

Notable Quotes: "You cannot do kindness too soon, for you never know how soon it will be too late." — *Ralph Waldo Emerson*

JULY 2023

District Governor's Message



DG Steve Murch

Greetings fellow Lions. We have officially started a new Lions year and I am excited to be your district governor.

As your district governor, I was tasked with setting goals for the district that we hope to achieve over the next year. These goals have been upload with International and our success will be charted.

District governors have to set five goals – four categories are predetermined and one is a custom goal that I was able to choose myself.

My goals all will help our district grow and flourish, and they are as follows:

Membership: LCI automatically had a goal of adding a club as part of the goal, so my goal was to achieve a net increase of 15 Lions, which considering a new club needs 20 people is actually losing five members. Let's get the new club and not have a net increase without the new club to boot.

Leadership: I set a goal of adding three Guiding Lions to our district. Growth within the district is at a critical stage for us, and Guiding Lions will play a key role in helping us achieve that growth.

Service: My goal is to have 100% of district clubs reporting their service. We all have service, but many of our clubs have been quite lax in reporting; others haven't been doing it at all.

LCIF: My goal is for 100% of clubs to donate to Lions Clubs International Foundation. We have several clubs that haven't give in a number of years. The importance of LCIF cannot be overstated and the participation of all clubs is vital its success.

Custom goal: My goal is for the district to have one new Leo club before the end of the Lions year. We have one Leo club in the district, and we should have more. There are clubs in the district that have discussed having a Leo club in the past, so it shouldn't be hard to complete this.

All of these goals are designed to help our clubs thrive, and I believe none of them is unrealistic. Together, we can achieve them and make our district a shining start.

I look forward to seeing all of you over the next 12 months and finding out more about your Lions stories.

Remember, We Serve.

2022-2023 DISTRICT OFFICERS REFERENCE LIST

DISTRICT GOVERNOR Steve Murch Alpena Lions Club stevemurch49707@gmail.com	IMMEDIATE PAST DISTRICT GOVERNOR Rod Leathers Central Lake Lions Club 231-350-0567 leathersrod@gmail.com
VICE DISTRICT GOVERNOR East Jordan Lions Dennis Gocha 231-350-1906 dennygocha@gmail.com	GLOBAL LEADERSHIP TEAM COORDINATOR Dave Zeller Alpena Lions Club 989-657-4702 W: 989-354-2175 dzeller52@gmail.com
2 nd VICE DISTRICT GOVERNOR Central Lake Lions Marie Leathers marie@centrallakerealty.com	DISTRICT GLOBAL MEMBERSHIP TEAM COORDINATOR TBD
CABINET SECRETARY/ TREASURER Barb Durflinger Hillman Lions Club 989-742-2790 lionbarb@comdac.com	DISTRICT GLOBAL MEMBERSHIP TEAM COORDINATOR TBD

District 11-E2 Website:
lionsdistrict11e2.org

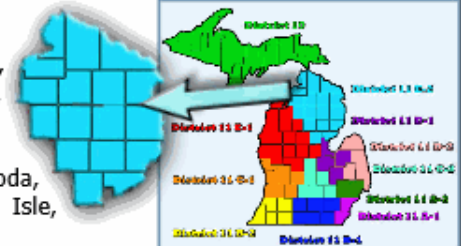
Note: This information is up to date at the time of this publication, but is subject to change as adjustments are needed.

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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
ZC Tim Timmers East Jordan Lions timmertcnsbismybank.com	Boyne Valley, Charlevoix, Cheboygan, East Jordan, Indian River, Mackinaw City, Petoskey	ZC VACANT	Alpena, Alpena Evening, Glennie, Hillman, Hubbard Lake, Mio
ZONE 2	CLUBS	ZONE 4	CLUBS
ZC VACANT	Central Lake, Elk Rapids, Grayling, Houghton Lake, Lewiston/Lewiston Lioness Lions, Roscommon- Higgins Lake	ZC VACANT	Beaverton, Hale, Harrisville, Lincoln, Oscoda, Rose City



Lions Clubs International

Dear Lions Club Officer,

As the 2022-2023 Lion year comes to a close, Lions Clubs International wants to make sure that your club receives the recognition it deserves.

The [Club Excellence Award](#) serves as the club's roadmap to excellence, focusing on the key elements of a quality club: membership, service, organizational excellence and marketing. This award is more than an award...it is proof that a Lions club is strong! Review the criteria that is outlined in the [2022-2023 award application](#) and we encourage you to apply for the award today.

One area to ensure your club's goals are met is marketing. Check out the marketing tools available to you on the [marketing webpage](#) as you finalize your application or start planning for next year's award.

Please note that while all award applications should be submitted to the District and Club Administration Division no later than August 31, 2023, ***the time to accomplish the goal requirements is now.***

If you have any questions about the Club Excellence Award, please contact us by email at clubexcellenceaward@lionsclubs.org or by phone at (630) 468-6828.

Finally, as the new year approaches, make sure to meet with your incoming club officers to help them as they get ready to take office. To ensure their success, review some helpful resources and tools with them, such as:

- **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. It may be amended and customized to meet your club's needs.

If you have any questions regarding the year end or resources available, please contact us by email at clubofficers@lionsclubs.org or by phone at (630) 468-7084.

We congratulate you on a great year as club officer!

Sincerely,

Your District & Club Administration Division Support Team

This message was sent to Club Presidents and Club First Vice Presidents.



A message from:

Jerome Thompson

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



THERE IS NO INTERMISSION

Thank you for your service to your club, zone, and district over the past fiscal year. Lions International is better because you volunteered to lead. As we sprint toward the finish line and prepare for greater success moving forward, we are counting on you.

As 2022-23 fiscal year quickly comes to a close, there are a few things to be accomplished:

1. Enter your 2023-24 officers using MyLCI.
2. Enter service for this year. 60% of clubs have reported one service project this year.
3. Complete the Club and Zone Excellence Award applications.
4. Add a few more members before June 30, 2023.

Here comes your successor catching up to you and reaching for the baton. Since needs do not pause, neither can we stop serving. Rather, we are building momentum to find greater success. As the dawn of a new fiscal year begins to rise over the horizon, there are a few things to be done to insure a great year:

1. Use the Global Membership Approach for Clubs process to establish club goals.
2. Communicate the plans of actions developed to reach those goals.
3. Begin now to plan your first Quarter Membership Growth Event.
4. Develop a communication calendar.

"Together We Can..." and Together We Will... Those in need are counting on us. We, the Lions, may be the only hope in the life of someone in need.

And on a personal note: I am honored to have served as the Constitutional Area 1 (USA and Affiliated Countries) Global Action Team Leader for the past 6 years. During this time, I have observed a group of dedicated Global Action Team Area Leaders build relationships and mentor district leaders. Today we are better because of the Area Leaders dedication to our association.

It is time for me to pass the baton. Running alongside me, for the past several months, is Past International Director Pat Vannett. Lion Pat is dedicated to seeing our association grow in service, membership, and leadership. Her enthusiasm is contagious. I am so excited to be able to cheer her on to greater success. Please join me in welcoming PID Pat to the stage of greater leadership and success.



Sept. 21-23, 2023

THE RENO REVIEW



JULY 2023

The Latest News & Information for the Reno 2023 USA/Canada Lions Leadership Forum

A MESSAGE FROM OUR GENERAL CHAIR – JAMA WAHL



The General Sessions at the Forum are the four meals included in your registration. At each of the meals professional speakers will share their messages to motivate, inspire and engage Lions.

On Thursday evening, Floyd Smith, San Diego's

living legend, will share his music and his Lions' story. Yes, he is a Lion! Smith is known as a pillar of the community as well as a quadruple threat, being a singer/songwriter, entrepreneur, mentor, and philanthropist.

At noon on Friday, Donna Hartley will deliver an inspirational message of survival. She is a storyteller who inspires, energizes and entertains. She will deliver an inspirational message with a twist of humor and a bit of drama.

During the Saturday lunch, our then International President Dr. Patti Hill will share her vision for Lions as we serve worldwide.

Then Saturday evening, professional motivational speaker Striker Corbin will share life lessons from his experience as a personal success coach. He promises a few laughs along the way.

Each table at the Forum will be hosted by a Lion Leader. Lions have a chance to sit with current Executive Officers, sitting International Directors, Past International Presidents, Past International Directors and the members of the Planning Committee. Just think of the conversations that can

be had about leadership, service and membership while enjoying a lovely meal.

Seating for the general sessions is determined by the color of your name badge lanyard. This ensures that everyone has a chance to sit toward the front for one meal. Lions are encouraged to sit with different people at each meal to network, share information and compare ideas. Much can be learned while sharing a meal!

We want to see you Reno!

Up and Away with Leadership

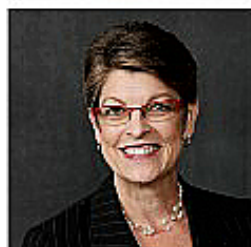
Jama



Singer/Songwriter &
Entrepreneur
Floyd Smith



Inspirational Speaker
& Storyteller
Donna Hartley



2023-2024
International President
Dr. Patti Hill



Motivational Speaker
& Success Coach
Striker Corbin

GET READY FOR GREAT FOOD, FUN, AND FELLOWSHIP AT RENO GENERAL SESSIONS

ARDIE KLEMISH, GENERAL SESSIONS CHAIR

The Reno Events Center will be our home for the 2023 Forum General Meal Sessions. In addition to the four inspirational speakers that Chairman Jama Wahl has mentioned in this edition, we'll have excellent meals, opening and closing flag ceremonies, music that will take you "Up and Away," a glimpse of the 2024 Louisville Forum from Steve Sherer and team, and brief news from our major sponsors.

While enjoying the fellowship with new and old Lions at your dining tables, we'll introduce the 2023-2024 Lions Clubs International Officers and Directors, recognize the first-timers, award the Strides funds to a local charity, hand out Forum attendance awards, and announce the 2027 Forum Host City. The icing on the cake will be live music for your Saturday evening meal.

You will leave every general session "flying high in the sky," feeling inspired, enthused, and empowered to go home as a stronger Lion or Leo. I'm excited to announce that an "Up and Away" Forum logo selfie photo station will be located in the Reno Ballroom for you to take photos of yourself, your club, district, DG team, and Lion/Leo friends from all over the world.



Our strolling Forum photographers will be taking snapshots throughout the Forum, but we encourage you to share your selfie photos on the Forum Facebook or share your pictures on social media with the #RenoLionsForum. Show your Lion friends back home how much fun they are missing!

The Reno Ballroom is "the action center" at the Forum. The "Meet Your international Directors" booth, exhibitors and sponsors, and the Forum store will be there. It's the perfect place to make new friends! Save room in your suitcase to bring back some souvenirs and Lions gear from the Forum store.

Thanks to Our Forum Sponsors





Lions Bear Lake Camp Golf Classic

Sunday, August 20th, 2023

at

Metamora Golf & Country Club



Deadline for registration is August 7th, 2023.

Please join us for the 19th Annual Lions Bear Lake Camp Golf Classic

Metamora CC offers 18 holes of championship golf. The course's scenic layout features rolling terrain, tree lined fairways, and strategically placed bunkers that will make for a fun and challenging event.

Proceeds from this event will support blind and visually impaired children at Bear Lake Camp.

Together, we can make this a great event for such a wonderful cause.

ACTIVITY HIGHLIGHTS

Use of Driving Range
18 Holes of Golf with Cart
Course Contests
Buffet-Style Awards Dinner
Door Prizes & Raffles

SCHEDULE OF EVENTS

Registration 12:30 pm
Shotgun Start 1:30 pm
Awards Dinner 7:00 pm

EVENT FEES

Registration- \$125 per golfer/
\$500 per foursome
Dinner-Only Guest- \$40
(Registration available online
at www.bearlakecamp.org)

If you'd like to learn more about Bear Lake Camp and for online registration visit www.bearlakecamp.org

To learn more about Metamora Golf & Country Club, visit www.metamoragolf.com

For additional information - Rick Fleming 248.342.1702 or Leo Schaefer, Golf Outing Chair 586.292.4815

Registration Information

Captain _____

Phone _____ E-mail _____

Address _____

City _____ State _____ Zip _____

Player 2 _____

Player 3 _____

Player 4 _____

Sponsorship Level (see other side) _____

Total \$ _____

Method of Payment:

Cash Check Credit Card Number: _____ Exp. _____

Please make checks payable to: Bear Lake Camp

Mail registrations and payments to:

Metamora Golf & Country Club

C/O Rick Fleming

1600 Club Drive Metamora, MI 48455

For online registration visit www.bearlakecamp.org under events.



Lions Bear Lake Camp is a licensed 501(c)(3) charitable organization

Eversight



Dive into the history of Eversight and eye banking

The start of our life-changing work

Our mission began in 1947 with the establishment of the fourth eye bank in the United States, then known as the Illinois Eye-Bank. Over time, nonprofit eye banks were established in every state to meet the critical demand for corneal tissue to treat preventable blindness, including in Michigan where Eversight is headquartered today.

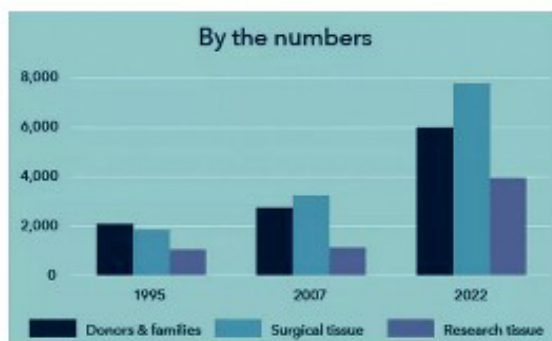
Robert Tilford, a pharmacist and president of the Ann Arbor Host Lions Club, proposed the formation of an eye bank in 1956. The following January, the club appropriated the money necessary to get started.

"The facilities of the fledging Eye-Bank were modest to say the least. There was no staff. Everything was done by members of the Board of Directors and other volunteers. There was one steel desk donated by the University Hospital in a small office opposite the morgue in the basement of 'Old Main' Hospital."

ANN ARBOR HOST LIONS CLUB

In 2015, one of the largest networks of eye banks in the U.S.-founded by local Lions Clubs-became known as Eversight.

In the past 30 years our impact has skyrocketed, tripling the number of donors and families giving the gift of sight and quadrupling sight-restoring transplants and tissues provided for research and education.



Before modern eye banking and donation practices, the process of donor tissue recovery and cornea transplantation was very different and early eye banking was wholly reliant on volunteerism, good will and grassroots dedication to restoring sight.



ORIENTATION AND MOBILITY



Orientation and mobility (O&M) training is learning how to use a white cane to effectively know where you are, where you want to go and the skills to get to your destination.

Our Orientation and Mobility program is a one-week residential program. Clients stay on our campus and O&M training takes place in a wide variety of environments, such as residential, semi-business, business, city and rural settings. The majority of instruction takes place outdoors with the remainder focusing on how to navigate indoor environments including elevators, escalators and moving sidewalks.

Our O&M program provides individuals with the skills needed to travel safely using a white cane in a much shorter time frame than traditional O&M programs. The one-on-one instruction is tailored to each client's capabilities, allowing individual needs to be met.

During training, skills learned may include:

- Utilizing a human guide
- Using a white cane
- Using orientation skills and cardinal directions (i.e., north, south, east, west) to know where you are, where you want to go and how to get there
- Solving problems along your route, such as barriers, crowds, etc.
- Crossing streets
- Re-orientating yourself
- Shopping, soliciting assistance when needed, and more

O&M training is provided free of charge at Leader Dogs for the Blind's Rochester Hills, Michigan campus to those who are legally blind and at least 16 years of age, regardless of whether they plan to train with a guide dog. Transportation to and from a client's home to the Leader Dog campus and accommodations and meals while training is also provided free of charge.

Calendar of Events

JULY 2023

Independence Day — July 4th

Lions Clubs International Convention — July 7-11 — Boston, MA



PASSINGS REPORTED



Harris Lion HELEN VOLRATH passed Friday, May 5, 2023

Mio Lion LARRY E DONNELLY passed Saturday, June 10, 2023

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

New Members Reported — May 2023

Central Lake: RICHARD A PARTIN — Joined: 06/26/2023 — Sponsor: JENNIFER PARTIN

Cheboygan: CYNTHIA A BAUER — Joined: 06/12/2023 — Sponsor: NA

Elk Rapids: JULIA M CIESLIK — Joined: 06/08/2023 — Sponsor: SHIRLEY HILL

Hillman: PATRICIA L KEEGAN — Joined: 06/01/2023 — Sponsor: BARBARA DURFLINGER

Mio: FRITZ SOPHA — Joined: 06/12/2023 — Sponsor: LARRY DONNELLY

Total: 5 New Members

On the Mend Reported

NONE REPORTED*

DISTRICT NEWS

July is the beginning of a new Fiscal Year for Lions everywhere, and also is when leadership positions, from the Lions Club International President to every individual club, are assumed by new people who will run things for the year.

We WELCOME our new District Leaders, District Governor Steve Murch, Vice District Governor Dennis Gocha, and 2nd Vice Governor Marie Leathers. We also greatly appreciate those who remained in their current leadership positions for another year.

There are, unfortunately, a few leadership positions still unfilled as this is written. There is only 1 Zone Chair of 4 that has been filled, by Lion Tim Timmers of the East Jordan Lions in Zone 1. 3 Zones remain vacant.

What is exciting in this district as we begin another year is the rebounding numbers of new members several clubs have been gaining. With the Pandemic out of the way, and the enthusiasm some clubs have conjured, the future for Lions is beginning to look better and better. Let's hope...no, let's create the zeal, the enthusiastic energy to ensure we will SERVE for years to come. As the saying goes, Together, We Can!

Alpena Lions

JUNE 2023

Members of the Alpena Lions Club worked 2 early June evenings clearing dead trees and brush from the by-path area behind the cemetery.

Lions serving your community!!!



Boyne Valley Lions

JUNE 2023

June 28, 2023

Summary from Lions Board Meeting last week

a) Donations

- | | |
|---|---|
| (1) \$250 Flywheelers | (6) Diabetes and Medical Assistance \$200 |
| (2) \$501 to Fireworks fund (\$1 more than Kiwanis) | (7) Hearing and speech causes \$200 |
| (3) Special Needs Camp \$300 | (8) District Melvin Jones Fellowship \$25 |
| (4) KidSight \$200 | (9) All State Band \$25 |
| (5) Emergency Disaster Relief Fund \$200 | |

Cheboygan Lions

JUNE 2023

The Cheboygan Lions Club bartended for the NRA banquet on May 12th. It has been 5 years with Covid and location change. The club profited the most this year, and everyone had a great time.

East Jordan Lions

JUNE 2023

May 6, 2023:

The East Jordan Lions worked at the annual Camp Daggett Cabin Cleanup, cleaning inside and outside the Lions Chippewa cabin to get it ready for the summer campers who will be arriving soon.

Pictured are Linda Chase, Bill Chase, Denny Gocha, Bob Pursel, Faye Miller, and Petoskey Lion Dave Zimmer.



June 14, 2023:

East Jordan Lions participated in the ribbon-cutting ceremony of a sculpture near the river walk. They donated \$1,000 to sponsor it.

Pictured are Lions Sherry and Bob Pursel, Bill Chase, Adam St. Onge, Linda Gocha and Linda chase.



Hillman Lions

JUNE 2023

The Hillman Lions were awarded "Agency Partner of the Year" from the Food Bank of Eastern Michigan at their recent agency recognition luncheon for their work towards eradicating hunger. They were the top food distributor in Montmorency County.

Pictured are Courtney Holmes from the FBEM, and Hillman Lions Barb Durflinger and Carleen Klein.



Oscoda Lions

JUNE 2023

The first Oscoda Kids Fishing Day was held Saturday, June 10 on Foote Pond by the township boat launch. The event was sponsored by the USDA Forest Service, Huron Shores Ranger Station, and the Oscoda Lions Club.

Over 20 kids and many more associated family members were in attendance. Every kid caught at least one fish with many of them their very first fish they had caught. Each participant was able to take a new Zebco fishing pole home with them.

Lila Hayes won the grand prize for the biggest fish and won a tackle box filled with tackle. Lila caught a 11 3/4 inch smallmouth bass to win the prize. The Lions Club provided a lunch to the anglers and their families consisting of hot dogs, chips, cookies and drinks. Lions Tony B, Bill B, Heather G, Ann B, Cindy W, Chuck A helped with the project.



Oscoda Lions held its annual installation of officers Dinner. Governor Ron Leathers installed all the officers. John and Pat Novak received the Lion of the year award for 2021-2022 and Connie Heinrich received the Lion of the year award for 2022-2023.

First Row Left to right: Governor Ron Leathers, Jane Meyer, Carole Schultz, Eleanor Hunt, Newana Visser, Lewis Moeller, Key Gaines.

Second Row: Nancy Andrina, John Novak, Mary Jo Rehberg, Rick Ferrebee, Yvonne Mallak, Cindy Wellen.

Back Row: Eric Symanski, Tony Priebe, Jim O'Farrell, Bill Gaines. Tony Bol.



President John and Pat Novak with the Lion of the year award 2021-2022



President John Novak presented the Lion of the year award to Connie Heinrich - 2022-2023



Continued

Oscoda Lions

JUNE 2023

(Continued)

Tony Priebe, John Novak, Bob Drogosch, and myself built a 31' ramp today out in the Whittemore area.

The house had a 20' ramp that was built out of untreated wood and was in an unsafe condition. We tore the old ramp out and replaced it with a treated wood ramp that was the proper length.

The owner of the home has COPD and back issues and her condition requires she use a ramp to access her home. She was very appreciative of our efforts to replace her ramp. She surprised us with fresh sweet potato pita bread she made for us as a snack.



We picked up the material at 8:00 am and finished up on the site by 1:00 pm. It was a beautiful sunny day to do the work. We Serve!

Reported by Chuck Adrina

Petoskey Lions

JUNE 2023

The Petoskey Lions met at JW Filmore's on Thursday, 06/15/2023. Attending the meeting was DG Rod Leathers, a visit on his list to attend every club in the District. Lions decided on July 14 & 15 for our White Cane Fundraiser at Olsen's Market, and on the following Friday, July 21 at the Petoskey Post Office.

DG Leathers presented Lion David Zimmer with the MD-11 Roger LaMothe Award, an annual award from the District's Editors "In Appreciation of Your Dedication and Service to the Lion Pride Publication." Very deep Thanks!

(One of our Lions didn't attend the meeting because he was recovering from COVID! Still out there...)



Editor's Notes – 2023

by Lion David J. Zimmer

HOT AND HAZY SUMMER DAYS

You've probably been aware of the haze that has been present in Northern Michigan on most days in late May and June. This particular haze originates mostly from the numerous wildfires in Canada, and has been thin to thick off and on due to the shifting winds. How did this situation occur?

The fire season's rapid start can be traced to an outbreak of lightning-triggered blazes in May mostly in central and western Canada. Lightning and carelessness cause the majority of wildfires, made more likely by heat and dry conditions. The wildfires spread with breakneck speed because of unrelenting heat and parched ground.

This year's wildfire season is the worst on record in Canada, with more than 76,000 sq km (29,000 sq miles) burning across eastern and western Canada by the end of June. That is already greater than the combined area burned in 2016, 2019, 2020 and 2022, according to the Canadian Interagency Forest Fire Centre. The acreage has surpassed the previous annual record from 1989, reported by the National Forest Database.

Climate research suggests that heat and drought associated with global warming are major reasons behind the number of fires and their intensity. Canada has the world's largest intact forest ecosystem, and many parts of the country have recently experienced drought and high heat.

Fires have scorched over 19.2 million acres of land across Canada since the start of this year, with wildfires still out of control due harsh weather conditions in Canada fueling the fires and making it harder for firefighters to combat the flames.

Ironically, Canada's air quality has improved significantly over the last several decades as air pollutant emissions continue to decline. Canada's air quality is consistently ranked among the cleanest in the world, according to the World Health Organization. The large number of fires burning in Quebec have created a huge volume of toxic smoke in Canada, and winds have carried much of that smoke into the United States toward some of the most densely populated areas in the country.

In early June, the level of particulate matter in the air from smoke became so unhealthy that many U.S. cities set records. Some Canadian cities experienced far worse conditions. At points, it was hazardous to breathe everywhere from Minnesota and Indiana to sections of the Mid-Atlantic region and the South, according to AirNow, a U.S government data source. Earlier this month (June), the Air Quality Index in the New York City region hit 254, very unhealthy, according to AirNow.

Smoke is a complex mixture of toxic gases and particles, which are generated from the vast array of materials that burn during a fire. A typical structure fire may generate literally tens of thousands of toxic chemicals and gasses. Air pollution can harm anyone, but it can be really dangerous for a lot of people, including children and teens, people with asthma and other lung diseases, anyone over 65, anyone who exercises or works outdoors or has diabetes or cardiovascular disease like high blood pressure, or has suffered a heart attack or stroke.

Effects of breathing smoke in the air include shortness of breath, asthma attack, or lung irritation. Irregular heartbeat, chest pain, or fatigue. Heart attacks. Some respiratory symptoms — including cough, sore throat, and difficulty breathing — are common to both wildfire smoke exposure and COVID-19. Particulates go deep into your airways, and the response could be a little bit delayed. Long-term effects of smoke inhalation include: Coronary heart disease. Heart stroke. Heart attack. Cerebrovascular diseases. Peripheral vascular disease. Cancer. Chronic obstructive pulmonary disease. Asthma. Bronchitis. Impotence in males. Infertility in females.

Health officials recommend that people stay indoors as much as possible when air pollution levels are elevated. Indoor air filtration, including HVAC systems (heating, ventilation and air conditioning) and portable air purifiers, can also help scrub pollutants that may have traveled inside homes and other buildings. For those who have to be outside, disposable respirators masks like N-95s or P-100s will help if worn correctly, AirNow says.

As if COVID wasn't enough, we are now faced with something rare but dangerous for many, if not all, people in the path of the Canadian fires smoke. Breathing is something we can't live without. Non-smokers may inhale enough toxic particles to surpass the damage done to cigarette smokers, who are even in more danger. Smoke particles just don't belong in our lungs. All we can do is monitor the air quality daily and follow the health recommendations as much as possible until the fires are put out. Stay healthy, and help others if possible.

PICTURES OF THE MONTH

Canada on Fire



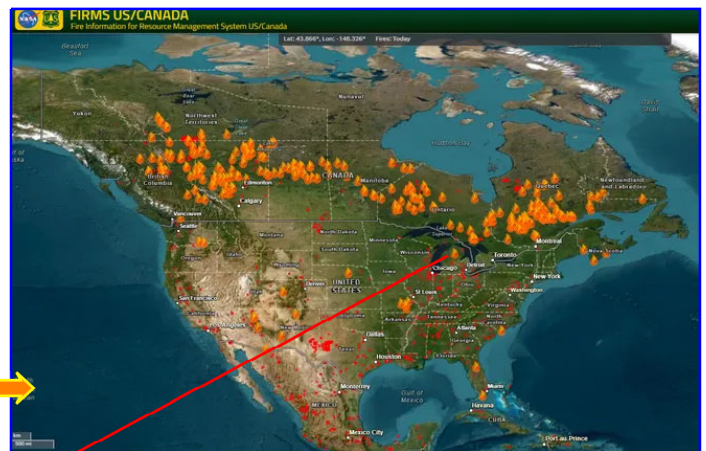
Thick smoke haze over New York City. North, Northeast & Midwest areas have been affected the most.



(Top, Left & Below) Three photos of burning forests throughout all of Canada.

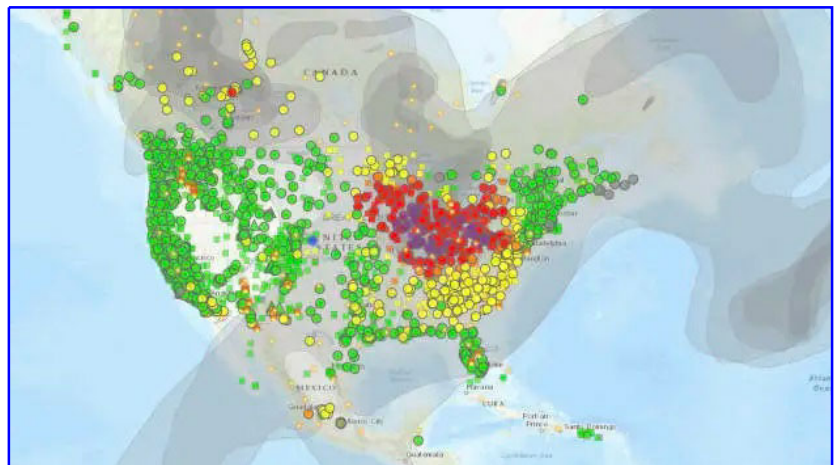


(Right) Map of North America showing location spots of wildfires. (Including Grayling fire)



Air Quality Index

0 to 50	-	Green	-	Good
51 to 100	-	Yellow	-	Moderate
101 to 150	-	Orange	-	Unhealthy for Sensitive Groups
151 to 200	-	Red	-	Unhealthy
201 to 300	-	Purple	-	Very Unhealthy
301 to Higher	-	Maroon	-	Health Warning of Emergency Conditions: Everyone is more likely to be affected.



(Above) A map from AirNow.Gov shows air quality and smoke plumes on June 28, 2023, at 11:30 a.m. ET. A green dot indicates good air quality, yellow is moderate, orange is unhealthy for sensitive groups, red is unhealthy, purple is very unhealthy, and deep purple is hazardous. The AirNow Fire and Smoke map is a collaborative effort between the U.S. Environmental Protection Agency and the U.S. Forest Service.

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

NOTE: Submissions received after the 4th 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!!

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

