



6C Newsletter - December 2017

DG Steve Kinsky

Chronology of a Lions Event

Here's a mini-chronicle of the Community Strides Walk for Diabetes held on Saturday, November 18. In reviewing what we did at each step along the way, I'm able to uncover some valuable information pertaining to the Walk that might make future ones more productive.

August 14: I receive the Diabetes Awareness article for the MD6 Newsletter from Cyber's **Janice Smith** and Chatfield's **Carol Louks**. The article notes the American Diabetes Association (ADA) Tour de Cure event in early September and its Camp for Type 1 diabetes-afflicted youth, a JDRF fundraiser, some LCI tips on how to conduct a diabetes screening program and a blurb about women and diabetes.

September 9: I attend Tour de Cure in Parker. Janice and I do the 3 mile walk. I notice numerous other diabetes advocacy organizations with booths. The event also features a bike ride with varying lengths - one as much as 100 kilometers. While we walk, Janice tells me of her annual Strides Walk for Diabetes.

September 14: Several of us meet at the ADA offices in the Highlands to discuss how to organize a District-wide Community Strides Walk that would combine the best of ADA and LCI resources to raise money for diabetes. We conclude that the best way to do so would be to feature the young campers at the Type 1 Camp in Woodland Park.

September 15: The Mane Lioner mentions a planned presentation on diabetes treatment to be conducted at the Trinity United Methodist Church in downtown Denver. Presenters would include Pleasant View's **Becki Sharp**, a retired nurse, Denver President **Dwight's Steen's** wife Peggy, also a retired nurse, Denver's **Eric Steen**, a podiatrist, and Englewood's **Jason Woodward**, a Type 1 diabetic himself.

October 6: Janice informs us of a helpful LCI Strides Activity Guide with a step-by-step outline of planning and execution.

October 7: First rendition of a Strides flyer surfaces. It's missing among other things a link to the ADA donation site. The flyer would be redone several times before the final product.

October 10: I realized that 6C's bank accounts include funds accumulated for Diabetes Awareness. Should some of these be used as a donation?

October 11: More work on the flyer. It includes some information about the many fun activities at the camp - archery, zip line, horseback riding, etc.



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Helping people see the world through different eyes...

October 11: We are introduced by Denver's **Fletcher Brown** to the pre-optometry school at DU. Can some of the students there be engaged to volunteer at the event?

October 11: Some corrections to the ADA donation page are needed. It's hard to figure out just who's conducting the Walk. Is it the District or the Cyber Club or Janice herself?

October 19: We receive a nice note from Emily Fay, Territory Director at ADA, regarding the campers' appreciation for our endeavor to help their families financially cover their week at the Camp this summer, July 2-7, 2018.

October 26: More logistics. ADA conference call, arrangements for Emily to speak at the upcoming Cabinet meeting, more issues with recording contributions on the ADA site.

October 31: Denver's **Susy Osorio Kinsky** reaches out to an acquaintance at strength.org, an organization that deals with childhood hunger. This is just one starch among many that she and I try as a means to raise money. Persistence helps!

November 2: Outreach to 2040 Partners for Health.

November 2: Outreach to my own siblings and nieces and nephews. I come from a big family, and as it ultimately turns out, they will really step up to help me reach my goal.

November 3: Outreach via Janice's Dress for Success event and to the radio station associated with the Opportunity Center in Aurora.

November 7: Another meeting at the ADA.

November 12: The diabetes presentation at Trinity United Methodist Church takes place. The event attracts 20-25 people, all of whose lives are currently being affected, either because family members or they themselves struggle with the disease.

November 13: I attend an organizational meeting of the medical staff and others who typically volunteer at the Camp during the summer. I'm impressed with their professionalism, their dedication and their experience. Twenty or so of the medical volunteers are needed at the Camp to assure the safety of the 270 campers. In addition, one hundred or so non-medical volunteers are needed to chaperone the campers in their 7-camper housing units,

November 14: Emily from ADA attends a Denver Lions luncheon meeting and promotes the Walk, which will happen the following weekend.



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November 14: We learn that 4 campers and their families will attend the event and speak about diabetes first-hand impacts on their lives. This will prove to be a valuable experience for me. I'll take time to re-read their bios, with the benefit now of being able to associate each story with a youngster whom I'll actually have met. I also gain a better feel for what my sister Mary Ann, who contracted diabetes when she was only 9 years old, must have gone through some 65 years ago, when the wherewithal for dealing with the disease was not quite what it is today.

November 18: The Strides Walk takes place, raising some \$3,500.



Some additional things learned:

- In the future, we should reach out to drug companies for donations. Per ADA's experience, they are generous donors.
- We should talk to the Rocky Mountain Lions Camp about the prospect of having a week for diabetic campers. The Camp is amenable to this, and Executive Director **Jodi Franke** has some past experience with a similar camp.
- There's certainly potential among parents of diabetic children to form a Club, and there will certainly be no lack of opportunity for service projects and motivation for fundraising!



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November 27, 2017



Well, I am running a bit slow...must be the turkey. Or, maybe the pumpkin and pecan pie. In any case, I truly hope you all had an incredible Thanksgiving Holiday! I am truly blessed with a great family and wonderful wife, along with many, many Lions friends. Thank you for all that you have done so far this year. Nearly a quarter of a MILLION people are also blessed because of your amazing acts of selflessness and compassion!

Last month I wrote a little about balance, and this month my intention is to add a bit more. The focus, is, well, *intention*. Balance doesn't happen by accident, rather, by design. I just ordered my 2018 Franklin Covey® planner, and I chose "The 7 Habits of Highly Effective People®" version. If you haven't read the book, I would encourage you to purchase it, read it, and internalize it. Steven Covey, the author, chose the word "Effective" intentionally. He talks about activities falling in four quadrants, the top being Important – I – Urgent; and, II -Important. The bottom being Not Important – III – Urgent; and IV – Not Urgent. Too often, activities fall in quadrants III (interruptions, some phone calls, mail, etc.) or IV (busywork, time wasters, "escape" activities, etc.)

Quadrant II is where effectiveness is borne. Preparation, prevention, clarification of values, relationship building and empowerment. When you truly map out what you want to happen, make it a priority and begin planning! Habit 1 is Be Proactive®, action versus re-action. Habit 2 is Begin with the End in Mind®. What will your finished product, goal or objective look like? Too often we react or wait for something to happen (Wait to be asked...?), or start working before we know what it is we are wanting to accomplish. Being intentional will help you develop your particular set of objectives, however you must allocate some time to think seriously about your direction. (Quadrant II) You also must do this without interruptions (Quadrant III)! Not every call, text or email requires and immediate response.

Get the book. And, let me know what you do to become more effective! Then, we can share and all be better Lions!!!! Be INTENTIONAL.

As of October 31, District 6C has 18 out of 30 clubs reporting nearly 8,846 hours of service, over 234,000 people served, 13,300 pairs of eyeglasses collected, \$66,600 raised and over \$118,000 donated. Thank you, Secretaries! Keep reporting!

"WE SERVE!" Liberty, Intelligence, Our Nations Safety. LIONS. I am proud to be a Lions, dedicated to the service of others! RRRROOOOOAAAARRRRRR

1sr VDG Lion Rick Argotsinger





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Colorado Lions KidSight Program December 2017

KidSight Screening Numbers from July – November 5, 2017

I have a stack of forms in my office so I know that our KidSight Colorado volunteers have been busy! In the state we have screened 27,512 children and referred 2,537 (9.3 percent referral rate). As you can see from the rates of referral rates the children of Colorado need and deserve a great vision screening program like KidSight Colorado. Thanks to the many volunteers in 6C who make this program so successful!



Get Ready for Colorado Gives Day December 5, 2017

Please mark your calendars! KidSight Colorado will again be participating in Colorado Gives Day which will be held on Tuesday, December 5, 2017. This day is designated as a day to support Colorado nonprofits who protect and nurture the quality of life in Colorado. KidSight Colorado

also earns monetary incentives based on the amount of donations we receive. Donations can be made by going to the Colorado Gives Day website, coloradogives.org and typing in the name Colorado Lions KidSight Program or by clicking on the bottom of the Home page at our website www.kidsightcolorado.org or go to ColoradoGivesDay.org. You don't even have to wait until December 5, you can schedule a donation for Colorado Gives Day anytime between now and December 5. Last year we raised about \$3,000 and I would love to double that this year. Remember any donation amount is appreciated.

Attention Online Holiday Shoppers – iGive and AmazonSmile



It is hard to believe but the holidays will be here before you know it. As you make your online holiday gift purchases you can log in to a website called **iGive.com** and shop at a number of participating online retailers. These companies will make a donation to KidSight Colorado simply because you purchased online with them through **iGive.com**. Companies participating include Cabela's, Macy's, Michael's, Office Depot, Teleflora,

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PetSmart, Walgreens and many retail clothing stores, airlines and hotels. All you need to do is designate the Colorado Lions KidSight Program as your cause. When you purchase through iGive merchants will contribute a percentage of your total shopping purchase to KidSight Colorado. Because the merchants make the contribution it doesn't cost you anything to participate in the program and KidSight benefits from your purchases.

Are you a hard core **Amazon** shopper? You can provide two donations at one time. Sign up for the **AmazonSmile** program at **AmazonSmile.com**. Just designate the Colorado Lions KidSight Program (KidSight Colorado) as your charity and then go to **iGive.com** and make your Amazon purchases on that site. KidSight Colorado will receive a donation from the Amazon Smile program and from the iGive.com program. If you need more information about this program you can go to the iGive.com or AmazonSmile websites or call me for additional information.



The Holidays Are Here!

KidSight Colorado hopes that your holiday season is merry and bright. We wish everyone a very Merry Christmas and a Happy New Year! As we close out 2017 I am honored to work with Colorado Lions who are passionate about serving their community, especially at this time of the year.
THANK YOU!

Holly Rutherford-Allen, Executive Director
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A proud member of the Chatfield Lions Club



December 2017

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Here are some more pictures from the Lions District 6C Strides Walk





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Helping people see the world through different eyes...

Hygiene Kits Service Project

**Submitted by
PDG Cookie Balk**



So what do you do with the hard eyeglass cases that amass due to your eyeglass collection activities?

Some of you provide those cleaned up eyeglass cases to Denver Rescue Mission; however, here is one idea that came out of this year's USA/Canada forum - - hygiene kits for the homeless.

After you scrub and sanitize the hard eyeglass cases, you fill them with supplies such as small packets of deodorant gel, hand and body lotion, shampoo and body wash, a couple packets of sanitizer wipes, a comb, toothpaste and small toothbrush, three band-aids, an emery board and a pen; whatever will fit. Last item, will be a label that can be placed on the case to let the recipients know who prepared the kit - - it could say Prepared by Lion Club members from and list your Club.

As we did at the forum, these kits can be assembled in a production line manner so that you can get everyone involved.

This could be a club project or a joint project with a Leo's Club or a district project. The sky's the limit.

Now put your creative thinking caps on.....what are other types of kits could you provide? What might be placed in a kit for a child? Or for a diabetic? If you come up with another idea, let us know.



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Louisville Lions changing shifts as they helped with "Let's Bag Hunger" campaign. This provides food for the Community Food Share in Boulder and Broomfield Counties. We will return to this King Sooper's location in a few weeks to Ring the Bell for the Salvation Army.

Louisville Lions working the trash/weed clean up on the Coal Creek Trail that they adopted years ago. Getting those last stubborn weeds before the wind spreads their seeds and the tumbleweeds start to tumble! to Ring the Bell for the Salvation Army.



Submitted by Lion Cathy Douglas
Secretary, Louisville LionsHello 6C Lions



Hello 6C Lions,
Things are going pretty well down here. Check out the pic with my father and Ronald Mcdonald.

I;m wearing the Lions Club Camp shirt - it looks pretty good. I sure do miss the CO Lions!

PDG Carl Gentzel



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JOHN SPICE 6C
2nd VDG Candidate

Dear Fellow 6C Lions,

I am again a candidate for 6C 2nd Vice District Governor.

I served 2 years in the Army, 1966-68, and worked in Saudi Arabia 20 years as a Project Manager and Administrator for an International Oil Company. I hold a Business Administration degree in Accounting from Trine University, Angola Indiana.

I joined the Golden Lions Club (GLC) in September 2000, serving a total of 9 years on the GLC Board as President 2007-08, Director - 4 years, VP - 3 years and Chairman of the Board. I also have served as chairman/member of various GLC committees e.g. Finance, Community Projects, Equipment Manager and 4th of July.

I serve as the current Zone O Chair for District 6C, voted a "Melvin Jones Fellow" in 2008-2009, twice voted "Lion of The Year" by the GLC membership, awarded a "Humanitarian Award" by the Colorado Lions Foundation in 2016 and was elected to serve as the 6C Trustee Representative on the Colorado Lions Foundation Board of Trustees.

I recently completed the **Advanced Lions Leadership Institute** which focuses on building the skills of Lions leaders to prepare them for leadership responsibilities.

I continue to see Colorado Lions' biggest problem as declining club membership. I believe one of the reasons is the lack of accurate and up to date social media and online presence. In today's world, this is how our younger generation and prospective members communicate. As the current MD6 IT Chair, I offered to help any club to setup, develop and maintain an e-Clubhouse website, and update outdated websites. My objective is to have every club in Colorado, starting with 6C, with an up to date and accurate website or Facebook page which will better promote Lionism and what we do. As a 6C Vice District Governor, I would continue to push for better promotion of our Lions Organization and the service we provide both locally and statewide.

Help the Colorado Lions by electing me
6C 2nd Vice District Governor.

Lion John Spice
Golden Lions Club
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December 2017

Helping people see the world through different eyes...

The *Centennial Airport Lions Club* cordially invites all Lions and Friends of Lions to our Annual Holiday Party!



Where: South Suburban's Family Sports Center
6901 S. Peoria St., Englewood, CO 80112

We will be in the Party Room on the 2nd floor next to the Avalanche Grill. An elevator is located on the first floor near the Pro Shop!

When: Thursday, December 7, 2017

Time: 7:00 AM - Doors open
7:30 AM - Program & Breakfast Buffet begin

Meal Cost: \$17.00 per person
Early Bird Special - \$15.00 per person if your payment is received by November 25th.

Inspiring Entertainment by: Grandview High School Choir & Salvation Army Band

RSVP by: November 26, 2017 to Lion Gwen Balk, Club Secretary,
303-218-2904 or gbalk@centennialairport.com

Mail your payment to: Centennial Airport Lions Club
7800 S. Peoria St., Box G-5
Englewood, Co 80112

- Bring some extra money for raffle tickets!
- We will be raffling off some great prizes!

Please bring a non-perishable food item for donation to the Schlessman YMCA's Food Bank!



December 2017

Helping people see the world through different eyes...

The Denver Park Hill Lions Club

Invites you and your guests to attend our

Memorial Christmas Breakfast Honoring
~ PDG Charles "Chuck" Elliston ~

holiday

With Guest Speaker

~ Dr. Terrie Richardson ~

Denver Black Health Collaborative

Dismiss suspicion, and replace it

with trust. With a listening. In your presence
Saturday, December 16, 2017

Give a soft answer to those who rebuke you, and your wrath will be turned away.
9:00 a.m. – 12:00 p.m.

into work and deeds. Keep your peace at all times. Forgive a grudge.
@ TREA

Forgive an enemy. Listen. Try to understand.
1599 Dayton St

Examine yourself. Learn. Think first of someone else.
Aurora, Colorado

Appreciate. Be kind. Reserve confidence.
(Prize drawings and a 50/50 Raffle)

Take up arms against malice. Express your gratitude. Go to services. Welcome a stranger

Donation \$15.00 *the heart of a child. Take pleasure in the beauty of life.* RSVP by December 6th:

Make Checks Payable to:
Park Hill Lions Club

Speak your love. Speak it again. Lion Burrell Mitchell

(303) 808-7690

Lion Tony Wilson

(720) 810-1736

Speak it still.

Once again!





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- December 5 Colorado Gives Day
- December 7 Centennial Airport Holiday Party
- December 16 Denver Park Hill Memorial Christmas Breakfast
- January 27 District 6C 3rd Cabinet Meeting
- May 8—9 MD6 State Convention / District Conventions Combined
- June 29-July 3 Lions Clubs International Convention—Las Vegas, Nevada
- September 20—22 USA/Canada Lions Leadership Forum—Columbus, Ohio



District Governor Steve Kinsky
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1st Vice District Governor Rick Argotsinger
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2nd Vice District Governor Holly Rutherford-Allen
 Email: hrutherfordallen@gmail.com
 Phone: 720-325-7078

Wishing you and yours all the joys and peace of this festive Holiday Season Yours in Lionism,

Lion Pat & PDG Corby

Please note:

District and club events are now on the calendar on the District 6C website:
<http://e-district.org/sites/6c/>

The deadline for submitting articles for this newsletter is the 25th of the month.

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