



District 25Digest - September 2021

District Governor Scott Smith

Making Progress



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District Governor

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Carmel Lions Club

Making Progress

DG Scott Smith

During the first 60 days of this new Lion Year District 25D has cut in half the number of members we lost on July 1, 2021. It is a start, but we have to continue in our efforts to share our great story with others and let them be a part of what we do throughout our communities.

Banner Night on August 21, 2021 went well. We had just shy of 70 people in attendance. It was nice to see such a great turn out for an evening of fun and fellowship. PID Linda Tincher was our guest speaker for the evening and her husband PDG Vern Tincher was our emcee. Along with Lions Linda and Vern, we were blessed to have Lion Gretchen Xenopolous, wife of PID Nick Xenopolous attend that evening.

This month is our District Golf Tournament, which is on Thursday, September 23, 2021 at the Crestview Golf Course in Muncie, Indiana. The flyer for this event is in this month's newsletter, so sign up and enjoy a day of golf and fellowship!

October 16, 2021 will be our next Cabinet Meeting and the flyer for that event is also included in this newsletter, so make plans to be there. There will be a costume contest for those wanting to participate that evening. The Cabinet meeting will be at the AmVets Post 5 in Marion, Indiana located at 705 West 37th Street.

There is a new Club Visitation Contest for the District this year, and I encourage all the Clubs in our District to participate. Get to know your fellow Lions from other Clubs, share ideas, and earn awards for your efforts.

If your Club has not yet planned your District Governor Official Visit for the year, then please make those plans as soon as possible. I am looking forward to visiting each Club this year.

I want to thank each and everyone of you for your support. It is an important part of any successes we achieve this year. Together we will continue "Making Progress".

GETTING “IN THE HABIT”

By FVDG Eric Schuman, PDG

I mentioned last time about the retention of our members. In another vein, we need to look at getting our members “back in the habit” of participating.

I feel this is of the utmost important for the survival of all of our clubs. Especially due to the covid pandemic, many of our members have gotten out of the habit of coming to our monthly meetings, and serving on our fundraising projects and service projects.

For all of us, when we get out of the habit of doing something, it’s very hard to get back into the habit we once had. So we need to help our members here.

One thing that has worked very well for me when I served as Chair of some event was to take the time, sit down for an hour, and call every member to remind them a couple days before the event. If I needed help, I’d ask when they wanted to work and not “if”. I’d say “the club really needs YOUR help”.

In the case of regular meetings for those that are not coming any more, offer to drive by and pick them up. And once again – I’ll sound like a broken record on this one – make your meetings FUN. They’ll want to participate then; after all, we all love a winner right? And winning is fun!

We are all making an effort now to keep things going. Let’s make just a little more effort to get things back where they use to be and then none of us will have to work quite as hard.



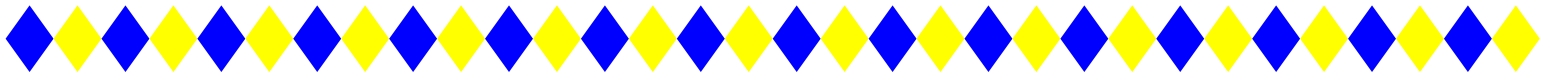
Leadership

My newsletter articles for the rest of the year will run through the letters of LEADERSHIP. This month, our focus is E for Enthusiasm.

Lions bring enthusiasm to our tasks, whether it is service, fundraising or just gathering together. If you've ever met immediate past district governor (IPDG) Mike Imbler, you know that he is a great model of an enthusiastic Lion. He is excited about what Lions have to offer the world and his energy is contagious. When you hear IPDG Mike, you want to be a better Lion. That level of enthusiasm is what brings new members into your club and what keeps experienced members engaged. Think about what makes you enthusiastic about Lionism – is it the pride of helping a student with vision screening so they are able to see in the classroom? Is it the power of the funds you raise with your fish fry to support your local causes? Is it the fun you have in meeting together (Lion Olympics, anyone?). Use that enthusiasm and invite a friend to share it with you by joining Lions. You, and your friend, will be glad you did.



Yours in Lionism,
SVDG Julia



Global Membership Chair—Lion Tom Lorson

At the last district cabinet meeting, I spoke about change in our Clubs. Lions of Indiana have been losing membership for the past 40+ years. To reverse this trend, and to start adding members, we need to look at change. This means changing our Clubs, Districts and Lions International.



Are Club meetings fun? Keep in mind fun means different things to different people. **My idea of fun is different than my 23 year old son's idea of fun.** We have to keep this in mind as we organize meetings and events.

Are Club meetings efficient? When I joined Lions our meetings dragged out for up to two hours. I did not enjoy meetings. One year our incoming president said meetings would not go over 1 1/2 hours, **and they didn't. I had a much better attitude about meetings after that small change.**

If we expect to draw in younger people (many with family and career responsibilities) we have to make meetings and events fun and efficient.

After the changes we made at my home Club (and the corresponding increase in younger members), I fully believe the future success of Lionism is changing our mindset to be a more fun and social organization.

Global Leadership Chair— PDG Mary Jane Bodnar

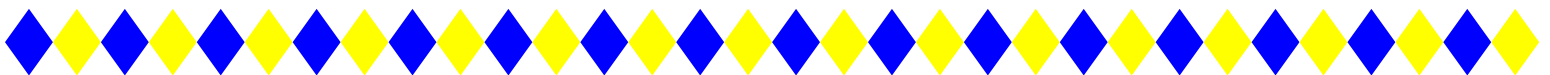
THOSE STRONG PERSONALITIES

Most Lions Clubs want to leave a legacy of accomplishments, records of growth and dedication to the principles of Lionism. Occasionally a club has a member with a strong personality that is deflating the club momentum. If this strong personality is causing tension or divisions in the club it may seem like a daunting challenge to deal with.



The actions of strong personalities can take on many forms: offering resistance to almost any club activity or wanting to rush into activities. Trivial things such as eye rolling or heavy sighs can also derail a good discussion and waylay forward progress. A good leader wants to lead away from these distractions but how do you do that? Primarily know that the situation won't improve by ignoring it. Before acting focus on the problem not the person. Know when to engage and when not to. Listen actively and try to fully understand the issue. Get a grip on your own emotions and remember that the outcome should always be for the good of the club and not just how you feel about something.

As you work through the process you will need to establish boundaries. You will need to decide if you need to deal with the personality individually or involve other members in the mix. The boundaries must be clear and simple. Seek solutions and reward positive action. Be consistent. Good leaders know that they must repeat their stance over and over, otherwise the strong personality will pop up again and again. Don't set up a win-lose battle but use communication skills, perseverance and repetition to keep things productive. You need to work with the personality, not bulldoze it. And even if it seems counterproductive give the strong personality some leeway. As devil's advocate they might raise issues beneficial to a discussion or planning. If so be sure to give recognition. A pat on the back can often quiet even the strongest of strong personalities.



Next Cabinet Meeting—Saturday, October 16th

AmVets Post 5 in Marion, IN

See Page 10 for more information



District Zone Chairs

Region	Zone	Chair	Email	Home Club
1	A	Lion Wayne Sozansky	wayne.sozansky@gmail.com	Greentown
1	B	Lion Jeff Larrison	jefflarrison46033@gmail.com	Westfield
2	A	Lion Cindy Wright	rcwright72@att.net	Upland
2	A	Lion Rick Wright	rcwright72@att.net	Upland
2	B	Lion Jeanie Stiers	jeasts@comcast.net	Anderson Noon
3	A	Lion Linda Janney	ljanney1952@gmail.com	Albany
3	B	Lion Jeffry Manning	mail@msiwix.com	Saratoga



PRESIDENT'S MESSAGE

**Service from the heart with
International President
Douglas X. Alexander**

One of our top priorities is to ensure that Lions Clubs International Foundation (LCIF) has the resources it needs to support the service of Lions in every district, everywhere. But it will take all of us, and the contributions of every Lion, to reach our Campaign 100 goal.

I have personally seen the impact that LCIF can make in a community through my own club. I encourage you to share your own stories and let your Lions know that their support is more than a gift to our global community of Lions—it's a gift to their own community as well.

Yours in Service,
Douglas X. Alexander
International President



[Click here to make a donation](#)

District 25D Banner Night



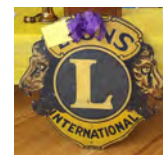
Banner night for DG Scott Smith was held on Saturday, August 21st. Not only was there a celebration for Scott Smith becoming District Governor but also a celebration of DG Scott's birthday. The evening included the passing of the Governor's banner from Immediate Past District Governor Mike Imbler to District Governor Scott Smith.

There were birthday presents and other gifts to open. A DJ played rock and roll music that was enjoyed by about 70 Lions and guests. Through a silent auction and other fundraising a total of \$627 was raised for Indiana Lions Speech and Hearing. Indiana Lions Speech and Hearing is a project of the Indiana State Lions. Their mission is to assist those with speech and hearing impairments in the State of Indiana who are unable to obtain help elsewhere. They make funds available for charitable, educational, and scientific research.

Congratulations DG Scott!



Banner Night - August 21st



Noblesville Lions Serving Food at Cultural Arts Band Festival

Noblesville Lions assisted the local Cultural Arts at their Band Festival August 8th by serving snacks. Pictured below is the first crew of Lions.



Kokomo Area Lions Club

Kokomo has a Moose Carden kids fishing Clinic each year where the kids are taught to fish in classes for two weeks and then they have a fishing tournament on a Saturday at the Kokomo reservoir, this was the 37th year.

The kids are given a free rod and reel and there are several other gifts presented to the kids during the classes. The Kokomo Area Lions Club purchased 135 tackle boxes and gave one to each of the kids this year.



Pictured are Lions Linda & Phil Drake and Jerry & Nedra Price

Union City Lions Club

On Saturday morning, August 7th, the Union City Lions Club sponsored the 1st Annual Heritage Days Disc Golf Tournament at Harter Park. Twenty-three participants started at 9:00am and played 18 holes of disc golf. The top three places won prize money and gift certificates. Winning the event was Dillon Howard with an 11-under score of 47. Dillon won \$160 and a \$40 gift certificate from Gray House Games. Second place went to Logan White with a score of 48. Logan won \$100 and a \$20 gift certificate from Gray House Games. And third place went to Gabe Loesch with a score of 50. Gabe won \$65 in prize money and a \$10 gift certificate to Gray House Games.

Thanks to all participants, and all Lions member who helped. A special thanks to Rodney Fisher from Gray House Games who helped advertise the event and supplied the gift certificates for the winners. Gray House Games is located at 125A 12th Street in Greenville, OH. Phone: (937) 459-0778



Picture—left to right: Gabe Loesch, Lion Larry Amspaugh, Logan White, Dillon Howard, Lion Scott Flory and Union City Lion President Doug LeMaster

The Union City Lions participated in the State Line Heritage Days Parade on Saturday, August 7. The UC Lions rode in 12 golf carts donated by Carts and Parts of Union City.



You've Been Invited
To Attend Our

Cabinet Meeting

➤ **October 16th** ⚡

Social 6pm
Dinner 6:30pm
Cabinet Meeting 7pm

AmVets Post 5
705 West 37th Street
Marion, In

Cost \$15 per person
Costumes Optional
Prizes awarded for best costume man/woman

➤ **RSVP to Lion Dave Bates** ⚡

By October 9th
PO Box 503
Marion, IN 46953
Or debates@datapitstop.com

Menu TBA

Type 2 Diabetes

By: PDG Kenny Williams, State Diabetes Chair

Some people call it “the sugar,” or “sugar diabetes,” but the correct term for the group of metabolic disorders that cause your blood glucose (sugar) level to be too high is diabetes mellitus, or diabetes for short. It is not caused by sugar, per se, but it has everything to do with how your body handles the sugar you consume and what you do to manage the level of sugar in your blood.

More than 30 million adults in the United States — 9.4 percent of the population — had some form of diabetes in 2015. It was the seventh leading cause of death that year. About 84.1 million adults had prediabetes. Worldwide, more than 422 million people had diabetes in 2014.

Prediabetes and Insulin Resistance

Prediabetes is a condition that can lead to type 2 diabetes. In order to understand what causes it, you have to understand how the body handles sugar (or glucose) and processes it into energy.

Glucose enters the body primarily through the food and beverages you consume. The pancreas makes a hormone called insulin in order to help the glucose in your blood enter your muscles, fat, and liver to be used as energy. When the body does not use the insulin effectively, your pancreas initially produces more insulin to overcome this resistance. But when your pancreas is not able to keep up with the demand, the result is hyperglycemia, when blood glucose is too high.

Insulin resistance is the primary cause of prediabetes, but the causes of insulin resistance aren't fully understood. Family history, advancing age, excess weight, and a sedentary lifestyle are among the known risk factors.

Type 2 Diabetes

As mentioned, type 2 diabetes is caused by insulin resistance. Between 90 percent and 95 percent of all diabetes cases are type 2, and nearly one in four people who have it don't know they do.

The condition typically develops in people who are older than 45 and is more common in the U.S. among people **who are Asian, black, and Hispanic. It's also strongly correlated with carrying excess weight. Up to 9 out of 10** people worldwide who have type 2 diabetes are overweight or obese. But the majority of people who are overweight do not develop type 2 diabetes. By their mid- to late 70s, about 2 in 10 overweight adults and 4 in 10 obese adults in the U.S. have been diagnosed with diabetes.

You can treat type 2 diabetes through diet and lifestyle changes to lower your blood glucose levels and weight. In addition, many people with the condition monitor their blood glucose levels regularly; take oral medications; and sometimes inject themselves with insulin through a pen, pump, or needle.

If untreated or inadequately managed, type 2 diabetes may lead to numerous health complications, some of them life-threatening. They include periods of hypoglycemia (low blood sugar); diabetic neuropathy (nerve damage) that results in pain or numbness; foot and limb injuries, diabetic ulcers, deformities or even amputations; kidney disorders; heart disease; blindness; skin problems; digestive disorders; sexual dysfunction; problems with teeth and gums; and problems regulating blood pressure.

District 25-D Environmental Photo Contest

Last year we started an Environmental Photo Contest. The pictures that was sent in was super. It is amazing what good pictures that our Lion members take. We had four winners last year. Our GOAL is to have at least one photo submitted from each Lion and Leo club in our district.

Natural Landscape was the best area of the contest (I thought). Nature gives us many opportunities to capture great pictures. Sun raises, sun sets, full moon, stars, clouds, water, lakes, railroad tracks, bridges, arches, mountains.

Plant Life is another section that can have beautiful pictures taken. Trees, leaves, flowers, lawn mowing designs, garden items, weeds, sunflowers, cut hay, corn fields, wheat fields, clover leaves, tree with leaves, tree without leaves.

Animal Life is very important to animal lovers. Everyone who owns a dog or cat has many pictures of their loved ones. I know people who have more pictures of their dog than they do their children. A few examples are animals at the county fair, cows, pigs, sheep, chickens, rabbits, pigeons, horses, and some I never heard of? Many Lions take pictures of birds they have spotted. Eagles, Cardinals, Blue Birds, Woodpeckers, Robins, Hawks, Swans, Blue Jays, Ducks, Pleasants, Chickens, Turkeys. A lot of Lions and Leo members have Dogs, and Cats.

Weather Phenomenon can be interesting. Trees blowing in the wind, thunder storms, sun dogs at the horizon, rainbows, double rainbows, wind blowing over water, water waves, tornados, raining, dark clouds in the sky,

Service Theme is a new area this year. This is a picture of your club doing a service project. There must be Lion members in this picture serving the event. Every club in our district should send in a picture in this category. Lions motto is "WE SERVE".

As you can see there are many ideas you can use in this contest. You can send in your pictures all year long but they must be sent in by January 1, 2022. There are thirty nine clubs and six Leo clubs in our district. Each club can send in one picture per category for this contest. Winners will be announced at the District 25-D Convention in March 2022

A picture can tell a story. The environmental committee looks forward in receiving your photos for this contest,

IPDG Mike Imbler
7609 E – 50 N
Greentown, In. 46936
765-776-0424
District 25-D Environmental Chair



District 25-D Scramble Golf Outing

Proceeds Benefit Winter Special Olympics

Thursday, September 23, 2021

Crestview Golf Course

3325 S. Walnut Street
Muncie, IN 47302

Registration: 11:30 a.m.

Box Lunch: 11:45 a.m.

Shotgun Start: 1 p.m.

\$30 per player

\$100 for a hole sponsor

Special Offer!

4some + Hole Sponsor for \$200!

Come out and enjoy a great day of golf with Lions and friends!

Use this event as a recruiting opportunity or just bring your fellow Lions!

Make checks payable to: District 25-D Lions

Mail registration forms and checks to:

Jeff Larrison
14715 Elyse Lane
Carmel, IN 46033

For More Information Contact Lion Larrison at (317)416-8330
or jefflarrison46033@gmail.com

District 25-D Scramble Golf Outing Registration Form

Name: _____

Email or Phone: _____

Additional Players: _____

Hole Sponsor Name: _____

If you don't have a foursome, we can place you with other players.

You do not have to be a Lion to play.

Cost per player is \$30

Hole Sponsor is \$100

Special Offer: Foursome + Hole Sponsor is \$200

Make checks payable to: District 25-D Lions

Mail checks to: Jeff Larrison

14715 Elyse Lane

Carmel, IN 46033