

# Lions of 25G Newsletter

## January 2018

### From the Desk of DG Lion Tom Polk

I eat out almost every day for lunch at several fast food restaurants. However, I find myself being a “#1 with cheese”. So, what do I mean by that? I show up, look at the menu for a few seconds and then I order the same thing I always do. After a point, staff just say “the usual?” So why so I do this? It is easy and it doesn’t require much thought. It is fast and efficient - I know what I am going to get and it is easy. Something new I may not like or it may take longer than I have for lunch. There are so many unknowns!

Ultimately though, I am robbing myself of new experiences or the potential of finding something else that I like. The “sameness” seems to be comfortable but really it is my lack of desire for change. I don’t try something else because of things that “might be” rather than what they are. I would rather trade comfort and “sameness” for adventure and excitement.

As Lions, we are the same way; we do the same projects, fundraisers and events because they are “easy” and “comfortable”. We do those things that we have always done because we know how to do them. Ultimately, this is robbing us and our community of new areas of service and event potentially new members. We enjoy the comfort of the projects that we have always done. We know what to expect and how things will come out (or should come out). New things require us to plan more, discuss more and become more engaged in the process. We have to work at it more than just “showing up like always”.

So as 2018 is starting, ask yourself and your club – “what new adventures are we going on this year?” Find one new service project to try – you may just like it!

We serve with a purpose



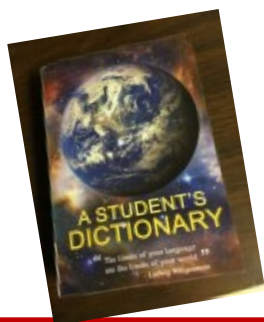
## Bourbon Lions Club

Chartered 6/25/1931

The Bourbon Lions Club will celebrate it's 87th year as we end our Centennial Celebration. The club was chartered June 25, 1931. The Bourbon club is small but it still meets the needs of the Bourbon Community and supports the Lions projects. The Club mainly raises funds by selling Nelson Port-A-Pit Chicken. With the funds raised the Bourbon Club supports the Indiana Lions State Projects as well as the following local projects: Little League Team, The Dictionary Project, purchasing glasses for students, assists a local pre-school with Samaritan Purse boxes, the Potawatomi Park and assisting local families. The Bourbon Club looks forward to continuing to meet community needs in the coming years.

### Dictionary Project

Has your club reported the number of dictionaries you have distributed to Lion Howard? If not, please do so soon. Please send an email or call Lion Howard with your club's report. Lion Howard Heines encourages all clubs to participate in this project.



Lion Howard Heines  
65204 US 31, Lakeville, IN 46536  
574-784-8666



### District Project—Little Free Library

Information about how your club can place a Little Free Library can be found on the web at: [www.littlefreelibrary.org](http://www.littlefreelibrary.org). You may also contact DG Tom Polk or speak to 25G Reading Action Committee Chairperson:

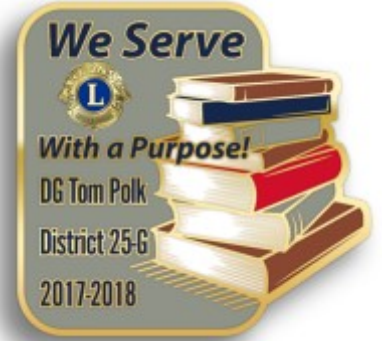
Mary Butler-Knight

mariebk48@gmail.com or 317-490-5286

Let DG Tom know if you are placing a Little Free Library. If you have a library, send a picture to: [tomkimpolk@embarqmail.com](mailto:tomkimpolk@embarqmail.com) so we can feature them in upcoming newsletters and they can be included in the District Little Free Library Collage.

**Januray 27**  
**9:30—Noon**

# 25G District Meeting



Hosted by the  
Denver Lions Club  
Denver Community Building  
196 Emmons Street  
Denver

Light Breakfast will be served.

Cost \$5/per person

Reservations due by January 24th

***Business Meeting***

***Nominations***

***GST Position***

***Leader Dog Trip***

***Program: "Finding Members"***

***presented by DG Tom Polk and  
GMT PDG Peg VanNevel***

**50/50 drawing**

**Silent Auction**

**25G District Meeting Reservation Form**

**Reservation Due by 1/24/2018**

**Name of Club** \_\_\_\_\_ **Number of Attending:** \_\_\_\_\_

**Names of those attending:** \_\_\_\_\_

Checks should be made out to "District 25-G" and mailed to CS PDG Ann Haffner; 11268 N. State Road 13; Syracuse, IN 46567.  
Ann can be contacted at 574-457-3054 or ann\_haffner@yahoo.com

## 25G Nominations and Elections



The following positions will be up for election at our District Convention on March 10, 2018:

District Governor

First Vice District Governor

Second Vice District Governor

Trustees:

Indiana Lions Cancer Control Fund

Indiana Lions Eye and Tissue Bank

Indiana Lions Speech & Hearing

Indiana Lions for the Indiana School for the Blind and Visually Impaired

Indiana Lions for Leader Dog

Indiana Lions Foundation

**DEADLINE IS JANUARY 27TH!**

Trustees whose term is expiring June 30, 2018, and wish to continue their service, must provide the letter of intent and letter of endorsement as well.

**A candidate seeking election to one of these positions must submit a letter of intention as well as a letter of endorsement from his or her club prior to the January 27, 2018, District Meeting to:**

**Lion Ann Kalman, Chairperson District Nominations and Elections**

**1414 Navajo Street**

**Elkhart, IN 46516**

**akalman2@frontier.com**

# From the Desk of Cabinet Secretary PDG Ann Haffner

Please share this with your Club Treasurer and Board of Directors

## Administrative and Project Funds

How are your club's finances set up? Do you have two funds—an administrative fund and a project or activities fund—as required by Lions Clubs International?

**ADMINISTRATIVE FUNDS** are used for the day to day operations of the club — printing and mailing newsletters, stationery and postage for the president, secretary and treasurer, meals for guests, speaker gifts, sending members to conventions and district meetings, paying dues, etc.

Monies in this fund can be generated through dues collection, donations from club members, tail twisting, and fundraising events such as a 50/50 raffle or silent or live auction held at club meetings. Raising funds for the administrative funds can be fun and entertaining. Be creative!

The **PROJECT OR ACTIVITIES FUND** is for money received from the general public through fundraising events and donations. This money can only be spent on service projects. It cannot be used for the general operation of a Lions club or for paying district, state, or international dues. Some Lions have the misconception that 10% of the net proceeds from a public fundraiser can be used for administrative expenses. **THAT IS NOT TRUE!**

It is permissible, but not necessary, for a club to have two separate bank accounts. All funds may be deposited in and drawn from one account as long as the club treasurer keeps accurate and separate records for each fund.

**Each club should have a current copy of the Standard Form, Lions Club Constitution and By-Laws.** From the LCI website [www.lionsclubs.org](http://www.lionsclubs.org) click on “Member Center,” then “Resources,” then “Publications and Forms,” then “Legal Forms and Publications,” and finally “Constitution—Lions Club Constitution and By-Laws (Revised 7/17) (la2.pdf).” Each club was chartered by and is under the jurisdiction of The International Association of Lions Clubs and must abide by that Constitution and By-Laws, which states:

**Article VIII – Board of Directors, Section 3, (g)** “It shall not authorize, nor permit, the expenditure, for any administrative purpose, of the net income of projects or activities of this club by which funds are raised from the public.”

**Section 3, (h)** “It shall maintain at least two (2) separate funds governed by generally accepted accounting practices. The first fund to record administrative monies such as dues, tail twisting fines and other internally raised club funds. A second fund shall be established to record activity or public funds raised by asking support from the public. Disbursement from such funds shall be in strict compliance with Section (g) of this article.”

If you or any of your club members have questions about the separation of club funds or any other matter, please do not hesitate to contact me at (574) 457-3054 or [ann\\_haffner@yahoo.com](mailto:ann_haffner@yahoo.com).

# Lions and LCIF work together to fight measles

Happiness is seeing healthy children run and play and go to school. Unfortunately, in areas where measles is prevalent, some children have those simple pleasures taken away. Nearly 400 people die from measles every day, most of them children. Survivors can be left with life-altering complications including permanent hearing loss, blindness, and brain damage. This doesn't have to happen. Measles is a preventable disease, which is one reason why Lions Clubs International Foundation (LCIF) is supporting measles initiatives. One measles vaccination costs about \$1. I've seen Lions pull together and accomplish great things, so I know that we can eliminate measles by donating to the cause and volunteering in local measles campaigns. Let's see what we can do to fight measles and give all children a healthy start to life! Consider donating to LCIF's measles initiative, One Shot, One Life.

As many Lions know, LCIF has committed to raising \$30 million dollars which will go to Gavi, the Vaccine Alliance, an organization that will match LCIF's measles contribution dollar-for-dollar. Meanwhile, Lions are using LCIF grants to get measles and rubella vaccinations to areas that need it the most. Through organized campaigns, Lions are helping to vaccinate children at no cost to their family. Learn how Lions and LCIF are fighting measles by visiting the blog: [http://lionsclubs.org/blog/category/measles-2/?utm\\_source=RealMagnet&utm\\_medium=email&utm\\_campaign=6306%20LCIF%20Chairperson%20November%202017%20%2D%20EN](http://lionsclubs.org/blog/category/measles-2/?utm_source=RealMagnet&utm_medium=email&utm_campaign=6306%20LCIF%20Chairperson%20November%202017%20%2D%20EN)

Help with the vaccination of 114 million children; donate today!

If you want a program for your club on LCIF, be sure to give me a call or email at the information below.



**Lions Clubs International**  
**FOUNDATION**

PDG Marty Juel  
3204 Village Ct.  
Goshen, IN 46528  
(574) 534-8868 – [marty@martyjuel.com](mailto:marty@martyjuel.com)

**Send all LCIF contributions to the address below. DO NOT send checks to the district's treasurer. When sending checks, use the MJF application form, available at this link: <https://goo.gl/vlvMst>**

**LCIF  
Dept. 4547  
Carol Stream, IL 60122-4547**



# LCIF TOGETHER WE CAN CONTEST SERIES

From now through April 2018, you can enter monthly contests and learn how LCIF makes an impact. For more information go to this link: <http://tinyurl.com/y8ml9272>



## ENTER THIS MONTH'S CONTEST.

Learn how our foundation improves sight for millions of children and adults worldwide, and you could win a special prize. Just complete a few simple tasks-like watching a video or viewing a blog post-that show you what our foundation does.

## HOW YOU CAN WIN

- 1** Enter the contest using the form, up to the maximum number of entries.
- 2** All contestants will be placed in a random drawing to win an exclusive LCIF 50th Anniversary medal, plus an invitation to LCIF recognition events at the Lions Clubs International Convention in Las Vegas (travel and convention registration not included).
- 3** Winners will be selected each month from around the globe.
- 4** Each task completed counts as one entry. The more entries completed, the greater your chance of winning each month.



## CONTEST CALENDAR

DECEMBER 2017	SIGHT	ENTER NOW
JANUARY 2018	MEASLES	COMING SOON
FEBRUARY 2018	LIONS QUEST	COMING SOON
MARCH 2018	DISASTER RELIEF	COMING SOON
APRIL 2018	PARTNERSHIPS	COMING SOON



**Lions Clubs International  
FOUNDATION**

PDG Marty Juel  
3204 Village Ct.  
Goshen, IN 46528

(574) 534-8868 – [marty@martyjuel.com](mailto:marty@martyjuel.com)

Send all LCIF contributions to the address below. DO NOT send checks to the district's treasurer. When sending checks, use the MJF application form, available at this link: <https://goo.gl/yIvMst>

LCIF  
Dept. 4547  
Carol Stream, IL 60122-4547



# 25 G District Convention

3/10/18

Plan to spend Saturday, March 10, 2018 in Historical Wabash, Indiana. The District Convention will be held at the Honeywell Center. The Charley Creek Inn will serve as the Convention Hotel. You must call to get the special discounted rate. Their phone number is 260-563-0111.

You will hear inspiring words from ID Joyce Middleton, from Bridgewater, Massachusetts. Director Middleton is a computer engineer. She is a member of the Bridgewater Lions Club since 2008, and a Lion since 2002, she has held many offices within the association, including club president, district governor, multiple district GMT coordinator and council secretary. She was also chairperson of the Peace Poster Contest. In addition to her Lions activities, Director Middleton has been active in numerous professional and community organizations, including the General Federation of Women's Clubs of Massachusetts and the National Braille Press.

You will be entertained as Jessica Michna portrays Helen Keller, In a Life Nearly Lost, as she recites excerpts from the 1925 speech Helen gave to the International Lion's Convention. The program continues in third person as Michna talks about Helen's life and experiences.

The business meeting, service project as well as educational workshops are being planned.

**Make plans to attend now.**

25G District Convention Reservation Form

Reservation Due by 3/1/2018

Name Club \_\_\_\_\_

Names of those attending: \_\_\_\_\_

\_\_\_\_\_ Convention Food, \$39/per person (includes Continental Breakfast, Noon Meal and Afternoon Break )

Checks should be made out to "District 25-G" and mailed to CS PDG Ann Haffner; 11268 N. State Road 13; Syracuse, IN 46567. Ann can be contacted at 574-457-3054 or ann\_haffner@yahoo.com





# District 25-G Leader Dog Bus Trip

Saturday, May 5, 2018

The Leader Dog Difference



## What We Do

To this day, the mission of the Lions, "We serve," perfectly complements the Leader Dog mission of empowering people who are blind or visually impaired with lifelong skills for independent travel.

## JOIN US ON MAY 5, 2018

This is the perfect opportunity for you to represent your club and learn first-hand how Leader Dog works.

From the selection of FLD's - Future Leader Dogs - to the training process - you may just find that raising a Leader Dog puppy is in your future!



## Bus Pick-up in Plymouth and Mishawaka

Meet the Royal Excursion bus at Wal-Mart in Plymouth at 2505 N. Oak Dr., Plymouth with **departure at 5:30am.**

Meet the bus in Mishawaka at the old K-Mart parking lot at 420 W. McKinley Ave. with **departure at 6:30am.**

- ♦ Breakfast rolls & muffins, water & juice provided en route
- ♦ Lunch is being catered by Antoniou's Towne Square Pizza (price included)
- ♦ Stop for quick dinner at Old China Super Buffet in Battle Creek at 6pm (cost on your own) - depart at 7pm
- ♦ Drop off in Mishawaka at 8:30pm
- ♦ Drop off in Plymouth at 9:15pm

**Cost: \$60 per person**

**LIMITED SEATING!!!**

**Get your reservations in quickly!**

## How to make your reservation...

You can reserve your seat(s) by mailing this form, along with a check or debit/credit card information to:

CT Ronald Guth  
2386 W. Broadway  
Bunker Hill, IN 46914  
765-460-7177 / guthron@comcast.net

DO NOT email your card number! You may also call CT Ron to provide your CC #.



## Your card info will be secure

After processing your payment, this form will be shredded as a security measure.

Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Exp \_\_ / \_\_ Code # \_\_\_\_\_

For email or text receipt:

Cell phone \_\_\_\_\_

Email \_\_\_\_\_

# of Seats at \$60 \_\_\_\_\_ = \$ \_\_\_\_\_

Signature \_\_\_\_\_

Reserve your seat TODAY!

CT Ronald Guth  
2386 W. Broadway  
Bunker Hill, IN 46914  
765-460-7177  
guthron@comcast.net

**DO NOT EMAIL  
YOUR CREDIT CARD #**

Please make  
checks payable to:  
**District 25-G**

# Prediabetes and diabetes

Cornerstones4Care®

## What is the difference between prediabetes and diabetes?

The difference between prediabetes and diabetes is in how high the blood sugar levels are. Prediabetes is when your blood sugar (or glucose) levels are higher than normal but not high enough to be diagnosed as type 2 diabetes. Look at the table on page 2 to see the levels. Did you know that about 79 million American adults age 20 and older have prediabetes?

## What's going on in your body?

A condition called insulin resistance increases the risk of getting both prediabetes and type 2 diabetes. Insulin is a hormone that is made by the pancreas, a large gland behind the stomach. Insulin helps sugar from food move from your blood into your body's cells. Your cells need sugar for energy. Sugar from food can be sugar itself, or it can be from carbohydrates that the body turns into sugar.

When you have insulin resistance, your body produces insulin but does not use it effectively. So sugar builds up in the blood, which can lead to prediabetes or type 2 diabetes. Most people with insulin resistance aren't aware that they have it for many years, until it turns into type 2 diabetes. But the good news is that if people find out early that they have insulin resistance, they may be able to delay progression to type 2 diabetes. See the box on page 2 to find out how.

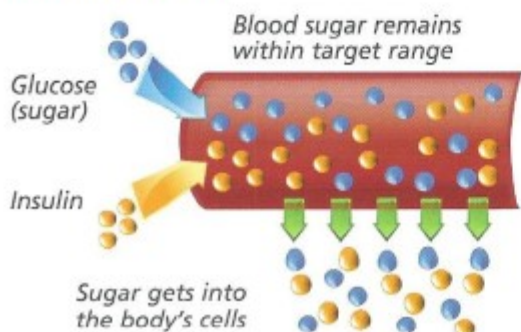
## Who is at risk?

Some of the risks for prediabetes and diabetes include:

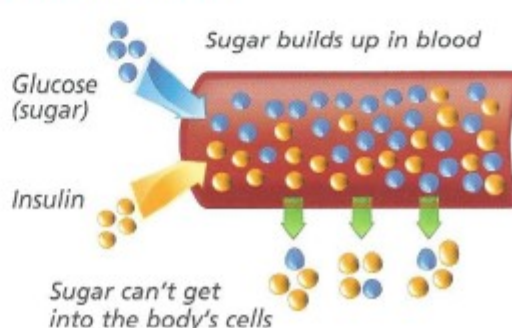
- Being overweight
- Being age 45 years or older
- Having a family history of diabetes
- Having high blood pressure
- Having low HDL cholesterol and high triglycerides (blood fats)
- Having a history of gestational diabetes or of giving birth to a baby weighing more than 9 pounds
- Belonging to an ethnic group at high risk for diabetes, such as Native American, African American, Hispanic, or Asian



### Normal process



### Insulin resistance





# Prediabetes and diabetes

## How is prediabetes diagnosed?

You may have prediabetes without having any symptoms. Prediabetes is found with one of the following tests:

- **Fasting glucose test (FGT)**—Measures blood sugar when you haven't eaten anything for at least 8 hours
- **Glucose tolerance test (GTT)**—Measures blood sugar after you haven't eaten anything for at least 8 hours and 2 hours after you drink a sugary drink provided by a doctor or laboratory
- **A1C**—Measures your average estimated blood sugar over the past 3 months

Your doctor will look for these values to diagnose prediabetes and diabetes:

	Prediabetes	Diabetes
FGT	100–125 mg/dL	126 mg/dL or higher
GTT	140–199 mg/dL	200 mg/dL or higher
A1C	5.7%–6.4%	6.5% or higher

Adapted from the American Diabetes Association. Standards of medical care in diabetes—2013. *Diabetes Care*. 2013;36(suppl. 1):S11–S66.



## How can you lower your risk for prediabetes?

There are no medicines approved by the FDA to treat prediabetes. If you have prediabetes, your blood sugar should be checked for type 2 diabetes every 1 to 2 years. According to the American Diabetes Association (ADA), if your blood sugar levels are at your target range, you should have them checked every 3 years, or more often if your doctor recommends it.

Prediabetes does not automatically turn into type 2 diabetes. You can take steps to lower your risk.

The American Diabetes Association says that you can lower your risk for type 2 diabetes by:

- Losing just 7% of your body weight (or 15 pounds if you weigh 200 pounds)
- Doing moderate physical activity (such as brisk walking) for 30 minutes a day, 5 days a week



For more information, visit [Cornerstones4Care.com](http://Cornerstones4Care.com)

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# ***Membership Update***

## **District 25G—Completion of Service—11/26/2017—12/31/2017**

Glen D Robinson—a 42 Year Member of the Lydick Lions Club



## **District 25G Welcomes New Members—11/26/17—12/31/2017**

### **Bristol**

Gregory A. Swank  
Janet M. Swank

### **Milford**

Mark E. Kewubsju

### **Culver**

Kellie Harris  
Jarrett Mitchell

### **Plymouth**

Rebecca L. Berger  
Robin Cupka  
Anita Fretz

### **Greene Township**

Robert L. Kusmiez

## **District Website**

25 G District Website has a new address and a new look.

Check it out at [www.lions25g.org](http://www.lions25g.org) or [www.lions25g.com](http://www.lions25g.com)

# District Club Visits

DG Tom still has 10 clubs that have not scheduled their Official District Governor Visit. DG Tom's goal is to have these completed by the end of March. If you have not scheduled your club's visit, please look at your upcoming club meeting dates and contact him by phone (260) 571-5123 or email: [tomkipolk@embarqmail.com](mailto:tomkipolk@embarqmail.com) to schedule his visit to your club. DG Tom may contact your club if he has a vacancy in his schedule or if he is in the area.

## January 2018

Sun Mon Tue Wed Thu Fri Sat

	1 HAPPY NEW YEAR	2	3	4	5	6
7	8 Urbana Club Visit	9	10 Elkhart Club Visit	11 Laketon Club Visit	12	13 3rd Council Meeting
14	15 Somerset Club Visit	16	17	18	19	20
21	22	23	24	25	26	27 3rd District Meeting
28	29	30	31			



## District 25G Calendar of Events & Deadlines

### ***SAVE THESE FUTURE DATES!***

January 6—Wash-A-Thon : Reserve your spot at [info@elkhartlions@org](mailto:info@elkhartlions@org)

January 13—Council of Governors—Muncie

January 13—Greene Township Pancake Breakfast

January 13—Silver Lake Fish Fry

January 26, 2017—Deadline for District Letter of Intention for Positions

January 27, 2018 —District Meeting hosted by the Denver Lions Club

March, 9, 2018—25G District ID Welcome Dinner—Honeywell Center, Wabash, Indiana

March 10, 2018 —25 G District Convention—Honeywell Center, Wabash, Indiana

April 22, 2018—Brian's Trike Race to benefit ISVBI

April 28 & 29, 2018—Indiana State Convention—Muncie, Indiana

**\*\*\*See Separate Email with Convention Information**

May 5, 2018—Leader Dog Bus Trip

May 12, 2018—25 G District Meeting hosted by the Lydick Lions Club

June 29—July 3rd, 2018—International Convention—Las

**\*\*\*See Separate Email with Convention Infor-**

**Early Bird Registration Ends on  
January 12, 2018.  
Register Now to save!.**

**Vegas  
mation**



## Bulletin No. 5      *"Las Vegas here we come"*

By PDG Gary Ochs, Chairperson

Early registration is BEFORE January 12, 2018; Regular registration is January 13 through March 31, 2018; and Late registration is April 1 to May 1, 2018. Plan early! All convention venues are located at the MGM Grand on the Las Vegas Strip. The Indiana Lions attending will stay at the Luxor "Egyptian Pyramid" hotel within walking distance of the MGM Convention Center. Visit online at [www.lionsclubs.org](http://www.lionsclubs.org) for update.



## 25 G District Goals for 2017-2018

- ♦ Focus on our clubs that have less than 15 members by helping them increase their membership to at least that level;
- ♦ Support the placement of Little Free Libraries;
- ♦ Have a positive membership growth;
- ♦ All clubs to report their activities and membership every month.



DG Tom Polk  
District 25G Lions  
5378 E 975 S  
LaFontaine, IN 46940  
Phone: 765-981-2605  
Cell: 260-571-5123  
E-mail: tomkimpolk@embarqmail.com

**Visit us on the web at [lions25g.org](http://lions25g.org)**

Newsletter Deadline is the 20th of each month. Please submit articles and pictures to:

Lion Kim Polk  
District 25G Newsletter Editor  
5378 E. 975 S., LaFontaine, IN 46940  
765-981-2605/260-571-6125  
tomkimpolk@embarqmail.com