



# District 11-B1 Newsletter APRIL 2019



## YOUR DISTRICT 11-B1 CABINET

### DG Roger Spriggs

269-282-0292/269-275-3124  
[GBRoger@aol.com](mailto:GBRoger@aol.com)

VDG Michael Scott, Jr  
734-426-7770/248-310-5912  
[michaelwscottjr@gmail.com](mailto:michaelwscottjr@gmail.com)

CS PCC Peggy Allen  
734-428-7034 /734-904-5201  
[PeggyA7747@aol.com](mailto:PeggyA7747@aol.com)

CT CC Barry Allen  
734-428-7034 /734-904-4695  
[BarryAllen@aol.com](mailto:BarryAllen@aol.com)

GLT PDG Terry Walters  
734-426-4983  
[twalters02@comcast.net](mailto:twalters02@comcast.net)

GMT PDG David Hill  
517-787-3950  
[coldhill@gmail.com](mailto:coldhill@gmail.com)

GST CC Barry Allen  
734-428-7034 /734-904-4695  
[BarryAllen@aol.com](mailto:BarryAllen@aol.com)

IPDG LuAnne Bullington  
734-769-0949  
[luanneb@comcast.net](mailto:luanneb@comcast.net)

R1/Z1 Peggy Allen  
734-428-7034/734-904-5201  
[PeggyA7747@aol.com](mailto:PeggyA7747@aol.com)

R1Z2 ZC Dick Saxton  
517-486-3429  
[JRS19821@outlook.com](mailto:JRS19821@outlook.com)

R2Z1 ZC Don Rose  
517-522-6641  
[Donaldrose191738@yahoo.com](mailto:Donaldrose191738@yahoo.com)

R2Z2 ZC David Anderson  
517-796-5594/989-928-9821  
[danderson@hilliard.com](mailto:danderson@hilliard.com)

R3Z1 ZC Roger Bosse  
269/964/8695/269-578-3684  
[RogerBosse@att.net](mailto:RogerBosse@att.net)

R3Z2 ZC PDG Ron Quada  
269-979-7679  
[rquada@aol.com](mailto:rquada@aol.com)

News Editor: Barry Allen  
734-428-7034/734-904-4695  
[BarryAllen@aol.com](mailto:BarryAllen@aol.com)

<http://e-district.org/sites/11b1/>  
Lions of District 11-B1



## MICHINDOH

### FRIDAY APRIL 12

A casual social evening.  
Meet and mingle, make  
new friends, relax  
HAVE FUN

Casual Awards Dinner

Memorial service honors  
our departed Lions.

Live Entertainment from  
a unique band.

or

Quiet time to mingle  
and play games.

### SATURDAY APRIL 13

Melvin Jones Breakfast

Opening Ceremony  
and welcome

Honoring our heroes

LEO activities

Awards Luncheon

Break-Out sessions

Business Meeting  
and elections.

Formal Awards Banquet

### SUNDAY APRIL 14

Cabinet meeting  
All are welcome

## *A Celebration for Lions*

District 11-B1 2019 Convention  
April 12-14, 2019  
Michindoh Conference Center  
4545 East Bacon Road  
Hillsdale, MI 49242

Our Convention Committee is working hard to provide an  
exciting and informative District Convention for 2019.

Michindoh Conference Center is located within 250 wooded acres  
with a spring fed lake. The Center has 26 hotel rooms each with a  
refrigerator and two or three beds plus a roll-out.

We chose Michindoh because we wanted to encourage new Lions to  
attend the convention and looked for a location close to our newest  
Lions Club. Michindoh also has perfect facilities for our LEO's and,  
with more LEO Clubs than ever before, we wanted to include them  
in the fun and fellowship of Lions.

Based on feedback from our members we have included Friday  
evening on our schedule. As in the past this will be a casual social  
evening where you can meet Lions from all over the District. We  
will celebrate and honor the lives of those who left us this year but  
remain forever in our hearts.

Friday evening will feature live music from a very talented local  
band (The Rolling Stones were already booked) that we selected  
because we know you will enjoy their lively style. For those  
wishing a quieter evening we will have a space to relax and play  
cards or table games.

Saturday will feature a formal opening ceremony, and an  
introduction and presentation to our veterans. Break-out sessions,  
and an opportunity to meet our International Guests. The business  
of the Convention will be held on Saturday.

All meals will be served buffet style, so you may choose what you  
want to meet any special dietary requirements.

WE LOOK FORWARD TO SEEING YOU AT THE  
2019 CONVENTION

**SATURDAY REGISTRATION**  
 7:00AM - 4:00 PM  
**Opening Ceremony**  
 9:15 AM - Grand Hall  
**BUSINESS MEETING/ELECTION**  
 2:15 PM 3:15 PM

**Breakout Sessions**

10:30 - 11:30 AM

**Lions Art**

Craig Bishop  
 Indiana Room

**Mobility Training**

Teresa Gest/Amy Shepherd  
 Michigan Room

10:30 - 2:00 PM

**KidSight Trailer/SPOT Camera**  
 Front of Building

3:45 - 4:45 PM

**Leader Dog** Beth Slade  
 Indiana A & B

**Meet the ID** PID Dana Biggs  
 Michigan Room



**A MESSAGE FROM THE GOVERNOR**

I want to thank all of you who have been prepared to give up a little of your precious time to Spend with your fellow Lions at your convention. It was a difficult choice to bring back our Friday evening social event, but from the registrations it was obviously the right decision. This will provide a casual evening to reconnect with old friends, relax and listen to great live music.

It has been an honor for Harriet and me to visit every club in the District and it was a privilege to meet you all. We have loved visiting clubs we haven't been to before and rekindling friendships at those we visited last year. We appreciate the hospitality of each club and the warm welcome you have given us. Not so much the 5 lbs we gained.

I have loved showing my club visitation presentation and discussing the way that Lions, at even the smallest clubs, are a vital component of the huge world-wide organization, that we all work together for the common good of our organization and our communities. That 'We are all Related' in service.

To our Lions and friends, Harriet and I thank you for a year that will remain in our hearts forever. We hope you enjoy your convention and look forward to continuing to work with you in the coming years.

DG Roger and Lion Harriet



**DISTRICT  
 11-B1**

**Convention**

**April 12 - 14, 2019**

**DG Roger Spriggs**



**Michindoh  
 4545 E Bacon Rd  
 Hillsdale, MI**

ALL FORMS at: <http://e-district.org/sites/11b1/page-12.php>

**FRIDAY EVENING**

*Registration Opens*  
 3:30 PM

**St George Dinner**  
 5:00 - 6:15 PM  
 Dining Room

**MEMORIAL SERVICE**  
**CC Barry Allen/Art Turner**  
 6:30 - 7:20  
 Michigan Room

Nightly Entertainment  
 Grand Hall  
 "WHO HIT JOHN"  
 7:45 - 8:30 & 8:45 - 9:30

**LEO  
 ACTIVITIES**

**Friday**  
 6:30 - 8:30 PM  
 High Ropes

**Saturday**  
 10:30 - 11:30 AM  
 2:00 - 3:00 PM  
 Low Ropes

**3:00 PM**  
 Team Building

**SATURDAY ACTIVITIES**  
**REGISTRATION OPENS**  
 7:00 AM

**Melvin Jones Breakfast**  
 7:45 AM  
 Dining Room

**Opening Ceremonies**  
 9:15 AM  
 Grand Hall

**Breakout Sessions**  
 10:30 - 11:30 AM

**Luncheon & Awards Program**  
 11:45 AM  
*Speaker - PIP William L. Biggs*  
 Dining Room

**Business Meeting**  
 2:15 PM  
**ELECTIONS**  
 3:15 PM - Michigan Room

**Breakout Sessions**  
 3:45 - 4:45 PM

**International Director's Banquet**  
 5:15 PM  
 Guest Speaker  
**PID Dana Biggs**

**PID Dana Biggs**

Dana Biggs from Fresno, California, USA, was elected to serve as a director of Lions Clubs International from 2007 to 2009. Past Director Biggs is an agent representing Physicians Mutual Insurance Co. A member of the North Fresno Lions Club, and a Lion since 1989, Past Director Biggs has held many offices within the association, including club president, zone chairperson, and district governor. She has also served as GMT area leader for seven western states, DGE group leader and USA/Canada seminar instructor for several forums. Additionally, she has served as chairperson of Quest, Student Speakers, Budget & Finance Committee, Extension and Leadership. She has also served as a speaker and panelist at several local and international Lions events. In recognition of her service to the association, Past Director Biggs has received numerous awards, including the 100% Club President Award, Club Lion of the Year Award, multiple district Excellence Award, District Lion of the Year Award, District Governor's Leadership Award, three District Governor's Medals of Appreciation, the Abdul Award, the Paul Shamada Leadership Award, the City of Hope Life Sustaining Award, the International President's Leadership Award, an International Extension Award, the International President's Certificate of Appreciation, 10 International President's Awards, and the Ambassador of Good Will Award, the highest honor the association bestows upon its members. She is also a Dwight Stanford Fellow and a Melvin Jones Fellow. In addition to her Lions activities, Past Director Biggs is active in numerous professional and community organizations. In the past, she served as juvenile justice commissioner for Fresno County, California. Director Biggs and her husband, Past International President William L. Biggs, a Progressive Melvin Jones Fellow, have five children, eight grandchildren and four great grandchildren.



# From the Governor



## FROM THE DESK OF THE DISTRICT GOVERNOR

It's almost time for our 2019 District Convention. It's exciting to see that we are attracting many Lions who have not attended a Convention before and a few clubs that typically don't attend Conventions have members joining us this year. We have a record number of LEO's who are excited to have a location where they can enjoy new experiences and challenges that will promote team building and fun. We had mixed feedback from Clubs about reinstating Friday evening, but we decided to take the risk to produce a casual social evening and to provide the opportunity to hold our Memorial Service on Friday and complete the Convention earlier on Saturday. Friday has provided everyone an opportunity to have a night out with friends and other Lions including dinner and a live band, all for \$18, a terrific bargain. Late registrations will be accepted so don't miss this opportunity.

Planning the Convention has been a wonderful, challenging, frustrating and exciting experience and it is only possible with the help of a dedicated Convention Committee. This year we have a new Committee Chair in Peg Griggs who is leading a great team of Lions, and some non-lions to make what seemed impossible, possible. I have support from my club, Battle Creek Cereal City Lions, and Hillsdale Lions, who will be doing the background work at the Convention to make everything run as smoothly as possible.

It's great to see so many people working together to make the Convention a success. This is my idea of what Lions should be about, teams of people working together to make a project a success. None of them are seeking praise or reward for what they are doing. The reward will be pride in being part of the team that made the Convention the best that it could be. No one is more important than anyone else but, they are all important because a failure of one small part will negatively impact the project. For this reason, they all do the best they can. They are working together and helping each other so that the team succeeds. This is Lions in action. What I envision a perfect Lions Club would do.

My experience as a project manager has served me well this year, it has provided me with the ability to plan, to budget and to manage projects worth millions of dollars. It also taught me the value of a dedicated workforce. I could not wish for a better support group than my Convention Committee. Many of them joined the team nervously, not too sure of what they needed to do. They quickly learned to work together, set goals and developed a plan to make those goals become reality. I wasn't surprised, after all they are Lions and they SERVE each other as well as their communities.

I am inviting anyone who has not registered for the Convention to do so as quickly as possible. Come along and see what a great team of Lions can do when they work together for the common good. Come and meet our International guest, PID Dana Biggs, find out what it's like to experience leadership as an International Director, ask questions, and start planning your own leadership goals.

If we have done well, our work will almost go unnoticed and you will all enjoy a seamless and fun Convention. I thank my team for all that they have contributed and wait to see their goals become reality. Thank you all.

DG Roger



1<sup>st</sup> VDG Lion Michael Scott  
ms@michaelwscottjr.com



## SPRING INTO SPRING

Renew · Rejuvenate · Refresh · Reconnect · Reset

### SPRING IS TIME FOR GROWTH & NEW BEGINNINGS

The Jackson Area Diabetes Lions Club is on the path to chartering due to the efforts of a group of Lions including Dave Hill and Terri Huffman. Diabetes services are needed in Jackson, and this club will be part of the solution! Club goals have been established, and a committee has been formed which will identify programs and resources to implement in the future. Medical professionals, parents, diabetics and educators will comprise this Diabetes Specialty club.

### SPRING INTO THE FUTURE

As we look to the future, our Leos are front and center! They're a beacon of humanity, they're a sneak peek at the next generation of Lions, and they're an AMAZING gift to our association. They are - without a doubt - our future!

### SPRING IS TIME FOR ACTION

The *Service Launchpad* is a snazzy, new interactive tool available on the Lionsclubs.org website. This webpage was developed as a ready-to-use comprehensive planning resource that helps you to better serve our global causes: Diabetes, Hunger, Vision, Childhood Cancer, and the Environment. Easily access this new launchpad via the Home Page of Lionsclubs.org, select "Start Your Service," and then "The Service Launchpad." Check out all that it has to offer!

### SPRING IS TIME FOR NEW IDEAS

Our future will be even stronger - even more, vibrant as we continue to welcome others into our Lions & Leos family and continue to diversify our membership. We have so much to learn from each other. If we continue to warmly welcome newcomers and help to guide them as they join our organization, we will be unstoppable.

### SPRING IS ABOUT RECONNECTING WITH OUR COMMUNITIES

I had the privilege of meeting the President-Elect Choi, at a training in February. In the coming year, we will hear him advocating for Lions around the world to invite young people and seniors to join us in service – locally and globally. This multi-generational approach will be critical to unify people, leverage skills and experience, and making our clubs a welcoming place for all.

### SPRING IS A TIME OF CHANGE

*"Autumn turns to winter  
And then winter turns to spring  
It's not just for the seasons you know  
It goes for everything."*

From the Brady Bunch TV series Episode "Dough Re Mi" by The Brady Bunch Kids



**HAILS and FAREWELLS:**

**WELCOME ABOARD!**

**NEW MEMBER**

Jerry Hayes  
 JB West  
 Darlene West  
 Laurel Walkup  
 Daniel Jernagan  
 William Sweet  
 Joan Stanfill  
 Wayne Isaacson  
 Brian Harris  
 Daniel Kimball  
 Harry Scheuffele

**CLUB**

Blissfield  
 Branch Area  
 Branch Area  
 Branch Area  
 Homer  
 Jackson Cascades  
 Marshall  
 Michigan Center  
 Munith  
 Napoleon  
 Pennfield

**SPONSOR**

Dick Saxton  
  
 Curt Evans  
 David Shafer  
 Elmer Stanfill  
 Erick Starman  
 Transfer In  
 Levi Kimball  
 Darrell Van Vleet

**GONE, BUT IN OUR HEARTS FOREVER**

Mark Belcher Jackson Eyeopeners March 12, 2019  
<http://obits.mlive.com/obituaries/jackson/obituary.aspx?n=mark-r-belcher&pid=191821629>

Marjorie Boulton Michigan Center Lioness March 25, 2019  
<https://www.arthur-day.com/notices/Marjorie-Boulton>



**GRANDE GOLF COURSE**  
**1293 FLOYD AVENUE**  
**JACKSON, MICHIGAN 49201**

TEAM MEMBERS	PHONE #
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

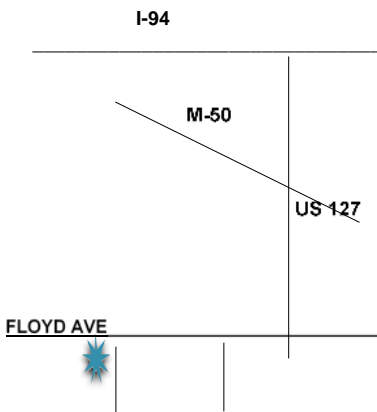
SEND PAYMENT TO:

Levi KIMBALL  
 10079 Cady Rd  
 Jackson, MI 49201  
 Phone: 517-812-2794  
 l-k-nc@hotmail.com

**NAPOLEON LIONS CLUB**  
**4-PERSON GOLF**  
**SCRAMBLE TUESDAY,**  
**JUNE 18, 2019**

**\$55.00 per golfer** 9 A.M. SHOTGUN START

REGISTRATION AND MONEY DUE BY  
 JUNE 14th, 2019



Entry Fee Includes: Coffee & Doughnuts upon arrival, Hot Dog & Soda at the turn, Pulled Pork or Chicken with awards after Golf

HOLE IN ONE SPONSORED BY

**ART MOEHN CHEVY**  
 \$10,000 TOWARD A LEASE OR  
 PURCHASE OF A VEHICLE

SHORTEST DRIVE, DRIVE  
 CLOSEST TO  
 LINE, CLOSEST TO THE PIN  
 ON PAR 3'S

**50/50 RAFFLES**

HOLE SPONSORSHIP

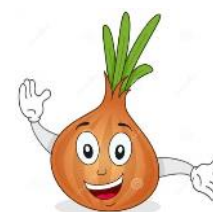
**\$60.00 FIRST YEAR WITHOUT  
 SIGN**  
**\$50.00 WITH YOUR OWN SIGN**

**SUBSEQUENT YEARS \$50.00 AS  
 WE HAVE THE HOLE SIGN**

# District and Club Dates to Remember

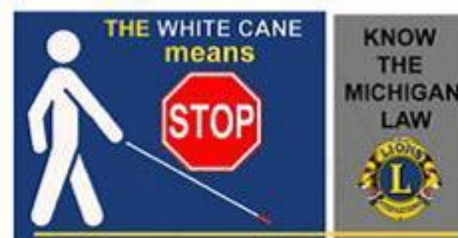
## APRIL - FAMILY & FRIENDS MONTH & LEO CLUB & ENVIRONMENTAL AWARENESS MONTH

- 5-6 District D2 Convention, West Branch
- 12-13 District D1 Convention, Shanty Creek
- 12-13 District A1 Convention, Ann Arbor
- 12-13 District A2 Convention, Bay City
- 13 SPOT - Sam's Club
- 12 Donate Life Day
- 12-13 District 11-B1 Convention, Michindoh Conference Center, Hillsdale**
- 14 Cabinet Meeting, Michindoh,**
- 16-18 SPOT - North Jackson
- 20 Clarklake Easter Egg Hunt, Clubhouse grounds
- 20 Dueling Pianos, Adrian Fairgrounds, \$25, Adrian area Lions
- 24-25 SPOT - Hanover Horton
- 24-26 SPOT - Blissfield
- 25 **Spring Leadership Forum** - Vandercook Lake, 5:30 pm
- 26-27 District SD-10 Convention,
- 26-28 District E1 Convention, West Branch
- 26-27 White Cane
- 29 Clarklake Easter Egg Hunt, Clarklake Lions Park, 2 pm



## MAY - VISION MONTH & LIONS RECYCLE FOR SIGHT

- 3-4 White Cane
- 3-4 District E2 Convention, Alpena
- 4 Lions Leadership, Baker College, 9 am
- 4 Clarklake Annual Cash Bash, Brooklyn American Legion
- 11 Bear Lake Camp cleanup
- 12 Napoleon - Mother's Day Breakfast & Fly In
- 16-18 MD-11 State Convention - Pontiac
- 27 *Memorial Day*



## JUNE- CATARACT AWARENESS MONTH

- 1 Zone Meeting, Region III, Turkeyville, 11:30 am
- 15 Eversight Golf Classic, 9:30 shotgun start
- 17 Tekonsha, Serving Strawberry Sundays, Music in the Park
- 18 Napoleon Golf Outing, 9 am Shotgun Start



**JOIN US!**  
**SATURDAY, JUNE 15 • 9:30 AM SHOTGUN START**

Join Eversight and the Ann Arbor Host Lions Club at the Gift of Sight Golf Classic to raise awareness and funds in support of Eversight charitable programs and vision research! Visit our [website](#) to learn more about one of the year's best events.

Washtenaw Golf Club, 2955 Packard St., Ypsilanti, MI 48197

**REGISTER**

### NOTICE:

The **Marshall Lions** are now meeting at the Oaklawn Hospital Rickerson Center for Womens Health, same days and time, but no meal service.

# DISTRICT GOVERNORS PROJECT.....UPDATE

## District Fundraiser      LAST CHANCE!!



Linda Sullivan of Manchester Lions Club has completed her beautiful 'Star quilt'

<b>QUILTRAFFLE</b> LIONS OF MICHIGAN DISTRICT 11-B1 Oversized Queen Quilt	Name _____ Phone _____ Address _____ Sales _____
Michigan Lottery License #C28734 Drawing on 4/13/2019 at 8:00 PM Michindoh Conference Center	
001      \$10.00 EACH      001      \$18.00 EACH	

We show the quilt on a king bed for display, it will drape nicely on a queen or can be used as a display piece. Retail value of the quilt is around \$2,000 and the time and talent to create this work of art was donated to the District by Linda.

Tickets on sale at the Convention for \$10.00 each.

## DIABETES FACTS



### Global statistics

- ▶ **1 in 11** adults has diabetes
- ▶ **Over 425 million** people have diabetes; by 2045 this number will reach 629 million
- ▶ **1 in 2** adults with diabetes is undiagnosed (212 million), and at a higher risk of developing harmful and costly complications
- ▶ **352 million** people are at risk of developing Type 2 diabetes, which is increasing in most countries
- ▶ **Over 1.1 million** children are living with Type 1 diabetes
- ▶ **4 million deaths** were caused by diabetes in 2017
- ▶ **79%** of adults with diabetes are living in low- and middle-income countries
- ▶ **1 in 7** More than 21 million live births (1 in 7) were affected by diabetes during pregnancy in 2017
- ▶ **727 billion** In 2017, diabetes caused at least US\$727 billion dollars in health expenditure—12% of total spending on adults.

## DUELING PIANOS

Come see Dueling Pianos April 20th, 8:00 to 10:00 pm at the Lenawee Fairgrounds, Ag Building. This is an fun filled evening you'll enjoy and you'll be supporting Tecumseh and Blissfield Lions clubs. \$25 and includes Taco Bar I have tickets or you can go to <https://lions-club.ticketleap.com/dueling-pianos/> and buy them on line.

Thanks for your support. Gary Fox / Tecumseh Lions

## DISTRICT 11-B1 LEO UPDATE.....



The Ann Arbor Host Lions Club is thrilled to welcome the newest members of the Washtenaw Intermediate School District (WISD) Leo club! On Thursday, February 21, eleven outstanding youth from Manchester High School were inducted by District Governor Roger Spriggs and WISD Leo Club President Lilly Diuble. Club officers were installed by Council Chair Barry Allen. When we founded the club, five years ago, our original members were students from all over Washtenaw County. Our members have represented nine different high schools within the county! We've had members at Lincoln in Ypsilanti, Washtenaw International Baccalaureate, Saline, Ann Arbor Huron, Skyline and Community, and of course Manchester. We were created as an inclusive specialty club to offer students in the



county, who were blind and visually impaired, the opportunity to gain leadership skills and provide service to their community. As our club has evolved, so has our outreach, and we are excited for the new opportunities and community connections to be gained during our next chapter at Manchester High School. The WISD Leo Club has partnered on community based projects with the Ann Arbor Host and the Manchester Lions Clubs and is thrilled to welcome their newest club advisor Angela Diuble from the Saline Lions Club!

### LIONS YOUTH EXCHANGE Incoming Summer Students: [CONTACT PEGGY ALLEN](#) 734-428-7034

Marcelo	Mexico	M	15 yr	7/1-8/25	Liam	Mexico	M	15 yr	7/1-8/25
Isabelle	Mongolia	F	15 yr	7/13-8/10	Vincius	Brazil	M	15 yr	6/1-8/1
Hella	Germany	F	16 yr	7/1-8/15	Charle	Belgium	M	17 yr	7/1-8/1
Aman	India	M	21	6/1-8/31	Antoni	Poland	M	17	7/1-7/31
Nikodem	Poland	M	17	6/1-8/20					

## Club Anniversaries

### March

28	Adrian Evening	1950	15	Branch Area	2018
29	Chelsea	1977	29	Dexter	1979
17	Dexter Leos	2010	17	Grass Lake Leos	2009
19	Michigan Center	1957	17	North Jackson Leos	2016

### April

20	Albion	2007	11	Ann Arbor Evening	1961
29	Ann Arbor Host	<b>1929</b>	28	Battle Creek Host	<b>1924</b>
06	Bedford Area	1967	01	Clinton	2010
03	Jonesville	<b>1935</b>	03	North Adams	1974
24	Pittsford Area	1974			

### May

14	Huron Valley Sunrise	1981	07	Jackson Host	<b>1921</b>
22	Pennfield	1974	16	Saline	1975



## CLUBS Doing What they Do!

**Adrian Breakfast** conducted KidSight at the Adrian Mall on March 9th at the preschool extravaganza, screening 169 kids and adults. They do their annual Radio Auction on April 27th, WQTE 97.5, 8:30 - 4 pm.

**Adrian Evening Lions** held their Potato & Salad dinner on March 23rd. "Good food for a good cause."

**Albion Lions** - partnered with Delta Gamma Sorority at Albion College and Friends of the District Library for their Chili Dinner on March 21st at the First United Methodist Church, raising \$598 for each.

**Ann Arbor Host** - collected Toilet Paper & Toiletry Items (small size shampoo, conditioner, lotion, toothpaste, soaps), which were donated to the Northside Food Pantry, which is operated by Catholic Social Services.

**Battle Creek Cereal City** held their spaghetti dinner fundraiser, conducted KidSight at Sam's Club, and attended the Zone Meeting in Tekonsha.

**Bedford Area Lions** continue their cherry juice sales every Tuesday, 3 - 6 pm at the clubhouse. Their Soup & Salad Supper was held on Thursday, March 21st .

**Blissfield Area Lions** inducted new member Jerry Hayes II at their recent meeting, with CC Barry Allen doing the honors. They are working with Tecumseh, Clinton and Adrian Evening on the Dueling Pianos fundraiser for April 20th. The club is collecting used eyeglasses for a mission trip to Haiti.

**Clarklake Lions** will be having their annual Cash Bash at the Brooklyn American Legion on Saturday, May 4th. Tickets are \$50 per person and include a buffet dinner.

**Dexter Lions** donated \$150 to the Dexter Senior Center.

**Hillsdale Lions** had a Rummage Sale on March 16th, and sponsoring Blood Drives on February 7th and April 4th.

**Homer Lions** inducted new member Daniel Jernegan whose sponsor is Curt Evans. The club will be doing road cleanup on M-60 on April 13th. They have elected their new officers for 2019-2020.

**Jackson Cascades** added new member **William Sweet**. His sponsor is David Shafer. The club will be serving dinner at the Salvation Army Community Center on April 3rd in conjunction with the Branch Area and Battle Creek Cereal City Lions. The club donated \$500 towards the SW Little League.

**Jackson Eyeopeners Lions** donated \$1000 to the Kiwanis Club shoe voucher program for the Jackson Public Schools, and also \$50 to the J-DART Program (Jackson County Disaster Assistance Response Team).

**Jackson Host Lions** have kicked off their Vidalia Onion fundraiser, expected delivery date is May 4th. The club donated \$1000 towards the Jackson Public Schools Kindergarten Roundup.

**Manchester Lions** finished their season of ticket taking at the Girls Basketball Games, and are applying for their next Charity Poker event. They hosted the WISD Leo club at Manchester High School, inducting NINE new members. They donated towards the High School "After Prom" party.

**Marshall Lions** are now meeting at the Oaklawn Hospital Rickerson Center for Womens Health, same days and time, but no meal. They've added new member **Joan Stanfill** whose sponsor is Elmer Stanfill.

**Napoleon Lions** held a Pinewood Derby for the Girl Scouts, another at Size Sharp Park School, and at St. Johns for the Cub Scouts.

**North Jackson Lions** began their Vidalia Onion sales. They raised \$500 in Lions mint sales, and will be conducting KidSight at the Kindergarten Roundup at Northwest Early Elementary on April 16 - 18.

**Tekonsha Lions** donated \$300 to The IDEA, their local paper who has been very supportive of the Lions Club. In April they will hold their High School ESSAY contest for seniors, and they are doing orders for Vidalia Onions. In June they will be serving strawberry sundaes at Music in the Park.

**YOUR CLUB HERE!**

Send your club doings to

CC Barry Allen

**NOTICE:**

Used eyeglasses are needed by the **Blissfield Lions** in support of a MOST Ministries eyeglass mission for the St. John's Mission Team to take to Honduras in August. They need 3000 pairs of glasses for this event. They are looking for volunteers to join them on this mission. Please give all your eyeglass collections to any Blissfield Lions or contact

President Stan Masters, 517-320-0802 [stanmasters14@gmail.com](mailto:stanmasters14@gmail.com)  
or ZC Dick Saxton 517-486-3429 [jrs19821@outlook.com](mailto:jrs19821@outlook.com)



The **Pennfield Lions** recently initiated Harry Scheufele and his leader dog into the Pennfield Lions Club. His leader dog Kaylee was furnished by the Michigan Lions Leader Dog Program.

Kaylee was inducted also.



**April Is Environmental Awareness Month!**

Earth Day is April 22! Lions celebrate **Environmental Awareness** throughout the entire month of April with projects ranging from local recycling programs to ensuring that communities around the world have access to clean water. Lions are working hard to keep the earth clean and green. Show your support of this important global cause with these dynamic products from the Lions Store!

SHOP NOW



# Everything You Don't Know About Sugar

While it may taste good, sugar can actually inflict serious damage on your body.

By Susan B. Sloane, BS, RPh, CDE



Sugar is found in countless foods and goes by many names including dextrose, maltose, fructose, and sucrose, to name just a few. Nowadays, sugar is found in several different food products, many of which may surprise you. Tomato sauce, yogurt, dried fruit, and granola bars are just a few of the common foods that may contain sugar you don't know about.

## **Sugar: A Sweet Addiction?**

If you enjoy sweet drinks and snacks, you may have often thought to yourself, "I am addicted to sugar." This is not very far from the truth, as sugar can actually be addictive. Sugar consumption stimulates the body to overproduce dopamine – a pleasure hormone – which causes the body to crave more sugar, and the cycle continues. In this way, sugar behaves like a drug.

In addition, sugars activate sweet taste receptors, sending signals to the brain's cerebral cortex which activates a reward center in the brain. This gives you the warm and fuzzy feeling we are all familiar with when we eat sweets. If you over-activate this system by eating more and more sugar, you'll develop a loss of control, craving, and tolerance to sugary foods.

## **Understanding the Dangers of Sugar**

Sugar also stimulates insulin production, which can cause an eventual "burnout" of the pancreas' ability to produce insulin, which can lead to diabetes. Sugar receptors are found in the mouth and also in the gut. After glucose levels spike, your body may experience a large dip or crash; that dip can leave you feeling weak, shaky, irritable, and leave you with an inability to concentrate.

Refined sugar is found in many food products that contain "simple carbohydrates." These are carbohydrates that are capable of rapidly breaking down in the body to deliver a burst of sugar, which causes insulin to spike. This can increase the risk of developing diabetes or worsen an existing case of diabetes. Foods that cause glucose spikes include white bread, white rice, pastries, and white pasta. These spikes cause an inflammatory response, which can damage the body.

You may have frequently heard that sugary foods contain a lot of empty calories. This refers to the fact that foods high in sugar content have, in general, very little nutrient value, and eating these foods can lead to weight gain. Protein is stored in the muscle, but sugars are stored as fat in the body, especially around the abdomen.

## **Sugar for Thinking Clearly? Think Again.**

Some people think that sugary foods make them think more clearly. But evidence shows that the truth may be just the opposite; a study conducted at UCLA in 2012, found that a diet high in sugar actually slows down the brain. Additional studies have even linked sugar consumption to the development of Alzheimer's disease.[1]

If this information isn't enough to deter you from eating too much sugar, consider this: Excess sugar consumption can potentially cause premature aging.[2] Yes, you can get those wrinkles from too much sugar!

## **What About Natural Sugar?**

Natural sugars like those found in fruit and milk products don't behave like added sugars, and these can be incorporated into a healthy diet plan. Many foods, such as apples and oranges, contain natural sugar as well as healthy fiber, which slows the absorption of sugars in the body and helps reduce blood sugar spikes.

It is not only important for people with diabetes to avoid eating large amounts of sugar, but it is important for everyone's overall health to eat a balanced diet, low in added sugars. So, keep an eye on those nutrition labels, and be sure to understand exactly what you're putting in your body.

# YOUTH EXCHANGE 2019

We are in dire need of HOST FAMILIES for incoming Youth Exchange students from:

- Mexico
- Japan
- Netherlands
- Brazil
- Poland
- Belgium
- Italy
- Turkey
- Spain

Students are asking to come from three to six weeks with one of those weeks being the YEP camp in Otisville. July 21 - 27.

Students arrive in June, July, or August depending on the country.

- Finland arrives in late June or July for 4-6 weeks
- France, Italy, Sweden, and Turkey arrive in July for 4 weeks
- Japan arrives in August for 3 to 3 ½ weeks

Students may be hosted by a Lions family or a Lions approved family. Your obligation is for a separate bed and meals. They bring their own spending money.

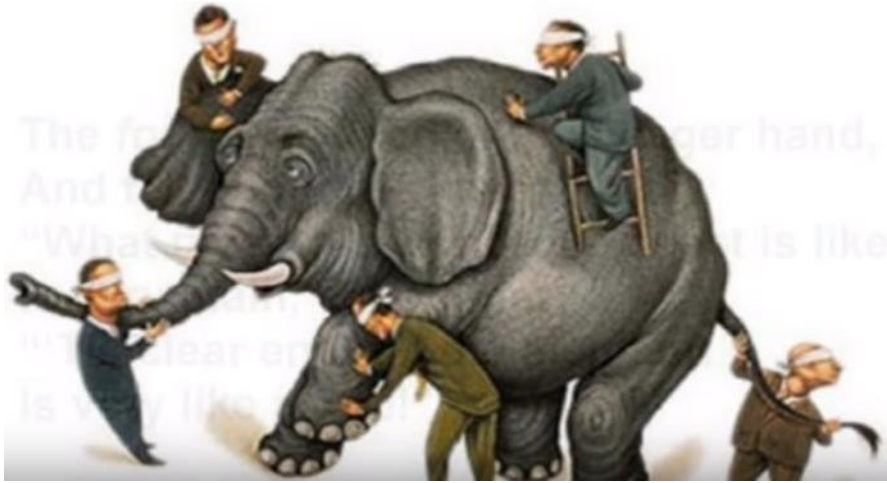
For further information or to apply to host a student, contact:

Peggy Allen  
734-428-7034  
[PeggyA7747@aol.com](mailto:PeggyA7747@aol.com)

Serious applicants will receive complete biographies and background information.

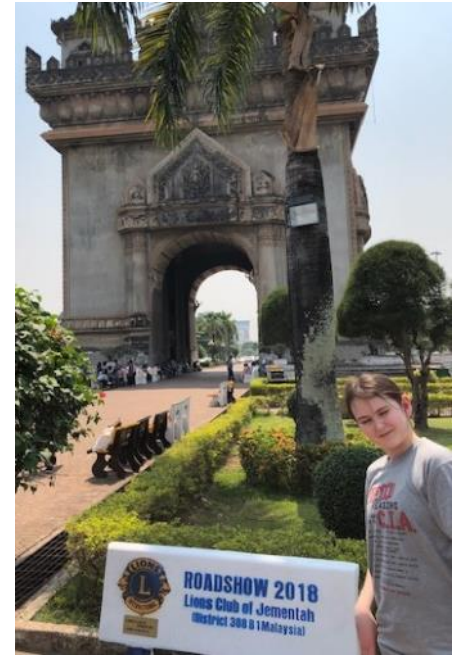


## THE BLIND MEN AND THE ELEPHANT



<https://www.youtube.com/watch?v=bJVBQefNXIw>

**Marshall Lions Ron & Char** Quada's granddaughter Anna while vacationing with her parents in Laos. This is in a Budah park in the city of Jementha, Laos. Jementha Lions are located in District 308 B 1 Malaysia.



Re-Member is snowed in after the March winter storm. Staff and volunteers are having to travel on foot to help locals where they can. Your donations of blankets will help the people get through these difficult times. Not only did they contend with snow, but then the rains washed out the roads where only 4X4 trucks could possibly get through, and now.. More Snow!

**RE-**  **MEMBER**

DG Roger



**Let not your heart be troubled.**

## BATTLE CREEK HOST LIONS

## EXTRA, EXTRA READ ALL ABOUT LIONS

It's that time again! This year marks the 95th birthday of the Battle Creek Host Lions Club and our 91st newspaper sale. In 2019 we hope to update our publication and highlight how Lions are making a difference in our community.

The **Lions Extra newspaper** sale is the sole fundraiser for the Battle Creek Host Lions Club. Although our club is small, we continue to provide support to individuals and groups in our community, and also support district and statewide projects. For example, we help provide eyeglasses for children locally. The majority of the funds we raise are allocated to the Calhoun County Health Department to help fund their vision screening program for children. We need your help with maintaining this support.

This year we would like to use the Lions Extra to be filled to the brim with positive stories about how **all** of our Lions Clubs are making a difference. What better vehicle do we have to promote who we are and what we do? There will be no cost to clubs for any articles or photos that you contribute, and clubs are welcome to submit multiple articles and photos.

Contact Elizabeth Raleigh, 269-969-4189

Deadlines: Articles June 1st, Ads July 1st

## District 11-B1 Lions Learning Forum (Formally called SPRING LEADERSHIP FORUM)

The District 11-B1 Global Leadership Team has been working on the 2019 Spring Leadership Forum. We looked at the input from last year's Forum and made some changes based on that input. We are still holding the Spring Leadership Forum on April 25, 2019 at Vandercook Lake to train all our incoming and newly elected officers. What are some of the changes? :

1. We are calling the Forum- Lions Learning Forum because we are inviting all present officers as well as the newly elected officers so that there can be dialogue in the meeting between the present officers and the newly elected officers. We are also in most cases having at least two presenters for each session in order to provide more than one perspective. This meeting is open to all Lions, Lioness and Leos who want to learn more about the leadership in the District.
2. We are not having a speaker at the dinner in order to shorten the time of the Forum so that we can be done by 8:00 p.m. or earlier since it is a week night.
3. We hope to have time to bring the District Lions, Lioness and Leos up to date on District events and introduce the District cabinet for 2019.
4. The **training opportunities** at Vandercook Lake on April 25, 2019 include: **Presidents, Secretaries, Treasurers, Membership, Orientation, Zone Chairs, Tail twisters & Lion Tamers, and Leos**. There is something for everyone.
5. Since there was a feeling to have some additional training and support in other areas of Leadership, the committee added a second date- May 4<sup>th</sup>, 2019 from 9:00 a.m.- Noon at Baker College in Jackson otherwise the time would have been a factor in doing it all in one evening. The **four trainings** are: **Social Media** (Find ways to better communicate in your club and with other lions); **Committee Chairs** ( This used to be done and it helps Lions who are Committee chairs in their clubs as well as all the District Committee chairs) ; **Leos** ( We want to make sure that all Leos get trained and by offering two different dates , we felt all Leos could attend one or the other.); **Guided Lion Training** ( This is an opportunity to better serve the District as well as provide support to all the clubs in the District. The District used to have over 20 Certified Guiding Lions and now we only have five. Once you complete this course in the three hours provided you will become certified by International to be a guiding Lion and the District Governor will be able to assign you to an existing club or new club that may want your help and support. This certification is very important to a District and if you enjoy Lions and want to help this would be a great opportunity. Also any Lion whose Certification has expired can renew through this training. This training will be done by the State GLT Chair. We need you to register for the Vandercook Lake Training and/or the Baker College sessions by April 17<sup>th</sup>, 2019. Registration forms were sent to all District 11-B1 Presidents and Secretaries in February.

SEVENTEEN Northwest Kidder Middle School LEO's read to our littlest Mounties on March 15 for March Reading Month. Not sure who enjoyed it most, a great time was had by all.





**PENNFIELD Lions** added new member **Harry Scheuffele** and his Leader Dog. His sponsor is Lion Darrell Van Vleet.



### District SPARK PLUG Awards race for 2018 - 2019

The PDG Paul Frederick Spark Plug Award has been given out since Paul started it in 1984. It is given to the club who has a net growth of + 5 % or more during the Lions fiscal year, July 1 to June 30. Each club is awarded a Spark Plug Banner Certificate and the winning club keeps the traveling plaque for the following year. The following clubs are in contention to win the award.

### Healthy Clubs Impact Service

LCI is offering us a special opportunity to receive a service grant when we add new members in April. Here's how it works:

**Add new members in April** – Clubs will have an opportunity to receive a special grant for new Lions who are reported during April 2019

**Apply for a Grant** – Clubs can apply for a Service Grant for new members, which

awards a total of US\$35 for each new member in two equal installments on December 31, 2019 and June 30, 2020 if the new members stay active

**Engage new Members** – Funds should be used to plan activities that engage new members in service so they have a great experience in our club

It's been quite a while since our club planned and executed a membership drive. Perhaps it is time to plan one to help replenish our membership and to enjoy this incentive.

<b>TEKONSHA</b>	<b>+ 45.45%</b>
<b>Branch Area</b>	<b>+ 11.90%</b>
<b>Saline</b>	<b>+ 10.00%</b>
<b>Battle Creek CC</b>	<b>+ 9.09%</b>
<b>Napoleon</b>	<b>+ 8.57%</b>
<b>Manchester</b>	<b>+ 7.69%</b>
<b>Battle Creek Host</b>	<b>+ 7.14%</b>
<b>Munith</b>	<b>+ 6.67%</b>

\*Based on the February 2019 Club Health Assessment

# 2019 WILD, WILD WEST 99TH ANNUAL MD 11 LIONS CONVENTION



## REGISTRATION & TICKET FORM

AUBURN HILLS MARRIOTT

PONTIAC, MI • MAY 16-18

HOTEL PHONE 248-253-9800



RESERVATION CODE: LOF, \$79 PER NIGHT (plus fees & taxes)

REDUCED RATE AVAILABLE THRU APRIL 1, 2019

Name \_\_\_\_\_  Lion  Lioness  Spouse  Guest

Lions/Lioness Club of \_\_\_\_\_ District \_\_\_\_\_

Name \_\_\_\_\_  Lion  Lioness  Spouse  Guest

Lions/Lioness Club of \_\_\_\_\_ District \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Home: ( ) \_\_\_\_\_ Office: ( ) \_\_\_\_\_ Email: \_\_\_\_\_

Is this your first MD Convention?  Yes  No How many years a Lion member \_\_\_\_\_

QUANTITY	AMOUNT
_____ Thursday Picnic @ \$10.00, May 16, 2019	\$ _____
_____ Round trip bus to Leader Dogs for the Blind @ \$5.00	\$ _____
_____ Registration @ \$15.00 for each Lion	\$ _____
_____ Registration @ \$15.00 for each Lioness or Leo	\$ _____
_____ Registration @ \$15.00 for each Spouse or Guest	\$ _____
_____ Friday Evening Buffet @ \$20.00 per person	\$ _____
_____ Friday Night Welcome Reception @ No Charge	\$ 0.00
_____ Saturday Breakfast @ \$15.00 per person	\$ _____
_____ Saturday Night Banquet @ \$26.00 per person	\$ _____
_____ (Choice) of: Salisbury Steak w/ Mushroom Demi Glaze # _____	
Grilled Chicken # _____	
Vegetarian # _____	
GLUTEN FREE# _____	
	<b>TOTAL AMOUNT \$ _____</b>

Make checks payable to: Lions of Michigan

JACKSON EYEOPENERS presented a \$1000 check to the Kiwanis Club for shoe vouchers for 25 pair of shoes for Jackson Public Schools students. Lion Barb Ray is shown with Terry Langston, Kiwanis Shoe Voucher Chairperson.



I am proud to announce that I **completed** the **1st** item on my **bucket list**.



I have the bucket.

## Region 1 Combined Zone 1 & 2 Meeting



April 30th, 6 p.m.

Kellie's Restaurant  
108 Adrian St, Manchester  
\$12 Pay at the door

RSVP Peggy Allen 734-428-7034  
NLT April 26th PeggyA7747@aol.com

50/50

## TEKONSHA Lions

Inducted new member Jaymie Hale at the combined Region III Zone Meeting. Jaymie's sponsor is Dawn Copas. DG Roger Spriggs did the honor with the assistance of club President Daryl Cummins.





## MARCH READING MONTH

There were many “Thank You’s” at the Northwest Elementary as the kids greatly appreciated the books provided by the District’s Reading Action Program.



## Ann Arbor Host Lions Club 90th Anniversary Celebration!


Thank you to everyone who attended the Ann Arbor Host Lions Club 90th Anniversary Celebration Party! It was a memorable day of friendship, laughter and storytelling as we recounted the clubs Past, Present and Future! Everyone who participated in the UofM Football Stadium tour had a fabulous time! The meal at Webbers was incredible and the Historical Story Boards featuring 90 years of news articles and photos were absolutely incredible! To top it off, one of our very own members, who is also turning 90 this year, generously donated 90 trees to commemorate the occasion!



**NAPOLEON LIONS** Pinewood Derby races were held at the Columbia Upper Elementary school for the Brooklyn Girl Scouts, and again at Sharp Park School for the Jackson Cub Scouts.


Winners are shown holding their trophies and medals.




**Lions Clubs International FOUNDATION**

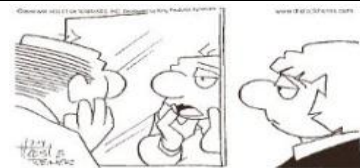
**OUR FOUNDATION**  
*Only by giving,*  
**are you able to receive**  
*more than you already have!*

JOIN LIONS CLUBS INTERNATIONAL!  
[www.lionsclubs.org](http://www.lionsclubs.org)



**MUNITH LIONS**

Inducted new members. PCC Peggy Allen inducted Lion Trina Barnett at the club's January meeting, her sponsor is Glenn Buckmaster. Then for a return performance, CC Barry Allen 'inducted' Lion Brian Harris. Brian is actually a transfer from California, but we took the opportunity to educate him on the Michigan projects and how them came in to being. Both Lions will make a great addition to the Munith Lions.



"This must be a trick mirror ... There's some old guy in it."



"Hug Time"  
Pass on to someone in need



HUSKY, COLLIE, BEAGLE ...  
AFGHAN, POODLE, PUG...  
YORKIE, SHIH TZU, CORGI.

YOUR HINDSIGHT IS 20/20.

## \* LION LINKS \* AND OTHER COOL LIONS STUFF ONLINE

History of Lions: Growth & Expansion:	<a href="https://www.youtube.com/watch?v=cUeRP3QiW4A">https://www.youtube.com/watch?v=cUeRP3QiW4A</a>
Lions Quarterly Video	<a href="http://www.lionsclubs.org/EN/news-media/videos/lq.php">http://www.lionsclubs.org/EN/news-media/videos/lq.php</a>
The District 11-B1 e-District Website: Get up-to-date contact info and previous District Newsletters/Constitution & Bylaws/Policy Manual!	<a href="http://e-district.org/sites/11b1/">http://e-district.org/sites/11b1/</a>
The District 11-B1 Facebook Page:	<a href="https://www.facebook.com/groups/118930264790057/">https://www.facebook.com/groups/118930264790057/</a>
<b>LION PRIDE</b>	<a href="http://lionsofmi.com/wp-content/uploads/2018/05/Smal-pdf.pdf">http://lionsofmi.com/wp-content/uploads/2018/05/Smal-pdf.pdf</a>
<b>LION</b> Magazine (Latest issue) <a href="http://www.lionsclubs.org/EN/news-media/lion-magazine/index.php">index.php</a>	<a href="http://www.lionsclubs.org/EN/news-media/lion-magazine/index.php">http://www.lionsclubs.org/EN/news-media/lion-magazine/index.php</a>
LCIF	<a href="http://www.lcif.org/EN/">http://www.lcif.org/EN/</a>
Michigan Lions at Work	<a href="https://www.youtube.com/watch?v=kWu-Ps6TViY">https://www.youtube.com/watch?v=kWu-Ps6TViY</a>
International President's Theme <a href="http://wpc.2735e.taucdn.net/002735E/lionsclub/download/Gudrun_sailing_en.mp4">Gudrun_sailing_en.mp4</a>	<a href="http://wpc.2735e.taucdn.net/002735E/lionsclub/download/Gudrun_sailing_en.mp4">http://wpc.2735e.taucdn.net/002735E/lionsclub/download/Gudrun_sailing_en.mp4</a>
WINTER CAMP BC SHOPPER	<a href="https://issuu.com/j-adgraphics/docs/shopper020719">https://issuu.com/j-adgraphics/docs/shopper020719</a>

**Be Sure to Get Your Club's Info into the Newsletter!**

**DEADLINE is the 1st of the Month.**

**Planned publish date of the 5th.**

Be sure to send your M&A Reports and articles w/ photos to the District Newsletter Editor, PDG Barry Allen at [BarryRAllen@aol.com](mailto:BarryRAllen@aol.com).

Please try to expand on those one-liners in the M&A using the text section at the end! Tell us more about your events there.

**NOTE ON PHOTOS:** Send photos as a JPEG, please provide names of those in the photo using the L-R (by row if necessary) convention. A little background story on the photo is great, too. Think about 4-5 sentences is perfect but more is merrier. We prefer you send them by e-mail as a WORD document so we can cut & paste. Please use **Times New Roman 12** with no spacing if possible.

