of San Antonio and each telescope use on the observation deck costs 50 cents.

San Antonio Founding Lion Reid Hackney collects quarters from the telescopes at the Tower of the Americas in Texas. Lion Mike Brazytis shares the job.



The **New Bloomfield Lions** in **Pennsylvania** are proud to support Four Diamonds, an organization to help parents and children affected by childhood cancer.

The Lions Eye Clinic in the Helping Hands Clinic is sponsored by the Broadway **Lions Club** in **North Carolina**. Lions elected to further support the clinic with \$1,500 as a legacy project for their community.

The **Washington Lions Club** in **Kentucky** raised \$14,000 at their Antique and Craft Expo at the King Burley Warehouse in Maysville.

The **Dubois Lions** in **Idaho** donated US\$200 to LCIF.

The **Lions Club of Leduc**, in **Alberta, Canada**, offers an annual free shred event. Lions offer free shredding of unwanted paper, plus a hotdog, in exchange for a donation to the Food Bank.

In **Pennsylvania** the **New Bloomfield Lions Club** celebrated 80 years of service to the community. Although there are no charter members still living, the Lions honored guests who are relatives of the men who brought Lions to New Bloomfield. Lion Norm Harrison entertained with anecdotes from the club's history.



From October to June, the **Avon Grove Lions** in **Pennsylvania** honor a Student of the Month at both the Avon Grove High School and the Avon Grove Charter School.

The **Boyne Valley Lions** in **Michigan** dedicated a new waterfront seating area to their community. The seating area sports a bench with a scenic view of Lake Charlevoix, a multi-basin drinking fountain with a portion for pet use, and a trash container.

At the Avon Grove Charter School Early Learning Center in **Pennsylvania**, the **Avon Grove** Lions screened 170 kindergarten students and gave each a new book.

Stafford Township Lions thank their **New Jersey** community for supporting them in another successful White Cane fundraiser. All of the money raised goes to the club's approved charities.

The Hazleton Lions in Pennsylvania organized their annual 3-on-3 basketball tournament, bringing the community together in a fun way.





CONVENTION AND HOTEL RESERVATION FORM LIONS CLUBS 102ND INTERNATIONAL CONVENTION



Milan, Italy • Friday, July 5 – Tuesday July 9, 2019

DEADLINES MAY 1, 2019: Deadline for advance registration and hotel reservation. Deadline to submit a refund request for registration, housing and/or ticketed event cancellation.

REGISTRANT INFORMATION: Please type or print name as it appears on passport/photo ID.

First Name/ Family (Last) Name _____ Badge/Call Name _____

Address _____

City _____ State _____ Postal Code _____ Country _____

Daytime Phone _____ E-mail _____

Lion Lioness Alpha Leo Omega Leo Adult Guest Club No. _____ Membership No. _____ District _____ Title _____

COMPANION: First Name/ Family (Last) Name _____ Badge/Call Name _____

Lion Lioness Alpha Leo Omega Leo Adult Guest Club No. _____ Membership No. _____ District _____ Title _____

CHILD: First Name/ Family (Last) Name _____ Age _____ Alpha Leo

PACKAGE A:

Includes convention registration for each registrant listed above plus one (1) hotel room serviced by shuttle buses during convention.

- Before January 11, 2019 Reservation in delegation hotel
- After January 11, 2019 I prefer my delegation hotel Prefer another hotel

Hotel Name _____

Arrival Day/Date _____ Departure Day/Date _____

No. of Guests in Room _____ No. of Beds Needed 1 2

Special Requirements: Wheelchair Accessible Other

- **US\$200 Hotel Deposit** is per room and credited to your hotel bill at check out.
- Hotel rooms are equipped to accommodate a total of two (2) guests per room.
- Hotel Deposits paid by credit card will be charged an additional 8%.
- The Hotel Deposit will be sent to the hotel in Euros at the prevailing exchange rate.

PACKAGE B:

NO ROOM REQUIRED (Registration only for each person listed above.)

OPTIONAL TICKETED EVENTS

/we plan to attend the following event(s): (Must be registered to attend)

EVENT: MELVIN JONES FELLOW LUNCHEON

DATE/TIME	FEE	QUANTITY	AMOUNT DUE
July 8/ 12:00-14:00	US \$75	_____	\$_____

EVENT: DISTRICT GOVERNOR/PAST DISTRICT GOVERNOR BANQUET

DATE/TIME	FEE	QUANTITY	AMOUNT DUE
July 8/ 20:00-22:00	US \$135	_____	\$_____

EMERGENCY CONTACT INFORMATION:

Emergency Contact Name _____ Emergency Contact Phone Number _____

SERVICE PROJECTS IN MILAN

I am interested in participating in a hands-on community service project during the Milan International Convention. Further details on registering for service projects will be sent to you in the coming months.

PAYMENT: Full payment is required with this form. US currency only. Checks and money orders must be drawn on US banks. Visa, MasterCard & Discover cards accepted.

REGISTRATION FEES:	Adult	Child (17 and under)/Alpha Leo	Omega Leo	PACKAGE A:	PACKAGE B:
EARLY (Before January 11, 2019)	US\$150	US\$20	US\$100	Registrations: US\$ _____	Registrations: US\$ _____
REGULAR (January 12 through March 31, 2019)	US\$200	US\$20	US\$100	Ticketed Events: US\$ _____	Ticketed Events: US\$ _____
LATE (April 1, 2019 – onsite)	US\$225	US\$20	US\$100	Hotel Deposit: US\$ 200.00	
				Total Due: US\$ _____	Total Due: US\$ _____

Check # _____ Wire transfer (payment slip must be attached to this form) Visa MasterCard Discover

Name as it appears on card _____ Credit card must be in the name of the registrant.

Card Number _____ Expires Month/Year _____ Security code (3 digits) _____

X
Cardholder Signature _____

Mail form and payment to: Lions Clubs International Attn: Convention Division • 300 West 22nd Street Oak Brook, IL 60523-8842 USA • Allow 4 weeks for processing.

- Credit Card and Wire Transfer Payments can be faxed to: (630) 571-1689
- LCI will email your Official Registration Confirmation. **Please print and bring with you to Milan, Italy.**
- All registrants will pick up their name badge onsite in Milan. Please bring your LCI Official Registration Confirmation with you to scan and print your name badge. A photo-ID is also required. **LCI will not mail badges in advance.**
- Information provided on this document shall be used in accordance with the privacy policies and procedures of Lions Clubs International.
- Questions? Email us: registration@lionsclubs.org.

Please note: Lions Clubs International will be documenting the international convention for promotional purposes. Your participation may be filmed or photographed at this event. Your registration is your consent for use of these images by Lions Clubs International.



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Lions Clubs International

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LION



Lions Clubs International

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LANNIVERSARIES

JANUARY 2019

100 Years: San Antonio Founder, Texas

95 Years: Red Lions, Pa.; Payson, Utah; Henderson, Texas; Mount Vernon, Ill.; Clarksburg, W.V.; New London, Wis.; Gettysburg, Pa.; Alice, Texas; Pawtucket, R.I.; Westfield, N.J.

90 Years: Manila, Ark.; Westbrook, Maine; Wolcottville, Ind.; Dallas Park Cities, Texas; Farmerville, La.; Brownsburg, Ind.; Richmond, Utah; Waterloo, Ind.; Regina Center, Saskatchewan, CAN; Morton, Miss.; Greer, S.C.; Deming, N.J.; Calgary, Alberta, CAN.

85 Years: Hopewell Prince George Inc., Va.; Bluffton, Ohio; Hennessey, Okla.; Cordele, Ga.; Coldwater, Ohio; Rockville Centre, N.Y.

80 Years: Camden, Tenn.; Cold Spring, N.Y.; Vancouver Mount Pleasant, British Columbia, CAN; Belle Glade, Fla.; Detroit, Texas; Molokai, Hawaii; Seal Beach, Calif.; Yorkville, Ill.; Glenwood, Iowa; Chester, Va.; Duchesne, Utah; Topton, Pa.; Boonville, Mo.; Leaside, Ontario, CAN; Hartford, Wis.; Teutopolis, Ill.; Trion, Ga.

75 Years: Custer, S.D.; East Cocalico, Pa.; Glendive, Mont.; Brandywine, Md.; Vicksburg, Miss.; Candor, N.C.; Elderton, Pa.; Tekonsha, Mich.; Shillington, Pa.; Sturgis, S.D.; New Hyde Park, N.Y.; Creve Coeur, Ill.; Ripon, Calif.

50 Years: Balch Springs, Texas; Cupertino De Anza, Calif.; Clifton, Va.; Wimberley, Texas; Woodbury, Minn.; Chesterland, Ohio; Channahon, Ill.; Land O' Lakes, Ontario, CAN; Farmer, N.C.; Oxnard Channel Island, Calif.; Brownfield Evening, Texas.

25 Years: Dease Lake Highway #37, British Columbia, CAN; Merriam-Shawnee Noon, Kan.

Anniversaries are based on the official records of Lions Clubs International. The recorded charter date at LCI sometimes differs from local club records.



A Really New Voice

The granddaughter of Lion Valerie Howe, of the Lebanon Host Lions Club in Missouri, attends most club meetings and shows her support for the New Voices program.



The Service Journey



Diabetes



Environment



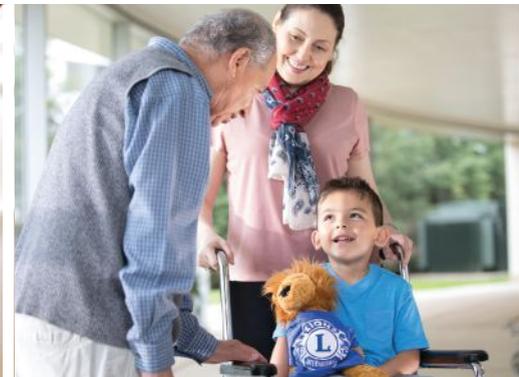
Hunger



Vision



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