

THE ALABAMA LION

The Alabama Lion is published
for Alabama Lions Sight
Conservation Association, Inc.
700 S. 18th Street
Birmingham, AL 35233

A newsletter for members of Alabama Lions Clubs

October 2019

INSIDE

Alabama Institute for the Deaf and Blind held the Annual Lions Appreciation Day

Visions

ALS Executive Director's
Report
..... **Page 2**

District 34-A

In and Around the District
..... **Page 3**

District 34-B

In and Around the District
..... **Page 4**

District 34-C

In and Around the District
..... **Page 5**

LCIF Campaign 100 -

Empowering Service ...
..... **Page 6**

ALOYF Scholarship Winner

..... **Page 6**

Congratulations and
welcome to Troy Lions
..... **Page 7**

Ron's Ramp Report
..... **Page 8**



Alabama Institute for the Deaf and Blind or AIDB held its annual Lions Appreciation Day on Friday, September 13th, with a turnout of 42 Lions representing roughly 15 different Lion Clubs. Amazing at the number of campus there are in Talladega. Lion club members were welcomed by AIDB President Lion Dr. John Mascia, who is a member of the Talladega Lions Club. A bus tour and a delicious meal was served, not to mention the fellowship with fellow Lions. If you were not able to make it this year please plan on attending next year.

The AIDB Story

After sending out a few email blasts, I was asked what AIDB is. I found the story below.

The Alabama Institute for Deaf and Blind (AIDB) is the world's most comprehensive education, rehabilitation and service program serving individuals of all ages who are deaf, blind, deafblind and multidisabled and their families. Founded in 1858, AIDB serves more

than 24,000 infants, toddlers, children, adults and seniors with hearing and vision loss throughout Alabama each year.

Our services literally span a lifetime including five campuses in Talladega, eight regional centers located in Birmingham, Dothan, Huntsville, Mobile, Montgomery, Talladega, Tuscaloosa and Tuscumbia with programs that range from early and senior intervention, traditional and nontraditional education services in residential and outreach settings and a manufacturing facility that is the state's largest employer of adults who are blind and deaf.

AIDB's residential campuses in Talladega include the Alabama School for the Deaf, Alabama School for the Blind, Helen Keller School of Alabama (serving deaf, blind, deafblind and multidisabled children) and the Gentry campus (a postsecondary rehabilitation and training program for adults - strong in assistive technology and life and work skills).

AIDB's Instructional Resource Center for the Blind, located on the School for the Blind campus, provides Braille and large-print books, materials and other services to all blind and visually impaired students in Alabama - at AIDB and in public schools. We also operate an adult lending library and a Braille and large print production service for textbooks, manuals

or other printed resources requested by colleges, businesses and individuals.

AIDB provides Outreach Services to students who are deaf, blind or deafblind and their teachers and parents in public schools throughout the state. AIDB Outreach Providers visit classrooms, perform evaluations and assessments, provide technical assistance, resources and training where students need it most in their local community.

The Alabama Industries for the Blind employs more than 200 blind and deaf adults in a diverse manufacturing facility that produces a variety of items including paper goods, flight bags screen printing, mops and all military neckties for the U.S. Armed Forces. AIB also operates supply stores at military bases in Alabama and Georgia.

AIDB's Regional Centers offer a lifelong continuum of services for people with hearing and vision loss - from infants and toddlers to senior citizens. In homes and communities across the state AIDB provides services such as early intervention, counseling, interpreting, transportation and other daily living and adjustment programs.

AIDB is Deaf. Blind. Limitless.

(Story from <https://www.aidb.org>)

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
PERMIT #432
MONTGOMERY, AL



VISIONS

Barry Elliott



ALS Executive Director's Report

"Fellow-graduates: duty bids us go forth into active life."

— Anne Sullivan

In June 1886, Anne Sullivan graduated from Perkins School for the Blind at the age of 20, as the valedictorian of her class. Her life, up until this point, had been a very difficult life, but seven years later, she was recruited to become the teacher and lifelong companion of Helen Keller. Within a few months of working with Helen, the conventional way of teaching vocabulary words to Helen wasn't working, so Anne began teaching words to Helen that she found interesting. The rest is recorded for prosperity. The interesting thing to me is Anne's thirst for making a difference by being engaged with Helen. As Lions, what better encouragement could we receive than the lesson of involvement coming from Anne Sullivan? Making a difference in our world, our communities, and for individuals by service is certainly a motivation for being a lion!

Lions across the good state of Alabama are doing just that. Just a few of the recent club visits, I have had the good fortune to visit, are included on this page. Opelika Lions Club, Atmore Lions Club, and the Talladega Lions Club are only three examples of Lions who are active in life. The generous donations that these and all Lions Clubs throughout the state make it possible for Alabama Lions Sight (ALS), to be "Knights of the Blind." While space doesn't allow me to include all the clubs and their activities, I want to give special recognition to these three. Opelika Lions Club yearly financial contributions to ALS and involvement in local vision screenings help Lions provide vision care to the indigent people of Alabama. The Atmore Lions Club leaned on the tremendous success of the Mobile Eye Clinic (MEC) at the



Talladega Lions Club

quarterly board meeting and in less than a week presented ALS with a 1% donation (\$3000.00) as the first to contribute to the fund for a second MEC.

Let me encourage you to log onto our website, www.alsca.org, if you haven't in the last week. There is a great deal of information that has been added lately. I am especially pleased that the video for the Vision Health Initiative with the Alabama Health Department and ALS is now implanted on our website. Also, you will find a couple of links to TV interviews concerning ALS in pull down windows. We now have the MEC schedule, along with the clinic and phone numbers, to call and make an appointment for an eye exam through December of this year. "Like" our Facebook page and

share our posts to help get the word out so that those who need our services can find access to what you as Lions are providing. There will be ads in some local newspapers, radio spots, and more interviews as time allows. The website is constantly updating concerning the Mobile Screening units for all three districts as they are busy doing vision screenings.

I am truly humbled to being involved in such important and needed service that you as Lions are making possible through ALS. There are many important areas of our service that I would love to visit your club and report to you. Please schedule a time for me to visit and show your club some of the videos. There isn't a better time than now to being a Lion!



A sincere Thank You to Our Corporate Sponsors, Estates, Foundations and Lions

 **Alabama Power**

 **ALA-TOM**
Resource Conservation and Development

 **APPALACHIAN REGIONAL COMMISSION**

 **BlueCross BlueShield of Alabama**

Boeing Employees Community Fund

Ms. Louise Carr

Cawaco RC&D

 **CENTRAL ALABAMA**
COMMUNITY FOUNDATION

Community Foundation of South Alabama

Community Health Charities Crampton Trust

 **The Daniel Foundation**
STRENGTHENING ALABAMA

Estate of Carolyn S. McCormick

Estate of John C. Moore

Estate of Robert Bedwell

 **The EyeSight Foundation**
of Alabama

Greater Birmingham Regional Commission Foundation

Gunter-Dixon Foundation

Henry G. Sims and Henry Upson Sims Foundation

Hill Crest Foundation

Holy Name of Jesus Hospital Trust Fund

Honda Manufacturing

John A. and Delia T. Roberts Trust

Junior League of Birmingham Beeson Fund



Lions Clubs International FOUNDATION



 **NATIONAL ASSOCIATION OF CHRONIC DISEASE DIRECTORS**
Promoting Health. Preventing Disease.

Solon and Martha Dixon Foundation

Susan Mott Webb Foundation/Regions

UAB Benevolent Fund

Wal-Mart Foundation

Walker Area Community Foundation

PATIENTS SEEN IN THE LIONS EYE CLINIC

• 954 patients seen year-to-date

• 654 were seen in the month of August



Atmore Lions Club



DISTRICT 34-A

DG
Larry
Bagley



In and Around the District

Hello District 34A.

Time is really flying by. Here we are in October and I want to tell you that our District is excited. Our second cabinet meeting is upon us and will be in Hayden Alabama on Saturday Oct 12, 2019 at the Crossroads Baptist Church 801 AL-160, Warrior, AL 35180. I would like to thank the Hayden Lions Club for hosting the event. You do not want to miss this meeting! Please wear your favorite team jersey to the meeting and help us celebrate the season. We will have the National Anthem sung by a professional singer that will blow you away. At every meeting we will focus on technology. Bring your cell phone. We will show you how to get your favorite game on your phone. Who knows, there may be some other technology ideas for you.

PDG Sara Provines has a special training session for all the Secretaries. If you have questions about your position or just want to get the current details, don't miss this session. The session will last about 45 minutes and will be dedicated to you. For club presidents, we have a special day planned for you as well; there will be new ideas on how you can be more effective in your club meetings.

Our District is still focused on NAMI and making membership and new clubs a priority. Our District is working in the Crossville area in hopes of starting a new club there. During our Ground

Hog Summit in February it was suggested that we have a Webinar on How to Start a New Club. That webinar is scheduled for September 30, 2019. It will be lead by PCC Ron Seybold and PID Jerome Thompson. All Lions are encouraged to attend. More details will be coming to each of you through constant contact email. In November, we will be remembering our Veterans and the hard earned respect that each of them deserve. Please be thinking about how your club can honor them and remember that military members can join and wave the membership fee of \$35. This should help your club in recruitment. I would also encourage you to visit our District Website AlabamaLionsDistrict34A.com and click on the link "Involve A Veteran Program". You will find a host of valuable information.

October is Vision Awareness month and each club has a great opportunity to share their vision of success. If you do not have eyeglass drop boxes located in and around your town, please consider purchasing a few from the Lions Store and put them on display. You will be surprised at how many glasses you can collect. If any club has a success story related to glass collections, please send it to me. I would like to share it with others. Also my passion is working with those that have diabetes and caring for those with diabetes. November is Diabetes Awareness Month and I would like to encour-

age you to plan a meeting during this month to educate your club members concerning this terrible epidemic. Bring in a guest speaker to one of your meetings to talk about the seriousness of what can happen if diabetes is left untreated. If you have a Diabetes Awareness Program that you are promoting, I would like to hear from you.

I would like to thank the Winfield Lions, Eva Lions, Double Springs Lions, Town Creek Lions and Centre Lions for allowing the District Governor team to visit with you during the month of August. We always like to meet the folks that make the Lions great. You are the best. We will be out to visit with a few more clubs during the month of September.

I would also like to thank the Guntersville Lions, Scottsboro Lions, Athens Lions and the Fairview Lions for their recent community events. Thank you for keeping the Lions visible in your community.

Here are a few upcoming events; the Cullman Community Lions Club will be sponsoring their Charity Bed Race on October 5, 2019. More details can be found at CullmanCommunityLions.com. Also, the Hayden Lions Club will be holding their annual breakfast on October 19, 2019 and their annual Charity Golf Tournament on November 2, 2019. The Central Blount County (new club) has a membership drive scheduled for



**Double Springs Lions Club visit by 1st VDG Tim Sosebee.
Thank you for your service Double Springs.**

October 19, 2019. The Cullman Lions Club will be holding their annual county fair during the first week of October. You do not want to miss any of these events. If your club has an event, please be sure to get it posted on our District Website at AlabamaLions34A.com. The more we know about our district and the many services

and events that we have going on the more effective we can be as a district. It only takes a couple of minutes to let others know and you and our entire district will benefit.

Thank you so much for your encouragement and hard work. Hope to see each of you at the District Cabinet meeting on October 12, 2019.



500 people attend the Scottsboro Lions Annual Hot Dog Supper & Free Bingo.



Linda Welch was the grand prize winner at the Scottsboro Lions Hot Dog Supper & Free Bingo held at the Goosepond Civic Center on 24 August 2019. Lion Vice President Jackie Graham was in charge of the Event and congratulates the winner.



DG Floyd
"Bubba"
Bingham

DISTRICT 34-B



In and Around the District

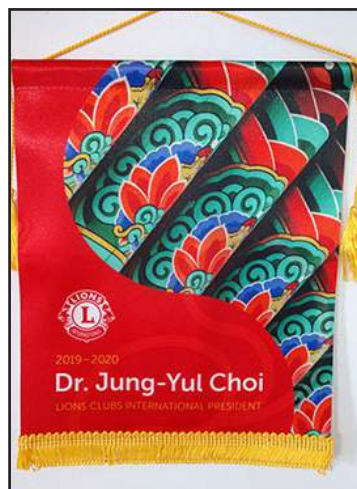
Hello Lions of District 34B, and Lions all across this great state and elsewhere who enjoy reading these articles. My year as your District Governor and fellow servant is off to a fast start. Your GAT Team is working literally every day to recruit new members, retain veteran members, grow new standard and campus clubs, serve our citizens and report our activities. To date our membership numbers are positive. However, there are a few clubs teetering on disbanding. I'm asking those club leaders to hang on. Help is on the way. GMT-D George Head has applied for a grant which will provide us with necessary resources to put boots on the ground in those areas to canvass for new, younger, enthusiastic members.

Yes, I said "younger, enthusiastic members". Let's face it, we're all getting tired (and older). It's time for us veteran Lions to start teaching our jobs to the younger generation and encouraging them to step up into a new role so that our ways and methods of serving will be carried into the future. For over 100 years our ways have worked, nevertheless, let's explore some different ideas too. "That's the way we've always done it" is not the only way to do it! Your ideas may not match my ideas but that doesn't make your ideas wrong; it just makes them different or unique. Different is good according to our International President, Dr. Jung-Yul Choi. Diversity is the word of the day.

At right, is a banner that President Choi gave each incoming District Governor. Notice its multi colors and

multi shapes. All these colors and shapes went into making it a beautiful banner. It took all the diverse colors and shapes to accomplish his vision of the banner. Diversity is what makes our clubs appealing to our communities. There's something in it for everyone. And everyone working together is what allows us to accomplish Helen Keller's vision for Lions International; "Alone we can do so little but together we can do so much".

Speaking of accomplishments, I know the forty-two clubs across District 34B are providing service activities to all the communities we represent. As of July 1, 2019, all service activities have to be reported using MyLion. The Service Journey is an approach to living and serving well. To making a real difference people can see and feel. It encompasses four simple phases: Learn, Discover, Act, and Celebrate. We love these



President Choi's banner

words because they have no borders. They are the essence of Lions and Leos. If the past 100 years have taught us anything, it's that as we serve, we grow. And we were never meant to stop. Service is our journey. LEARN: If we aren't aware of what's happening around us, our impact may fall short. We need to be aware of our local needs. Learning positions us to be effective. DISCOVER: Discovering new ideas helps us leverage our strengths. It brings together our focus and prepares us for action. ACT: Our core goal is service, and service makes us visible to our communities. Through our action we fulfill our mission. CELEBRATE: As Lions we don't take pleasure in boasting, however, there's nothing wrong with celebrating our successes by sharing our accomplishments with the local media. Let our citizens know we're there for them in times of disaster or other legitimate needs like hunger, diabetes, sight preservation, environment, and pediatric cancer. Let our communities know that we don't keep a dime of their contributions. It's all returned to the community for the betterment of those in need. We can celebrate our service to our fellow man and rest well in knowing that we have "Loved our neighbor as we love ourselves".

This Service Journey takes work. And we need more bodies to do more work. The GAT is putting together a plan to strengthen several clubs; to build a few new clubs and to grow our membership all across the district. We need your help desperately. Earlier this past month I asked each member to recruit just one



Certificates of Appreciation presented by DG Bubba to Faulkner University staff, Ms. Nancy Itson and Ms. Diane Etheridge, that supported us at the Fall MD Leadership Conference.

new member this year. By doing so we could potentially double our membership. That is a lofty request, but I'm convinced it is possible. If we only reach one half of that goal, we'd increase our membership to almost 1200 members by June 30, 2020! How do we do it? JUST ASK. You may have to ask ten to get one, or two

new members. Then once they commit and join, put them to work! Give them a service project and let them get excited about being a Lion. New members have new ideas and new and diverse ideas strengthen our clubs.

Until next time, WE SERVE.
Just ASK.

LCIF is OUR Foundation, as Lions we should support it - this is what we do!

Campaign 100 - Empowering Service . . . "The most ambitious fundraising effort in LCIF history, Campaign 100 will span three years and seek to raise \$ 300 million".

How will this be accomplished? The basic plan for the Lions of District 34-B as we do our part:

Each Lions Club should name a member to Serve as LCIF Club Coordinator.

I encourage all clubs who have not made a donation to LCIF in the past few years to make a minimum donation of \$100. Now is the time to get started! Why wait? Just do it now! www.lcif.org/donate, and select "Empowering Service" for your

contribution.

I encourage clubs that have traditionally made annual donations to continue to do so, with plans to increase donations each year;

LCIF Campaign 100 involves a personal commitment of 1.4 million Lions. I encourage all Lions who have not previously made a personal donation to LCIF to start now by making a minimum personal donation of \$20 to LCIF this year; why wait - do it now!

I encourage all Alabama Lions to commit to increase your personal donation to at least \$100 to LCIF annually during

Campaign 100, and beyond; why wait - do it now!

As a reminder, donations made to LCIF are tax deductible in accordance with IRS regulations. Lions are proud to be able to say that 100% of all donations to LCIF are returned to the public to directly benefit its programs, and Charity Navigator has recognized LCIF by awarding a 4-star rating for the 8th consecutive year.

Lions have a slogan, "Just Ask", and I Ask for your support of Campaign 100. I need your help! Please make your personal commitment to Campaign 100!

Thank You for your continued Support!



PCC George Head
District 34-B LCIF Coordinator



DISTRICT 34-C

DG
Yvonne
Burroughs



In and Around the District

As we start out the month of October, we begin the 2nd quarter of our year. My hope for our District is that each of you will rededicate yourselves to serve your community and our state with renewed enthusiasm; that you will be energized to happily work whatever project your club undertakes; that you come up with new and innovative ways to serve. Let's not become stagnant. Let us not forget we are members of a proud organization that is doing great things all over the world.

October is Vision Awareness Month, so consider a service project that involves vision: schedule a vision screening; donate Braille books to a school for the blind, senior center or a local library; volunteer at a recreational camp, rehabilitation or vocational training center for children or adults who are blind or visually impaired; volunteer to create audio recordings of books and periodicals for people who are blind.

Did you know that:

- 253 million people are blind or have moderate to severe distance vision impairment (MSVI)
- 1.1 billion have near-vision impairment simply because they don't have a pair of glasses
- Greater than 75% of all blindness and MSVI is avoidable
- 89% of people with visual impairment live in developing countries

Don't forget the Peace Poster Contest. For those who don't know, the contest is for children ages 11, 12 and 13 who can express their vision of peace through their art. If you have not sponsored one in your community, consider sponsoring a contest.

One of the perks of this position of District Governor is to be able to visit the clubs in our District. This year I am visiting clubs that I did not visit when I was 2nd or 1st Vice District Governor. I get to see Lions that might not be able to make it to Cabinet meetings. It is fun and heartwarming to see the camaraderie among the club members. That being said, I visited the Grove Hill Lions Club where I installed the new officers. They have a new President Mary Roberts. We had fun laughing at each other and with each other. They discussed some new ideas for fundraisers and new ways to serve. I had a very good visit with the Greenville Lions and the club is considering starting a Leo Club. One of the

students the club sent to Alabama Lions High School Leadership Forum (ALHSLF) came back excited about the forum and inquired about starting a Leo Club. That shows us that we can really make a difference in a young person's life. He came back ready to be a part of a group that serves. I visited the Headland Lions, a wonderful, fun-loving club. They were preparing for one of the clubs fundraiser at an event called Under the Oaks. Of Course, Headland is the club of our 1st VDG Pete Crews and IPDG Andy Marshall.

On August 27, 2019, the Troy Lions Club had their Charter Night Celebration. It was a gala with over 80 people in attendance. There are 37 Charter Members. Among those present were Lions from District 34-A and 34-B that included PID Jerome Thompson, CC Linda Starr and ZC Lanny Starr, PCC George Head, DG Bubba Bingham, PDG Barry Elliott and 2nd VDG Brenda Elliott. District 34-C was represented by PCC Richard Reed, IPDG Andy Marshall, 1st VDG Pete Crews and wife, Lion Sylvia, PDG Claudia Wigglesworth and 2nd VDG Charlie Wigglesworth (the club's Guiding Lions), PDG Ron Mitchell, Lion Jeff Pinegar and wife, Lion Lydia, members of the Eufaula Lions Club, members of Daleville Lions Club and other dignitaries and guests. The new club is sponsored by the Daleville and the Pike Road Lions Clubs. Clubs and individuals contributing monetarily were Geneva Lions Club, Headland Lions Club, Montgomery Lions Club, Ashford Lions Club, Gulf Shores Lions, Saraland Lions Club, Eufaula Lions Club, Eight Mile Lions Club, PDG Ron & Theresa Mitchell, Lions William & Jeanne Dugger, PDG Barry and 2nd Brenda Elliott. The club was given a Certificate for Vision Screening from Alabama Lions Sight presented by PDG Barry Elliott, Executive Director; Certificates for scholarships for two students to attend ALHSLF, one female and one male students; and a scholarship for Camp Seale Harris both



Troy Club at Charter Night



Eight Mile Lions w/ Dragon, Inc. members feeding the needy

presented by PCC George Head. The officers and members of Troy did a fantastic job to make this night a memorable one. Thanks to President Shanna May, Secretary Jan Murray and all the members of the Troy Lions Club for an extraordinary job. Welcome to District 34-C!

Please continue to record your service activities in MyLion and complete your Monthly Memberships Report (MMR) in MyLCI.

How can I help you? Let me know what I can do for you.

We have the POWER to make a difference.

DATES TO REMEMBER

- October 11, 2019- World Sight Day
- October 26, 2019- District 34-C Cabinet meeting
- November 14, 2019- World Diabetes Day
- November 15, 2019- Postmark deadline for a club to send winning Peace Poster (per contest) to district governor



1st VDG Pete Crews, Headland President Anthony Green and DG Yvonne Burroughs



Andy Marshall
MD 34 LCIF Coordination

LCIF Campaign 100 - Empowering Service

Having recently attended LCIF "Campaign 100 - Empowering Service" training in Boston, I am very excited about the new service areas a successful campaign will allow Lions Clubs International to impact here in the USA and worldwide. Heretofore, LCIF grants were not available to support diabetes, childhood cancer, environmental and hunger issues. Though the current

capital campaign to achieve over \$300 million dollars in donations/pledges over a three year period we will not only be able to address humanitarian, disaster, vision and youth issues as we have in the last fifty years, but increase support to include the four new areas addressed above.

During this campaign year here in Alabama each Club is asked to add to their budget a

\$1000 donation to LCIF in support of this campaign. If you can give more, please do. Should the club not have these funds in the treasury, consider added a fund raiser to support the donation. Along with the donation, please consider recognizing someone in your club or community as a Melvin Jones Fellow. All member and club donations can count towards a Melvin Jones Fellowship. All clubs aspire to receive the Club Excellence Award. A donation to LCIF is required to qualify.

Concurrent with Club donations, each Alabama Lion is asked to include in their family contri-

butions budget a \$100 donation or pledge this year. It can be given as a one-time gift or given monthly over up to a three-year period. A gift of \$10 per month for 10 months will fulfill the \$100 pledge.

Clubs, please address this need during you next Director's meeting and members, please take the challenge to support this campaign - your charitable foundation.

Historically, Alabama has received more in grants from LCIF than we have contributed. Let's do our fair share!

Together We Serve!!!



BBB Shred-A-Thon, September 14, 2019
Cullman, Alabama



Annual Better Business Bureau 'Shred-A-Thon'

On Saturday, September 14, 2019, several Cullman Lions Club members and Cullman High School LEO Club members, assisted at the annual Better Business Bureau Shred Day (*Shred-a-thon*), in King Edward Plaza in south Cullman.

At left, Cullman Police Department Officers were there to accept prescription drugs for proper disposal, and Cullman Caring For Kids Food Bank was accepting donations and non-perishable food items.

ALOYF Scholarship Winner

The Alabama Lions Opportunities for Youth Fund (ALOYF) scholarship winner for 2019 was Samantha Adams of Ozark, Alabama. Samantha is a graduate of Carroll High School with a 4.266 GPA. Samantha will be attending the University of Alabama in the Fall pursuing a degree in Secondary Math Education.

ALOYF was created by the Lions of Alabama to honor the service PIP J. Frank Moore III. ALOYF is a I.R.C. Section 501(c)(3), Alabama non-profit corporation, that sponsors and supports the youth projects of the Lions of Alabama, Multiple District 34. ALOYF gives college scholarships to graduating high school seniors in Alabama in the name of PIP J. Frank Moore III. In addition, a group of Lions known as Alabama Lions High School Leadership Forum (ALHSLF) operates as a youth committee under ALOYF. The purpose of ALHSLF is to build and strengthen leader-



Samantha Adams

ship, relationships, and the power to serve, among the youth in Alabama. (<http://alhslf.org>) Tax exempt donations to continue the work of funding scholarships by ALOYF may be sent to the following address: ALOYF, P.O. Box 2436, Ozark, AL 36361.

ATTENTION ALL LIONS CLUBS

Let all the Lions of Alabama know what your club is doing in the near future. E-Mail, fax or call Doris at 205-933-9288, fax 205-933-9215, E-mail: lionsofalabama@bellsouth.net, and indicate it is for the newsletter. We cannot use clippings from local newspapers. When you send photos they must be in JPEG format, and everyone in the photo needs to be identified. These articles will be used on a first come first serve as space is limited.



WORLD DIABETES DAY is NOVEMBER 14, 2019

World Diabetes Day falls on Wednesday 14th November. The purpose of this one day is to raise awareness of a condition that millions of people all around the world live with every day. Diabetes is the general name that is given to a range of diseases which include diabetes type 1 & 2, gestational diabetes and diabetes insipidus. These diseases all impact how the pancreas releases insulin – a hormone used to balance sugar levels in the bloodstream. There are several health concerns and complications that can arise from diabetes and these include various vascular problems, as well as conditions of the eyes and feet. Modern medicine controls diabetes using diet, weight loss, and insulin replacement medicines. World Diabetes Day was created by a joint venture between the International Diabetes Federation and the World Health Organization in 1991. It was created due to the fear of the escalation of the disease in people all over the world. In 2006, the United Nations made it an official holiday



when they passed U.N Resolution 61/225. In 2007, a blue logo was adopted as the global symbol for diabetes awareness.

The theme for this year is: The Family and Diabetes – diabetes concerns every family. Lions from around the world have been asked to work with diabetes partners and organize a “Make your Mark for World Diabetes Day” in your community. To increase awareness around a disease that affects 1 in 11

people. Our International President Choi has challenged all Lions and clubs to participate in helping screen 1 million people for type 2 diabetes. Together, we can educate communities to better understand, prevent and care for diabetes.

There are tools available on the LCI website to help you get started with your screening. It would be great for the Lions of Alabama would step up that day and make a difference in our communities that day. Here is a link that will help you get started!

<https://lionsclubs.org/en/start-our-global-causes/diabetes/world-diabetes-day#project>

To reach our goal of 1 million screened, it's important for all of us to report our service. After your club's screening, be sure to report your activity on MyLion. Also, post your events on social media with #lionsfight-diabetes to show that you've Made your Mark on Diabetes.



Dora Hartsock
Diabetes Awareness Chair MD34

Congratulations Troy Lions and welcome to Multiple District 34

*From the Lion's Den of Council
Chair Lion Linda A. Starr*

September is here and Fall's a coming!

We have 129 clubs in our Multiple District and 3009 members as of September. The newest club in the Multiple District is the Troy Lions, chartered May 13, 2019 with 27 members and now 30 members. Congratulations Troy Lions and welcome to Multiple District 34.

Thanks to all Lions who have sponsored new members this quarter and to clubs who have conducted new service projects. Please have membership drives to invite new members. Please invite others to join you with service projects, prospect for new members. With new members, you gain new ideas and new talents to help more people in the community. As you know, it takes all of us together to meet the needs of our communities and the world.

I know that clubs are involved in many different service projects, fundraisers, fun events such as Fall Festivals, Bed races, Carnivals, etc. meeting the needs of every community throughout the state. As Lions, WE SERVE, not just one day, but



DG Linda Starr

every day.

Clubs, please report your club officers to LCI. We still have 23 clubs in the MD that have not reported officers. There are eleven clubs in 34A, ten clubs in 34B, and two in 34C that have not reported officers. Please do so right away, District Governors need this information to make contacts for club visits. If you are having problems getting them entered, please call your District Governor for help to get them in to LCI. Please report your service projects to LCI.

During the first quarter, I visited with each district at their District Cabinet meetings in July and August. We held our first Council of Governors meeting in August after the three District Cabinet meetings. Each was well attended by Lions from various clubs in their district. I had the pleasure of visiting with Lions at the MD Lions Leadership Conference in Montgomery at Faulkner University in August. I had the esteem pleasure of attending AIDB Lions Appreciation Day on September 13 in Talladega, AL. What an awesome place to see!

The Council of Governors is looking for Lions to serve in committee positions. We need a Lion for these positions: MD Chair -Global Leadership Team; MD Chair - AL Lions High School Band; MD Vice Chair - AL Lions High School Band; District A - Diabetes Chair; and District B - Leo Chair. Please consider taking one of these positions. Email or call your District Governor to let them know that you are interested.

Looking forward to seeing you at District Cabinet meetings, service projects, fundraisers, State Convention and other events throughout the state. WE SERVE!



Auburn Lions donate check

At a recent meeting of the Auburn Lions Club on September 10, Vickie Dearing of the organization Rape Counselors of East Alabama, spoke. Their primary mission is to help those effected by sexual assault and to bring awareness to the community. Services include a 24 hour crisis hotline, Court advocacy, and criminal justice. Included in the photograph with Vickie is Auburn Lions Member Bill McCrary. A donation was presented to the organization. (Jimmy Owen, Auburn Lions Club)



Ron's Ramp Report

Volume 2

Inaugural Ramp Installation October 31 – November 2, 2018

I arrived in Mobile on Thursday around noon and met Bynum Duren, Dr Stephen Kayes, GMT-MD PDG Ron Mitchell. After our working lunch and getting a brief overview of the woodworking shop, we loaded the modules, landings, etc., and delivered them to the job site. The existing ramp was in a severe state of disrepair and posed a safety threat. The consumer, who uses a power wheelchair, was no longer able to use the ramp. As you can see in the before and after pictures above, the new modular ramp system is noticeably longer. One of the specifications for a ramp to be ADA compliant is that it requires one foot of length for each inch of height.

Everyone involved in this inaugural installation was excited and eager to get started. Friday morning finally arrived, and we gathered at the job site about 8:00 a.m. The first order of business was to remove the old ramp. It was in such poor condition it only took about 10 minutes to dispose of it. Then the head scratching began! We all know that you can have the very best plans possible on paper but when you go to put them into action, interesting events can occur. These plans were no exception. Bynum, the designer, and I, the carpenter, were able to eventually adapt the plans and arrive at workable solutions. Many notes were taken that day to improve the process. As dusk came upon us, we realized, in real time, that these ramp installations were going to require many more man hours to accomplish than we had anticipated. At the end of the first day we had all the modules installed and all the deck boards attached but we only had the top rail installed so a second day was required to complete the installation. During the early afternoon hours on the first day of installation, the client came outside and told me I had no idea how hard it had been on her to stay inside and out of our way all morning. She said, "You are lucky that I am old because I had to take a nap and it was a really long nap, so I was able to stay out of the way." She parked her wheelchair on the completed portion of the ramp and watched as each deck board was attached to the modules until finally, we attached the last one. As she saw the last board was being attached, she was anxiously asking if she could drive down the ramp. She was so excited she could hardly contain herself. Once given clearance for take-off, she had a smile as wide as the wingspan on a commercial jet. After several trips up and down the ramp she told me "Thank you so much. Now I can visit with my neighbors again. They come out to their fences every day and I haven't been able to come down my ramp to visit with them. Even better than that," she said, "my ramp is big enough for all my neighbors to get on it and visit." I left that evening to drive back to Cullman, Alabama knowing I had played a small part in helping this lady regain her independence. I left knowing we were reuniting her with her friends. I left reassured as to why Lions do what we do. I left knowing that We Change Lives! If you have questions and/or comments concerning the ramp project do not hesitate to call on me. Join me next time as I share how Lions came to the aid of a man that had not been able to leave his home for more than two years. Until then, keep it between the handrails!

PCC Ron, MD-34 GST Coordinator



Before



After