District 25-A Newsletter







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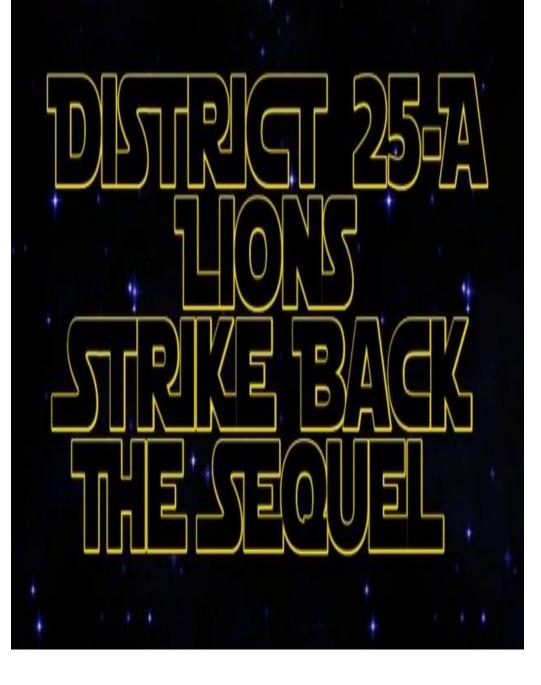
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Dear 25A Lions

We are all connected, which is this years theme for the peace poster contest. Please get with your school's, art teacher and youth groups. There's still time to order kit and get something going. It's also another way we as Lions can support our kids and be visible in the community. Lions are more than just pancake flippers, vision screeners and candy solicitors. We have all sorts of educational programs we can promote such as Liberty Day, diabetes awareness and peace poster contest. We get so involved in the community helping people with all sort of physical needs some times we forget about one of the most powerful resource of all,

KNOWLEDGE. Being able to provide your community with knowledge is huge in its self. Giving people the knowledge that the Lions can provide not only resources to improve the quality of life but also provide educational information such as how to manage diabetes, information on the U.S. constitution and let's not forget about reading programs. Reading is essential for learning and the Lions are are one of the connecting blocks that support many educational programs.

We all know some one that needs help in some form or fashion AND we all know people that want to give a helping hand. The more we connect with people the more opportunities we have to grow membership which will lead to more service projects which will generate more opportunities for educating the world what Lions do. Everything we do as Lions is a perpetual circle connecting us with everyone. The eye glasses we collect on a local eyeglass drive will help someone from across the world see better and in turn they might be in a better position to help someone else in a different capacity and the circle keeps rolling. As long as we keep connecting with people we will continue to do the great things people know and love about Lions. Keep up the great work and I'm looking forward to visiting all of you. If you haven't set your official visit up yet just give me a call. I also have extra district directories if any one needs one and keep in mind the directories are also on line on our district website. Thank you for all you do, May the Lions Be With You and God Bless

DG Mitchell Semans



Members of District 25A attended the banner night for District 25D. Pictured are DG Mitchell and Wendy Semans, DG Scott Smith of 25D, Alice and 2nd VDG Stephen Helmken.

END VDG, STEPHEN HELMINEN

I want to start this out by saying how proud I am of the Lions of District 25-A! Summer is a busy time for everyone, but the Lions of Indiana took time to help at the Indiana State Fair, and our District was well-represented. 1st VDG Nick Gonzalez was just finishing his shift at Gate 18 when Lion Alice & I arrived to start ours. Other Lions we saw when we arrived were PDG Connie Roe along with her husband PDG Kevin Roe, and their daughter, Lion Karlene. I also saw on Facebook that PDG Robin Smith, and her grandson, Troy McCormick; Lion Paul Marsh; and Irene and William Rosevear were working at the Fair. I am sure there were others from District A, and I apologize for not mentioning their names. But it's only because I didn't see you or see your picture on Facebook. Thanks to ALL who helped.

Since my last article, I have had the opportunity to visit two clubs to install their 2021-22 officers. My first visit was to the Union Mills Lions Club, and it was my pleasure to meet with them for the first time. The club is presenting the Peace Poster Contest in the Union Mills School for the first time. And they are planning a Fun Day to let the community get to know them and find out what Lions Clubs are all about. There were a lot of ideas flowing around the tables that night.

My second club visit was to the La Porte Lions Club. This club has been active with the Lions Alert program for several years. They are also getting ready to take dictionaries to schools in La Porte. I thank them also for inviting me to install their new officers. I thank both clubs for inviting me to be a part of your evenings.

If you missed the Pancake Breakfast at the La Porte County Airport you missed some great food. The Westville Lions Club, with the help of Lions from other local clubs, did a great job. There was good food to eat, good fun to enjoy, and some great old aircraft to view. Great job, Lions!!

Fall is just about here, and a lot of clubs will be holding fundraisers. I encourage you to support their efforts. There will be Chili suppers, Pork chop dinners and other activities available. Get out and enjoy these activities while you support other Lions Clubs. Together we can make a difference in the world. And others will want to join in the fun, and the service. Getting new Lions involved is the way to keep them coming back.

May Your God Bless You in Your Service to Others,

2nd VDG Stephen J. Helmken



2nd VDG Stephen Helmken and his wife Alice with the 2nd VDG for 25D and her husband, Julia and Jeff Kozicki.

SAVE THE DATE! APRIL 29 APRIL 30 MAY 2022 INDIANA LIONS STATE CONVENTION WYNDHAM INDIANAPOLIS WEST, 2544 EXECUTIVE DRIVE hope to see you there 🌣 WATCH FOR UPDATES! HOSTED BY DIST. 25A

The Great Indiana State Fair!

Our VDG Nick Gonzalez worked the gate at the Indiana State Fair. This benefits the Indiana Lions Foundation. Left to right: PDG John Brown (Pike Township Lions Club / 25-F), PCC Steve Wine Gardner (Pike Township Lions Club / 25-F), and VDG Nick Gonzalez (Hobart Lions Club / 25-A).



2nd VDG Stephen Helmken and Wife Lion Alice Helmken volunteering at the Indiana State Fair.



District 25-A

District 25-A Newsletter

District 25-A was represented at the Indiana State Fair by Troy McCormick (Robin Smith's grandson), PDG Robin Smith (Chesterton Lions Club), Lion Karlene Roe (Winimac Lions Club), and Lion Paul Marsh (Laporte Lions Club).



We had several Lions Club Members work the Indiana State Fair! They had so much fun. If you missed out on this wonderful opportunity this year you can join in next year!



Volunteering runs in the family! Lion Carlene Roe, PDG Kevin Roe, and PDG Connie Roe, all from the Winimac Lions Club volunteered to work the gate at the State Fair.



Lion Bonnie Olson (Door Village Lions Club) working the Indiana State Fair!



Lions Irene and Bill Rosevear (Michigan City Lions Club) worked for the Indiana Lions Foundation at Gate 1W at the great Indiana State Fair.

DISTRICT 25-A CABINET MEETING

DG/PDG/PCC Mitchell Semans had his first District Cabinet Meeting Saturday, August 14th. The Shelby Lions Club hosted the meeting! Thank you for hosting. The meeting was well attended. PDG Kevin Roe presented on the new vision screening camera. There were updates on many activities going on in our Clubs throughout the District. **Congratulations to Lion Pat Greer and** 2nd VDG Stephen Helmken on receiving their WP Woods awards! Congratulations to Lion CT Tiffany Nagai on receiving a Melvin Jones Award! The Force is strong within District 25-A and Lions Strike

Back the Sequel is off to a great start!



Monterey Lions

Monterey Lions held a club picnic in the park as a way to get our members back together to share a meal since so many functions were cancelled last year due to Covid. We also presented our college scholarship to a local graduate, Miss Olivia Gilley, who graduated as Valedictorian at Culver High School and who plans to attend Purdue this fall for veterinary nursing. We wish her much * luck .









LaPorte Lions

District 25A 2nd Vice District Gov. Steve Helmken (center) installed officers of La Porte Lions Club Aug. 10. They are (from left) Sandra Provan, secretary; Diane Spoljoric, president; Oscar Ryl-Kuchar, vice president and John Spiggle, treasurer.

La Porte Lions met Aug. 10, 2021 at the Eagles. Boss Lion Diane Spoljoric led the Pledge of Allegiance, Lion Sandra Provan offered prayer.

Provan read the minutes of the July meeting, which were amended. Lion Tom Ruda proposed approval, Lion Doug Buell seconded the motion, which passed.

Lions Clubs International sent 35-year membership pins to Lions Ben Mannix, Paul Marsh and the late Ken Schnable.

Lion John Spiggle gave the financial report. Ruda proposed and Lion Dwight Graham seconded a motion to approve the report, which passed.

Several members worked on the storage unit before the meeting. Members will work on it again at 4 p.m. before the next meeting, Sept. 14.

Lions Alert has 75 clients, discussion on rate was tabled until the next meeting. Spoljoric introduced guests 2nd Vice Gov. of District 25A Lion Steve Helmken and his wife, Alice.

A motion to pay Marsh \$149.69 for a wheelchair battery was proposed by Buell, seconded by Lion Oscar Ryl-Kuchar and approved. A motion to pay Marsh \$183.29 for scooter batteries was made by Ruda, seconded by Lion Ralph Howes and approved.

Marsh and Provan attended Banner Night for Dist. Gov. Mitch Semans, Provan also worked at the Mill Creek Lions Paddle Fest. Spoljoric said the eye mission to Mexico is still in limbo because of Covid. The next Culver's Give Back Day is Aug. 24, the July day brought in \$142.15. Helmken then installed officers for 2021-22: Spoljoric, president; Ryl-Kuchar, vice president; Spiggle, treasurer and Provan, secretary. Past president Lion Barb Smeltzer received a plaque for her service as president 2019-21. Attendance pins were given to Spoljoric, 3 years; Ryl-Kuchar, 5 years; Smeltzer, 6 years; Sandy and Teri Burkhart, 7 years; Graham, 12 years; Ruda, 13 years;

Provan, 17 years; Buell and Spiggle, 32 years; and Marsh, 35 years.

Helmken said the club will grow through service and encouraged keeping members active through service. He congratulated the officers. He encouraged the club to grow by keeping members active through service. Spoljoric will attend the Cabinet meeting in Shelbyville. Ruda asked for help folding letters to be given out with the dictionaries and asked Helmken to find out which club is giving them to Renaissance Academy.

A funeral service for the late Lion Ken Schnable will be Aug. 21 at Esslings. Ruda and Ryl-Kuchar propsed and seconded a motion to adjourn, which was approved.



Wanatah Lions served supper at the Back to School Night for Tri-Twp Elementary students, parents, and staff.

Westville Lions



SAG ENTRANCE



The Westville Lions did it again with their amazing SAG Stop for the tour deLaPorte. The riders gave it 5 stars and had many positive reviews. They had pizza, watermelon, and many other treats for the cyclists. They even had live music! The Westville Lions hosted a pancake breakfast Sunday, August 15th at the LaPorte Airport. Thank you to everyone that attended. It was a very successful event.



District 25-A

Mill Creek Community Lions 6th Annual Lions Paws for Support Paddlefest







The Mill Creek Community Lions hosted their 6th Annual Paddlefest. The Proceeds from this event benefit Veterans, and animals from local shelters looking for their forever homes.



THE LIONS PAWS FOR SUPPORT SPONSORED BY MILL CREEK COMMUNITY LIONS DEDICATED A PICNIC TABLE IN HONOR OF LIONS SHIRLEY DOMS AND CAROLYN HUNT. WHO BOTH PASSED AWAY IN 2020. THEY WERE BOTH HUGE SUPPORTERS OF THE PROJECT AND HELPED WITH PADDLEFESTS 1-5.



Pictured is Lion Emily Howard with Lion Marolyn Klockow (Carolyn's sister) and Eva Olson (Shirley's niece).



District 25-A

Lake Station Lions

Another school year means filling the bus with supplies for those kids who won't be able to purchase theirs. We would like to thank everyone who donated supplies or money to this cause. Also a huge thanks to the bus drivers for all of their help, we couldn't have done it without you. A great success with supplies being divided between all Lake Station and River

Forest Schools.



Lake of the Four Seasons





The LOFS Lions had a great golf outing. They had 25 teams and everybody enjoyed the course and food.



On June 30th the LOFS Lions presented college scholarships to their essay winners in the amount of \$650. The winners were Brandon and Connor Cox who will be pursuing Nursing at Purdue Northwest; Ryan Pierce is studying to become a Catholic priest at St. Mary's University of Minnesota; Natalie Tul will be studying Human Biology and is pre-med at Michigan State; and Brianna Avila and Lucas Liapes are attending Ball State.

Lakes of the Four Seasons Lions Club Induction of Lion Dan Moynihan

The Lakes of the Four Seasons Lions Club had an unusual induction of a new Lion Member. The new member was Dan Moynihan. He is a friend of Lion Bob Block Jr. District Governor from North Carolina. Bob is the son of International Director Lion Bob Block Sr from Illinois. Lion Bob Block Jr. called Lion Chuck De Las Casas to inform Dan Moynihan was interested in joining the Lakes of the Four Seasons Lions Club. Dan was invited to join the club. The installation was set up so that the International Director Lion Bob Block Sr. was able to do the installation. Dan's sponsor Bob Block Jr. was able to join the installation by Face Time. The installation was enjoyed by all who attended. This shows a Lion in your club can be a member sponsored by a member from another club.







school Soverner Live In Block in watching In sponsor Liverbeing scaffed by Fece







Type 2 Diabetes

Some people call it "the sugar," or "sugar diabetes," but the correct term for the group of metabolic disorders that cause your blood glucose (sugar) level to be too high is diabetes mellitus, or diabetes for short. It is not caused by sugar, per se, but it has everything to do with how your body handles the sugar you consume and what you do to manage the level of sugar in your blood.

More than 30 million adults in the United States — 9.4 percent of the population — had some form of diabetes in 2015. It was the seventh leading cause of death that year. About 84.1 million adults had prediabetes. Worldwide, more than 422 million people had diabetes in 2014. Prediabetes and Insulin Resistance

Prediabetes is a condition that can lead to type 2 diabetes. In order to understand what causes it, you have to understand how the body handles sugar (or glucose) and processes it into energy. Glucose enters the body primarily through the food and beverages you consume. The pancreas makes a hormone called insulin in order to help the glucose in your blood enter your muscles,

fat, and liver to be used as energy. When the body does not use the insulin effectively, your pancreas initially produces more insulin to overcome this resistance. But when your pancreas is not able to keep up with the demand, the result is hyperglycemia, when blood glucose is too high. Insulin resistance is the primary cause of prediabetes, but the causes of insulin resistance aren't fully understood. Family history, advancing age, excess weight, and a sedentary lifestyle are among the known risk factors.

Type 2 Diabetes

As mentioned, type 2 diabetes is caused by insulin resistance. Between 90 percent and 95 percent of all diabetes cases are type 2, and nearly one in four people who have it don't know they do. The condition typically develops in people who are older than 45 and is more common in the U.S. among people who are Asian, black, and Hispanic. It's also strongly correlated with carrying excess weight. Up to 9 out of 10 people worldwide who have type 2 diabetes are overweight or obese. But the majority of people who are overweight do not develop type 2 diabetes. By their mid- to late 70s, about 2 in 10 overweight adults and 4 in 10 obese adults in the U.S. have been diagnosed with diabetes.

You can treat type 2 diabetes through diet and lifestyle changes to lower your blood glucose levels and weight. In addition, many people with the condition monitor their blood glucose levels regularly; take oral medications; and sometimes inject themselves with insulin through a pen, pump, or needle.

If untreated or inadequately managed, type 2 diabetes may lead to numerous health complications, some of them life-threatening. They include periods of hypoglycemia (low blood sugar); diabetic neuropathy (nerve damage) that results in pain or numbness; foot and limb injuries, diabetic ulcers, deformities or even amputations; kidney disorders; heart disease; blindness; skin problems; digestive disorders; sexual dysfunction; problems with teeth and gums; and problems regulating blood pressure.

Michiana Lions Club



Members of the Michiana Lions Club collected donations for their club! It's always great to share the experience of volunteering with our youth!



The Michiana Lions Club will be hosting their annual Terri Lynn nut fundraiser. Contact any Michiana Lions Club member to place your order. You can visit the link below to view the online catalog.

> Boss Lion Jenel Freeman 1 219-363-5997

https://www.terrilynn.com/resources/forms/fundraising-product-catalog

South Haven Lions

The South Haven Lions hosted their annual golf outing. They had wonderful weather for the outing. They also had a great turn out of Lions Members for the event and received support from the community and local businesses. Thank you to all who came and showed their support.



Crown Point Lions



Lion Dollars At Work



A \$10,000 donation was approved by the Board to be given to the Crown Point Community Library for Early Literacy Development. Lions will have the opportunity to aid with the set up of the Interactive Play Area. The Interactive Play Area helps to make Crown point Community Library a destination location for the community. Access to free, highquality, and educational-based leaning activities for children adds to the overall quality of life residents have living in our community. We are very excited to be a part of this project.









"Together We Serve"

Lions Cindy Beckman, Vicky Klein, and Celeste Cooley helped to pack "Goodie Bags" for Meals on Wheels. They worked with others to pack 600 bags to be distributed to Meals on Wheels recipients.

27th Crown Point Lions Club Annual Golf Outing Saturday, Sept 18, 2021 River Pointe Golf Course Hobart, Indiana

For more information contact Ed Schiesser – 219-680-6485 Rich Day – 219-793-3535

10:00 AM Shotgun Start Lunch and Prizes \$100.00 per golfer







Crown Point Lions Club Bingo Bacon & Steak Sale Pre-Sale Only



We will be selling the same great bacon that we raffle off at our Bingo.

Bacon Bundles will be sold for \$40 for 5lbs. The bacon will come in one-pound packages and will be individually wrapped and frozen.

We will also be selling cases of Choice New York Strip Steaks, from Linz Farms. They will be individually vacuum-sealed and frozen. These steaks will be sold by the case only, which is 16 - 10oz. steaks for \$110.

Please make checks payable to Crown Point Lions Club

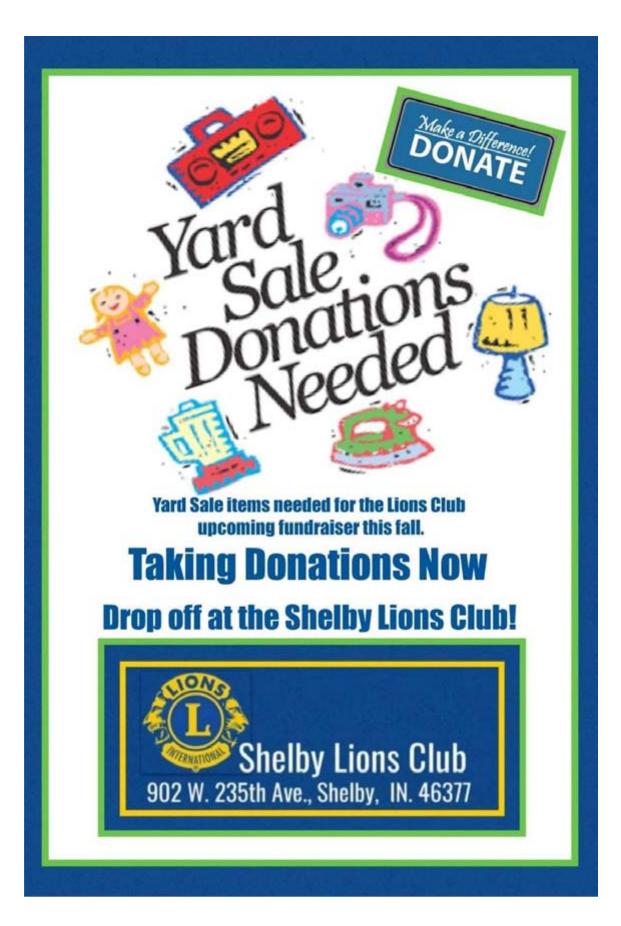
Deadline to order will be Friday, September 10. 2021.

Pick up will be Friday, September 17, 2021, from 4:00 – 6:00 p.m. at the Lions Club Shelter located in the Lake County Fairgrounds. Orders **MUST** be picked up at this time.

The Steaks and Bacon will make great holiday gifts!!!

To order contact Lion Vicky Klein 219-663-1500 or mail the below order form with your check to Crown Point Lions Club, Bacon & Steak sale, P.O. Box 502, Crown Point, In 46308.

Name		
Address		
Phone#	e-mail	
Case of steaks	x \$110 = \$	
Bacon Bundles	x \$ 40 = \$	
Total payment:	\$	





There will be training using our 2 new cameras in District 25A. Trustee Lion Sally Davis and Trustee PDG Kevin Roe

will give you understanding and hands-on experience using the Plus-Optix and new Blinq cameras.

At Trinity Lutheran School 891 Linda St. Hobart, Indiana

Saturday, September 25 9 AM

For questions call Sally at 219-942-4433



HOBART LIONS CLUB



FALL STEAK SALE

Restaurant quality 10 oz. vein in New York Strip Steaks. They will be individually vacuum sealed and frozen. These steaks will be sold by the full case, which is 16 steaks, for \$110. Please make checks payable to <u>HOBART LIONS CLUB</u>. All orders must be <u>PREPAID!</u>

DEADLINE TO ORDER STEAKS IS OCTOBER 6

To order call Sally at 219-942-4433 or Joe Larson at 219-781-9604

Pick Up Date: October 15 Pickup at Trinity Lutheran School Parking Lot Located at 891 Linda Street, Hobart 5:30 - 6:30 PM

THESE STEAKS ARE GREAT FOR COOKOUTS or GIFTS!

Name:		
Address:		
Cell Phone #:	Email:	
10 oz each (1	6 steaks) \$110 – number of ca	ises:
Total payment: \$	Check #	Cash \$

M-LL OREEK

Save the date for upcoming give back nights at the LaPorte Culver's! Mention Mill Creek Community Lions for them to receive credit.

> September 9 September 27th





Schererville Central Lions Club Co-sponsored by St John Township Trustee Cathy J Lareau

Annual Oktoberfest

Friday, October 1, 2021

5:00 PM - 7:30 PM

St. John Community Center, 1515 Lincoln Hwy, (US 30)

1 CHOP \$12.00 - 2 CHOPS \$15.00 (CASH BAR)

Smoked Pork Chops-Spätzle-Sweet & Sour Red Cabbage-Sauerkraut-Potatoes

For tickets call 365-1085 or 924-7283 Credit Card payment accepted at the Door



LI IS EVEIL.

ZONE MEETING & ^{2A & 2B} SPECIAL PRESENTATION

Presentation by: Lion Sally Davis, Vision First Trustee

Thursday September 16th @ 7 pm Doors open @ 6 pM Dinner @ 6:30 pm



Casa Del Roma Banquet Center 712 Calumet Ave Valparaiso, In. 46383

Cost: \$15 per person Chicken or Beef Mash Potatoes, Veggies, Salad & Dessert *50/50 & Cash Bar*

Please RSVP to Lion Jason Kegebein Send payment to 372 Salt Creek Parkway Valparaiso, IN. 46385 219.973.6608 Lions Clubs Urged to Help Their Local Schools Learn About the Constitution:

2 Great Opportunities -- By Lion Don Parker, District Liberty Day Chair

Lions Clubs can help promote civics and citizenship education with either of 2 great and easy-to-do projects: • Constitution Day: Fri. Sept. 17, 2021

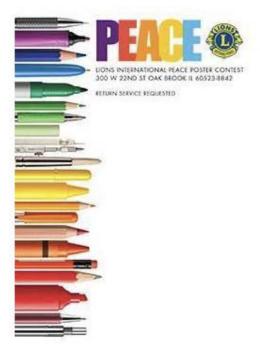
· Liberty Day: Wed. March 16, 2022 (birthday of Pres. James Madison, major author of the Bill of Rights)

Clubs can distribute pocket US Constitutions to their local schools in connection with either of these dates. This is a great opportunity to promote civics education AND the goals of Lionism!

 Pocket Constitutions are available to order from either Amazon.com or Walmart.com for only \$1.00 each.

Civics education takes place at about the 5th or 6th grade level, so contact your local school and arrange to deliver pocket Constitutions for classroom use, or in connection with a Citizenship-related activity.
As with The Dictionary Project, be sure to attach a sticker or mailing label with your local Lions Club's contact info or web site.
Report your Liberty Day activities on your Monthly Activity Report. For more ideas or for a speaker about Liberty Day, contact Lion Don

Parker at 219-801-5275.



"WE ARE ALL CONNECTED"

Peace Poster Contest Deadlines

Students ages 11, 12 or 13 as of November 15 are eligible to participate in the International Peace Poster Contest. Entries not meeting the following deadlines will be disqualified.

- January 15: Kits go on sale from the Club Supplies Sales Department at International Headquarters.
- October 1: Deadline to purchase kits from the Club Supplies Sales Department at International Headquarters.
- November 15: Postmark deadline for a club to send one winning poster (per contest sponsored) to the district governor.
- December 1: Postmark deadline for a district governor to send one winning district poster to multiple district council chairperson.
- December 1: Postmark deadline for a district governor not belonging to a multiple district to send one winning poster to the Public Relations Department at International Headquarters.
- December 1: Postmark deadline for a club not belonging to a district to send one winning entry to the Public Relations Department at International Headquarters.
- December 15: Postmark deadline for the multiple district council chairperson to send one winning poster to the Public Relations Department at International Headquarters.
- February 1: International winners notified on or before this date.

\$11.95 PLUS TAX, ORDER ONLINE OR PHN 630-571-5466 (PPK1EN)

Due to the coronavirus (COVID-19) situation, we are currently operating on a reduced shipping schedule. Orders will be delayed but will ship out to you as quickly as possible. We apologize for the inconvenience, but the health and safety of our members, our staff and our communities are our top priority. Visit <u>lionsclubs.org/coronavirus</u> for more information about COVID-19.

Welcome New Members

GOODLAND: HOLLY LAFFOON RYAN MORRIS SPONSOR: MARY MILLER

HANNA LAURA GYURE SPONSOR: SARAH BYRNE

CORI KNIGHT SPONSOR: HEATHER STEVENS

CURT MORDUS SPONSOR: ALLEN STEVENS

HEBRON JAMIE SOCCI ERIN SPINKS SPONSOR: JOHN SPINKS

LAKES OF THE FOUR SEASONS LISA TUL SPONSOR: DONALD TUL

Members that have completed their service.

September Calendar 4th - LaCrosse Pork Chop Fundraiser 6th - Labor Day 9th - Mill Creek Community's give back night

at LaPorte Culvers 10th - Crown Point Lions steak/bacon fundraiser deadline

16th - Zone 2A and 2B Dual Zone Meeting

18th - Crown Point Golf Outing

25th - Kidsight Training in Hobart

27th - Mill Creek Community's give back night at LaPorte Culvers