



NEWS FROM THE LIONS' DEN

DISTRICT 14-C

NOVEMBER 2018



MESSAGE FROM THE DISTRICT GOVERNOR

Greetings Lions, Lioness and Leo's,



PDG John and I hosted the bus trip to Leader Dog in October. For those of you who didn't go along, you missed a great trip. Words cannot describe the feeling you get during your visit to Leader Dogs for the Blind. You really need to go there to experience it yourself. The group got to see what it is like for

a blind person when they were blind folded and given a dog to help them go around obstacles. We got to tour the Canine Development Center and see the puppies and the dogs waiting to be paired with their clients. This was my third trip to Leader Dog and each time is so inspiring and motivating to me as a Lion. Every Lion should visit Leader Dog to see our dollars at work making a difference in helping those who have lost their sight and providing the

opportunity for those individuals to gain or regain their independence. If you are planning to be in the area of Leader Dog you are encouraged to contact Leader Dog for a free tour of the facility. The state of Pennsylvania is the second largest contributor to Leader Dogs, next to their home state of Michigan; for this we can be proud!!!

You will note November is Diabetes awareness month. Did you know that approximately 1 in 4 adults with diabetes (7.2 million Americans) are unaware that they have Diabetes? Approximately 1 in 3 adults have prediabetes and they don't know they have it. Prediabetes is a condition where your blood glucose (sugar) levels are higher than normal but not high enough to be diagnosed with diabetes. Prediabetes typically occurs in people who have some insulin resistance or whose beta cells in the pancreas are not making enough insulin to keep blood sugar levels in the normal range. Without enough insulin, the extra glucose remains in the bloodstream rather than entering your cells. Over time this may cause type 2 diabetes. In many cases prediabetes can be controlled by diet and exercise.

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DISTRICT DISASTER RELIEF COORDINATOR



If you are interested in this position please contact the District Governor immediately.

Do you know the Risk Factors for developing Prediabetes?

THEY ARE AS FOLLOWS:

- Genetic – a parent or sibling who have diabetes
- Overweight
- Over Age 45
- lack of physical activity
- health conditions such as high blood pressure and cholesterol levels
- history of gestational diabetes
- history of heart disease or stroke
- polycystic ovary syndrome (PCOS)
- other contributing factors such as certain medications, hormonal disorders and sleep apnea

Obviously there are some things you can't change such as family history, age or ethnicity; however, you can lower your chances of developing diabetes by making certain lifestyle changes in your diet and adding more physical activity. Please take a moment to take the Type 2 Diabetes Risk Test attached in this newsletter to find out if you are at risk and if you are, please see your doctor to get checked!

Yours in Service & Friendship,

DG Lisa Griffie
Chart Your Course 2018-19

Are You at Risk for Type 2 Diabetes?

Diabetes Risk Test

One in four Americans with diabetes is undiagnosed. Could you be one of the 8 million Americans who has diabetes and doesn't know it? Take the test and learn more about your risk for getting type 2 diabetes.

1 How old are you?

- a. Less than 40 years (0 points)
- b. 40–49 years (1 point)
- c. 50–59 years (2 points)
- d. 60 years or older (3 points)

Write your score
in the box.



2 Are you a man or a woman?

- a. Man (1 point)
- b. Woman (0 points)

3 Are you a woman who has ever been diagnosed with gestational diabetes or given birth to a baby weighing 9 pounds or more?

- a. Yes (1 point)
- b. No (0 points)

4 Do you have a mother, father, sister, or brother with diabetes?

- a. Yes (1 point)
- b. No (0 points)

5 Have you ever been diagnosed with high blood pressure?

- a. Yes (1 point)
- b. No (0 points)

6 Are you physically active?

- a. Yes (0 points)
- b. No (1 point)

7 What is your weight status? (see chart at right)



Height	Weight					
	lbs.	kilos	lbs.	kilos	lbs.	kilos
4'10"	119–142	54.0–64.4	143–190	64.9–86.2	191+	86.6+
4'11"	124–147	56.2–66.7	148–197	67.1–89.3	198+	89.8+
5'0"	128–152	58.1–68.9	153–203	69.4–92.1	204+	92.5+
5'1"	132–157	59.9–71.2	158–210	71.7–95.3	211+	95.7+
5'2"	136–163	61.7–73.9	164–217	74.4–98.4	218+	98.9+
5'3"	141–168	64.0–76.2	169–224	76.7–101.6	225+	102.1+
5'4"	145–173	65.8–78.5	174–231	78.9–104.8	232+	105.2+
5'5"	150–179	68.0–81.2	180–239	81.6–108.4	240+	108.9+
5'6"	155–185	70.3–83.9	186–246	84.4–111.6	247+	112.0+
5'7"	159–190	72.1–86.2	191–254	86.6–115.2	255+	115.7+
5'8"	164–196	74.4–88.9	197–261	89.4–118.4	262+	118.8+
5'9"	169–202	76.7–91.6	203–269	92.1–122.0	270+	122.5+
5'10"	174–208	78.9–94.3	209–277	94.8–125.6	278+	126.1+
5'11"	179–214	81.2–97.1	215–285	97.5–129.3	286+	129.7+
6'0"	184–220	83.5–99.8	221–293	100.2–132.9	294+	133.4+
6'1"	189–226	85.7–102.5	227–301	103.0–136.5	302+	137.0+
6'2"	194–232	88.0–105.2	233–310	105.7–140.6	311+	141.1+
6'3"	200–239	90.7–108.4	240–318	108.9–144.2	319+	144.7+
6'4"	205–245	93.0–111.1	246–327	111.6–148.3	328+	148.8+
(1 Point)			(2 Points)		(3 Points)	
You weigh less than the amount in the left column (0 points)						

..... Add up Your Score

The higher your score, the higher your risk.

- **If you scored 5 or more:** You are at increased risk for having type 2 diabetes. Talk to your health care provider about simple blood tests to check for diabetes or prediabetes. Early diagnosis and treatment can prevent or delay heart attack, stroke, blindness, kidney disease, and other health problems.
- **If you scored below 5:** Even if your score was below 5, you may be at increased risk for having prediabetes—blood sugar levels that are higher than normal but not high enough to be called diabetes. The good news for people with prediabetes is that you can lower your risk for type 2 diabetes. Talk to your health care team about getting tested, particularly if you are over 45, overweight, or have a family member with diabetes. Find out about the small steps you can take to prevent or delay type 2 diabetes and live a long and healthy life.

Type 2 diabetes is more common in African Americans and people with African ancestry, Hispanics and Latinos, American Indians, Alaska Natives, Asian Americans, Native Hawaiians, and Pacific Islanders. The National Diabetes Education Program (NDEP) has special information for these groups.

The National Institute of Diabetes and Digestive and Kidney Diseases

1-800-860-8747 • TTY: 1-866-569-1162

HHS' NDEP is jointly sponsored by NIH and CDC with the support of more than 200 partner organizations.



Adapted from the American Diabetes Association's Diabetes Risk Test.

www.ndep.nih.gov

MESSAGE FROM STEVE SHIPMAN



I can't blame you if you are tired of hearing that we need to recruit more members for our clubs. Many of us have tried very hard and are frustrated by lack of success. It might be time to consider two fallacies that hinder our efforts.

The first reality is that if we want people to join *our* clubs to help *us* in *our* projects and do the work we want to see continued, we are engaged in a futile task. The vision of Melvin Jones was never to start another social organization; there were and are plenty of them. Lions are about service, inviting quality people to serve alongside of us. If we lose sight of that, we lose our reason for existence. We invite people to serve, not just to join our club.

Another fallacy I always hear begins, "We need younger members." Yes, we do, but what does your club have to offer to that 25-year old struggling to establish herself in a new life, perhaps as she juggles a career with raising young children?

Maybe the answer for her is to start a new club more oriented to her lifestyle.

If your club can reach out to 55 or 60 year olds, they might qualify as "younger members." A lot of "mature" adults have more resources and free time than younger folks.

The fastest-growing group in York County, and probably in Adams and Cumberland, is senior citizens. Most of us are quite active, and many are not involved in service activities. You might find folks a decade or so younger than you far more receptive to your invitation to serve with you than younger neighbors (whom you probably don't really know anyhow).

Nothing I am saying should be understood to oppose inviting young adults to become Lions. We have such folks in many of our clubs, and they are a blessing to us even as they appreciate being with us, if we are prepared to respect them and listen to their ideas. I joined when I was in my late 30's. But I am trying to broaden our horizons. I still believe one of the best places to look for new Lions is "empty nesters," especially in the months after the youngest child leaves home for college, the military, or a career.

What do you see as the opportunities for your club to receive and keep new Lions? What might be a target group of potential Lions unlikely to join your club, but who might be part of a branch or a new club?

We Serve!
1VDG Steve Shipman

***We are Lions. We serve.
Let's not lose sight of the basics.***

1VDG Steve Shipman
prsteveshipman@gmail.com
570-916-7780 (call or text)

MEMBERSHIP UPDATE

Great News!! After nearly four months of running a net loss in membership, as of October 27th, we are back to where we started the year at 1,281 members! During October, our clubs welcomed **8 NEW MEMBERS** to District 14-C. Leading the way was **Newville** Lions club with 4 new members. **Cashtown, Dallastown, and Hanover** each added a new member, and **New Oxford** welcomed a member who transferred from Laytonsville, MD.

Of course, member recruitment is necessary in order to grow our clubs. Our Lions International President has challenged every club to recruit at least one new member each quarter of this Lions year. If our District 14-C clubs accept and realize that challenge, we will exceed DG Lisa's goal of new members by nearly 2.5 times! Congratulations the following clubs who met that goal for the first quarter: **Carlisle, Dover, Gettysburg, Hanover West Manheim Township, Mechanicsburg, Mount Holly Springs, New Freedom, and Newville.**

DG Lisa would also like to see the percentage of female members in District 14-C increase. Last year, that percentage rose from 17% to 19%, but we are still far behind the Lions International average of 30%. If each of our clubs recruits at least 1 female member this year without losing any female members, the percentage of women members will increase to 23%. So far the following clubs had added at least one female member since July 1, 2018: **Carlisle, Dallastown, Dover, Hanover, Mount Holly Springs, New Oxford and Newville.**

IPDG Dennis Cope is the District 14-C Membership Coordinator for this year. Feel free to contact him with any of your membership concerns or requests for assistance: dennis.cope@icloud.com.



UPCOMING EVENTS



November 2- 4	PA State Council Meeting	Indiana, PA
November 3	Convening of CD - House of Delegate Meeting	Indiana, PA Part of the State Council Meeting
November 17	District Cabinet	York Springs Fire Hall
February 2	MD-14's Candidate for Intl. Director, Special Election	Altoona, PA

DISTRICT GOVERNOR'S CLUB VISITATION SCHEDULE 2018

VISITATION DATE	CLUB NAME	VISITATION DATE	CLUB NAME
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NOVEMBER 2018

Monday	November 5	Apple City Leo
Tuesday	November 6	Stewartstown
Wednesday	November 7	Hanover West Manheim
Thursday	November 8	York Eastgate Sunrise
Monday	November 12	Gettysburg
Tuesday	November 13	Weigelstown
Wednesday	November 14	York White Rose
Tuesday	November 27	Mt. Holly Springs

Happy
Holidays

NO DECEMBER
VISITATIONS

PEACE POSTER CONTEST AND ESSAY CONTEST: "KINDNESS MATTERS"

Lions of 14-C: showcase the artistic talent of the students in your area by supporting a group of children in the 2018-2019 Lions Club International Peace Poster Contest.

The 2017-2018 grand prize winner of the Peace Poster Contest was ZhuoQi Wang, a 13 year old student from China, and was sponsored by the Dalian Heping Huihua Lions Club. The theme was, "The Future of Peace."

School bells will soon be ringing and it is the perfect time to seek out schools in your area to offer the opportunity to the students to participate in the Lions Club International Peace Poster Contest. The Peace Poster Contest is open to children ages 11-13 years of age on November 15, 2018. Your Lions Club can sponsor the Peace Poster Contest in local schools or organized sponsored youth groups. An organized sponsored youth group can be your local Girl Scout Troop, your Boy Scout Troop, or organized Youth Groups such as a Church Group or the YMCA or YWCA.

Please help to increase the number of sponsoring Lions Clubs and the number of children that our offered this wonderful opportunity to create a poster. It is a fantastic way to build a relationship with your community along with giving young people the opportunity to express their vision of world peace.

Kits are just \$11.95. Quite a bargain!!!! Much information about the Peace Poster Contest is available on the LCI website along with information about how to order the Peace Poster Kit. You can, also, order by calling Club Supplies Sales at (630)571-5466 or 1-800-710-7822. **One kit must be purchased for each group your club sponsors.**

Lions Clubs around the world are, also, encouraged to sponsor students in the Lions International Essay Contest. This essay contest was created to offer an opportunity for visual impaired young

people to express their feelings about world peace. The theme of the 2018-2019 International Essay Contest is "Kindness Matters." Students who are visually impaired and who are ages 11-13 on November 15, 2018 are eligible to participate. For the essay contest rules and application form go online to <http://members.lionsclubs.org/EN/serve/contests/essay-contest.php>

If you would like more information about how to sponsor the Peace Poster Contest for your club, contact Lion Patti Hullmann, Jacobus Lions Club, District 14-C Peace Poster Chairperson. For more information, email me at hullmannt@aol.com, or call 717-428-3659 or 717-324-7646. I can, also, come to your meeting and do a presentation about the Peace Poster Contest.



Lions Clubs International has announced a new focus on pediatric cancer and joins Four Diamonds in recognizing that
pediatric cancer kills more children in the United States than any other disease.

JOIN US IN THE FIGHT TO CONQUER CHILDHOOD CANCER!

The Pennsylvania State Council of Lions Clubs is launching a new initiative with Four Diamonds by mobilizing their members to raise funds and awareness about the impact of childhood cancer.



Local Research. Global Impact.

To fundraise or donate visit:
FourDiamonds.org/PALions

Four Diamonds child Devin

ABOUT FOUR DIAMONDS

Since 1972, Four Diamonds has been focused on inspiring, activating and empowering over 100,000 people annually to conquer childhood cancer by assisting children and their families through superior care, comprehensive support and innovative research.

www.FourDiamonds.org

CHRISTMAS BAZAAR

New Freedom Lioness Club

Saturday, November 3, 2018

8:00 AM to 3:00 PM

**New Freedom Community Center
150 East Main Street**



Do your holiday shopping.

Many gift ideas. Surprise packages.

Vendors - Crafts - Direct sales

Breakfast - Lunch

Apple Dumplings - Baked Goods

Ham & Bean - Chicken Corn Soup

Pre-order Soup & Apple Dumplings

Call: 717- 235-2144



Last year the New Freedom Lioness Club
donated over \$10,000 to Community projects!
Follow us on: Facebook & Twitter

SAVE THE DATE

November 14 2018 - 10 am to 2 pm

**The Jacobus Lions Ambulance Club is providing
blood glucose screening at
Browns Orchard & Farm Market**



Worldwide Week of Service for Diabetes

Diabetes impacts more than 400 million people, resulting in five million deaths every year. Join Lions around the world for a special Worldwide Week of Service dedicated to stopping this deadly disease in its tracks.



Lions Clubs International

Step Back In Time Santa on the Square

JEFFERSON, PA

Friday: December 14th 2018
6 PM TO 8 PM



Come and Visit with Santa

SPONSORED BY
THE JEFFERSON LIONS CLUB

We Have! a Winner!

NEW OXFORD LIONS LOTTERY CALENDAR FUNDRAISER RUNS FROM JANUARY 1 TO DECEMBER 31, 2019 COST \$30 EACH

- WINNING NUMBERS DETERMINED BY THE THREE (3) NUMBERS ON THE PA DAILY NIGHT LOTTERY
- ALL CASH WINNINGS WILL BE DETERMINED BY THE AMOUNT OF MONEY INDICATED ON EACH DAY OF THE CALENDAR

IF YOU WOULD LIKE TO PURCHASE A LOTTERY CALENDAR PLEASE CONTACT JASON SMITH @ 717-818-8572 OR JOHN GRIFFIE @ 717-870-2145. CALENDARS CAN ALSO BE PURCHASED AT THE NOVEMBER CABINET MEETING AT YORK SPRINGS FIRE CO.

THESE CALENDARS MAKE GREAT CHRISTMAS GIFTS FOR YOUR FAMILY MEMBERS, NEIGHBORS, CO-WORKERS, ETC.



MD-14 STATE COUNCIL of LIONS CLUBS CONVENTION
96th Annual Convention - May 16 to May 19, 2019
Kalahari Resorts & Conventions, 250 Kalahari Blvd., Pocono Manor, PA 18349

Registrant

Sub-District _____ Club _____ **Lion Lioness Leo Guest**
 (Circle applicable membership)

Name _____
 Last First Initial Title (example, DG, PDG, Lion)

Street Address _____ City _____ State _____ Zip _____

Phone _____ Email _____
 Residence Business/cell Please print clearly

First State Convention Yes – No Years as a Lion _____ Highest Office Held _____ **Past -Present**
 (Circle one)

Spouse or Partner _____

Special Needs: Dietary Restrictions, Hearing, Vision, Physically Challenged: _____

Hotel Information: ROOM RESERVATIONS MUST BE MADE by calling Kalahari Resort & Convention Center, Phone Number: 1- 877-525-2427. Mention: PA State Lions Convention Rate

Hotel address: 250 Kalahari Blvd. Pocono Manor, PA 18346

Reservation Code: 90.....: <https://staypa.kalahariresorts.com/pennsylvania#groupSignIn>

Room rate: \$159/night plus applicable taxes Deadline for room reservations: April 16, 2019

REGISTRATION

Convention Registration – REQUIRED FOR ALL ATTENDEES (No fee for children under 12 or Leos)

Early (Until Jan. 31, \$10) Regular (Feb. 1 - Apr. 15, \$12.50) Late (Apr. 16 to on-site reg. \$15) \$ _____

Friday Luncheon: Turkey on Sourdough _____ Portobello Mushroom on Focaccia _____

Honey Ham on Sourdough _____ x \$20.00 \$ _____

Friday PA Counsellors and District Governors' Honors Banquet:

Roasted Pork Loin _____

Pan Seared Salmon _____ Grilled Egg Plant _____ x \$ 30.00 \$ _____

Name of person(s) to be seated with _____ x \$ 25.00 \$ _____

Saturday Luncheon: Honoring Lioness of the Year - Buffet _____ x \$ 25.00 \$ _____

Saturday International Banquet:

Beef Tenderloin _____ European Chicken Breast _____

Cauliflower Steak _____ x \$ 30.00 \$ _____

Name of person(s) to be seated with _____ x \$ 20.00 \$ _____

Sunday Melvin Jones/Key Member Breakfast Buffet _____ x \$ 20.00 \$ _____

2019 State Convention Pin _____ x \$ 6.00 \$ _____

TOTAL AMOUNT \$ _____

Meal Registration Deadlines: April 27, 2019 (April 16th if you wish to sit with someone specific)
NO REFUNDS AFTER APRIL 27, 2019

EACH REGISTRANT SHOULD COMPLETE A SEPARATE REGISTRATION FORM!

Make check payable to: 2019 Convention Fund

Credit Card Payments (secure) may be made at State Council Meetings

Mail completed forms and check to: PA Lions 2019 State Convention Committee
 668 Liberty Court, Hazleton, PA 18201

Lions Jerry and Jamie DePalma - Registration Chairpersons

Questions may be directed to: PDG Andy Piskel email: 2019paconvention@gmail.com or 570-956-1245



DALLASTOWN LIONS CLUB



GIFT CARD BINGO

(GROCERY STORES/BUTCHER SHOPS/SEAFOOD SHOPS)

BENEFITS COMMUNITY SERVICE PROJECTS

**\$15.00 IN ADVANCE / \$18.00 AT THE DOOR
(IF AVAILABLE)**

**SATURDAY, MAY 18, 2019
DOORS OPEN AT 4:00 P. M.
GAMES START AT 6:00 P. M.**

**SEVEN VALLEYS FIRE COMPANY
35 MAIN STREET
SEVEN VALLEYS PA**

20 GAMES

SPECIALS, RAFFLE, 50/50

**FOOD FOR SALE BY THE
LADIES' AUXILIARY**

**LIMITED NUMBER OF TICKETS
FOR TICKETS CALL, LION RAY REBUCK
(717) 244-0396**



NEW OXFORD LIONS CLUB LOTTERY CALENDARS

Dear Fellow Lions,

As we all seek to work together to perform and fulfill our motto “We Serve”; we are all trying to keep up with the ever increasing demands to complete that goal. We in the New Oxford Lions Club are pursuing a new idea, involving the sale of calendars that can award the holder of a cash prize, based on the PA Lottery’s evening drawing. Many other organizations utilize this method of fund raising, like local fire companies, etc.

The cost of each calendar is \$30, and if the holder would have their calendar’s assigned daily number match the number during a regular weekday, they would get back the money they invested in the calendar. Weekend days pay more, and holidays pay much more, like on the 4th of July the prize is \$400.

If anyone in your respective Clubs would desire to purchase one of these calendars, please contact me. We can arrange to bring the total number of calendars requested to one of your future meetings, or someone from your Club could meet us at one of our meetings, to obtain the calendars. We would need the purchasers name, address, and telephone number on the card matched to their calendar.

Kevin Turnbaugh
Past President, NOLC
30 E. Locust Lane | New Oxford, PA 17350-9557
717-624-7743 | Cell: 717-524-1800
kdtlkt83@outlook.com
www.timewitnessing.com

WELCOME TO OUR NEW LION MEMBERS

MEMBER	CLUB	SPONSOR
Jeremy R. Bucher	Cashtown	Harry Bucher
Colby Jean Shue	Dallastown	Michael Shue
Mary C. Perkins	Hanover	John Zinn
Christine G Anderson	Newville	Josh Anderson
Kelly E Hall	Newville	Kathy Biscuit
Katie M Ocker	Newville	Kathy Biscuit
Rick A Stryker	Newville	Diana Oiler

WELCOME AND THANK YOU FOR JOINING US IN SERVICE!

RESERVE THE DATES!

Global Action Team Meetings (GAT)

Nov. 10

8:45am - 10:00am

Location: Cross Keys Diner

District Cabinet Meeting #2

Saturday, November 17

York Springs Fire Hall

9:30am - 12:00pm

KEEP US ALL INFORMED

*Lion Pat Simpson of the Jefferson
Lions, newsletter editor.*

**To contact the editor or send newsletter
items, please email: Newsletter14C@gmail.com**

As before, you can help Lion Pat do a better job for you by sending her high quality jpeg pictures separate from any text (not imbedded in a Word or PDF document), letting her format articles (simple is best to work from), and not sending printed scans or printouts on colored paper. If somebody produced a flyer or other item on a computer, please send her the computer file and not a printout of it.

LIONS DISTRICT 14-C
Patricia Simpson, Newsletter Editor
4925 Smoketown Rd
Glenville, PA 17329