



THE ROARING District 20-E1

NEWSLETTER | APRIL 2021 ISSUE

Challenge
yourself
2021

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DISTRICT OFFICERS

District Governor Mike Donner
mikedonner75@icloud.com

1st Vice District Governor Curtis Burdick

2nd Vice District Governor Judy MacKnight

Cabinet Secretary PDG Barry Haywood

Cabinet Treasurer Janice Infantino

Region 1

Zone 1 Chair Peter Kaiser

Zone 2 Chair Melanie Adams

Region 2

Zone 3 Chair Kathy Soper

Zone 4 Chair Joy Koziol

Region 3

Zone 5 Chair Charles Stacampiano

Zone 6 Chair David Markham

Region 4

Zone 7 Chair Gary Nacaster

Zone 8 Chair Gary Nacaster

Region 5

Zone 9 Chair Albert Merrill

Zone 10 Chair Tracie Edwards

Greetings Fellow Lions,

April is here MD20E1 Lions. I see the grass getting greener, gardens becoming colorful, and tree blossoms exploding. We have lots of reasons to be happy:

Many of our Lions and family members have been vaccinated

More sunshine, and more the next day

Spring outfits, shorts, and even sandals

Outdoor Lion Events - geranium sales, chicken barbeques, etc.

It is a time to re-energize your Lions Club as we break on through to the other side of the pandemic. Keep up the wonderful community service that our clubs are famous for and let the rest of us know about it. It is delightful to read about our district's Lions Clubs projects (and see pictures too.)

Lions usually have a full plate this time of the year. There are club officer elections, state and international conventions, and lots more. They say, "Busy hands are happy hands." Meaning we are busy enough, that we do not have time to complain and worry about things we cannot control.

We had our virtual Spring Conference on April 10. There was lots of interesting information passed on. Thanks to all those who participated. We had a wonderful keynote speaker, International Director Allan Hunt, who spoke of keeping a positive outlook and talked how much Lions are alike wherever they live.

Final thought: **When you come upon another Lion, you come upon a friend.**

District Governor Mike Donner

20-E1 The Genesee River Region

mikedonner75@icloud.com



NYS&BLF Fundraiser

As of April 1st, 20-E1 had sold **74** New York State and Bermuda Lions Foundation (NYS&BLF) **raffle tickets**. We only need **1 more** ticket sold to reach the **75-ticket** level and qualify the district to receive a **\$500 incentive check** from the NYS&BLF and there is a \$1,000 incentive check for 100 tickets or more.

Make the push! Everyone can purchase NYS&BLF raffle tickets up to the day of the drawing at the virtual convention on **May 15th**.

If you need more tickets, please let PDG Lorri Reiger know.

Thank you for your support of the Foundation.

NYS&BLF Secretary
PO Box 445
Glen Head, NY 11545

E1 SEE VISION SCREENING REPORT 3/7/21

SUCCESS STORY / NEW SCHOOL DISTRICT REQUIREMENT*

The Kendall & Brockport Lions Clubs teamed up to vision screen at the Kendall Elementary School. A total of 96 Children were screened with 8 being referred to an eye doctor for further testing. The Lions team used the new Covid 19 SEE/Kid Sight USA protocols to ensure safe screenings.

*Most Vision Screenings at schools in New York won't begin until the Fall due to School District restrictions. All visitors to the schools, that includes Lions, it is expected will need to show that they have been vaccinated against Covid 19.

We are suggesting that "all Lions participating in Vision Screening get vaccinated."

Welch Allyn PARTNERS IN CARE SERVICE IN CARE AGREEMENT

We continue to ensure that all children screened by all of our Spot Vision Screener units are being screened on the leading edge of vision technology and the units are in excellent condition by renewing all our Welch Allyn Partners in Care Service Agreement that are in need of renewal in order to maintain uniform quality standards. The service agreements provide unlimited technical support, software updates, factory repair service and new replacement service during down time or accidental damage.

These service agreements complement our earlier Vision Screening training and certification program provided by Lions Kid Sight USA to ensure uniform quality standards in screening children.

A SNAPSHOT

DIABETES IN THE UNITED STATES

DIABETES

**34.2
MILLION**

34.2 million people have diabetes

That's about 1 in every 10 people

1 in 5 don't know they have diabetes

PREDIABETES

**88
MILLION**

88 million adults — more than 1 in 3 — have prediabetes

**MORE THAN
8 IN 10** adults don't know they have prediabetes

If you have prediabetes, losing weight by:

- EATING HEALTHY
- BEING MORE ACTIVE

can cut your risk of getting type 2 diabetes in **HALF**

COST



**\$327
BILLION**

Total medical costs and lost work and wages for people with diagnosed diabetes

Risk of early death for adults with diabetes is

**60%
HIGHER**

than for adults without diabetes

Medical costs for people with diabetes are **more than twice as high** as for people without diabetes

2X

People who have diabetes are at higher risk of serious health complications:



BLINDNESS



KIDNEY FAILURE



HEART DISEASE



STROKE



LOSS OF TOES, FEET, OR LEGS

COMMON TYPES OF DIABETES

TYPE 1

BODY DOESN'T MAKE ENOUGH INSULIN

- Can develop at any age
- No known way to prevent it

In adults, type 1 diabetes accounts for approximately

5-10%

of all diagnosed cases of diabetes



Just over 18,000 youth diagnosed each year in 2014 and 2015

TYPE 2

BODY CAN'T USE INSULIN PROPERLY

- Can develop at any age
- Most cases can be prevented

In adults, type 2 diabetes accounts for approximately

90-95%

of all diagnosed cases of diabetes



Nearly 6,000 youth diagnosed each year in 2014 and 2015

RISK FACTORS FOR TYPE 2 DIABETES:

**1.5
MILLION**

People 18 years or older diagnosed with diabetes in 2018



BEING OVERWEIGHT



HAVING A FAMILY HISTORY



BEING PHYSICALLY INACTIVE



BEING 45 OR OLDER

WHAT CAN YOU DO?

You can **prevent** or **delay** type 2 diabetes



LOSE WEIGHT IF NEEDED



EAT HEALTHY



BE MORE ACTIVE

LEARN MORE AT www.cdc.gov/diabetes/prevention OR SPEAK TO YOUR DOCTOR

You can **manage** diabetes



WORK WITH A HEALTH PROFESSIONAL



EAT HEALTHY



STAY ACTIVE

LEARN MORE AT www.cdc.gov/diabetes/managing OR SPEAK TO YOUR DOCTOR

REFERENCES

Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2020. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services, 2020.
American Diabetes Association. Standards of Medical Care in Diabetes—2019. Diabetes Care. 2019 Jan 1; 42 (Supplement 1).
American Diabetes Association. Economic Costs of Diabetes in the U.S. in 2017. Diabetes Care. 2019; 42(5):917-926.

CDC's Division of Diabetes Translation works toward a world free of the devastation of diabetes.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

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A CONVENTION SO GOOD WE'RE BRINGING IT TO YOUR HOME

The MD-20 New York State & Bermuda 2021 Convention



**Broadcast Live
From Syracuse, NY**



Douglas X. Alexander
International First
Vice President
Brooklyn, NY



Dr. Patti Hill
International Third
Vice President
Edmonton, AB

May 14 & 15, 2021

**Scroll down to
Learn More &
Register Today!**

Go to register: MD20 New York & Bermuda Lions Convention (md20lionsconvention.org)

The Convention Program

Registration deadline will be May 12, 2021

Schedule of Events

Friday, May 14, 2021

Noon LCIF meeting – *separate Zoom invite*

3: PM Lions start to sign in for music, videos, virtual ads.

4: PM Opening Convention Session

7: PM Virtual Hospitality Rooms

Saturday, May 15, 2021

7 :00 AM PDG meeting – *separate zoom invite*

9:00-10 :00 AM [Group 1 Morning Seminars](#)

10:15AM Camp Badger meeting – *separate zoom invite*

11:00 -12:00 PM [Group 2 Morning Seminars](#)

12:30 -01:30 PM Lunch

1:45 - 02:45 PM Memorial Service

3:00 PM Second Convention Session

5-6:30 PM Break

6:30 PM Gala introductions and music



Calendar of Events - Page 12

If you would like your fundraiser / event to appear on the Calendar Page, please list separately at the end your article submission.

When listing these, include only:

Day, Date, Name of Fundraiser / Event

Group 1 Morning Seminars Will Be From 9:00 AM Until 10:00 AM

- Choose one when registering.

- 1. Making Change Stick:** Provide an overview of change management versus transition management – and recommendations regarding strategies to employ to enhance the success of change initiatives. Presenter Dr. DG Rick Battaglia, PDG Sharon Battaglia moderator.
- 2. Virtual Meetings 101:** Provide basic training on features of Zoom or other virtual meeting platforms PDG Lori Rieger monitor PDG Fred Rieger
- 3. Diversity:** Provide an overview of the importance of diversity in our work as Lions, PID Bob Libin and PDG Jackie Williams Presenters, PCC John Wargo Moderator
- 4. Diabetes:** It's critical that we continue to highlight our efforts with Diabetes Education and Awareness as Lions. Along with Vision, this global focus mission topic is the prominent focus of LCI. Panel will include: Mildred Ramirez, Barbara Bentley, Amanda Root, Lion Margie Greenfield, and Lion Karen Kemmis

Group 2 Morning Seminars Will Be From 11:00 AM Until 12:00 PM

- Choose one when registering.

- 1. Virtual Meeting Design:** Provide tips and strategies for designing productive and engaging virtual meetings-Presenter Dr. DG Rick Battaglia Moderator Lion Dave Guyer
- 2. Membership:** Provide ideas and best practices regarding membership recruitment and retention. VDG Sheree A. Vora, presenter, PID Steve Tremaroli moderator
- 3. Grant Writing:** Provide a review of grant writing tips and principles, as well as review specific of LCIF, NYSBLF and Brandel Murphy grant categories and requirements, Presenters PCC John Wargo, PCC Kelly Clark, VDG George McManus, Moderator PDG Dave Hubman
- 4. Mental Health:** Build on information in the recent wellness brochure and provide an overview of the importance of understanding and addressing mental health issues and wellness within our communities, Presenters Lions Maureen Cort-Blackson and Shawn Lisa Torres, Moderator Dr. Ed Cordes, PID

FAIRPORT Lions Club

The Fairport Lions had a regular in person meeting on April 6. Our guest speaker was a representative from Monroe Community Hospital. She gave a brief history of the Hospital and the various functions that are performed at the Hospital. A donation was given to the Hospital. We are hoping to have more in person meetings since more members are getting their vaccine shots.



Members of the Irondequoit Lions Club met in person on March 22nd at Uncle Danny's Restaurant and their guest speaker was District Governor Lion Mike Donner. He spoke about membership, what his projects are for his Lion year and about the upcoming virtual conventions, both the international and state. For those who were in attendance he gave each member his Lions pin. Also he gave the 25 year chevron to Lion Judy Davis and 35 year chevron to Lion Tom Pomodoro for their years of service to the club and the residents of the town of Irondequoit.

The club made a donation to St. Peters Soup Kitchen, which is one of DG Donner's projects.

Members finalized their Easter Egg Hunt / drive thru plans which will be the date of 4/3/21. This will be the repeat of our 62nd annual egg hunt which last year got cancelled.



Lion Bill Davis , Lion DG Mike and Lion Pres.Tim McCall



Lion Judy Davis getting her 25 year pin



group shot with service dog in training "Alvin"

KENDALL Lions Club



After a very successful Chicken BBQ, Lion President Bob Ryan, BBQ Chair Lion Phil D'Agostino presented the proceeds and additional donations to Stacy Lynaugh to support her as she battles cancer. Also present was Lion Zina Cappotelli. Thank you to all the community who purchased dinners and to the Lions, Leos and community members who worked to make this our most successful BBQ.

In March, the Kendall Lions resumed in person meetings and began planning and implementing many of our annual spring activities.

In April we will be sponsoring our annual Environmental Clean Up Day. We will work in conjunction with the Boy Scouts KCS Senior class members and the community to clean up our roadways on April 24th.

The Friday before we will present tree saplings to the fourth-grade class at the elementary school in recognition of Earth Day.

Save the date Saturday June 12.

Our golf tournament will return this year although modified to reflect covid protocols. Watch for details.



Lion President Bob Ryan was pleased to present Lion Jim Carroll with a Lions International Membership Key at our April 1st meeting in recognition for his sponsorship of two Lions into our club.

Community Kitchen

On April 2, many hands assisted in prepared and packed to go dinners at Albion's Community Kitchen at Christ Episcopal Church. Lion Ann McElwee, who was also working, provides the following pictures.

Pictures: (1) Peggy, a volunteer, is with Lion Kevin from Albion's Lions Club; (2) Peggy across from Lion Pete Kaiser; Lion Jim Hancock, and his wife Barbara; (3) Cindy Winters, and (4) Lion Tim Winters.

There are only eight more dinners for 2021.

Plan to volunteer on any of the first Friday of every month. These dates are May 7, June 4, July 2, August 6, September 3, October 1, November 5, and December 3. Help Lion Ann McElwee plan and keep our club's promise to serve with Albion Lions from 1 pm – 4 pm and 4 pm – 7 pm.

On April 6, about 15 Lion members met via Zoom. Members discussed upcoming events such as the United Way (UW) Day of Caring on Friday, April 30, Environmental cleanup, Community Yard sale, and Chicken BBQ.

The speaker was Lion Dean Bellack, Executive Director of UW of Orleans County, who presented a Digital Literacy campaign. For more information, check this website. <https://orleansunitedway.org/volunteer/>

The Orleans Hub has an article from March 2021 titled "United Way's Day of Caring returns April 30. <https://orleanshub.com/united-ways-day-of-caring-returns-april-30/>

1



2



3



4





Hello to the best district a DG could have,

I have enjoyed our time together and now it is time for a celebration. They didn't make it easy for us this year, but we prevailed. I am inviting you all to my Testimonial Dinner at Batavia Downs on Saturday, May 22. We are limited to 95 guests. Suggested attire is jacket and tie for the guys. The cost is \$25 per person, please send a check made out to me.

Mike Donner
34 Sequoia Drive
Rochester, NY 14624
mikedonner75@icloud.com

Here is the day's timetable.

- 12 – 3 pm Open House at PCC Jim Schiebel's Pin Barn. If you haven't seen it, you must. If you have seen it, come for some pizza and be with friends. The pin barn is free and no obligation to attend testimonial.
- 6pm: The doors open for a cocktail hour-Cash Bar
- 7pm: Dinner and Dessert service, Awards

Please let me know if you and a guest are coming and your choice of Entrée(s.) The 3 choices are

1. Chicken French - Egg batter sautéed breast of chicken served with white wine, French butter sauce
2. Italian Haddock - Breaded and Coated with Italian herbs & cheese then broiled to perfection
3. Herb Crusted Pork Tenderloin – Served with Apple Rum Sauce

Please reserve a room soon if desired. The rooms are approximately \$143 after tax. That includes \$10 in play money at the casino and a free breakfast. Free Parking. Check-in is at 4pm and I don't know if that is negotiable.

I have included the room block info that I have reserved below. I am sure you could just say you are with the Lions. Hope you can make it!!!

DG Mike and Partner in Service Ann Donner

Mike,. Your group booking code is "DR924" for those who want to make their reservations online (www.hotelatbataviadowns.com) or they can call the front desk. I recommend calling the front desk so they can get a name and a confirmation number right away. . Also, the room block will drop out of the system on May 15th, 2021. So please make sure everyone makes their reservation before then.

Batavia Downs
8319 Park Road, Batavia, New York 14020
Tel: 585.815.7000



Vision of Hope Award

The Sight Society of Northeastern NY has designated this ultimate recognition to be presented in honor of a person, organization or "in memory" of those who have a special place in our hearts.

This award has been established to help us continue our mission to "give the gift of sight" along with providing cutting edge technology regarding corneal transplants in a state of the art processing facility.



Choose this beautiful Art Glass Award as the ultimate recognition. Your inscription will be etched in silver onto a black metal plate. Size 10" high X 4" wide.

To order:

Please indicate the name, organization or in memory of

Name _____

Shipping information:

Name _____

Address _____

City _____

State, Zip _____

Phone _____

*Price \$300.00 (no tax due)
shipping included*

Make checks payable and mail to:

Lions Eye Bank at Albany
4 Tower Place, Ste. 601
Albany, NY 12203

Questions—518-489-7606

Please allow four weeks for delivery

CALENDAR OF EVENTS & MORE

**For details (location/times, etc.) refer to page referenced article that appears in this newsletter ,
visit Club website / Facebook or contact direct.**

May 8 District Leadership Meeting 10 Am Avon, NY
May 14-16 MD 20 State Convention Syracuse, NY
May 22 DG Mike Donner's Testimonial

Sat June 12 Kendall Lions Club / 45th Annual Scholarship Golf Tournament

June 25-29 International Convention Montreal, Quebec

MD-20 Convention

Syracuse, NY
May 14-16, 2021

2021 Lions International Convention will be virtual (see page 9)

Montréal Quebec
June 25-29, 2021

USA/Canada Forum

Des Moines, Iowa
September 9-11, 2021

Deadline for newsletter articles by the 8th of each month.

Send to Lion Karen Guarino | district20e1newsletter@gmail.com