



District 11-B1 Newsletter FEBRUARY 2018



YOUR DISTRICT 11-B1 CABINET

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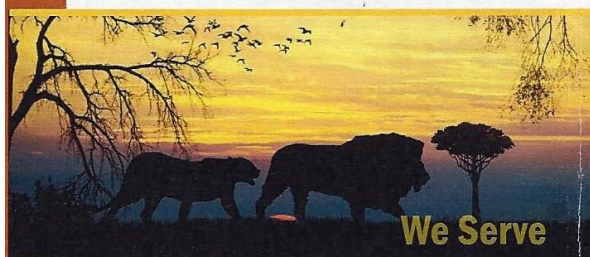
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<http://e-district.org/sites/11b1/>

Lions of District 11-B1

100 MICHIGAN LIONS



FORUM FEBRUARY 17, 2018

Enjoy statewide fellowship with
Lions, Lioness & Leo
club members

Every Registrant Receives:

OFFICIAL PROCEEDING BOOKLET
containing information on breakout sessions
& speakers

COMMEMORATIVE PIN LUNCHEON PROGRAM

Must be registered by 1/30/18 to guarantee
lunch & Forum materials

Mail registration
form to:
Lions of Michigan
State Office
5730 Executive Dr.,
Lansing, MI 48911
517-887-6640 or
Fax: 517-887-6642
OR



PAY ONLINE AT:
www.lionsofmi.com

http://lionsofmi.com/wp-content/uploads/2016/09/Brochure_Michigan-Forum-2018_PDF.pdf

Schedule of Events

Friday, February 16, 2018

Registration 7:00 p.m.
Large Group Service Project 7:30 -9:00 p.m.
Hospitality Suite - Room 472 9:30 p.m.

Saturday, February 17, 2018

Registration 7:00 a.m.
White Cane Supplies, Exhibit Tables 8:00 a.m.
Opening Remarks/Welcomes 8:00 a.m.
Session 1 Breakout Sessions 8:30 a.m.
(choose one of four)
Session 2 Breakout Session 9:30 a.m.
(choose one of four)
Session 3 Breakout Session 10:30 a.m.
(choose one of four)
Session 4 Breakout Session 11:30 a.m.
(choose one of four)

Lunch, White Cane Scholarships, Keynote
Presentation, Closing Remarks & Door Prize
..... 12:30 p.m.
Prize Drawings 2:45 p.m.



From the Governor

February, 2018

Hello Lions,

LCI's 31st Peace Poster and Peace Essay Contest Kits are now available. This year's theme is Kindness Matters. The contest is open to all young persons who will be 11, 12 or 13 on November 15, 2018 and is part of a school or Lions recognized program.

Along with the peace Poster Contest, each year the Lions also offers a Peace Essay Contest for young people who have a vision disability. This gives young people with a vision disability an opportunity to express their creativity and feelings about Peace. Participants in the Peace Essay Contest do not need to belong to a Lions recognized program or school.

The Peace Essay Contest is open to any student who meets the age and visual disability requirements. Lions and Lions Clubs are encourage, to locate young people, with a vision disability, in communities, schools and in families, to offer them the opportunity to participate in the Peace Essay Contest.

"Individuals must have acuities of 20/70 or less in the best eye, with best correction; or must have a visual field loss of 40 degrees or less in the best eye to be eligible for Youth Low Vision services." and to be considered to have a vision disability.

Lions must purchase a Peace Poster Kit for each Peace Poster Contest they sponsor. One kit per school or group. Each winning poster submitted must have a sticker on the back to be accepted. Each kits come with the following:

- Official Club Contest Guide and Rules
- Official School or Youth Group Contest Guide and Rules
- Participant Flyer to duplicate and give to participating students to take home
- Sticker to place on back of winning poster
- Certificates for contest winner and school or youth group
- Rules for the Peace Essay Contest

You can order kits from January 15 through October. Each kit cost \$11.95 plus shipping.

You can order kits through the Lions Store: Lions Store link:

https://www2.lionsclubs.org/p-770-peace-poster-kit-2018-2019.aspx?utm_campaign=5101_PAPinPeacePoster_EN_Email_2017&utm_medium=email&utm_source=Eloqua&elqTrackId=D6ED4B5E3E1B79B18D25E403602BB893&elq=7ec3a42fd8b3404d857bc854977a7050&elqaid=685&elqat=1&elqCampaignId=89&

Best,

DG LuAnne Bullington



From the desk of the First Vice District Governor

STEPPING ONTO THE LADDER.

February 15th is the last day to submit your nomination for the exciting position of 2nd Vice District Governor. If you have the qualifications, two years on a club Board of Directors, a year as Club President and a year as a Zone Chair you have probably received a call from me asking you to consider this exciting opportunity. I know it's a big commitment, it's kind of scary and maybe you don't really know much about it. I can only relate my experience, nine years ago I had no idea what Lions was, yes LCI does a great job keeping this a big secret, then a church friend asked me to go to a club meeting. I don't remember it being gripping or memorable, but I found a group of people who were kind, friendly and welcoming so I decide to join.



After a while I accepted the club Vice President position only because no one else stepped up and found out later that the Vice President was expected to be President. I think that Club President is a tough job, but it moved me to attend District events and I found that Lions was having more meaning, it was bigger than I had thought.

Winter Camp was my turn around event, working directly with our 'clients' and seeing just what we did for them really sparked my enthusiasm for Lions. I was still pretty green about the organization so when I was asked to be a Zone Chair I only had a limited idea of what it involved, but I found out it was so much easier and more fun than Club President and I planned on doing it for a couple of years.

Suddenly, just as I am asking you now, I was asked to run for 2VDG, yes, the very thought of it scared me to death, I was scared that I couldn't do it, that I would mess up, that I would let people down, sound familiar. I considered it for a while, I talked to PDG's and they all told me it was the best decision they had ever made, that their year as DG was their best year in Lions and no one I asked ever regretted it. The leadership training, the camaraderie with other DG's and the opportunities to grow were some of the reasons they remembered the experience.

If I somehow missed anyone who was qualified to be 2VDG I apologize for not asking you to consider this opportunity and I ask you and those I did talk to, please consider this wonderful opportunity to advance into District leadership, be a positive influence in 11-B1 and have a foot on the ladder to the most exciting and memorable position in the District.

Call me if you have any questions, but don't wait, the deadline to your exciting lions future is approaching quickly. I know if I could do it then you can too.

1VDG, Lion Roger



1stVDG Roger Spriggs
269-282-0292/269-275-3124
GBRoger@aol.com

#KindnessMatters

TO SHOW my faith in the worthiness of my vocation by industrious application to the end that I may merit a reputation for quality of service.

TO SEEK success and to demand all fair remuneration or profit as my just due, but to accept no profit or success at the price of my own self-respect lost because of unfair advantage taken or because of questionable acts on my part.

TO REMEMBER that in building up my business it is not necessary to tear down another's; to be loyal to my clients or customers and true to myself.

WHENEVER a doubt arises as to the right or ethics of my position or action towards others, to resolve such doubt against myself.

TO HOLD friendship as an end and not a means. To hold that true friendship exists not on account of the service performed by one to another, but that true friendship demands nothing but accepts service in the spirit in which it is given.

ALWAYS to bear in mind my obligations as a citizen to my nation, my state, and my community, and to give them my unswerving loyalty in word, act, and deed. To give them freely of my time, labor and means.

TO AID others by giving my sympathy to those in distress, my aid to the weak, and my substance to the needy.

TO BE CAREFUL with my criticism and liberal with my praise; to build up and not destroy.

NATIONAL SUICIDE PREVENTION LIFELINE

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-273-8255 / FOR DEAF & HARD OF HEARING 1-800-799-4889

SOCIAL MEDIA SPOTLIGHT

Jackson Host Lions Club



Facebook: <https://facebook.com/POTJHL>



Twitter: <https://twitter.com/POTJHL>

Questions, Comments, or Concerns: Email: ms@michaelwscottjr.com
Facebook: [lionmichaelscott](https://facebook.com/lionmichaelscott)



Winter Camp is almost here! February 2 - 4, 2018



DISTRICT 11-B1 ESPECIALLY THANKS ZC ROGER BOSSE FOR ALL OF THE HARD WORK AND DEDICATION IT TAKES TO ORGANIZE THE WINTER CAMP.

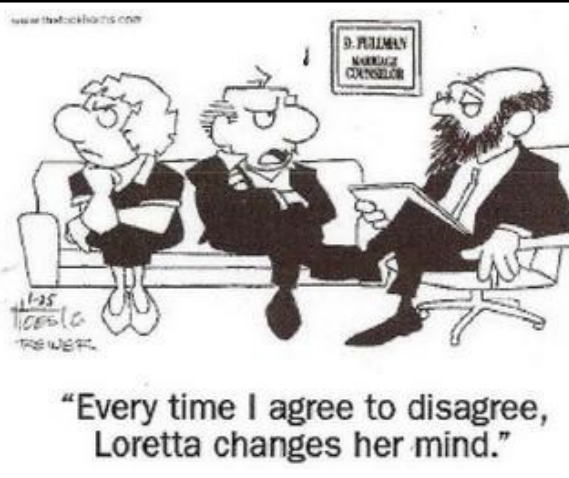
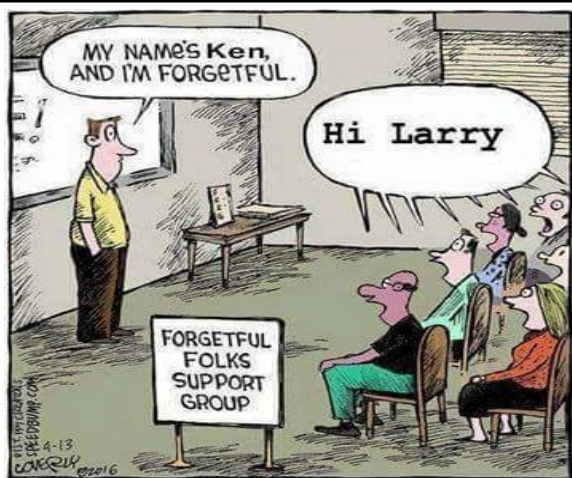
CONGRATULATIONS ON ANOTHER GREAT CAMP!

Thanks to Winter Camp Volunteers

Winter Camp 2018 is in the books. I want to extend my sincere thanks to the Lions and Volunteers of District 11B-1 that made this years camp a great success. Barry and Peggy Allen from Manchester Lions; Gary Babcock, Don and Jean Rose from the Napoleon Lions; Ron Kohmescher (Clinton Lions) and Bob Abraham (Lion for a Weekend); Mike Head from Dexter Lions; Art Turner from the Munith Lions, Bea and Bert Furman from Jackson Host; John Koerner and the breakfast crew from the Pennfield Lions, Ron Keagle, Mike Struwin, and the Bingo Crew from the Bedford Lions and Bedford Elsa Lioness; Denise Griffin and assistants form the Michigan Center Lioness; Teresa Gest, 1VDG Roger Spriggs, Jerry Mackey, Pat Stiff, and the Transportation crew and Lions for a Day from the Cereal City Lions; Diane Klecker and Becky Jackson from the Host Lions; the Jackson Eye-Openers for collecting bingo prizes, and Jack Brewer from the Muskegon Lions.

Lion Roger

Roger Bosse – Administration – 269 578-3684 rogerbosse@att.net
1VDG Roger Spriggs – Asst. Admin – 269-275-3124
PDG Barry Allen – Operations Mgr. - 734-904-4695



HAILS and FAREWELLS:

WELCOME ABOARD!

NEW MEMBER

Sylvia Barnes
Ron Conner
Joel Rosentreter
Keith Friday
Rosemary Hahn

CLUB

Albion
Albion
Dexter
Dexter
Pennfield

SPONSOR

Maurice Barnes
Susan Conner
Dennis Berry
Dennis Berry
Darrell Van Vleet

GONE, BUT IN OUR HEARTS FOREVER

Duane "Dewey" West Jackson Cascades January 10, 2018
<http://obits.mlive.com/obituaries/jackson/obituary.aspx?n=duane-west-dewey&pid=187805958&fhid=21026>

WHEN A LION DIES

If your club has a death of a Lions member, spouse, or previous Lion, please inform the WALD Committee as soon as possible. We will ensure the district gets the news, as well as an Obit when available, and prepare the WALD certificate for presentation to the family.

Contact:

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734-428-7034
BarryRAllen@aol.com

Chaplain/ZC Art Turner
517-914-0114
arthurturn@gmail.com

Lion Lorraine Lindsey
269-251-0537
lal3222@yahoo.com



Name _____
Address _____
City _____ State _____ Zip _____
Cell Phone* _____
Email _____
Enclosed is: \$ _____
 \$125 SUPPORTER TICKET (per person)
please provide guest names on back
 \$225 VIP TICKET (per person)
please provide guest names on back
 I/we cannot attend but would like to make a contribution.
To pay by credit card, please complete the following:
 Visa Mastercard Discover Amex
Card# _____ Exp. _____
Signature _____ Date _____
Please make checks payable to Leader Dogs for the



LIONS INTERNATIONAL CONVENTION LAS VEGAS 2018

Are you looking for a roommate to share the cost of Convention accommodation in Las Vegas NV?

Send me your name and e-mail contact and I will send you information on other lions looking to save some money in 2018.

It will be up to you to make contact and agree on your financial arrangements. There is no obligation on myself or District MD11-B1

1VDG Roger Spriggs, GBRoger@aol.com



DONATE LIFE DAY 2018

Mark your calendars and line up your buddies for
Donate Life Day—Wednesday, April 11, 2018!

Eversight, Gift of Life Michigan and Lions and Lioness Clubs will join Secretary of State branch offices across the state to promote donation and encourage patrons to join the Donor Registry. Volunteer “buddies” will provide information to customers about becoming a registered eye, organ and tissue donor. Join us for this great cause!

Because of Lions and Lioness like you, 1,364 people joined the Donor Registry on Donate Life Day 2017. Let’s make 2018 another memorable year—become a volunteer and encourage others to give the gifts of sight, life and mobility!

After submitting the registration form, more detailed information regarding your local branch office’s participation in the Secretary of State Donate Life Day will be mailed to you in March.

Visit eversightvision.org to learn more about the impact of donation.

Club Anniversaries

February

8	Clarklake	1965	10	Grasslake	1953
20	Hanover Horton LEOs	2014	9	Jackson Eyeopeners	1977
7	University of Michigan	2017			

March

28	Adrian Evening	1950	29	Chelsea	1977
29	Dexter	1979	19	Michigan Center	1957
17	NW Leos	2016			

April

20	Albion	2007	11	Ann Arbor Evening	1961
29	Ann Arbor Host	1929	28	Battle Creek Host	1924
6	Bedford Area	1967	01	Cllinton	2010
11	Dexter Leos	2010	19	Grass Lake Leos	2009
3	Jonesville	1935	3	North Adams	1974
3	North Jackson	1956	24	Pittsford Area	1974

District and Club Dates to Remember

FEBRUARY - AMERICAN HEART MONTH

- 2-4 **WINTER CAMP** for the Blind, Dowling
- 3 Blissfield, Reverse Raffle, American Legion, doors open at 6 pm
- 7 North Jackson, Raffle Drawing, Beck's Flower Shop, 7 pm
- 10 Lions of Michigan Foundation, Board Meeting, Lansing, 10 am
- 10 North Adams, Reverse Raffle, Osseo, doors open at 5 pm
- 12 Dexter Lions, SPOT, Morning Star, 9-12 am
- 14 Valentine's Day**
- 15 **NOMINATIONS DUE**, DG/VDG/LofMF
- 15 Karl Sorrick Award Nominations Due
- 15 Lion/Lioness/Leo of the Year Nominations Due
- 15 Bedford Lions/Lioness - Soup & Salad Dinner, Bedford Clubhouse, 5 - 7 pm
- 16-17 Council of Governors, Grand Rapids
- 16-17 Michigan Forum, Grand Rapids
- 17 Napoleon Lions - Pinewood Derby
- 18 VCL Lions Pancake Breakfast, 8 - 11:30 am, VCL Clubhouse
- 24 Cabinet Meeting, Baker College, 9 am
- 24 Lions of Michigan Foundation, KidSight meeting, Lansing, 10 am

MARCH - NATIONAL EYE DONOR MONTH

- 1 Lions of Michigan Foundation, Hall of Fame Nominations deadline
- 3 Manchester Lions/Kiwanis, Crazy Ca\$h Reverse Raffle, 6 pm
- 10 Adrian Breakfast, SPOT screening, Adrian Mall, 10-2 pm
- 10 Adrian Evening, Potato & Salad Bar Dinner, First United Methodist Church, 4 - 7 pm
- 11 *Daylight Savings Time - Spring Forward*
- 13 Napoleon Lions - Pinewood Derby
- 15 Bedford Lions/Lioness - Soup & Salad Dinner, Bedford Clubhouse, 5 - 7 pm (LAST ONE)
- 18 VCL Lions Pancake Breakfast, 8 - 11:30 am, VCL Clubhouse

APRIL - FAMILY & FRIENDS MONTH & LEO CLUB AWARENESS MONTH

- 7 District Convention, Washtenaw Community College
- 15 **Club Elections Report to MyLCI due**
- 15 VCL Lions Pancake Breakfast, 8 - 11:30 am, VCL Clubhouse
- 17 North Jackson, SPOT
- 21 Adrian Breakfast Lions, **Radio Auction**, WQTE 95.3 FM, 8:30 - 4 pm
- 26 Spring Leadership Forum, VCL HS, 5:30 pm
- 27 - May 5 **WHITE CANE WEEK(s)**



CLUBS Doing What they Do!

Adrian Breakfast Lions are planning a KidSight SPOT screening at the Adrian Mall on Saturday, March 10th, from 10 to 2 pm.

[Albion Lions Club \(MI\)](#) welcomed First Vice District Governor Roger Spriggs (Battle Creek) to their January meeting. At that time, he inducted two new members into the club: **Sylvia Barnes** who was sponsored by Maurice Barnes and **Ron Conner** who was sponsored by Susan Conner.

Ann Arbor Host Lions The Michigan Parents of Children with Visual Impairments is planning a Ski Weekend for the youngsters.

Battle Creek Cereal City Lions inducted new member Tom Jacob who's sponsor is Jim Baum. The club held their spaghetti dinner on January 11th (see article) and to support the Winter Camp for the Blind the first weekend in February.

Bedford Area Lions continue their Soup & Salad Dinner fundraiser, 3rd Thursday at the Clubhouse, October, November, January, February & March.

Blissfield Lions are planning for their reverse raffle to be held February 3rd. Check out their NEW e-clubhouse website at <http://e-clubhouse.org/sites/blissfield/>

Chelsea Lions have performed vision screening on 183 kids this year, finding 7 referrals.

Clinton Lions continued their support 192 Ministries who prepare meals for children in the Clinton schools, donated to the local food pantry, and to the Penrickton Center. They have collected over \$450 in their 'Miles of Pennies' program.

Dexter Lions have added two new members, **Joel Rosentreter** and **Keith Friday**, bringing their membership up to 55. Their sponsor is Dennis Berry They are currently staffing high school basketball games and donated to local sports teams and the Dexter Leos for helping with the Christmas Tree sales.

Jackson Cascade Lions They wrapped up their fruit and nut sales.

Jackson Eyeopeners Lions donated paper products and mittens to the school, and also scarves, hats, and bedding to the shelter. They've collected Bingo prizes for the Winter Camp for the Blind, and assisted in providing glasses and hearing aids to local residents.

Jackson Host Lions completed their Fruit & Nut sales, and supported the Blind Club, and collected 700 pairs of glasses from 26 locations.

Manchester Lions completed a successful Charity Poker event and continue their support of the schools by taking tickets at the Girls Basketball games.

Life is short. Smile while you still have teeth.

Munith Lions continue to support the Stockbridge Lion BINGO.

Napoleon Lions will be holding their Pinewood Derbys on February 17th and March 13th.

North Jackson Lions are supporting an eyeglass mission, raised \$210 in candy mint sales, and continue their raffle which concludes on February 7th with the drawing at Beck's Flower Shop.

North Adams Lions will be hosting their reverse raffle on February 10th at the Hillsdale County Conservation Club. Doors open at 5:00 pm, tickets are \$100 per person for a grand prize of \$8000.

Parma-Spring Arbor Lions completed their Community Birthday Calendar and collected eyeglasses. They do not meet again until after March.

Pennfield Lions Coloring Book sale raised over \$1600 we sold 600 books this year at 4 different Battle Creek restaurants and donated all the proceeds to the Northeast Food Pantry.

Tekonsha Lions For White Cane the club is purchasing 500 Lions place mats to be given to two local restaurants.

YOUR CLUB HERE!

Send your club doings to PDG Barry

In times of universal deceit telling the truth will be a revolutionary act.
- George Orwell



Dexter Lion Mike Head presenting a \$1000 check to members of the Dexter High School FIRST robotics team.



The **Albion Lions Club** welcomed First Vice District Governor Roger Spriggs (Battle Creek) to their January meeting. At that time, he inducted two new members into the club: **Sylvia Barnes** who was sponsored by Maurice Barnes and **Ron Conner** who was sponsored by Susan Conner. Assisted by President Rev Richard Lewin.

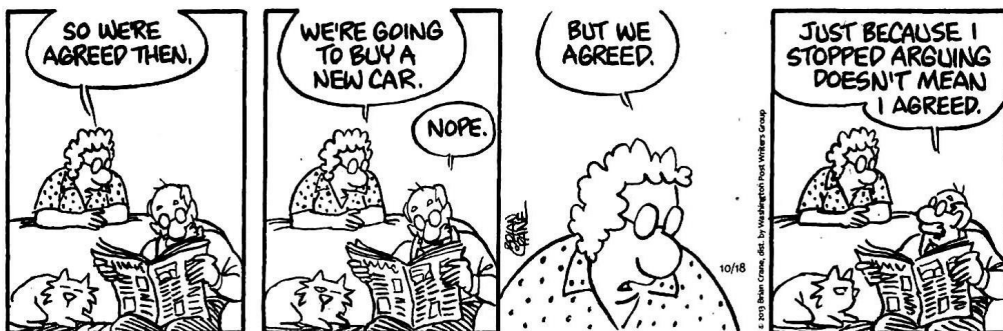


The Department of Physical Medicine & Rehabilitation (PM&R) honored **Austin Shepherd (WISD LEO)** last week for his work bringing Braille books to Michigan Medicine patients and family members. Austin, who is legally blind and just finished his junior year at Ann Arbor Huron High School, distributed 30 Braille and low vision books for young readers to physician clinics at the Kellogg Eye Center, C.S. Mott Children's Hospital, and PM&R's acute inpatient rehabilitation unit at the University Hospital.

<https://medicine.umich.edu/dept/pmr/news/archive/201707/pmr-honors-austin-shepherd-braille-books-program-mott>



PICKLES | Brian Crane



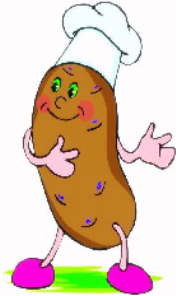
ADRIAN EVENING LIONS
FUNDRAISING EVENT

6TH ANNUAL

POTATO & SALAD BAR

**SATURDAY
MARCH 10, 2018
4-7PM**

FIRST UNITED METHODIST
CHURCH
1245 W. MAPLE AVE.
ADRIAN, MI 49221



*GOOD FOOD
FOR A GOOD CAUSE*

LOADED BAKED POTATO, SALAD, DRINK & DESSERT

\$6.00

PER PERSON

TO GO ORDERS AVAILABLE



ADRIAN EVENING LIONS
adrianeveninglions@yahoo.com

Eversight
making vision a reality

BOWLING FOR BRIGHTER TOMORROWS

NEW DATE & LOCATION

STRIKE!



AUGUST 11

Lions Connie Neese (JEO) and Jim Cavender (Jackson Host) display the problem with booking hotel rooms online by trying to figure out how to get their luggage to their room above on their visit to Arizona.



Here is the information for the **NORTH JACKSON** raffle tickets for 2018

- 1st Prize - \$200 Kohl's Gift Card
- 2nd Prize- \$150 Target Gift Card **WINNERS**
- 3rd Prize - \$150 Polly's Gift Card
- 4th Prize - \$125 Rives Meat Market Gift Card
- 5th Prize - \$125 Northwest Meat Market Gift Card
- 6th Prize - \$100 Meijer Gift Card
- 7th Prize - \$100 Klavon's Gift Card
- 8th Prize - \$50 Klavon's Gift Card
- 9th Prize - \$50 Klavon's Gift Card
- 10th Prize - \$50 Beck's Flower Shop Gift Card

The club increased the prizes by \$100 and distributed some of the other monies differently.

The drawing will be on February 7, 2018 at Beck's Flower Shop. (2017 ticket shown)

Raffle Ticket Donations: \$5.00 each 3 for \$10.00

North Jackson Lions Club Raffle

Draw Date - 2/1/17 Draw Time - 7:00 pm

1st - \$200 - Kohl's - Jackson Crossing 6th - \$100 - Polly's Country Market

2nd - \$150 - Target - Jackson Crossing 7th - \$75 - Kohl's - Jackson Crossing

3rd - \$125 - Rives Quality Meats 8th - \$50 - Northwest Meat Market

4th - \$100 - Meijer 9th - \$50 - Target - Jackson Crossing

5th - \$100 - Klavon's Pizzeria & Pub 10th - \$50 - Beck's Flower Shop & Gardens

10 Chances to Win! \$1000 in Total Prizes

Winners need not be present to win

Drawing held at Beck's Flower Shop & Gardens, Jackson, MI
Mich. License #R39604

No 12345

No 12345



Lions Clubs International
FOUNDATION

OUR FOUNDATION

LCIF: Celebrating 50 Years of Extraordinary Service

Lions serve, and for 50 years, Lions Clubs International Foundation (LCIF) has been supporting that service. We launched LCIF50.org to celebrate LCIF's 50th Anniversary. Here you'll find videos, photos, stories and a series of online contests that focus on the Foundation's important work. Get in on the fun and enter the Together We Can Contest at LCIF50.org. And don't forget that your [LCIF donations](#) count towards the Centennial Service Challenge. If your club wants to earn a higher level patch, plan to add a donation to your activities!



Leader Dog—GPS training and spending time with Leader Dogs in training. The combination helps increase independent travel skills, interpersonal skills and leadership skills.

The free program is for boys and girls ages 16 and 17 who are legally blind. Leader Dog covers all costs including airfare to Michigan—and everyone receives a free HumanWare Trekker Breeze+ GPS device. The 2018 camp dates are June 23—June 30. Applications are due by March 31, 2018.

Summer Experience Camp is a week of outdoor fun, friendship and skill building. The program combines activities like rock wall climbing and tandem biking with leadership building exercises and things exclusively



For more information and to download an application, go to www.leaderdog.org/clients/programs/summer-experience-camp or call the Leader Dogs for the Blind client services department at [888-777-5332](tel:888-777-5332).

North Jackson Lions This past fall we voted to give \$1,000 to Disaster Relief via the LCIF program. When a club gives \$1,000 to the Melvin Jones Program, a recipient can be named by the club. We could not come up with a member and so last night at our board meeting, we pulled one of our membership "sticks". The winner of the Melvin Jones Award is Lion **Clive Seydell**. The plaque will be ordered today via Lions International and presented to Lion Clive upon receipt of the award. Congratulations, Lion Clive. Lion Clive indicates he will display his award by his father-in-law's, Lion Gary, at Beck's Flowers.



**I am starting
to think
I will never
be old enough
to know better.**

Spring Leadership Forum-2018

“ Why you need to be there!”

The District 11-B1 Spring Leadership Forum is scheduled for **April 26, 2018** at Vandercook Lake High School. It will run from 5:30 p.m.-8:00 p.m.

We would like to see 2-5 officers or members from each club in attendance. This is not only a time to train officers but a time for past officers to share what information they found useful and maybe something that every new officer should be aware of. Also there are sessions that would be great for members who are not officers to learn about.

Please let the committee have your input as to what you would like to see at the 2018 Spring Leadership Forum. What do you think should be emphasized and covered at the Forum.

Presently we will have sessions for the following positions and members: Presidents , Secretaries, Treasurers, Membership Chairs, Leos, Orientation, Tail Twister, and Zone Chairs.

Put this date on your calendar and come to learn ,to socialize, and to share!

District 11-B1 Global Leadership Team



**IT'S THAT TIME OF YEAR AGAIN!
TIME FOR DISTRICT 11-B1
SPRING LEADERSHIP FORUM AT VANDERCOOK LAKE**

WHEN: THURSDAY APRIL 26, 2018 @ 5:30 PM

**Vandercook Lake Junior/Senior High School
1000 Golf Avenue Jackson, Mi 49203**

**COST: WITH MEAL: \$12.00
WITHOUT MEAL \$2.00
LEOS ATTEND FREE!**

RSVP DEADLINE IS APRIL 15, 2018

**COME AND ENJOY A FUN FILLED LEARNING EXPERINCE,
WITH SOME OF THE BEST INSTRUCTORS AND TRAINERS
IN THE DISTRICT**

WE WILL HAVE:

- **Recognition/Introduction of the 2018 - 2019 Cabinet**
- **Formal introduction of our District Governor Elect Roger Spriggs**
- **50/50 Drawing and Much More!**

**Let's see if we can have every club (Lion, Lioness and Leos) present this year!
Come, celebrate the year with our District Governor Elect Roger**

**BE ON THE LOOKOUT FOR THE COURSE DESCRIPTIONS AND
REGISTRATION FORM - TO FOLLOW IN JANUARY**

**For Questions and other Information -
Contact PDG Terry Walters, Global Leadership Chairperson
twalters02@comcast.net 734-426-4983/734-474-6914
Margie Horsch- 517-764-0089/ PDG Bert Sexton - 517-748-3097**

**Registration Form & payment will be sent to
Margie Horsch
3909 Hoyer Rd
Jackson, MI 49201**





Your Foundation at work, in the last two months TWO families have had devastating house fires, losing everything. They Foundation came through with a \$1500 grant to help them. One family was sponsored by the **North Jackson Lions**, the other by the **Inter-Lakes Lions**.

BATTLE CREEK CEREAL CITY hosted Calhoun Christian School art teacher **Leigh Rothwell** and her student **Elizabeth Milroy** and mother. Elizabeth was recognized with a check and a certificate by Lion Jerry Mackey, Peace Poster Chair and the Cereal City Lions for her first place Peace Poster which was chosen the top poster in her class. President Mike Conklin also made a presentation on behalf of the District 11-B1 which awarded her a third place and a check for \$60. We were pleased to have such a talented young lady participating in the Peace Poster Contest and appreciated the support her teacher has given this Lion youth program.



Have you heard about

AMAZON SMILE??

This is a simple and automatic way for you to donate toward your favorite cause and at no cost to you.

Simply go to <https://smile.amazon.com> just as you would on the regular Amazon site and select your charity. You can change charities at any time and these include most of our state projects and the Lions of Michigan Foundation.

Amazon donates 0.5% of the purchase price of eligible purchases automatically and sometimes may have special promotions and products.

Participating charities include:

- Lions Clubs International Foundation
- Lions of Michigan Service Foundation
- Leader Dogs for the Blind
- Eversight Michigan
- Penrickton Center for Blind Children
- Paws with a Cause
- Michigan Braille Transcribing Fund

And many more ..

BCCC Continued... **Bob Ward and Sandy Determann** thank all the Lions that participated in the Spaghetti Dinner Fundraiser: **Pat Stiff, Bob Harvey, De Davis, Larry Yarger, Red O'Leary, Mike Guzak, Dave Buresh, Roger Bosse, Jim Baum, Mike Conklin, Teresa Gest (and her two sons), Dennis Fitzgerald, Tom Jones and Jerry Mackey**. Since the school was open for student conferences, we served teachers (at no cost) in their rooms so that they did not have to come down to the cafeteria. They were very appreciative.

While we do not have a final profit number, Chairman Bob Ward thinks it is around \$2,000 dollars. Bob and Jim Baum did a fantastic job in getting new placemats printed which added a lot to our profit. This was the best fundraiser that we have held to date.



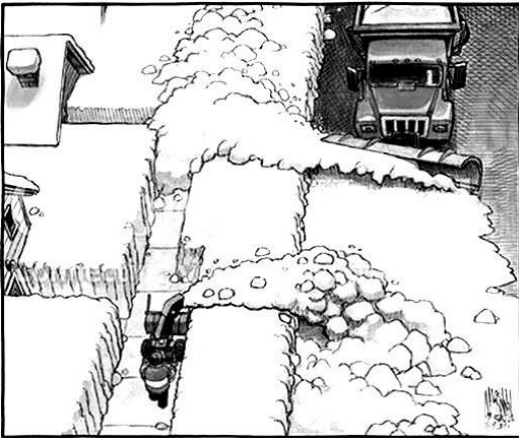
We thank Lakeview High School for use of the building and the two ladies who worked so hard to help us with cooking. We also want to thank Mr & Mrs. Ratti for preparing the spaghetti! Half of the profits will go to the Eye Program run by Grace Health and the remainder will be used for our next fundraiser which will be a pancake supper in April (not sure of the date yet).





Congratulations on Doubling Our Service Goal!

When we began our Centennial Celebration, Lions accepted the challenge to serve 100 million people. You not only met the challenge, you went above and beyond—and *doubled* our Centennial Service Challenge goal! Lions have now served 200 million people around the world, and we're not done yet. [Watch the video](#) congratulations, and be encouraged to keep serving and changing lives. Let's set a new goal to see how many more people we can serve by June!



DIABETES

You may have heard people say that they are “pre-diabetic” or that they have a “touch of diabetes” or that their sugar may be a “little high”. These words suggest that diabetes isn’t a serious disease. This is false. Diabetes is serious. However, a person can educate themselves to learn how to manage the disease.

People with diabetes need to educate themselves by reading Nutrition Facts labels found on almost every packaged food made in the United States. A person with diabetes can use the information found on the label to compare foods and make better choices.

START WITH THE SERVING INFORMATION AT THE TOP OF THE LABEL. This will tell you the size of a single serving and the total number of servings per container (package).

CHECK CALORIES PER SERVING. Understand how many calories are in the serving and how many servings your really eating if you eat the whole package. If you double the servings you eat, you double the calories and nutrients.

LIMIT THE NUTRIENTS. Limit the amount of saturated fat and sodium you eat. Choose foods with less of these nutrients when possible.

GET ENOUGH OF THESE NUTRIENTS. Verify that you get enough fiber, protein, calcium, iron, vitamins and other nutrients each day

QUICK GUIDE TO % DAILY VALUE. The % Daily Value (DV) tells you the percentage of each nutrient in a single serving, in terms of the daily recommended amount. As a guide, if you want to consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower %DV (5% or less). If you want to consume more of a nutrient (such as fiber), seek foods with a higher % DV (20% or more).

Learn how to count **CARBOHYDRATES**. Protein and fat are a factor in diabetes but have less of an impact on blood glucose

Any diabetic dietician will stress the amount of carbohydrates taken in a meal. Carbohydrates are sugar-based molecules found in fruit, vegetables, whole grains and dairy products. 90% of carbohydrates digested end up as glucose, so they have a much bigger impact on blood sugar than fat or protein.

Look at how much carbohydrate is in the portion you plan to eat. The two items on the label that are most useful are the serving size and the total carbohydrate amount.

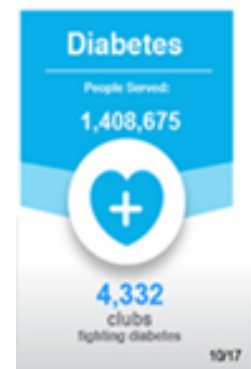
One serving of carbohydrate is measured as **15 grams**. A food that contains 15 grams of carbohydrate is called “one carb serving”. If 2 or 3 servings are eaten, then double or triple the information on the label. Find the right balance of carbohydrates, calories and portions.

Carb counting sounds complex but with time, a person can find the right balance.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g



DISTRICT 11-B1 LEO UPDATE



In the first meeting of 2018 the Hanover Horton Leo Club members told of their experiences visiting the Countyside Retirement Community ahead of Christmas to pass out Christmas cards and sing carols. They also visited the Hillsdale County Medical Facility to pass out Christmas cards and hand made ornaments to 160 residents there. Zone Chair Al Lairson had chosen to visit our Leo club and in speaking to the club, Al encouraged the Leos to become involved in any activities of the club. He spoke about the Michigan Forum in Grand Rapids in February, the District's annual convention to be held in Ann Arbor in April. Al spoke of the District Governor goals for the year and stressed the importance of diabetes testing young people as well as older persons to prevent problems later in life.

During his visit, Zone Chair Al Lairson was the first to congratulate **Tony Brown** on becoming a new member of the Hanover Horton Leo club with the presentation of his Leo Pin.

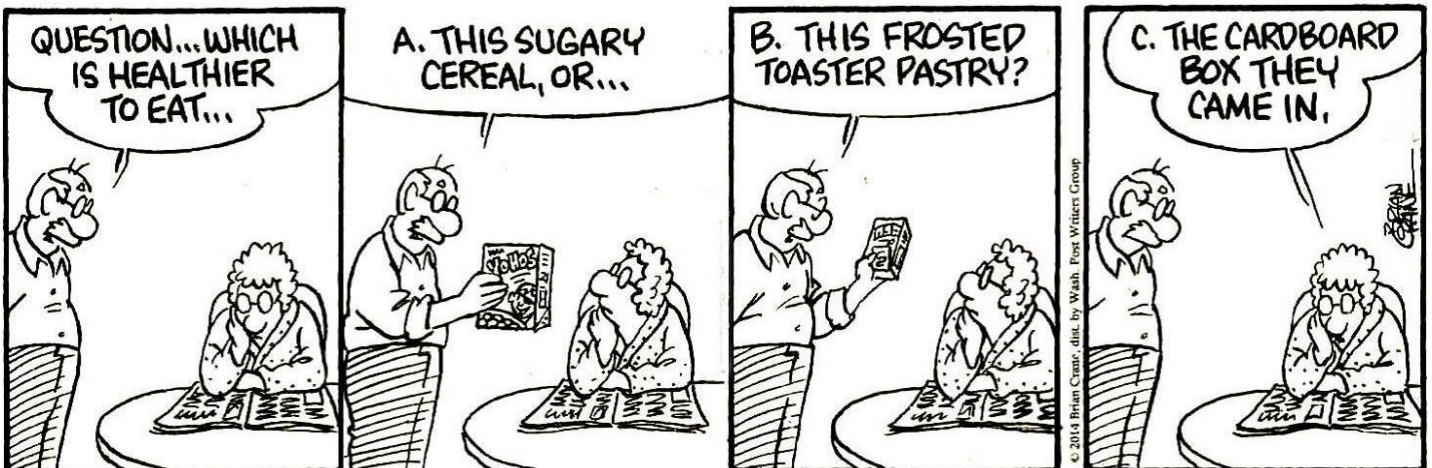
The club decided to repeat their Valentine day project for the third year, which is preparing a valentine package for the entire student body and staff at the middle school.



HIS & HERS The Manchester Lions Club selected Pat Kohmescher as the Lion of the Year, presented by President Lisa Chisnell, and at the same time, husband Ron Kohmescher was selected as the Clinton Lion of the Year.



Keep it in the Family!



* LION LINKS * AND OTHER COOL LIONS STUFF ONLINE

History of Lions: Growth & Expansion: <https://www.youtube.com/watch?v=cUeRP3QiW4A>

Lions Quarterly Video <http://www.lionsclubs.org/EN/news-media/videos/lq.php>

Good info about the LCI 100th Anniversary: <http://lions100.lionsclubs.org/EN/index.php>

The District 11-B1 e-District Website: <http://e-district.org/sites/11b1/>
Get up-to-date contact info and previous District Newsletters/Constitution & Bylaws/Policy Manual!

The District 11-B1 Facebook Page: <https://www.facebook.com/groups/118930264790057/>

December 2017 Lion Pride [http://lionsofmi.com/wp-content/uploads/2016/09/](http://lionsofmi.com/wp-content/uploads/2016/09/Small_December-PDF.pdf)
[Small_December-PDF.pdf](http://lionsofmi.com/wp-content/uploads/2016/09/Small_December-PDF.pdf)

December LION Magazine [http://digital.lionmagazine.org/publication/?i=451927#](http://digital.lionmagazine.org/publication/?i=451927#{)
[{"issue_id":451927,"view":"contentsBrowser"}](http://digital.lionmagazine.org/publication/?i=451927#{)

LCIF <http://www.lcif.org/EN/>

Michigan Lions at Work <https://www.youtube.com/watch?v=kWu-Ps6TViY>

Centennial Service Challenge 2017 [https://www.youtube.com/watch?](https://www.youtube.com/watch?v=IBM9rJQdE5g&feature=youtu.be)
[v=IBM9rJQdE5g&feature=youtu.be](https://www.youtube.com/watch?v=IBM9rJQdE5g&feature=youtu.be)

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.

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: If you send photos, 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 so we can cut & paste. Please use **Times New Roman 12** with no spacing if possible.



ROAR

It's not about size. It's about attitude.