# Dignity. Harmony. Humanity.

# THE BUZZ

("B" in the KNOW!) September 7, 2015



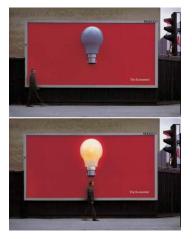


The MD21 Mid-Year Leadership Conference is just around the corner –

have you registered yet? We have gone out of our way to make this event affordable to the Lions and to bring it down to the valley – located closer to the majority of the Lions. Why not come and attend some of the really interesting leadership sessions and of course we have

lots of other fun things planned too – the big one is a huge Halloween Party on Saturday night complete with a procession of decorated golf carts! Now that's something to show up for now isn't it?!!





Here's a bright idea for you.....FREE Electronic Ads for the clubs! There are separate instructions for the clubs to submit an ad. Each club can submit no more than two ads – maybe you are supporting someone running for an office or maybe you want to recognize a member. Email ads to Lion Brian

Woloshin at <u>lionbrianw@gmail.com</u> Each ad will be in jpg or pdf format. Lion Brian

will put together an electronic presentation that will run continuously throughout the day but not during the leadership sessions.



# FREE ADS FOR CLUBS? NEW FOR THE MID-YEAR! -FREE ELECTRONIC ADVERTISING FOR CLUBS!!!





We're trying something new – clubs will NOT pay to submit an ad for the Mid-Year Conference. There will be a program book but

it will be made up of business ads. Please check out the ad form at the end of The BUZZ! and get businesses that you know to advertise for the Mid-Year.

This way we can keep the ads for the clubs FREE – saving your club's hard earned administrative money. We can only do this if you help us get business ads.



# **VISION SERVICES**

### - Su-Lin Trepanitis, Chairperson



If you or your club is interested in doing vision screening – here is a listing of upcoming screenings and the help that is needed. Please contact Su-Lin at 520 661-4909 or <u>azlionrn@gmail.com</u>

Tu, Sep 22 at Santa Clara -- need 12 Thu, Sep 24 at Elvira -- need 6 more Mon, Sep 28 at Mesa Verde -- need 12 Tu, Sep 29 at Harelson -- need 8 more We, Sep 30 at Holoway -- need 5 more Mon, Oct 5 at Rio Vista -- need 12 Tu, Oct 6 at Donaldson -- need 12 Tu, Nov 3 at Warren -- need 6 more

# **REGIONAL LIONS LEADERSHIP INSTITUTE** LAS VEGAS – January 16-18, 2016

Only \$250 fee – once the institute starts your room and meals are covered. This is a great opportunity for ALL Lions in 21-B as ANY Lion may attend a REGIONAL institute. I know of six Lions from 21-B who have already signed up. If you decide to go, please let me know as I'd love for a whole bunch of 21-B Lions attend this institute. If you are interested, fill out the application at the end of this document and mail it in with the registration fee. Why not start out 2016 by sharpening your knowledge of Lions!



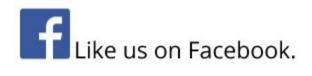
Remember your district tail twister challenged the clubs to come up with a club Lions cheer at the next cabinet

meeting – there will be a

CHEER OFF and prizes! You don't have to do a routine but come up with a great cheer!



I started club visits – please contact me at <u>bebopp2002@yahoo.com</u> or phone (520) 954-0411 to set a date for a visit. – DG Barbara



# FACEBOOK FACEBOOK FACEBOOK

- Lion Richard Stevenson

Why do we have to keep hearing about Facebook all the time? We have been doing Lions work for 100 years without it, why do we need to change?

A recent article in the Green Valley News in Green Valley, AZ highlighted the fact that traditional service clubs are going away. Why? - because the model of these clubs is not relevant to people today. We can cling to our traditions internally, but to attract volunteers, clients and partners we must communicate with them in the manner that they communicate. Newspapers and telephones are not the communications vehicles of choice any more. Facebook pages are free and reach big targeted audiences rapidly.

Our 21-B Vision Screening Facebook Page is a good example. Our postings on Facebook have reached a national audience including a notice in Lion Magazine, the LCI Facebook page, several postings in the LCI Kidsight Facebook page and the Plusoptix Facebook page, and the pages of the school districts where we screen and Lions Club's pages around the world. They have been seen by tens of thousands of people. We received a comment from a Lion in Atlanta yesterday complementing us on "putting Southern Arizona on the map for Vision Screening". The page reaches local Lions and highlights our impact in our community. It also gives us an internet vehicle that we can refer school health officials to for them to see what we are doing and with whom we are doing it, which is an essential part of a professional image. All for free. And keep in mind that we are not asking YOU to join Facebook; we are merely suggesting that your club have a page.

Lions are about Service, but it is also about sharing the success of that Service, then about encouraging others to participate in our Service so that our clubs continue on to the next generation. It is not useful to serve and keep it a secret. So when we approach your Club or your Project and ask how we can Serve you by getting the word out through Facebook, all you need is Lion in your club with a smart phone, pc or i-pad, a willingness to do a little work and have fun, and together we can achieve great results.

For more information contact Lion Richard Stevenson at <u>ki6baq@me.com</u> or message me at <u>https://www.facebook.com/pages/WE-SERVE-</u> <u>Lions-Clubs-of-District-21-B-Southern-</u> <u>AZ/1487382568194138</u>

# IS YOUR CLUB READY FOR OUR SIGNATURE SERVICE PROJECT, VISION SCREENING?

Vision Screening is the most well-known service project that Lions do. It is a project that helps thousands of children in Arizona and almost any Lion can participate. Individual Lions can join other Lions from multiple clubs or it can become your Club Project. With the new Kidsight program from LCI and the new technology, it is very easy to get started. It is a great project since it helps the children of Arizona by identifying those children that would benefit from professional eye care and this opens the door to work with health professionals in providing exams and glasses to children in need.

So, how to get started? Have your club vision chairperson contact the 21-B Sight Conservation Chairperson, Lion Su-Lin Trepanitis, to discuss how to begin the process. This might be individual Lions joining a multi-club team, depending upon your location, or your club becoming trained borrowing or acquiring your own equipment. It is essential that Lions become properly trained in the screening process and in using the equipment in order to provide accurate screening. To see what other clubs are doing you can check out our 21-B Vision Screening page by clicking this link. We Serve

https://www.facebook.com/pages/Lions-Vision-Screening-Arizona-District-21-B/634670033300079

# ATTENTION CLUB DIABETES CHAIRPERSONS!

Want to learn more about diabetes to share with your club members and others? A class on Control of Diabetes will be held at the end of the month in Tucson. The Class is for 3 days on Monday, Tuesday, and Wednesday September 28, 29, & 30, 2015 from 9:00 am to 5:00 pm at the Pima County Health Department located at 3950 S Country Club Rd Suite 1104, Tucson, AZ 85714. For more information or to register for training, contact Sandra Hudak at (602) 801-6698 or Email: <u>shudak@hsag.com</u> See the forms at the end of this document to register.



Thank you – we are getting more and more ads from the clubs for The BUZZ! It makes communications much easier having it in one

place for all Lions.

If you have an event coming up, send me or CS Sammy your notice to be included in the district newsletter the first and third Monday of each month. CALLING ALL DISTRICT COMMITTEES AND DISTRICT AND STATE PROJECTS – LOOKING TO EDUCATE ALL LIONS ABOUT YOUR COMMITTEE OR PROJECT – BELIEVE IT OR NOT THERE ARE A LOT OF LIONS OUT THERE THAT DON'T HAVE A CLUE WHO OR WHAT YOU'RE ALL ABOUT – LET'S CHANGE THAT – SEND ME A WRITE UP SO I CAN INCLUDE IT IN THE NEWSLETTER – PICTURES ARE GOOD TOO, THEY TELL THE STORY!

# Protect Your Vision From DIABETES

Have a **dilated eye exam** every year, and follow these steps to keep your health on **TRACK**.



An informed Lion is a knowledgeable Lion!

Remember Lions don't need to wear a cape – we just proudly wear a Lions pin! Use the following to promote your club – one for District 21B and one for MD21. A little PR does a club good!





A reminder to club secretaries to put on your calendar to submit the Monthly Membership Report (MMR) online the first day of EVERY month. Thank you.



The first senior moment.

Want a simple ACTION PLAN for everyone! Do you think you can make this happen?

Steps on how to make the World a better place:

Join a Lions Club.
 Stay in Lions Club.
 Get others to join Lions Club.



YOU can make a SMART Goal and have an ACTION Plan using the form on the next page. Remember a SMART goal is Specific, Measurable, Achievable, Realistic, and Time Bound



# **Action Plan**

# Goal --

HOW?	WHEN?	WHO?	HOW WILL WE KNOW?
(Action Steps)	(Deadline for	(Person responsible for	(How we will know the
	completion)	action)	action step is accomplished)

# PATRIOTS DAY FESTINAL

Show Tucson your National Colors! Come out to thank our veterans!

SATURDAY, SEPTEMBER 12 8 A.M. - 2P.M. FESTIVITIES HELD AT THE 3000 CLUB WAREHOUSE 250 S.TOOLE AVE., TUCSON. FOLLOW THE SIGNS

#### **S**PONSORS

The 3000 Club, South Tucson Lions Club Casas Adobes American Legion Auxiliary Unit #73

> **P**RIZES AWARDED TO ADULTS AND CHILDREN FOR PATRIOTIC COLORS ATTIRE!

DROP OFF POINT FOR FLAGS TO BE RETIRED. RAFFLES, PRIZES & SURPRISES.

FREE GIFTS TO STUDENTS. THRIFT SHOP DISCOUNTS. EXPLORE WHAT'S IN YOUR FUTURE.

Enjoy soothing rejuvenation techniques in our Wellness pavilion. Patriotic program @ 9 a.m.

#### MUSIC & ENTERTAINMENT

A breathtaking art walk of masterpieces by National Veterans Creative Arts Artists and talented local artists . Many crafters & food trucks.

## CONTACTS:

The 3000 Club: Pam Boyer (520) 861-9774 Casas Adobes ALA: Danese Harnesberry (520) 370-2644 Vendors wanted! \$45 food truck \$30 crafters \$20 non-profit spaces only. Provide your own set up. Donate an item for raffle. Info & reservation : Boots Borth (520) 742-0468



Save the date Sunday, November 22 Sierra Vista Lions Club 60th Anniversary

The Sierra Vista Lions Club is celebrating 60 years of successful support to the community and Lions International. This club has fostered three 21B District Governors and is readying for the next 60 years. This is a huge milestone. All Lions of Multiple District 21 are invited to help us celebrate.
This will be a noon luncheon, which will allow visiting Lions time for travel. We are extremely pleased to announce the key note speaker will be the *Immediate Past International President, Lion Joe Preston*. Please make plans to join us and help us celebrate.
A formal announcement will follow at a later date and will be posted in the September Lions Canyon State Magazine.

# LOOK – EMPTY SPACE HERE TO ADVERTISE UPCOMING EVENTS FOR YOUR CLUB!

Please send CS Samantha your club activities to publish in The BUZZ! Email your word or pdf file to: <u>lionsam520@gmail.com</u>

# **MD21 Arizona Calendar**

2015			
Sep 17-19	USA/Canada Forum		Grand Rapids, MI
Oct 30	2 <sup>nd</sup> Council meeting	Arizona Golf Resort	Mesa
Oct 30 – Nov 1	MD21 Mid-Year Leadership Conference	Arizona Golf Resort	Mesa

2016			
Jan -9	MJM Rededication Day	MJLIM	Ft. Thomas
Feb 5-8	21C Convention	Prescott Resort	Prescott
Feb 27	21A Convention	Wickenburg Community Center	Wickenburg
Mar 11	3 <sup>rd</sup> Council meeting	Radisson	Tucson
Mar 11-12	21B Convention	Radisson	Tucson
May 20	4 <sup>th</sup> Council meeting	Mesa Hilton	Mesa
May 20-22	MD21 Convention	Mesa Hilton	Mesa
May 21	Club Officer Training	Mesa Hilton	Mesa
Jun 24-28	International Convention		Fukuoka, Japan

# If you are not getting the Canyon State Lion or LCI's The Lion – let CS Samantha know!

# APPLICATION FORM FOR REGIONAL LIONS LEADERSHIP INSTITUTE PAGE 1 OF 2

# APPLICATION FORM

#### Deadline: December 31, 2015

(please print)

Name
Address
Cíty
StateZíp
Phone
E-Maíl
Сlub
District
Most recent office held

Enclose check of \$250 (payable to Lions District 46) with application and send to:

> PDG Bill Newyear 391 Domingo St. Pahrump, NV 89048

PDG Bill Newyear (661) 269-5645 <u>bnewyear@att.net</u>

Dress for the Institute is casual.

The Nev-Arí Líons Leadership Institute is a unique opportunity for potential Lion leaders to learn, discover and strengthen skills for use with their Clubs and Districts as well as in their personal lives.



Three Square Food Bank 4190 N. Pecos Road Las Vegas, Nevada 89115

#### PARTICIPANT QUALIFICATIONS

- All Lions in good standing who wish to develop and/or improve their leadership skills are eligible to apply. Club and District officers are especially encouraged to apply
- Applicants should be willing to commit to a two and a half day program (Saturday morning thru Monday noon).

# APPLICATION FORM FOR REGIONAL LIONS LEADERSHIP INSTITUTE PAGE 2 OF 2

# WHAT IS THE LIONS LEADERSHIP INSTITUTE?

It is an intensive, two day opportunity to improve as leaders. Participants will attend classes taught by experienced instructors, in

- Public Speaking
- Working in Teams
- Member Motivation
- Project Management
- Conflict Resolution
- Diversity
- Lions Fundamentals
- Goal Setting
- Time Management

# WHY HOLD A LIONS

# Leadership institute?

TO PROVIDE THE TOOLS AND CONFIDENCE TO BECOME MORE EFFECTIVE LEADERS.

TO TEACH KEY COMPONENTS OF TEAM BUILDING

TO HELP LIONS BECOME MORE RECEPTIVE TO AND BETTER ABLE TO MANAGE CHANGE.

#### HOW WILL A LIONS LEADERSHIP INSTITUTE BENEFIT LIONISM?

- Clubs and Districts will have a pool of highly trained leaders.
- These leaders will help make their Lions Clubs more dynamic and responsive
- More effective Clubs will lead to improved membership and retention.

# HOW CAN ALL THIS BE ACCOMPLISHED?

The Institute is partially funded by a grant from Lions Clubs International's Leadership Division.

Individual Lions Clubs, District 46 (NEV) and MD21 (Ari) help subsidize the cost of the Institute.

The \$250 registration fee paid by the participants gives them "ownership" in the program. The fee covers Institute classes, handouts, meals and two nights' lodging.

# Housing will be at the: Cannery Casino and Hotel 2121 E. Craig Road North Las Vegas, Nevada 89030

(Shuttle Buses will be provided for transportation between the hotel and the Three Square venue.)

NOTE: The fee is based on double occupancy. Those wishing a single room will have to pay an additional \$75.

Is there a specific Lion with whom you wish to room?

\_Yes\_\_\_\_\_ \_No

Do you want a single room? \_\_\_\_Yes (\$75 fee is enclosed with the \$250 application fee.

Special dietary needs?

Participants not needing a room will only pay \$180.

\_\_\_I will not need a room.

RKINGILO FREE ADMISSION Proceeds Benefit Special Olympics' Arizona OCTOBER 3RD 2:00 to 8:00pm 2:00 TO 4:00 KARAOKE CONTEST 2:00 TO 4:00 SILENT AUCTION 4:00 COYOTE COUNTRY CLOGGERS 5:00 RAFFLE DRAWING TO WIN A STAY AT THE **RITZ-CARLTON OR A 10/22 RIFLE** 5:00 LIVE AUCTION W/PORKCHOP FROM KIIM FM 6:00 LIVE MUSIC & DANCING!!!! At El Molinito 10180 N Oracle Rd,

Oro Valley, AZ 85704

To volunteer or donate to our event call Mimi at 520-401-9554 or Lisa at 520-609-2484



# GOLFER REGISTRATION IS NOW OPEN!



Enjoy three rounds of a Topgolf scramble game, all you can eat buffett, free drinks, live music, beat the pro and more.

Don't like to golf but want to enjoy all the fun? Spectator tickets are available. Spectators can come cheer you on and enjoy the all you can eat buffett, free drinks, live music, beat the pro and more.

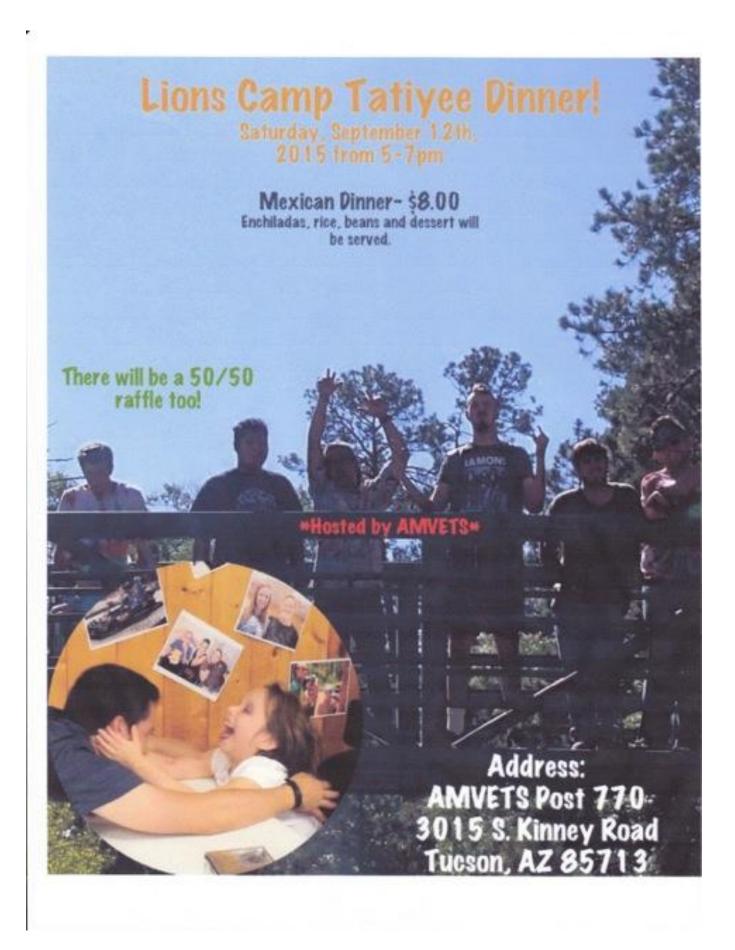
# Sponsors, raffle and silent auction donations needed!

If you know anyone who would like to be a sponsor or donate a raffle gift please have them call Christy Mikesell 480-632-1258

All proceeds benefiting the AZ Medical Mobile Eye Unit

Visit AOSFoundation.org to Register!





# MID-YEAR ADVERTISING!!!!

The Lions of Gold Canyon are putting together the Conference Book for the Mid-Year MD21 Conference. A decision has been made that there won't be any Club ads but we will be soliciting for **business ads for the book**. There will be electronic ads for clubs.

If you have a business, know someone who has a business or frequent a business that you think may want to take advantage of the opportunity to get their business name out there, please forward that information to Bonnie or Mike Weaver. Our contact information is: Bonnie-phone: 480-375-0267, email: weaver.bonnie@gmail.com Mike-Phone: 480-330-0221, email: mike.weaver.aea@gmail.com

# MD21 Lions Mid-Year Leadership Conference

Arizona Golf Resort - Mesa, AZ

October 30, 31 and November 1, 2015

### **ADVERTISING SIGN-UP-Distribution 300 Copies**

### AD DEADLINE: OCTOBER 12, 2015

Address		
Contact:		
PhoneEmail		
AD DETAIL (Check a	ad of choic	e)
Outside Back Cover	\$150	
Inside Cover/Back or Front-Full Page	\$125	
Full Page ad	\$100	
Half Page ad	\$60	
Quarter Page ad	\$45	
Business Card ad	\$25	

Submit as: jpg. - pdf or word doc.

Submit to: Mike / Bonnie Weaver 5033 S Vision Quest Ct. Gold Canyon, AZ 85118 3529

Make checks payable to MD21 Lions Mid-Year Leadership Conference



**Everyone with Diabetes Counts** 

## Diabetes Empowerment Education Program (DEEP) Curriculum Train-the-Trainer Training

When: September 28-30, 2015 (10 a.m.-5 p.m. on September 28th; 9:00 - 5:00 pm September 29th and 30th)

Where: Pima County Health Department, 3950 S Country Club Rd, Tucson, AZ 85714 (Room 1104)

#### What is DEEP?

Diabetes Empowerment Education Program (DEEP) is a licensed diabetes self-management education (DSME) curriculum developed by the University of Illinois, Chicago. DEEP was developed to provide communities with tools to better manage diabetes and is based on principles of empowerment and adult education. The purpose of this event is to train people to impart diabetes education to members of their community. Those who complete the three-day training will receive certification to conduct DSME classes in their community.

The DEEP curriculum is based on national diabetes care and DSME guidelines and recommendations. DEEP training stresses the development of skills and knowledge related to diabetes by using interactive group activities and adult-education methods. DEEP is designed as a six-week curriculum covering topics that include diabetes risk factors, complications, nutrition, physical activity, use of the glucose meter and medications, building partnerships with a diabetes healthcare team, psychosocial effects of illness, problem-solving strategies, and how to access community diabetes resources.

#### Who should attend a DEEP Train-the-Trainer training?

Staff members who work with people who have diabetes and conduct or plan to conduct DSME classes should attend.

#### Who will conduct the training?

The training will be conducted by DEEP Lead Trainers from HSAG. The training will be conducted in English, but the curriculum is also available in Spanish.

#### What is the cost?

There is no cost for the three-day training, but trainees must pay their travel, lodging, and food expenses.

#### How do I register?

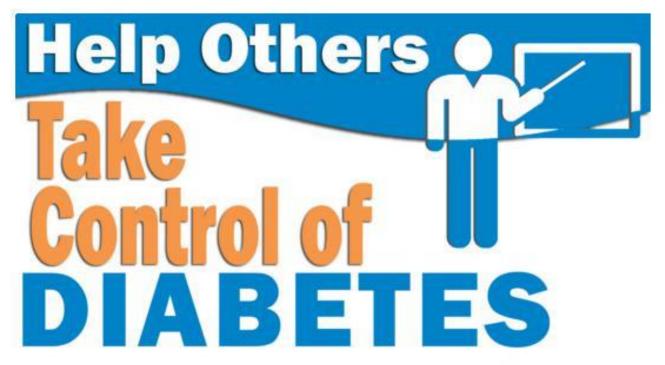
Send your name, organization, address, email, and telephone number to Sandy Hudak, MS, RN, Health Information Technology Specialist, at shudak@hsag.com, and she will send you the registration form.

Questions? Contact Sandy Hudak at 602.801.6698.

This material was adapted by Health Services Advisory Group, the Medicare Quality Improvement Organization for Arizona, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Bervices. The contents presented do not necessarily reflect CMS policy. Publication No. AZ-119OW-B.2-08042015-01



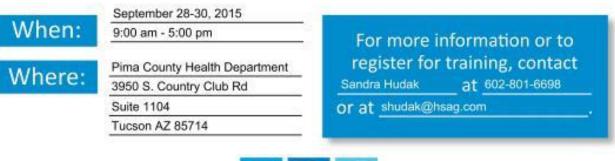




# You are invited to become a community diabetes trainer. You will receive no-cost training that prepares you to provide education to people with diabetes.

Diabetes is on the rise. As it progresses, it can lead to blindness, amputation, and kidney failure. Do your part to stop it by participating in diabetes training, where you can expect to:

- Receive three days of no-cost workshop instruction in the Diabetes Empowerment Education Program (DEEP) to become a certified lay-leader/educator in diabetes selfmanagement education.
- Receive the educational tools, class materials, and ongoing technical assistance to successfully conduct your classes.
- · Receive a three-year certification approved by the University of Illinois at Chicago.





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### Diabetes Empowerment Education Program (DEEP) Curriculum: Train-the-Trainer Registration Form

Date: Monday, September 28, 2015 –Wednesday, September 30, 2015 Time: 9 a.m.–5 p.m. Location: Pima County Health Department 3950 S Country Club Rd, Tucson, AZ 85714 (Room 1104)

Please complete this registration form for each person attending the DEEP training and email to Sandy Hudak, MS, RN, HSAG Health Information Technology Specialist, at <a href="https://www.shudak@hsag.com">shudak@hsag.com</a> or fax to 602.801.6051.

Contact and Name Tag Information		
First name		
Last name		
Title		
Company/Organization		
Address		
City		
ZIP code		
Telephone		
Email		



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# 19th Annual Multiple District 21 Leadership Forum and Mid Winter Conference ARIZONA GOLF RESORT & CONFERENCE CENTER \* 425 South Power Road, Mesa, AZ 85206 October 30, 31 & November 1, 2015 \* \* \* \* \* REGISTRATION FORM

Name (Include title)					e
	one form for each Lion, Lione				
Address		_ E-mail	Address		
City	State		Zip	Ce	ll #
Circle One: District 2	1A 21B	21C	Othe	er	
Club Name	(	Office hel	d		
PLEASE NO	TE: ALL PARTICIPANTS M	UST BE REC	GISTERED	TO ATTEN	D EVENTS.
SAVE 25% FOR FULL REGISTRA					
Breakfast or Saturday PDGA Br	ICE - 1- Sat. Breakfast	100 C 100 C 100 C			230100202020200000000000000000000000000
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SAVE 20% FOR FULL REGISTRA	a second second second second	and the second second second			
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SUBMIT PAYMENT BY C	OCTOBER 1ST			\$136.0	
PURCHASE INDIVIDUAL EVENT	S - SUBMIT PAYMENT BY	OCTOBER	<u>15T</u>		
Registration				\$20.0	0
Friday Evening Snacks with	n Entertainment			\$20.0	00
Saturday Breakfast - Full B	reakfast Buffet			\$22.0	0
Saturday Luncheon - Italia	n Buffet			\$25.00	)
Saturday Dinner - Bar-B-Q	Buffet with Entertainment/	Costumes o	ptional	\$27.00	)
Sunday Melvin Jones Brea	kfast - Full Breakfast Buffet				
Melvin Jo	nes Fellows & Guests			\$22.0	0
			TOT	TAL DUE	\$
LATE REGISTRATION - PURCHA	SE INDIVIDUAL EVENTS A	FTER OCTO	DBER 1ST		
Registration				\$30.00	)
Friday Evening Snacks with	n Entertainment			5.235.58979	)
Saturday Breakfast - Full B					)
Saturday Luncheon - Italia					)
그는 것을 없이 물건을 통하는 것 같아요. 같이 많이	Buffet with Entertainment/	Costumes o	ptional		0
	kfast - Full Breakfast Buffet				98.900 - 100
Sunday Melvin Jones Brea					
	nes Fellows & Guests			\$25.00	)

YOU ARE WITH THE "ARIZONA LIONS CONFERENCE" and ALSO INDICATE IF YOU HAVE A MOBILITY PROBLEM.

HOSPITALITY ROOMS \$89 - CALL PDG RON ROSINKE, Convention Chair - 480/751-8284