

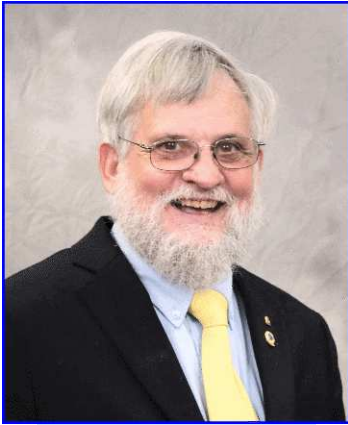
# DISTRICT 11-E2 NEWSLETTER



*Notable Quotes:* Rule number one is, don't sweat the small stuff. Rule number two is, it's all small stuff.  
— Robert Eliot, writer

## August 2022

## District Governor's Message



Rod Leathers

Hello District Lions,

One month of the new year is already gone. It is good to see our Lions out working hard to better our communities. Thank You to all the Lions who have been helping with the tornado clean up in Gaylord. That project will probably be going on for some time. They will be working every Saturday morning from 8 am till around noon. Watch your emails for exact times and sign ups.

We have received \$7500 from Lions of Michigan Foundation, over \$9000 from our clubs in our district, and \$20,000 grant from Lions Club International. We also have had two Saturday work parties. Truly "where there is a need there is a Lion". Let's continue the work and while you are there take pictures and send them to our GST Marie Leathers [marie@centrallakerealty.com](mailto:marie@centrallakerealty.com) or our district secretary Barb Durflinger [comdac@comdac.com](mailto:comdac@comdac.com).

While we're out doing our service projects let's be talking to the people in our communities about Lions. A small conversation can lead to new Lions and new Lions will make our clubs stronger and enable us to Serve more people in need. Quote from our International President Brian Sheehan "Together We Can" and Together We Will make our district and our Lions Clubs better than ever. Let's make sure we report our Service Projects if you need help, Lion Barb or Lion Marie can help get service reported.

I am looking forward to being able to report in June 2023 that District 11-E2 had their best Lion Year ever. Together We Can.

DG Rod



## 2022-2023 DISTRICT OFFICERS REFERENCE LIST

<b>DISTRICT GOVERNOR</b> <b>Rod Leathers</b> Central Lake Lions Club 231-350-0567 <a href="mailto:leathersrod@gmail.com">leathersrod@gmail.com</a>	<b>IMMEDIATE PAST DISTRICT GOVERNOR</b> <b>William Gaines</b> Oscoda Lions Club 253-219-8590 <a href="mailto:wgaines1111@yahoo.com">wgaines1111@yahoo.com</a>
<b>VICE DISTRICT GOVERNOR</b> <b>Steven Murch</b> Alpena Lions Club <a href="mailto:stevenmurch49707@gmail.com">stevenmurch49707@gmail.com</a>	<b>GLOBAL LEADERSHIP TEAM COORDINATOR</b> <b>Dave Zeller</b> Alpena Lions Club 989-657-4702 W 989-354-2175 <a href="mailto:dlzeller52@gmail.com">dlzeller52@gmail.com</a>
<b>2<sup>nd</sup> VICE DISTRICT GOVERNOR</b> <b>Jill Drury</b> Boyne Valley Lions Club 231-920-9645 <a href="mailto:drury@cctransit.org">drury@cctransit.org</a>	<b>DISTRICT GLOBAL SERVICE TEAM COORDINATOR</b> <b>Marie Leathers</b> <a href="mailto:marie@centrallakerealty.com">marie@centrallakerealty.com</a>
<b>CABINET SECRETARY/ TREASURER</b> <b>Barb Durflinger</b> Hillman Lions Club 989-742-2790 <a href="mailto:lionbarb@comdac.com">lionbarb@comdac.com</a>	<b>DISTRICT GLOBAL MEMBERSHIP TEAM COORDINATOR</b> <b>William Gaines</b> Oscoda Lions Club 253-219-8590 <a href="mailto:wgaines1111@yahoo.com">wgaines1111@yahoo.com</a>

**District 11-E2 Website:**  
[lionsdistrict11e2.org](http://lionsdistrict11e2.org)

Note: This information is up to date at the time of this publication, but is subject to change as adjustments are needed.

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### Lions Of Michigan Multiple District 11-E2 Counties

Alcona, Alpena, Antrim, Arenac,  
 Charlevoix,  
 Cheboygan,  
 Crawford, Emmet,  
 Gladwin, Iosco,  
 Kalkaska,  
 Montmorency,  
 Ogemaw, Oscoda,  
 Otsego, Presque Isle,  
 Roscommon



ZONE 1	CLUBS	ZONE 3	CLUBS
<b>ZC Dennis Gocha</b> <b>East Jordan Lions</b> <a href="mailto:dennygocha@gmail.com">dennygocha@gmail.com</a>	Boyne Valley, Charlevoix, Cheboygan, East Jordan, Indian River, Mackinaw City, Petoskey	<b>ZC Janice Kane</b> Alpena Lions Club	Alpena, Alpena Evening, Atlanta, Glennie, Hillman, Hubbard Lake, Mio
ZONE 2	CLUBS	ZONE 4	CLUBS
<b>ZC Marie Leathers</b> <b>Central Lake Lions Club</b> <a href="mailto:marie@centrallakerealty.com">marie@centrallakerealty.com</a>	Central Lake, Elk Rapids, Grayling, Houghton Lake, Lewiston/ Lewiston Lioness Lions, Roscommon- Higgins Lake	<b>ZC VACANT</b>	Beaverton, Hale, Harrisville, Lincoln, Oscoda, Prescott- Skidway Lake, Rose City,

# Vice District Governor's Message



Steven Murch

## Greetings, fellow Lions,

I recently attended my nephew's wedding (he's my brother's son) downstate and as you would expect, especially at a smaller wedding, it was a chance to catch up with my sister-in-law's side of the family. As is usually the case – I would assume for most of you as well – there were plenty of hugs and handshakes, as well as smiles and laughter.

There is an old adage that says we have two families, the one we are born into and the one we choose. As Lions we have a third family and this one we also chose. Like all families, we have our ins and outs, ups and downs – but we won't focus on that part.

This family we have chosen to join – a Pride of Lions if you will – is an aspect we need to do a better job of promoting. Whether it's looking for new members or serving our community, we need to make sure that others know we are a family.

Families make sure to help their own, and by having a rapport with a diversity of people from the community and developing our own family we are showing our community that we are invested in its well-being. All of us as Lions have varied interests in our community but as a collective we have an overwhelming appreciation for our community and want to help it be the best version it can be.

That's the message we need to be making sure we project and show the community. "We Serve" isn't just a motto, it's a belief and core to what we do as Lions. "Kindness Matters" isn't just a slogan, but a reason for our service.

Our family of Lions can be a real recruiting tool as well. When people see the connections we have made within our organization they can see that we are united not only by a shared goal of helping our community, but also by the camaraderie we have developed.

When you approach a potential new member, after you have discussed all the things your club does for the community, and discussed the expectations/hopes you have for members, you need to make sure you have told them about your family of Lions. It's human nature to be drawn toward acceptance and common goals.

It's up to us as Lions to help newcomers feel welcome and wanted. If we can do that we will have stronger – and larger – clubs. The stronger our clubs are the more they can serve the community. It's a cycle that we are all familiar with, and it's one we all take for granted occasionally. We need to kick that habit and always strive to improve upon ourselves as Lions and as a Pride/Family of Lions.

We all know the various tools we have to try and recruit new members, but let's not forget the importance of this family we have joined. By highlighting the group of people we have as part of our organizations we give potential members, and our community, one more reason to be a part of something bigger than ourselves.

Our clubs want to make a difference in their communities, so let's show the communities the people who are making those differences. The results should be a positive for everyone involved.

Thank you for all you do.



**We Serve**



A message from:

**Jerome Thompson**

**Past International Director,  
GAT Constitutional Area 1 Leader**

As Your Global Action Team Leader for Constitutional Area (CA) 1, let me be one of the first to congratulate you on being selected to lead your club. Over the next 12 months, your GAT Area Leader and I will be available to assist you in reaching your club goals, allocating resources, and coaching you through some difficult times. Please let us know how we can be of assistance. Below is the list of GAT Area Leaders in CA 1.

CONSTITUTIONAL AREA 1 (USA)		PID Jerome Thompson
A	MD 2, 3, 8	PCC John Landrum
B	MD 4, 36, 49(AK), D 50	PDG Mark Piva
C	MD 5 (ND, SD), 5M (MN)	PCC Matthew Huggenvik
D	MD 14, 24, 29	PCC Martin Alford
E	MD 1, 27, D 10	PCC Darren Van Duyn
F	MD 16, 20, 22	PCC Winster Ceballos
G	MD 6, 38, D 15, 37	PCC Randy Ritterbush
H	MD 21, 28, 39, 40, D 46	Lion Richard Stevenson
I	MD 11, 13, 25	PDG Dave Wineman
J	MD 7, 9, 17, 26	Lion Eric Strimple
K	MD 23, 33, 44, D 41, 42, 45	PCC Hilary Kumnick
L	MD 51, 60	PCC Miriam Vázquez
M	MD 18, 31, 32, 35	PDG Jacqueline Tripp
N	MD 12, 30, 34, 43	PID Thomas Matney
O	MD 19 (WA, ID)	PCC Polly Voon
P	MD N (ME)	PDG Orest "OJ" Wilura

## The goals of all districts in CA 1 are as follows:

- Add 35,000 members to existing clubs
- Charter 250 new clubs
- Drop less than 34,000 members from existing clubs
- Serve 30,000,000 with 70% of clubs reporting
- Leadership - 75% of districts and multiple districts report at least one Learning activity in MyLion

## Here are a few links you may find helpful:

**How to Host a Membership Growth Event**



**Club President/VP E-book**



**Club Secretary E-book**



**Club Treasurer E-book**



**Club Membership Chair E-book**



**Zone Excellence Award Application**







## Lions Clubs International

### Dear Lions Club Officer,

Congratulations on your term as an officer of your Lions club! You hold a unique position to empower your club and guide it to success during your term.

To ensure your success, here are some helpful tools and resources as you begin your term.

#### Tools and Resources

- **Webpages and e-Books** – Take a minute to visit the webpage designed for your position. Each page provides materials and resources as well as e-Books to assist you as you begin to serve in your new role.
  - [Club President /First Vice President](#)
  - [Club Secretary](#)
  - [Club Treasurer](#)
- **Standard Club Structure** – Help your club officers understand their roles and responsibilities in the new Standard Club Structure. The sample structure includes officers, board of directors and standing committees. This provides guidance to the overview of your club's layout.
- **Standard Club Constitution & By-Laws** – Provides key club responsibilities, policies, guidelines and other helpful information to guide your club. This document may be amended and customized to meet your club's needs.

#### Recordings

The District and Club Administration Division has launched several recordings to help you in your role.

1. **Club President/Vice President:** Learn more about your responsibilities as club president, the tools/resources available and more. Visit the [club president/vice president webpage](#) to download and listen to this informative recording.
2. **Club Secretary:** Learn more about your responsibilities as club secretary, the tools/resources available, MyLCI and more. Visit the [club secretary webpage](#) to listen to this helpful recording.
3. **Club Treasurer:** Learn more about your responsibilities as club treasurer, the tools/resources available like the Best Practice for Financial Transparency. Visit the [club treasurer webpage](#) to download and listen to this helpful recording.

#### MyLCI

Register in [MyLCI](#) today! As an officer, you will receive important information like updated billing statements and have access to your club's roster to make updates. It also allows you to keep your meeting information current.

#### MyLion

Connect.Serve.Report! Use this [site](#) to report club service, plan service projects, connect with other Lions and create personal profiles.

Finally, if you are a Facebook user, visit us at [Improving Lions Club Quality](#) where you will find helpful information from Lions around the world. You can post questions, comments, stories and share new ideas to improve your club's quality.

We look forward to supporting you and your club. Please contact us if you have any questions at [clubofficers@lionsclubs.org](mailto:clubofficers@lionsclubs.org).

Sincerely,

Your District and Club Administration Division Support Team

( Find more information online )

This email was sent to the following officers: club presidents, club first vice presidents, club secretaries, club treasurers.



## We did it – together!

More than US\$300 million raised! Thank you for everything you did to make Campaign 100: LCIF Empowering Service a huge success. LCIF is making a difference because of your support.

Greetings Fellow Humanitarian,

On behalf of the Lions of the world and Lions Clubs International Foundation (LCIF), we want to thank you for your outstanding commitment to Campaign 100: LCIF Empowering Service.

It was our sincere pleasure to announce at the 104th Annual Lions International Convention in Montreal that we successfully reached – and even exceeded – our campaign goals.

Because of your leadership and support, LCIF raised a total of US\$325 million during this historic campaign.

We are grateful to each and every one of you for everything you have done to make this campaign so successful. We could not have accomplished this amazing milestone without your hard work and dedication. This success is a reflection of your leadership and humanitarian spirit.

Throughout your years of service to this campaign, your leadership and example helped ensure that LCIF can continue empowering those serving to improve health and well-being, strengthen communities, and protect the vulnerable in the years and decades to come.

Even during the course of the campaign, the impact of Campaign 100 was felt globally through:

- New grant programs in Childhood Cancer and Hunger to improve quality of life for those in need
- Mobilized the Refugees and Displaced Persons fund to provide safety and security for those fleeing their homes during immensely challenging times
- Increased ability for LCIF to quickly award grants in times of disaster and during global crises like the COVID-19 pandemic
- Continued support for the world's youth through Lions Quest programming and grants
- Innovative grant projects to protect and restore our environment to improve the well-being of all communities
- Lives changed for the better – many even saved - because of Lions' service in vision, diabetes and other humanitarian efforts globally

We should all be very proud of what our organization was able to accomplish because of LCIF and Campaign 100.

Let us not forget that the needs of the world continue to grow, and we must build on this campaign success to ensure the future of our foundation's ability to magnify our service to those in need around the world for generations to come. We thank you for your continued support, and look forward to working with you in service in the years to come. While the campaign is coming to an end, our work together as Lions empowered by LCIF continues.

With sincere gratitude,

**Dr. Jitsuhiro Yamada**  
**Past International President**  
**Campaign 100 Chairperson**

**J. Frank Moore III**  
**Past International President**  
**Campaign 100 Vice Chairperson**

## Gaylord Tornado Recovery Effort Updates: July

comdac@comdac.com — Mon, Jul 18, 5:52 PM

The Gaylord work day originally scheduled for Saturday has been postponed until Saturday 7/30 as they are still waiting for the trailer foundation inspections. I will keep you posted. Please let your club members know.

**CST Barb**

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comdac@comdac.com — Tue, Jul 19, 9:50 AM

Below is some more information on the next clean-up day. There will probably be a sign-up link sent out like last time. I will forward that when I get it.

**Barb**

Hi Erin.

We have updated the tentative date of July 23rd, 2022 to the following.

Saturday, July 30th, 2022, 8a-1p, they may park in Nottingham over by our home base of 470 Nottingham Road West.

We would like about 20 people. Some will be doing yard work and others will be assisting in the DEEP clean of a home that was occupied by a 'collector' of items. The cleaning will involve the removal of trash and the actual cleaning of the home.

Let me know if you have any questions about the event since I am the project manager for Tornado repairs I aim to be quick in my response to inquiries involving them.

With gratitude.

Felicia Guyot

Office Manager

Project Manager

Otsego-Antrim Habitat for Humanity

526 Edelweiss Village Parkway

Gaylord, MI 49735

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comdac@comdac.com — Tue, Jul 19, 11:53 AM

Here is the link to sign up to work in Gaylord next Saturday. Let me know if you have any questions. Please share with your club members.

**CST Barb**

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**From:** Erin Mann

**Sent:** Tuesday, July 19, 2022 11:20 AM

**Subject:** Sign Up Link For 7-30

Hello Barb and Phil:

<https://www.signupgenius.com/go/904094AAEA829A0FC1-july2>

Here is the sign up link for 7/30. We are giving your groups the opportunity to sign up first before we open it up to our United Ways this Friday. Please let me know if you have any questions or concerns.

Thank you-

Erin

Erin M. Mann, MPA -- Executive Director -- Otsego County United Way

989.732.8929 -- 116 E. 5th St. -- Gaylord, MI 49735

(Cont'd)

**Gaylord Tornado Recovery Effort Updates: July****Volunteer Day! Saturday, August 6th!**

There is another clean up scheduled in conjunction with Habitat For Humanity this Saturday in Gaylord. I went last Saturday, but this coming Saturday I am committed to helping Linda with Kids Sight in Rogers City.

If you go, I would urge you to wear long pants, hiking type boots, a hat and a mask as this mobile home is waist high in items (that's a kind word) that need to be hauled out into garbage bags. There are mouse droppings on everything! There is no bathroom available.

This task is to clean out the mobile home from a person who didn't take care of it (or herself) so Habitat can make the arrangements to turn it over to another person to live there. I met the lady and her boyfriend who are going to move into it. They are a nice couple, and they are so excited to receive this mobile home to live in. They also assured me that they would take care of it. They were very appreciative of our help, as without Lions and Habitat people, they would not have had a chance to make it habitable for maybe a year.

Jean Manning



Otsego-Antrim  
**Habitat**  
for Humanity®

**Good Afternoon ALL!**

I am reaching out to remind you that we will be having another Volunteer/Clean-up day in Nottingham Forest Mobile Home Park. We will be continuing the work we started last week.

**The Details:**

**When:** Saturday, August 6th, 2022

**Time:** 8am-1pm

**Where:** Nottingham Forest Mobile Home Park

**Meet-up and Parking:** We will be working closer to 458 Nottingham Road East, feel free to park near this address\*

*\*Please be kind to the residents and do not block their driveways.*

We will be doing yard work and indoor debris removal,  
so please dress and prepare accordingly.

If you have the ability to bring some yard work equipment that would be wonderful, if you cannot do not let that stop you from giving us a hand for a few hours.

We will have cold water available for everyone and are planning to provide lunch.

Please use the Google Form Link below to RSVP  
so we know we can prepare for the correct number of helpers.

<https://forms.gle/K6irc6PtueoCpb7SA>

We are VERY excited to continue our work within our community!

Past Issues

Translate ▼

With gratitude,

Otsego-Antrim Habitat for Humanity Staff



# Calendar of Events

## AUGUST 2022

**District 11-E2 Cabinet Meeting** — August 20, 2022 – 10:00 a.m. — Durflinger's Residence — Cabinet meeting followed by potluck.

## SEPTEMBER 2022

**Labor Day Holiday** — September 5, 2022

**Autumnal Equinox** — September 22, 2022 — First day of Fall



## PASSINGS REPORTED



### NONE REPORTED

*We honor those who have passed; with sympathies & condolences to family & friends*

## NEW MEMBERS REPORTED — JULY

Hubbard Lake Lions: James R. Lemke – Joined: 06/20/2022 – Sponsor: Victor Galea

Indian River Lions: Tim Rupert – Joined: 06/21/2022 – Sponsor: Ronald Morgan  
Mary A. Rice – Joined: 07/04/2022 – Sponsor: Clayton Campbell

## On the Mend Reported

NONE REPORTED

## Boyne Valley Lions

**JULY 2022**

*From Boyne Valley Lions Club Meeting Notes for July 13, 2022*

The club met at the 5 p.m. Induction meeting and dinner to induct the new board officers. District Governor Rod Leathers was present to administer the oath to the club officers.

Dinner included: grilled chicken, pulled pork, hot dogs, several salads, desserts, and beverages were served.

Lion **Julie Haase** was inducted as 2nd Vice President.. Lion **Ralph Gillett** was inducted as Treasurer.

Lion **Larry Taylor** was inducted as Secretary. Lion **Michele Cortright** was inducted as Membership Chair.

Lions **James Richman** and **John Cool** were inducted as Directors Meeting was adjourned at 6 p.m.,



## Central Lake Lions

**JULY 2022**

Central Lake Lions pitching in to help with the cleanup from the Gaylord tornado are Ben Benner, Dennis Richardson, Rod Leathers, Mark Lowis and Shelley Lowis. (From left clockwise: Dennis & Rod; Shelley; Mark; Ben)

Central Lake held their annual chicken BBQ on the 4th of July, serving 400 chicken dinners. The Boy Scout troop sponsored by the Lions club was a welcome sight as they helped with the clean up after a long day!

(Picture, below)





## East Jordan Lions

### JULY 2022

*June 20, 2022:*

East Jordan Lions awarded **Bob Noll** the Melvin Jones award, **Linda Gocha** the Lion of the Year award, and **Adam St. Onge** the Perfect Attendance award.



These East Jordan Lions received the Chevron service award:

**Terry Graham** - 10 years  
**Bill Chase** - 15 years  
**Greg McGeorge** - 10 years  
**Jim Wray** - 15 years  
**Tim Streufert** - 20 years





## Oscoda Lions

### JULY 2022

Oscoda Lions Ramp Builders **Tony Priebe, John Novak, Bob Drogosch**, and **Chuck Andrina** built a ramp out at the Sand Lake area. They picked up lumber at 8:00 am and finished the project a little before 4:00 pm. They turned the two truckloads of lumber into a 40' ramp and raised the deck area approximately 7" by building a new 12x12" deck on top of the preexisting one.

The homeowners were having trouble accessing their home as one was on a walker and the other using a cane. They were very pleased with the finished product and presented the club with a check for a donation. The neighbors across the street applauded us for our assistance to the couple.



Lumber for the project brought in by two vehicles



Above: Tony Priebe,  
John Novak

Home owners

Based on our list of projects this is the 70th project the club has completed to help people in need access their homes. WE SERVE.

— Left: Tony Priebe, Bob Drogosch, Home owners,  
John Novak



Right: Tony Priebe, Bob  
Drogosch, Home owners,  
John Novak



Thanks to Chuck for this report.



**CORONAVIRUS UPDATES – August 01, 2022**

This is a snapshot of the World, Nation, and State of Michigan statistics on **August 1, 2022**. Numbers may be different by the time you read this as the COVID-19 **Variants** continue to infect more more, (or less).

(Info from N Times info, WHO, CDC & michigan.gov. & other health websites)

**World Statistics**

**Cases: 577,698,854** ❖ **Deaths:**

**6,398,104**

**U. S. Statistics**

**Cases: 91,296,123** ❖ **Deaths: 1,026,937**

**Vaccinations (1 or more doses) Summary:** Age: 6 Mos.+ : 1 or +1 dose

World: 69% — United States: 79% — Michigan: 68%

(Statistics may vary monthly as new information and corrections are applied)

**District 11-E2 Statistics**

□ Highest No.



= Lowest No.

11-E2 Counties	Cases Reported	Deaths	% Vaccinated
Alcona:	1,798	72	61.45%
Alpena:	5,963	143	58.81%
Antrim:	4,775	70	63.33%
Arenac:	3,465	72	55.70%
Charlevoix:	5,321	60	67.89%
Cheboygan:	5,184	109	59.85%
<b>Crawford:</b>	2,829	<b>34</b>	56.55%
<b>Emmet:</b>	<b>6,966</b>	94	<b>71.80%</b>
Gladwin:	5,969	119	52.42%
<b>Iosco:</b>	5,162	<b>151</b>	61.50%
Kalkaska:	3,990	62	51.55%
Montmorency:	1,816	49	59.29%
Ogemaw:	4,572	109	49.65%
<b>Oscoda:</b>	<b>1,534</b>	57	<b>47.20%</b>
Otsego:	6,131	104	58.57%
Presque Isle:	2,205	61	65.15%
Roscommon:	5,012	120	60.30%
<b>Totals</b>	<b>72,692</b>	<b>1,486</b>	<b>Total Avg: 58.88%</b>

\*Vaccination % have decreased due to the addition of 6 months to 4 years ages being added

Vaccination % = number of county residents vaccinated (1 or 2 doses) divided by the total county resident population 5+

## COVID Update: Latest Stats

As of August 1:

- An average of 2,808 cases per day were reported in Michigan in the last week. Cases have increased by 18 percent from the average two weeks ago. Deaths have decreased by 14 percent.
- Since the beginning of the pandemic, at least 1 in 4 residents have been infected, a total of 2,672,312 reported cases. At least 1 in 267 residents have died from the coronavirus, a total of 37,428 deaths.
- January 2022 was the month with the highest average cases, while April 2020 was the month with the highest average deaths in Michigan.
- U.S.: Known daily case counts have seen little change in the past two weeks, continuing at an average of roughly 130,000 new cases reported each day. This figure is certain to be an undercount, given the popularity of home tests that are not included in official data. But, while these case numbers do not capture the full scope of the current outbreak, they do—like some other data points—suggest a relatively steady pace in recent days.

## Diary of a COVID Experience



Like most people, I've done whatever is necessary to avoid getting COVID.

However, I was totally gob smacked when my wife, Lynne, came down with COVID. We don't know when or where she was infected. The first symptoms, a runny nose and headache, appeared on Sunday evening, July 24th. For the next 2 days, she slept, had hot fevers and cold shivers, sneezed and coughed, hardly left the bed, and didn't eat much. COVID test kits showed she was positive, I was negative.

I knew that despite being tested negative, there was no chance that I could avoid the virus since I had already been exposed to and probably infected by the virus before her symptoms occurred. By the third day she was beginning to feel better, and by Thursday, July 28, she was getting closer to normal. She still felt tired, having little energy, and coughed and sneezed frequently. We tested ourselves again, and she still tested positive and I was still negative. I began to wonder if maybe I was not infected; maybe I had dodged the bullet.

On Friday evening, July 29, I started to feel pressure in my sinuses, and something just short of being a headache in the back of my head and neck, and developed a runny nose. Yep, I had COVID. I woke up the next day, July 30, feeling lousy, feverish, and totally drained of energy. I spent most of the day in bed, sleeping and watching some TV. Testing showed that she was negative for COVID, and I tested positive.

On Sunday, July 31, I felt much better. I still had the runny nose, some coughing and sneezing, and certainly was not up to normal energy level – and I needed a couple naps. When I say “cough”, I don't mean a regular cough – I'm talking about a deep, wheezing, powerful cough that makes abdominal muscles sore, a cough you can't stop, and can barely endure. When I mention “sneeze” I mean a formidable, loud blast of air that threatens to blow your teeth out. VERY unpleasant! But I did get up and walk around, did some computer things, even took our Chocolate Lab dog Rudy out to the local lake where no one else was, to throw a ball so he could swim out and retrieve it. (*Pets typically have routines that get messed up by COVID or other ills; interact with them so they feel some assurance that your bonds are secure even if they can't get long walks or play ball.*)

On Monday, August 1, I woke up with a feverish sweat. I felt better soon after getting up and walking around – I almost felt normal. I still had a runny nose, had a cold shiver, and coughed and sneezed occasionally, but the severity had definitely lessened, and my energy was up a few notches.

We both took a lot of supplements, vitamins, and essential oils, which I think did help a lot. I'm assuming that the variant we've dealt with is the Omicron BA.5 as it is so easily spread. I seem to be recovering fast, but I do wonder if there will be any long-term lasting symptoms as reported with earlier variants. Fortunately, the death rate of the BA.5 variant doesn't come near to that of the Original COVID and Delta variant. If I was to put our experiences in a comparative category, I would say that this variant of COVID is like having a VERY BAD cold, though other people may experience it differently. It didn't cause vomiting and diarrhea like the flu, but targeted the respiratory system, lungs and sinuses — COVID is in the same coronavirus family as the common cold viruses. Our experience was hell for the first 2 days, followed with a fairly swift recovery. (*Update*: I tested Negative on Thursday, August 4). All in all, I don't recommend getting COVID!

**BE KIND. MASK UP + SOCIAL DISTANCE + WASH HANDS + VACCINATION = STAY SAFE!**

# Pictures of the Month



Sunset pictures taken July 22, 2022 in Harbor Springs: **Above:** A massive Cumulonimbus cloud fills the western sky with fiery color just after sunset. **Below:** A couple of Cumulonimbus clouds form in the southern sky at altitudes where the sun still shines. Cumulonimbus clouds are the stormy "thunder clouds" that bring lightning, hail, winds, and heavy rain — in Nature's sky realm of phenomenal beauty and ominous power.



# You Make the News – We Publish It!

Didn't find any mention of YOUR Lions Club in this issue?

Send your information to: [dlzim47@gmail.com](mailto:dlzim47@gmail.com)

**NOTE:** Submissions received after the 4<sup>th</sup> of the month will be printed in the next month issue

- **Activities:** Service Projects, Fundraising Events, Club Events – What You DO!
- **Club Milestones:** Awards, Club Officers, New Memberships, Passings – What Is Happening With Your Members!
- **Photos of Service Activities, Fundraising Events, Awards, etc.**

\* **Photos:** Should be 300 pixels for good quality. **Include names of individuals in photos,** and/or describe **what the photo is showing.** **Text:** Include dates and names (if applicable) for all events submitted. Text will be edited as needed for space, spelling, corrections, etc.

This District is complex, with a variety of things going on throughout. We can learn much from each other, and I'd like to see more communication among Clubs for the growth and benefit of all.

**DON'T BE LEFT OUT!!**



We Serve

## Racism has no place in our world.

Our organization depends on the incredible diversity of our members around the world because great things can only be achieved when we are united.

#kindnessmatters



Lions Clubs  
International



Lions Clubs International  
FOUNDATION