

District 1-CN Newsletter



“Miracles Through Service”



January 2009

Volume 6, Issue 7

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February Lions International Calendar of Events

from Lions International Web Site

For Your Advanced Planning

February 2009	
February 1:	Peace Poster Contest winners will be notified on or before this date
February 13-16:	Faculty Development Institute/USA, Affiliates, Bermuda, the Bahamas and Canada (Oak Brook, Illinois, USA)
February 19-23:	Senior Lions Leadership Institute/Europe (Prague, Czech Republic)

Newsletter Deadline

submitted by Lion Gary Laakko,
District 1-CN Newsletter Editor

Your Newsletter editor would like to apologize for the non-delivery of the Newsletter the last two months. Our goal, as always, is to have the Newsletter out the first week of the month. We have been very poor at meeting that goal. I need your help!

Please ensure your inputs are to me no later than the last day of the month. I know everyone is very busy, but if we want to ensure vital information reaches our District Lions in a timely manner, we have to make our Newsletter articles a priority at the end of the month so we can get the Newsletter out on time.

Come the first day of the month, if I don't have your input, you can assume it won't be included, as I hope to e-mail it the first day of every month. I will also not take a late article and send it out via e-mail to everyone on my Newsletter distribution list. If it doesn't meet the deadline for inclusion in the Newsletter, don't expect me to e-mail it for you.

I am going to do better, will you?

District 1-CN

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Web Sites of Interest:

webpages.charter.net/district1-cn

www.illinoislionsmdl.org

District 1-CN Directory Changes

submitted by District 1-CN Secretary Lion Marge Francois

Richard L Schiefer

Please use 108 W Main as address. (He no longer has a P O Box)
Work Phone # is 314-729-1133

Donald Paynter

Add email address
k9dwd@hotmail.com

Mt Vernon Lions 196

Lions Den address is
7th and Pace, Mt Vernon

PDG Donald J Mains

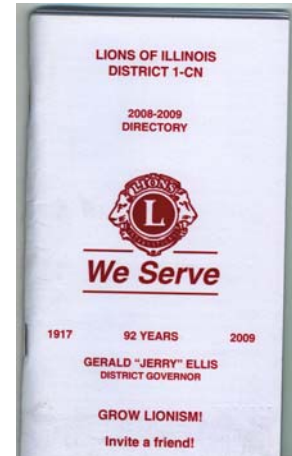
Add email address
Gbwylions2@earthlink.net
618-240-3658 Additional phone #

LeRoy F Gruber

New email address
paparoy7@att.net

Marge Francois

Work Phone # 618-281-9622
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Guiding Lions? Who are they? What do they do?
Could I be One? Come to the State Convention and
find out!!!! May 15-16, 2009 Lisle, Il.



From Your Lions of Illinois Foundation Trustees submitted by PDG

Lydia Ellis

Originally intended for the November Newsletter

Greetings Lions, Lioness and Leos of District 1-CN!!

NEWS FROM YOUR LIONS OF ILLINOIS FOUNDATION TRUSTEES

CANDY DAY.... A big THANK YOU to everyone from every Club that worked to help the blind and deaf, children and adults, of our District and State that we will be helping in the coming year. Clubs, remember to have your ending report and money into our Foundation by December 1st. If you have any questions, please contact Trustee James Middle Calf or myself.

SUSTAINING SUPPORTER. Are you one? The Sustaining Supporter program is a method of giving in which anyone can donate on an annual basis to help support the many programs and services of our Lions of Illinois Foundation. A yearly donation of \$25.00 (tax deductible) to the Lions of Illinois Endowment Fund will help us to continue to provide programs and services to the visually and hearing impaired of our state. Sustaining Supporter contributions can be applied towards a Foundation Fellow....when you send in your twenty-first Sustaining Supporter – you can turn 20 of them in and receive a Foundation Fellow.....and you can pay on your Sustaining Supporter as often as you want - you don't have to just make it once a year. Also, we encourage Lions Clubs to consider becoming a 100% Sustaining Supporter Club (\$25.00 per member each year). At this time, we only have one 100% Club in our district. I urge your Club to talk about this at your meetings. We would like to have more 100% Clubs in our District.

NEWSFLASH: At the November Trustees Board meeting, the Board approved creating a 35th Anniversary Sustaining Supporter pin. You may send your \$25.00 into the Foundation and tell them you want the anniversary pin. We have a new 100% Sustaining Supporter Club in our District for the anniversary.....at the November 13th meeting of the Swansea Lions Club it was approved. CONGRATULATIONS SWANSEA LIONS CLUB and thank you for your dedication to our Lions of Illinois Foundation. I urge all Lions Clubs of District 1-CN to join them in celebrating our 35th Anniversary by becoming a 100% Sustaining Supporter Club. This would make a wonderful Christmas gift!

FOUNDATION FELLOW. This is the greatest level of recognition that can be bestowed by our Lions of Illinois Foundation and can honor anyone (Lion or non-Lion). It can be presented to a person who donates \$500.00 to the Foundation's Endowment Fund, or it can be used as a way for others to honor a person's dedication to the club, community, Lions District, Lions of Illinois Foundation and/or Lionism in general. For those who wish to contribute more than \$500.00 or to begin a program of giving, there are 25 levels of the Foundation Fellow. In addition we now have a special limited edition Foundation Fellow to commemorate our 35th Anniversary of our Lions of Illinois Foundation. This special pin will only be available until December 30, 2009. It is a beautiful pin and one that you will be proud to wear along with your other Foundation Fellow pin(s). This would make a great Christmas gift to honor someone in your Club or your family.

Please continue to collect used eyeglasses, hearing aids, soda can tabs, Iowa bottles or cans, ink cartridges and old keys for our Foundation.

Continued on page 4

From Your Lions of Illinois Foundation Trustees continued

This is the time of year when we pause and give thanks for what we have and have accomplished this year. Thanksgiving is a time of reflection - on years past - on this year - on the rest of the year and on next year. Some of the memories are bittersweet and some are joyous. As you pause this year to give thanks, let us also reflect on the great things that our Lions of Illinois Foundation has accomplished this year and let us look forward to continuing our great work for the sight and hearing impaired of our state into the new year. To each and every one of you, I wish you a wonderful Thanksgiving, a joyous Christmas and a great New Year.

REMEMBER: The vision of the Lions of Illinois Foundation is to create a *permanent* vehicle for the delivery of programs and services to the visually and hearing impaired.

Taking Time to Serve.....

Trustee PDG Lydia Ellis, Foundation President
Trustee PDG James Middle Calf

Lions Clubs International Convention On-Line Registration from Lions International Web Site

Online registration is now open for the 92nd Lions Clubs International Convention in Minneapolis July 6 - 10, 2009. Go to URL <https://www5.lionsclubs.org/eventmanager/OnlineRegistration.asp?eventcode=YQX>

REGISTRATION/HOTEL RESERVATIONS

- The registration fee is your admission to the convention events including seminars, plenary sessions, parade and exhibit hall.
- Registrants will receive an official name badge and souvenir medallion, program with discount coupons for local tours and attractions and one ticket for the international show.
- All changes (name change, arrival/departure revision, etc.) must be submitted in writing by **May 1, 2009**.
- Cancellations must be submitted in writing and received by LCI no later than **May 1, 2009** in order to receive a refund.
- A Processing fee of US\$5.00 will be withheld from each approved refund for hotel deposit and/or each approved refund for registration.
- Contact us at registration@lionsclubs.org or via fax at 630-571-1689.

REGISTRATION FEES

Deadline	Adults	Children *
Early (7/5/08 – 12/31/08)	US\$100	US\$10
Regular (1/1/09 – 5/01/09)	US\$130	US\$10
Late (5/2/09 – Onsite)	US\$150	US\$10

Philosophy and Leadership submitted by PDG Jerry Clemens, District 1-CN Leadership Chair

Philosophy and Leadership:



The 'new' year brings with it 'new' challenges for Lion's leaders. It matters not whether you lead the District, or a club; whether you are a committee chairman or in charge of a fund raising event – you can expect 2009 to bring its own set of conditions to plague your efforts! Every indicator of economic condition is shouting loud and clear, "Expect the public to curtail charitable giving". In addition to meeting resistance to fund-raising efforts, Lions clubs may experience an increase in requests for help. Meeting increasing need with decreasing resources will be a challenge.

How does this relate to 'Philosophy'? It is appropriate, when writing on a subject, to use quotations from individuals, well known to the reader, to support the writer's position. In this case, Helen Keller and Booker T. Washington, will fill that role. Before providing the supporting quotes, it is important to present a position for consideration. This position is: "Every Lion leader has a philosophy of leadership as related to his/her position". (Remember, these articles are intended for leaders at whatever level they serve in Lionism.)

Booker T. Washington writing in Up From Slavery, 1901, wrote:

"In meeting men, in many places, I have found that the happiest people are those who do the most for others; the most miserable are those who do the least": and Helen Keller is quoted as follows: "Many persons have the wrong idea of what constitutes true happiness. It is not attained through self-gratification, but through fidelity to a worthy purpose".

Taken together, these two quotes provide a unique perspective on the volunteer spirit which motivates Lions, across the globe, to do what they do best. And, what do we do best?

"We Serve ". The economic condition will, if it hasn't already, put stress on a club's ability to raise funds in support of its programs. This will translate to stress on leadership. And, this is when a leader's philosophy will come into play. Skillful leadership is strengthened by a sound philosophy grounded in knowledge, emotional strength and desire to accomplish established goals. A philosophy of doing for others and serving a worthy purpose will carry the day. Without a sound philosophy, a leader often emulates a rudderless ship. Happy Leading, Lions!

PDG Jerry Clemens
1-CN Leadership

Happy New Year!

Diabetes Awareness submitted by Lion Bob Homan, District 1-CN Diabetes Awareness Coordinator

Rate of Diabetes Cases Doubles in 10 Years: CDC

The obesity epidemic is fueling the type 2 disease epidemic, officials say.

THURSDAY, Oct. 30 (HealthDay News) -- The rate of new cases of type 2 diabetes has nearly doubled in the United States in the last decade, with most new cases appearing in southern states, federal officials reported Thursday.

New diagnoses of type 2 diabetes rose from 4.8 per 1,000 people from 1995 to 1997 to 9.1 per 1,000 people from 2005 to 2007. "The message that we want to get out is to promote lifestyle interventions for people who are at risk for diabetes," Kirtland said. "People who are at risk for the disease may be able to delay it or prevent it by losing weight, being physically active and making healthy food choices."

An estimated 23.6 million American adults and children have diabetes, **but almost one-quarter of them are unaware they have the disease.** In 90 percent to 95 percent of cases, people have type 2 disease. "We have known for some time that type 2 diabetes is a worsening epidemic in the United States and much of the world," Katz said. "We now have evidence that the rate at which new cases of diabetes are developing is also increasing."

The new report could have frightening implications for future generations of Americans, Katz said. "With the entire adult population of the United States projected to be overweight or obese by 2048, should current trends persist, diabetes is a clear and present danger to us all. That threat will persist and worsen, until we resolve to turn back the tide of epidemic obesity," he said.

As the number of type 2 diabetes cases increase, so does the cost of treating the disease. Type 2 diabetes is a lifelong disease caused by the body's inability to properly use the hormone insulin to transport sugar from the blood to cells for use as energy. Blacks, Hispanics, Native Americans and Asian Americans/Pacific Islanders are more prone to type 2 diabetes, as are people with a family history of the disease, according to the National Institutes of Health.

Complications from the disease can include limb amputations, **blindness**, heart disease and kidney failure.

Excerpts from article by 2008 U.S. News & World Report, L.P.

As Lions, we are dedicated to the prevention of blindness. By making our community members aware of the dangers of diabetes, identifying those at risk for being afflicted, and getting those already afflicted but unaware into treatment we will delay the complications or even prevent the onset of diabetes.

Are you promoting diabetes awareness in your club, town, or region? **It costs you nothing.** The American Diabetes Association will provide sugar free candy, Risk Tests for handing out, and aprons for visibility -- just for asking. Complete your application that was sent to the club presidents then get out the word -- because we're Lions, and we help to prevent blindness as We Serve.

Lion Bob Homan
District Diabetes Awareness Coordinator
Home: 618.537.2823 email: homanr@sbcglobal.net

January is Glaucoma Awareness Month from Lions International Web Site

What is Glaucoma?

Glaucoma is a group of diseases that can damage the eye's optic nerve and result in vision loss and blindness. Glaucoma the second leading cause of blindness globally, and the blindness it causes is irreversible.

"Sneak Thief of Sight"

At first, there are no symptoms of glaucoma. Vision stays normal, and there is no pain. Glaucoma occurs when the normal fluid pressure inside the eyes slowly rises. Without treatment, people will slowly lose their peripheral (side) vision. Over time, straight-ahead vision may decrease until no vision remains. Glaucoma can develop in one or both eyes.

International Resources

The [National Eye Institute](#), the [World Health Organization](#) and the [Glaucoma Research Foundation](#) can provide more information about:

- the various forms of glaucoma
- risk factors
- prevention and the importance of early detection
- treatment options
- rehabilitation and support services for those with impaired vision

Lions Clubs Can Help

Lions can play key roles in their communities by raising awareness about the importance of early glaucoma detection and treatment, before it causes major vision loss. Here are ways that Lions help:

- Often, Lions can arrange for an eyecare professional to provide a comprehensive dilated eye exam for a person in need.
- Upon request, Lions may help with the purchase of low vision devices and aids to help persons with visual impairment maintain their lifestyle and independence.
- Lions may participate in numerous [community outreach activities](#) to raise awareness about glaucoma.
- Lions may organize glaucoma screenings.

How Can Lions Clubs Organize Glaucoma Screenings?

First, Lions can contact local healthcare facilities to verify if a glaucoma screening program exists. If it does, Lions can volunteer to help this community outreach project.

If a glaucoma screening program does not exist within the immediate area, Lions can work with local healthcare professionals to arrange this service.

Organizing a Glaucoma Screening Includes:

- reviewing local legal and medical guidelines
- obtaining the services of eye care professionals
- securing a location for the screening
- informing the public about the glaucoma screening. Submit notices to local media including newspapers, radio stations, television stations, etc. Create notices appropriate for posting at healthcare facilities, retirement homes, senior centers, places of worship, government offices, businesses and retail establishments.
- arranging for the transportation of medical equipment to the screening site. The devices aid eye care professionals in determining the presence of glaucoma and the progression of the disease.
- providing transportation for the elderly and others who need it.
- helping eye care professionals throughout the vision screening process.

Click [here](http://www.lionsclubs.org/EN/content/lcif_gr_lehp.html) (http://www.lionsclubs.org/EN/content/lcif_gr_lehp.html) to learn more about the Lions Eye Health Program (LEHP, pronounced "leap"), the main SightFirst funded initiative for industrialized nations.

E-mail: programs@lionsclubs.org

Illinois Lions District 1-CN Newsletter

Put April 17-18, 2009 on your calendar!!!!
District 1-CN Convention - at beautiful
Carlyle Lake.....SEE YOU THERE!!!



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We Serve
