

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 2018

Where there's a need, there's a LION

The new global service framework gives Lions and Leos new ways to serve. Highlighted below are five service areas.

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DIABETES

Diabetes contributes to more than 5 million deaths a year, making it the eighth-leading cause of death in the world. And the numbers are rising. Lions and Leos are confronting this global health emergency by raising awareness of diabetes through Strides events, expanding access to care through screening and treatment programs, and improving quality of life through diabetes camps and community recreational programs. We believe we can help prevent and control this global epidemic by uniting Lions and Leos around this cause.

Children are a gift to the world, yet every two minutes a child is diagnosed with cancer and less than half of the world's children have access to effective care. Children who survive cancer are often left with debilitating effects that can impact their physical development and ability to learn. That's why Lions and Leos are answering the call to expand access to life-saving treatment and support the children and families who need us most. We are working to give children with cancer a second chance at life.

CHILDHOOD CANCER



VISION

Lions and Leos save sight. Since Helen Keller challenged Lions to become "Knights of the Blind" in 1925, we have improved eye health and eye care for hundreds of millions of people around the world. Today, 80% of vision impairments are preventable or curable, so our service is more important than ever before. Lions and Leos screen vision, educate our communities, build clinics and support the blind and visually impaired through assistive technology and vocational training programs. We work to preserve the precious gift of sight for the world.

Nearly one billion people go to bed hungry every night. That's why Lions and Leos are hard at work addressing this global need by providing help and hope to the children, families and neighbors who need it most. Lions and Leos distribute food to schoolchildren, stock food banks, create sustainable community gardens and lead community food drives to fight hunger where they live and work. We work to sustain life and dignity for the most vulnerable among us.

HUNGER



ENVIRONMENT



The health of our planet is essential to life. The environment impacts the quality of our air and water, the availability of food and medicine, the health and beauty of our local communities, and the future of us all. Lions and Leos are meeting environmental challenges at the local and global level by planting trees, organizing recycling programs, providing clean drinking water and cleaning up communities to help preserve our environment for generations to come. We believe that a healthy planet is fundamental to the wellbeing of all.

Other ways to serve: contests, disaster relief, global outreach, literacy and youth. To find out more login to lionsclub.org, go to Member Center and click on "Serve!"

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VISIONS

Barry Elliott



ALS Executive Director's Report

"If your actions inspire other to dream more, learn more, do more and become more, you are a leader."

Isn't it true for lions as we interact with our world through service? As lions it is enabling our actions to a kinder world.

In the first two months of our 2018-2019 lion year we off to a very busy year and providing through the efforts of lions a great deal of service. While the summer months can be a little slow it has been all ahead full so to speak at Alabama Lions Sight (ALS). Vision screenings began slowly with 110 adults and 228 children for July but there are several on the schedule for all districts before the end of the calendar year.

We are looking for a lion to be a vision screener in district A. If you are interested please give us a call or email us at 800-96-SIGHT or email at barry@alabamalionsight.org.

I am anxious to visit your lions club. I have something that I would like to share with your club. Please give me a call to get me on your club's schedule, my direct line is 205-578-1258 or cell is 205-296-5786.

I would like the lions to know that ALS is a recipient of a large donation from the Hometown Auto Sales in Jasper, Alabama. Owner, Ed Hadder and son JJ Hadder and all the folks there are really giving people. They are somewhat acquainted with the service of Lions but when I asked

if they would be willing to donate a vehicle to ALS they said, "well we haven't done that before but why not." They have graciously donated a 2010 Chevrolet Impala. I have personally traded with the good folks at Hometown Auto Sales in the past and would again. They have a great reputation in Jasper. This donation is a great help to ALS. You never know what people will do until you ask. There became a need when retiring director Durden Dean requested to purchase the current sight van for his personal use. Things worked out nicely for all concerned. I might add, stay tuned for next month's newsletter because there might be another donation in the works but too late for publication in this newsletter.

ALS is glad to partner with many eye care providers throughout the state. One is right next to us here at Callahan Eye Hospital and the UAB School of Ophthalmology which operate the Lions Clinic and that is the UAB School of Optometry. We partner with the Optometry School and the 3rd year students in conducting vision screenings in the black belt counties in Alabama. We have signage in the lobby at the elevators that show our partnership.

It is such a privilege to work with people who have a heart of service.

**Barry
Executive Director
Alabama Lions Sight**



Pictured, from left, are Lion Paula Gardner, Executive Director Barry Elliott, Ed Hadder, Lisa and JJ Hadder.



Signage at the School of Optometry

PATIENTS SEEN IN THE LIONS EYE CLINIC

- 814 patients seen year-to-date
- 457 in the month of August



DISTRICT 34-A

DG
Linda
Starr



In and Around the District

FROM THE LION'S DEN OF DISTRICT GOVERNOR LINDA A. STARR

Two months have passed, and the first quarter will be ending by the time the newsletter is published. Thanks to all clubs who have added new members for this quarter and a special thanks to the Lions that sponsored new members for Awesome August.

Thanks to the clubs that added a new service project included for Service September. The clubs that I have that reported "new" projects are Ft. Payne Lions (1st Annual Pet the Cat while conducting vision screenings) and Centre Lions (providing door prizes to the Senior Nutrition Center for their Bingo games). Thanks to these clubs for reporting service activities for the months of July, August, and September - (July) Cullman, Ft. Payne, Huntsville Von Braun, Blountsville, Scottsboro, and Gurley. (August) Cullman, Gurley, Killen, Ft. Payne, and New Hope. (September) Gadsden and Gurley.

NEWS FROM THE CLUB VISITS

On the road again, ringing my bells! Thanks to the Scottsboro, Decatur and Moulton Lions for welcoming Lions Lanny and I to your club. To have a part in the affairs of this great association and district, is an esteemed privilege for which I am grateful. Thanks to the Guntersville Lions for the invitation to share with you in your Annual Car Show and to the Scottsboro Lions for the invitation to share with you in your Annual Hotdog/Bingo Dinner. Lion Lanny and I really enjoyed spending our Saturday with Lions having fun and fellowship. If I have not been to your club for a visit, just know I am on the way there, ringing my bells.

Clubs, please report your new service projects to LCI so that I can share them with others and recognize your club. Please indicate that it is a new project for your club.

WELCOME NEW LIONS August 2018

- Athens Lions welcomes Bobby Lovell and Barry Moore, sponsored by Lion William Anderson.
 - Athens Lions welcomes Tracy Thornton, sponsored by Lion Douglas Swaim.
 - Centre Lions welcomes James J. Howell, Jr., sponsored by Lion Ed Allen, Jr.
 - Decatur Lions welcomes Mark Christopher, sponsored by Lion Johnny Berry.
 - Eva Lions welcomes Krel Buckelew, sponsored by Lion Rolland Oden.
 - Hamilton Lions welcomes Grant Fowler, sponsored by Lion Raymond Cobb.
 - Holly Pond Lions welcomes Warren Bruce Wright, sponsored by Lion Wayne Hays.
- Lions William, Douglas, Ed, Johnny, Rolland, Raymond and Wayne "ASKED" and Bobby, Barry, Tracy, James, Mark, Krel, Grant, and Warren said "YES"!
Welcome new Lions from District 34-A! Many thanks to the sponsors of the new Lions and the Clubs.

KUDOS TO District and State Chairs of 34-A

DG NOTICE: Calling All Past Presidents and Past District Governors.

The DG Team is looking for Lions who have served in the role of president to become certified Guiding Lions for



On August the 4th the Fort Payne Lions Club held a vision screening during the First Annual Pete the Cat Day. During this event James Dean, author & creator of Pete the Cat was available to sign books & artwork.

34-A. We have six certified Guiding Lions (one is DG and one is 1st VDG). We have twenty-four clubs that have under 20 members (eight under 15 members, 4 under 10 members, and 12 above 15 members). We need Guiding Lions to assist these clubs in club growth and development. We need to provide these clubs with assistance, and need your help in doing that by becoming a certified Guiding Lion.

I would like to know how many past presidents or Past District Governors, would be willing to become certified Guiding Lions. The DG Team would like to set up a training date to train Lions for Guiding Lions. If you are interested in being trained online, we can get you signed up for online training. Please respond to me if you are interested via email, lstarr@tds.net. WE SERVE!

SPECIAL INVITATION TO ALL LIONS District Cabinet Meeting

You are invited to attend the next District Cabinet meeting on October 27, 2018 from 9:30 a.m. till 2:30 p.m. at the Tuscumba Recreation Center, Tuscumba, AL. All members and club officers are invited to attend. Expect some discussion and some fun. We'll also have time to talk and plan within District committees. A tour of Ivy Green is also being planned for the Cabinet meeting and don't forget, we will have lunch. I will send out cards to each club to get a list of members who will attend for food count. It is very important for us to know how many Lions to count for food, so please respond back if you would like to have a lunch plate.

DISTRICT SERVICE PROJECT:

All clubs are asked to bring at least 10 Diabetic kits for students with diabetes. You can bring as many as your club



Centre Club President Gaylon Hammett and Lion Diane Hardy bagging items collected from Lions to provide the Senior Nutrition Center with door prizes for their bingo games. This is one of Centre's new service projects as requested by District Governor Linda Starr.

would like to make. These kits will be put on school buses for students with diabetes and in the classroom for students with diabetes. You will need the following to make the kits: 3 ring pencil pouches (with zipper), Glucose Gel, Glucose tablets, pack of peanut butter/cheese crackers, box juice. I have the Hypoglycemia Emergency Action Plan card that is inserted in the 3-ring pencil pouch. It has information for mild, moderate and severe hypoglycemia. This is our service project for the district. One of our global causes is Diabetes. Clubs that bring kits will get to count this as a service project for your club, a new project if you have not done this before. Please bring in a bag with your club name written on the bag. We will have a list for you to sign your club name and how many kits you bring, which will be at the registration table. WE SERVE!

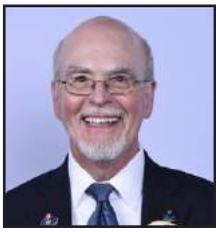
Lion Lanny and I would like to say that our hearts and prayers go out to the family of Lion Jan Carr, Centre Club in their time of sorrow. We would like to send our sympathy to the family of PID Yamandu Acosta, Eufaula Lions in their time of sorrow.

Many of our Lions are recovering from illnesses, surgeries or just not feeling well. Please reach out and speed up their recovery. Send them a card, an email of thoughtfulness or give them a phone call, or better still, if you are in the area, visit them. Please send me names of Lions that would welcome "Sunshine" from other Lions so that we can uplift them in prayer as they heal.

If a Lion is not listed above in sorrow, it is because I have not been given the information.

SAVE THE DATE

**March 2, 2019
District 34-A Convention
in Gadsden, AL.**



DG Mark Aldridge

DISTRICT 34-B



In and Around the District

THE VEGAS LINE

It's a phrase we hear a lot about in Fall football season. Sports betting gives us what edge one team might have over another. Going into "game day" we know if our team has a chance to win over, or upset, "the Vegas Line".

Alabama's MD 34 and District 34-B are moving the needle in a positive way toward membership growth. "At no point in time, since 2009, has Constitutional Area 1 ended a first quarter with positive membership growth," according to ID Jerome Thompson in a message to Governors and GMT's.

Thanks Adamsville-Forestdale, Auburn, Birmingham, and West Homewood as well as the other Clubs who have installed members since July 1.

At the Lions Convention at Las Vegas' MGM Grand last July, they have a huge sports betting area. If you're not familiar with one, it resembles those movies sets about NASA rocket launches. Various odds are posted on walls nearby.

Unlike Vegas, the odds we rely upon in our Lions Clubs are Chamber members, Church members, and our Neighbors we invite to serve where we live. "Game day" is the meeting or project where we show our community spirit. It's time to show your colors in places like Anniston, Clanton, Moody, Northport, and Opelika.

Back in Las Vegas, there are rows and rows of people sitting before 40-50 big TV screens on

walls. Unlike the space movies, the people in the rows of tables are wearing Bluetooth devices instead of headsets and hands tapping a keypad. The background air conditioning noise is the loudest noise. In Alabama we Lions look out over needs including vision, childhood cancer, diabetes, hunger, and environment. In our Clubs there are other causes as well including Leo Programs, Peace Poster Contests, and Youth Forums. For Lions, the action is nearby and, we can listen and act on it.

On each screen in Vegas is a live feed from some far-off sports arena or ring. In vertical rows are sequences of colored lights with sports odds for the respective events. If you have established your credit, you can bet on the action from the comfort of your seat. Your own seat may be a Clubhouse, church, community center, schoolhouse, or restaurant.

Lions have resources closer to home that improve our odds to win with service. Vision referrals, diabetes walks, health screenings, adopt-a-highway, cyclist rest stops, and don't forget Melvin Jones Fellows.

Lions, you have established your credit. Over 100 years you have booked service in local, state, and worldwide arenas. We are providing disaster relief, guide dogs, hearing and eye care, and opportunities for youth. The odds are in our favor, and we have momentum. Let's run the table!

LIONS 101

DG Mark Aldridge



Lions Don Hagan and Ray Lindsey at Hoover Lions Club meeting show off the William C Chandler Award plaque for membership growth and the New Member Packet.

KEEPING IT REAL

It is an eye-opener to learn how many ways District 34-B lives out "WE SERVE". Over the past two years in Vice District posts and again this year as the District Governor, Lions in our cities and counties have put in the creative thought and hours of work needed to live up to Lionism. I was made aware of these things in Club visits and speaking with individual Lions at cabinet meetings and conventions.

The reason for it being an eye-opener for me was how little of our service and fund raising was reported as service hours in our District. If your Club does a service or raises money for a good cause, please have one of your members record it on MyLCI. Your Service Chair can do it as well as the Club Secretary.

Send a report to your Zone Chair. He or she can put out a good word on your accomplishments at the Cabinet meeting. In that way a good idea can be shared or adapted by another Club. Better still, attend the Cabinet meetings, and see firsthand what's going on as well as tell your story. (October 20 - Jemison City Hall)

Lions Club research continues to show service activity is the biggest agent in keeping your existing members. The kind of service, and the time of year you do it, is the choice of your Club. Just "turn the crank" and assure your members have a role in the success of the Club.

Delegate jobs like publicity and pictures, transportation, decoration, invitation, time-slotting,

thank-you's, and celebration. Active Service leads to Member Satisfaction. It does so because our own lives benefit from the Lions being here. It goes beyond "the five causes" and it becomes local -- "Where there's a need, there's a Lion."

Our purpose keeps it real: "To encourage service-minded people to serve their community without personal financial reward, and to encourage efficiency and promote high ethical standards in commerce, industry, professions, public works, and private endeavors."

DATES TO REMEMBER

SECOND 34-B CAB MEETING
OCT. 20

THIRD 34-B CAB MEETING
JAN. 26

34-B CONVENTION
MAR 23



Hello fellow Lions.

I am excited to share, with you, our new LCIF Campaign 100.

This fundraising goal is to raise US \$300 million over the next three years to support the service of Lions worldwide.

As your District 34-B LCIF Coordinator, I will be visiting all clubs in our district to speak further on our district goals.

Let's continue Melvin Jones vision to "Serve" by increasing our service impact in all of LCIF's current focus areas.

I want to encourage each club to:

Name a LCIF Club Coordinator.

Include LCIF in the Club Budget.

Donate and/or increase your contribution this year.

Initiate a new fundraising effort dedicated for LCIF.

A successful campaign in District 34-B will require all clubs to participate this year.

For more details and to schedule my visit to your club, email me at: pmpino44@yahoo.com or call or text at 205-515-0494.

Yours in lionism,
PDG Pedro Pino



DISTRICT 34-C

DG
Andy
Marshall



In and Around the District

Here in District 34 C, as August comes to an end, we have many things to be happy about and some things that make us sad. We are saddened by the recent death of PID Yamandu Acosta. Ours thoughts and prayers continue for the family, especially wife, PDG Sylvia and daughter, 2CDG Alexandra. PID Yamandu was an inspiration to many Lions around the world and a great servant in this District. He will be greatly missed.

District Governor club visits are underway with several clubs in the Alabama Gulf Coast being visited in August. My visits found active clubs conducting and planning service projects, working fund raising activities and addressing membership growth events. Our attention to membership is showing. For the last two months the District has enjoyed a net membership growth. And so far in September we have continued the trend. Fourteen Clubs - Andalusia, Atmore, Bay Minette, Daphne, Elba, Enterprise, Eufaula, Foley, Greenville, Mobile, Montgomery, Montgomery Dixie, Orange Beach, and Saraland have added new members this program year, with Montgomery leading the way with ten new members. Congratulations to Montgomery!

As I visit clubs I continue to hear accolades regarding the Lions of Alabama Leadership Conference held in Montgomery at Faulkner University on August 11, 2018. Thank you CC Mark Stevens and PID Lowell Bonds for the vision and follow thru that provided such an event to increase the Leadership skills of the Lions of Alabama.

As I conduct the District Governor's visit this year, it is my plan to recognize a club member for outstanding support of District 34 C and the Lions of Alabama. To date, Lion Hubert Little, Greenville; Lions Jimmy and Sharon Upton, Satsuma; Lions Hank Lahti, Bay Minette; Lions Sean Schultz, Daphne; and Lions Krista Herring, Citronelle have been recognized. Look out for more to come!

Our next Cabinet meeting is still months away, but it's not too early to put it on your calen-



District Governor's Certificate of Appreciation presented to Lion Hank Lahti of the Bay Minette Lions Club by DG Andy Marshall.

dar. Go ahead and mark October 27, 2018 in Evergreen, AL at the Train Depot starting at 9:00 AM with Registration and Program kick-off at 9:30 AM. There will be a small registration fee to cover part of the food cost with details announced later.

This will be a short newsletter article this month due to a recent accident. My face took on a tree limb a few days ago and the tree limb won. Today is the first day I have been able to function at the keyboard having suffered a badly cut and broken nose with black, blue and today a little orange around both eyes.

However, I cannot conclude the article without encouraging

each club to take a serious look at your ability to serve your community and contemplate what that service could look like with twenty-five percent more members. As your plans for fund raising activities and service projects mature, please, please, consider adding a membership growth event to your plans. What this event looks like is your choice, remember- Your Club, Your Way. Whatever the event looks like, your community will be better served by a larger Lions Club. And that what we are all about - We Serve.

Andy Marshall
DG, 34 C



District Governor's Certificate of Appreciation presented to Lion Krista Herring by DG Andy Marshall and Citronelle Club President Gerard Laska.

Le Tour De Foley
1st Saturday of October

RIDE YOUR BICYCLE

HELP YOUR NEIGHBORS

\$40 Registration fee includes commemorative T-shirt, aid stations, map, tickets for door prizes, and refreshments after the ride!

Start / Finish: OWA Foley, AL
On-Site Check-In: 6-8 a.m.

7 a.m. Start: 102 Miles (Century Ride)
8 a.m. Start: 62 Miles / 28 Miles / 16 Miles

Register at www.tourdefoley.com!
Ride proceeds fund the charity efforts of the Lions Club and Kiwanis of Foley, AL.

Bikers, support the Foley Lions by riding in Foley. A great example of working with a sister service club.

NEXT CABINET MEETING WILL BE OCT. 27



LCIF is OUR Foundation, and 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. By June 30, 2021, Campaign 100 will empower Lions to serve 200+ million people each year and ensure that resources are available to increase continued service to our communities with a focus on vision, youth, disaster relief, humanitarian causes, and also to expand our global causes to include a commitment to fight diabetes, childhood cancer, and continue to work toward a world in which no one goes hungry, and to protect the environmental health of our global communities.”

Campaign 100 was ‘kicked off’ at the Las Vegas Convention, with Alabama’s own PIP Frank Moore serving as Vice Chair. As LCIF Coordinators, we have been charged with the task to lead this effort over the next three years (currently donations avg.

\$ 40-45 million per year). LCIF as we have known it will change: new web site; donation categories change; grant programs change, with new availabilities; more funds will be available to serve more people well into the future!

\$ 300 million? That is a lot of money! How will this be accomplished? We start this year with the basics:

- Ensure that each Lions Club has named a LCIF Club Coordinator - has your club done so?
- Encourage all clubs who have not made a donation to LCIF in the past few years to make a minimum donation of \$100 - easy to do online: www.lcif.org/donate.
- Encourage clubs that have traditionally made donations to continue to do so, with plans to increase donations each year.
- Encourage clubs to make sufficient donations of \$1,000 that would allow every Club to name at least one Melvin Jones Fel-

low annually.

• Encourage clubs to initiate a new fundraising event dedicated to LCIF for those who do not have sufficient budget funds to contribute.

• Encourage all Alabama Lions who have not personally donated to LCIF to make a minimum personal donation of \$20 to LCIF this year. Why wait - just do it: www.lcif.org/donate.

• Encourage all Alabama Lions to make a personal donation of \$100 to LCIF annually during the 3 years of Campaign 100, and beyond. Now is the time to get it started!

This is how we start. Can this be accomplished? Could this be possible?

Yes! - We are Lions! - We Serve! Stay-tuned - more information is to come.



PCC George Head, LCIF Coordinator, MD-34

PCC Jerry Bonner, LCIF Coordinator, 34-A

PDG Pedro Pino, LCIF Coordinator, 34-B

PCC Glen Elmore, LCIF Coordinator, 34-C

Why are you a Lion?

Giving back, Getting involved, Helping others, Showing love to others, Meeting generous and servant-minded people, new connections and friendships, and fun opportunities are some of the reasons to be a Lion.

**Why are you a Lion?
 MD-GMT Ron Mitchell**

I was looking for an opportunity to give back and get involved in this great community. I had talked to a few people and everyone said great things about the Saraland Lions Club. I decided to visit one week. When I saw all the wonderful things this club was doing, I knew the Lions Club was something I wanted to be a part of.



Meet Lion Sean DeMouey

By becoming active in the Saraland Lions Club, I've come to meet some of the most generous and servant-minded people in our community. I've enjoyed new connections and friendships as well as fun opportunities to join others in investing in our neighbors.



Meet Lion Mike Hoppe

I joined the Lion's club because my goal in life is to help others. The Lion's Club allows me to take my career as a mortgage loan officer and go the extra mile to be involved in the community to help others. I love showing love to others through one more avenue that I have along with my work with helping people to get into their homes.



Meet Lion Camille Wilkinson

Alabama Lions High School Leadership Forum 2018 Fundraiser



Thank You for your continued support of our annual Fundraiser - an opportunity for one person to receive two 40 yard line 'reserved seating' Alabama / Auburn football game tickets along with a Friday night hotel room prior to game day in Tuscaloosa. The one winning ticket will be drawn on October 18, but tickets must be sold in order to have a drawing!

Please help by obtaining and selling tickets!

Alabama Lions High School Leadership Forum
 2018 Fundraiser

Alabama / Auburn game ticket package

1 'ticket of opportunity' for a \$ 10 Contribution, or 6 tickets for \$ 50

Tickets are available from ALHSLF Committee and DG Team Members

Drawing to be held October 18, 2018

Make checks payable to A.L.O.Y.F.



November is Diabetes Awareness Month

Do you know what causes diabetes?

As Lions International and Alabama Lions seek to serve those with diabetes, we need to know the causes, symptoms, warning signs, and treatments that will help us be able to understand, and help.

What's the worst thing you can say to someone with diabetes?

That list is long, but at the top is, "Losing weight and eating right will cure your diabetes!" This is simply not true. Let's review some important diabetes facts:

"Diabetes" means your body has difficulty processing food you eat into usable energy. All foods break down into glucose (sugar), except pure fat and protein (like butter and eggs). Bread, potatoes, and oatmeal are examples of carbohydrate foods that break down into sugar. A natural hormone called insulin "unlocks" your cells to receive this sugar. Diabetes means sugar cannot get into your cells to convert to energy, and instead remains in your bloodstream. It can't get in either because 1) there is no insulin to "unlock" the cell (Type 1), or because the cell in "resistant" to the insulin (Type 2).

So what about "healthy" sugars like in fruit or honey? They still become glucose in your bloodstream, and can cause dangerously high blood sugar levels in people with diabetes.

There are several different types of diabetes, with different causes and treatments:

(From the American Diabetes Association, website; diabetes.org -2017)

Type 1 diabetes:

Caused by an autoimmune disorder

Body stops producing insulin naturally

Cannot be prevented or cured, will not outgrow

Usually diagnosed in children and young adults, but can affect older adults

Absolutely no connection to being overweight or types or food eaten

5% of people with diabetes

Treatment: Must take synthetic insulin by shot or pump continuously for rest of life

Type 2 diabetes:

Risk factors include: Obesity, family history, ethnicity, age



Body does not use insulin properly, cells are "resistant" to insulin

Most common form of diabetes (over 90%)

Treatment: Exercise, losing weight, pills to increase cell insulin sensitivity, synthetic insulin shots/pump

In type 2 diabetes a condition characterized by high blood glucose levels caused by either a lack of insulin or the body's inability to use insulin efficiently. Type 2 diabetes develops most often in middle-aged and older adults but can appear in young people., your body does not use insulin properly, it's like your cells push back or "lock up." the body's inability to respond to and use the insulin it produces. Insulin resistance may be linked to obesity, hypertension, and high levels of fat in the blood. This occurs most often in people with type 2 diabetes but people with type 1 diabetes can have insulin resistance, too.X At first, the body makes extra insulin, but over time isn't able to make keep blood sugar normal. a hormone that helps the body use glucose for energy. The beta cells of the pancreas make insulin. When the body cannot make enough insulin, it is taken by injection or through use of an insulin pump. Some people with type 2 can control their blood sugar with healthy eating and being active, others



the more insulin production is needed. Reduce weight, reduce insulin need. Fat cells are insulin resistant. Exercise increases cell insulin sensitivity.

Other types include: Gestational (pregnancy); LADA: Latent Autoimmune Diabetes in Adults (slow onset Type 1); and MODY: Mature Onset Diabetes of the Young (Type 2 caused by a gene defect).

Alabama Lions Clubs are proud to be the largest Civic Club supporter of Alabama's children with diabetes!

Camp Seale Harris helps all children with diabetes. No matter which type they have, with the help of insulin and technology, even young children learn to manage diabetes and live healthy lives.

As your club determines how to serve in diabetes, consider continuing to support one of the most visible, successful, and beneficial state service projects that Alabama Lions have helped build over the last several decades, Camp Seale Harris. Your state project helps children with diabetes and their families from EVERY community in Alabama, and without Lions, many children would not have access to diabetes camp.

Camp Seale Harris programs in every area of the state provide clubs opportunities for service. Many clubs volunteer and

60 clubs sponsored a child this year. Each club's giving is needed, noticed and appreciated by the families you help!

Grateful camper parents want to let Lions know:

"It's the one week out of the year that my teenage son is completely surrounded by other diabetic teens. The teen years are some of the toughest, diabetes it makes it even tougher. Camp gives my son support, information, and encouragement that I truly believe benefits him all year long."

"My child doesn't have to feel alone or different."

"My daughter gets to just be a kid for once, enjoy herself, and learn about diabetes and how to take better care of herself in a fun and educational environment. And she gets to be around other children and adults that understand what she goes through with diabetes."

"After the first day of day camp my son came home giving himself his own shots, after I had tried to get him to do for the past year and half. Just that alone made camp worth it for me. Enjoying going every day was a bonus!"

"The confidence he came back with is amazing! Being around other kids who are dealing with the same fears, frustrations, and changes seemed to break down a barrier he had put around himself. Now he is comfortable talking about his diabetes and in the daily routine of managing his diabetes. I am very thankful to every single person who is involved."

How Your Club Can Help

Most families don't know that a Lions Club in their community can help them, or how to reach you. So, they call Camp Seale Harris! If your club can sponsor a child, please let us know (205-402-0415).

Every club and every individual Lion makes a difference. Please include SDES CSH sponsorship in your club's charity budget for 2019 Camp Seale Harris now. Club Presidents, you should have received our request/info letter in September! Thank you!

**Heartfelt thanks,
Lion Rhonda McDavid
Executive Director, SDES-Camp
Seale Harris
Rhonda@sdiabetes.org**



IN MEMORY OF:

Yamandu P. Acosta, Past International Director (2010-2012) passed away suddenly late evening on September 6, 2018. This sudden and unexpected loss has devastated both the Acosta and Lions family.

A member of the Eufaula, Alabama Lions Club, and a Lion since 1970, the late Past Director served with great enthusiasm as club president, club director and membership chair, zone chair, council chair, district convention chair, state convention chair, district governor. He also served as chairperson of the Latin America Extension Team, a member of the School of Governors, Campaign SightFirst II Sector Coordinator for MD34, LCIF State Coordinator, Multiple District Coordinator, and District GLT Coordinator. He also presented at several USA/Canada and FOLAC Forums.

In recognition of his service to the association, he has received numerous awards including the District 34C Tom Jones Award, World Humanitarian Award, several Builder Keys and Extension Awards, 13 International President's Certificates of Appreciation, eight International President's Medals, the 45-Year Monarch Chevron and the Ambassador of Good Will Award, the association's highest honor. He was also multi-level Progressive Melvin Jones Fellow.

The Eufaula Lions Club was chartered when the late Past Director was a small child, and he began his journey with the club as a young man out of college, just starting his career in education. With the goal of improving the community the scope of club services grew year after year with the support of dedicated Lion members like the late past director. During his 47 years of membership, the Eufaula Lions continued to grow their offering of services benefiting the community with support for youth sports and college scholarships,

Diabetic youth camps, leader dogs, and supporting the Barbour County Sheriff's Department Life Saver Program to name a few. The late Past Director, with other club members, looked beyond local borders to support and participate in the Alabama Lions Ophthalmic Missions to Mexico, Central and South America to deliver ocular care for the less fortunate in those areas. His passing is a difficult loss for all, and especially for the thousands of people whose lives he touched. Whether it was a local project or work with the Board of Directors, the late Past Director always participated whole heartedly offering well thought ideas and solutions.

The late Past Director Acosta enjoyed a successful career as a college professor at Andrew College in Columbus and in addition to his Lions activities, was active in numerous professional and community organizations, including serving as President of Eufaula Little Theater and as a member of the Eufaula Heritage Association, the Alabama Education Association and the National Education Association and member of the First United Methodist Church in Eufaula.

A dedicated husband to spouse Sylvia, father and grandfather, he would often spend time cooking and enjoying their company, planning the next adventure of service. Mrs. Sylvia Acosta, Past District Governor supported her husband's busy Lions schedule for many years and the entire family knew the joy and rewards of service to those in need. He will be missed by his spouse, daughters, grandchildren and the community.

Donations may be made to Lions Clubs International Foundation in the late Past Director's name. Please remember the family during this very difficult time in your thoughts and prayers.



Yamandu P. Acosta

Condolence message may be sent to:
Mrs. Sylvia Acosta, Past District Governor
c/o Lion Dr. A. Conniff
310 Cherry Street
Eufaula, AL 35027

Sincerely,
Diane Keller
Executive Administrator's Office Global Strategy
Lions Clubs International
Oak Brook, Illinois USA

CREATE YOUR CLUB'S BLUEPRINT

The most effective Lions clubs regularly identify ways to expand their service impact, develop leaders and meet club members' needs and expectations. Like any worthwhile project, it is important to develop and implement a plan, or "blueprint," to guide your actions.

Download the **Blueprint for a Stronger Club Guide** for step-by-step assistance with assessing your club, establishing goals and developing your blueprint.

Identify your goals, challenges and possible solutions with the **Planning Process Worksheet**.

Create your action plan based on input from club members using our **Action Plan Worksheet**.

Goal Statement Form

To request copies of the Blueprint for a Strong Club please contact us by email clubofficers@lionsclubs.org or phone 630-468-6890

Be LOUD and PROUD of what we do

I just returned from a trip to visit family. And upon reflection of what family means to me. I also discovered what lions mean to me. Lions is a tremendous organization. As lions we help individuals who need the assistance. By doing that we also help families. Lions help with their difficulties with vision, with diabetes, with juvenile cancer, and with other opportunities that present themselves. We Serve. This just doesn't help our own family, it helps other families as well. As Lions, when we serve and help individuals we change lives. We do not just serve those individuals, we do not just affect those individuals, we affect their family, their immediate family, and their friends. So, when we as Lions serve and help those that need our assistance think about how many lives we are actually touching. We do many, many great things by being Lions and through the Lions Association. We need to consider and keep in mind how many families and how many people that we affect when we help those that need the assistance.

As for Alabama and what we do here I am very pleased to announce that our membership across the state is positive. As of the 10th of September, the state as increased membership by 29 members. This

is a great start to the year. We need to keep this trend going and see how far and how big we can grow the multiple District this year. Constitutional Area Membership Team Leader PID Jerome Thompson told the Governors that the State of Alabama is in 3rd place for membership growth in the United States. That is great. Our Governors are doing a good job. Now they need all the clubs to help out and grow membership.

On September 6th we lost a friend, leader, and fellow Lion. Past International Director Yamandu Acosta passed away. It will be a challenge to do everything that he did for the Lions of Alabama. Rest in Peace my friend.

Lions of Alabama, we are into our 102 year of serving. This is a great opportunity to reach out and work with the communities that we all live and work in. Let us all get out and be seen as proud Lions. Get people to be curious as to who we are and what we do. We need to stop being quite about what we do. Lions of Alabama need to be LOUD and PROUD of what we do.

Yours in Lions
Mark Stevens
Council Chair MD 34