DISTRICT 26-M1NEWSLETTER

SEPTEMBER 2021

VOLUME 3 ISSUE 2



"Embrace the Mission"





Liberty, Intelligence, Our Nations Safety

District 26-M1

District Governor Lion Jerry Reaves Malden, Missouri 573-276-8071

1st Vice District Governor Lion Jennie Mosher Rolla, Missouri 573-368-0930

2nd Vice District Governor Lion Marilynn Reaves Malden, Missouri 573-276-8091



District 26-M1 Cabinet Meeting

All Lions Are Invited



November 6th 2021 Pre-meeting starts 9 AM Patton Lions Club

Patton, Missouri 63775

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District Governor Jerry Reaves 2021-2022



"Embrace the Mission"

Greetings and best wishes for all to celebrate the National Holiday honoring the working Men and Women of our great country. A mighty debt of gratitude is extended to all the workers of America. As we think about the Labor Day holiday and remember what has brought about the transformation of working conditions in our country, let us ever be thankful for those who have made our country what it is today. At a time when hard work, long hours and dedicated workers was the backbone of our society, our workers today enjoy much better working conditions, fewer hours and better, safer working conditions and better compensation than ever before. Let us not be ungrateful for what we have been blessed with.

Now let me quickly update us on our work as Lions pertaining to membership. The month of August continued to be a month of "role purging" in M 1. We had declining members in five clubs totaling 14 members. We had increasing membership in 4 clubs totaling 9 new members. (Congratulations to West Plains for adding 5 new members.) While we lost a total of 5 members overall, I am optimistic that next month will show positive growth. Our total membership as of 8-31-2021 was 1040. Which club would like to be highlighted next month with gaining the most members??????

As we go about our activities this month, let's remember to show the spirit of Lionism as we serve and help others. Someone that you know needs to be a Lion and enjoy the exciting club meeting and activities in which we participate in.

Thank you for letting me serve as your Governor. I look forward to meeting with your club; just let me know what a convenient time would be.

District Governor Jerry Reaves

District 26-M1

Patton Lions Club 50 Year Anniversary Oct 9, 2021 @ American Tractor Museum 508 N Main St, Perryville, MO 63775 from 4PM to 9 PM Guest Speaker: PID Donal Knipp Dinner Served @ 5 PM Meal includes. Roast Beef or Grilled Chicken or Pasta Con Broccoli Roasted New Potato's, Tossed Salad, Green Beans California Mixed Vegetables, Hot Rolls Coffee, Iced Tea, Lemonade Peach Cobbler, 4 Layer Chocolate Cake Meals are \$25 per Person. Please List names of Guests and choice of Main Entrée Name: _____Meal:_____ Name: Meal: Make Checks out to Patton Lions and Mail to Patton Lions Club, P O Box 7, Patton MO 63662 We have reserved rooms at the following Hotels under Patton Lions Club, when making reservations, mention Patton Lions Club for your reduced rate Holiday Inn Express \$96 + Tax 5736051385 Super 8 \$84 + Tax 5735477888 Quality Inn \$70 + Tax 5735471727 Please RSVP by Sept15, 2021 Questions, call PDG John Preston, 636-288-7295





Just a couple more months until it'll be time to RAMBLE again! Put Saturday October 9 on your calendar and have yourself and your bike in downtown Sikeston to participate! Choose from mostly flat routes of 15, 30, 65 miles. Day of event on-site registration is at 7 AM with the ride starting at 8 AM. Or you can register in advance and save a little money by clicking on this link: <u>https://endurancecui.active.com/event-reg/select-race</u>.

https://www.facebook.com/Lions-Club-of-Sikeston-MO-101174936607585/ https://www.facebook.com/CottonRamble/

Recent District 26-M1 Events

4 Wheel Rodeo The Lions Proceeds will go to Brooke



Where: Lions Club Roby MO When: July 10th Registration 3:00, \$20 per entry and \$5 for drag Snack Bar: cheeseburgers, hot dogs, nachos, chili, chips, drinks.....

We will be serving a plate for \$10 which includes, our famous cheeseburgers, baked beans, potato salad and dessert. 5pm-7pm, Enjoy the meal in our air conditioned hall or take it to-go

Mary-Brooke Steinbach was in a serious car accident, in ICU for 49 days and 5 months rehab. Money raised will help with hospital bills, medical expenses and on-going care. Thank you for the support.



Kennett Lions Club Lion Spencer Furby tells history of the club





Senath Lions Club steak dinner



Dixon Lions Club hosted its annual golf tournament in memory of Lion Jerry Driscoll. Pictured below is his daughter, Kay, who played in the tournament as well as a couple winners. It was a good day.









Senath Lions Club

Fort Leonard Wood Lions Club Friendship and Fellowship

2021 Interfaith 5k Program

Sponsored by the BSA National Religious Relationships Committee

5k Program: Run, Hike, Bike, Swim

"Faith is Believing" FREE Virtual Zoom Program



Race by Family, Unit, or Faith-Based Organization on Date/Route of Choice

Steps to Participate:

- \Rightarrow Registration Coming Soon
- \Rightarrow Start gathering names & shirt sizes NOW
- \Rightarrow We'll have final pricing out asap if you want to order the Bling
- \Rightarrow Do not have to be a registered BSA member to participate



The adjacent flyer is from the Caruthersville Lions Club. Additional information will be forthcoming, watch on Facebook and in the District Newsletter.





An Activity Guide for Lions Clubs

What Is Lions World Sight Day?

Lions World Sight Day (LWSD), which was created to recognize and reinforce the importance of eradicating preventable blindness, is held annually on the second Thursday of October. Lions clubs around the world are encouraged to participate by sponsoring local activities and programs, either on Lions World Sight Day or some time during October, to educate their communities about the need to conquer preventable blindness and preserve sight.

Why Should Your Club Participate?

The World Health Organization estimates that the number of blind people in the world could double in the next 25 years. To combat the leading causes of blindness and to assist in preserving vision, Lions clubs must take action.

Your club can join thousands of Lions in a global effort to educate the public about the importance of proper eye health care. Although Lions World Sight Day activities will be publicized on a global level, it is just as important to share this event's message with the people of your community. By publicizing your activities as part of a worldwide event, you will not only gain exposure for Lions World Sight Day, but also gain recognition for the programs that your club provides to your community.







WHITE CANE

History

In 1921, James Biggs, a photographer from Bristol, England, became blind following an accident. Because he was feeling uncomfortable with the amount of traffic around his home, he painted his walking stick white to be more easily visible.

In 1930, Lion George A. Bonham, President of the Peoria Lions Club (Illinois) introduced the idea of using the white cane with a red band as a means of assisting the blind in independent mobility. The Peoria Lions approved the idea, white canes were made and distributed, and the Peoria City Council adopted an ordinance giving the bearers the right-of-way to cross the street. News of the club's activity spread quickly to other Lions clubs throughout the United States, and their visually handicapped friends experimented with the white canes. Overwhelming acceptance of the white cane idea by the blind and sighted alike quickly gave cane users a unique method of identifying their special need for travel consideration among their sighted counterparts.

Also in 1931, in France, Guilly d'Herbemont recognized the danger to blind people in traffic and launched a national "white stick movement" for blind people. She donated 5,000 white canes to people in Paris.

Today white cane laws are on the books of every state in the US and in a few other countries, providing persons who are blind a legal status in traffic. The white cane universally acknowledges that the bearer is blind. For specific information contact your local government office for motor vehicles.

Lions and International White Cane Safety Day

International White Cane Safety Day is an opportunity to increase awareness about the white cane, which:

- Signifies that the pedestrian using it is blind or visually impaired;
- Alerts motorists of the need to exercise special caution and provide the user the right of way;
- Symbolizes the independence, confidence and skills of the person who is using it.

1964: the U.S. Congress approved a resolution authorizing the President of the US to annually issue a proclamation designating October 15^{th*} as "National White Cane Safety Day."

1969: the International Federation of the Blind adopted October 15^{th*} as "International White Cane Safety Day."

> * The above referenced date is a suggested date. Lions clubs are free to hold awareness events according to the schedule of the club and the community it serves.

Health & Children's Services Department

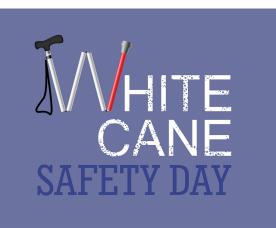
programs@lionsclubs.org

Blindness Etiquette

When you Meet a Person Who is Blind

- Treat a person who is blind the same as you would anyone else. They do the same things as you do, but may use different techniques.
- Speak in a normal tone of voice. Blindness doesn't equal hearing loss.
- Talk directly to a person who is blind, not to their companion. Loss of sight is not loss of intellect.
- When entering a room, identify yourself; when exiting, be sure to mention that you are leaving. Address the person by name so they will know you are speaking to them.
- If you leave a person who is blind alone in an unfamiliar area, make sure it is near something they can touch—a wall, table, rail, etc.
- Being left out in empty space can be very uncomfortable.
- Be sure to give useful directions. Phrases such as "across the street" and "left at the next corner" are more helpful than vague descriptions like "over there."
- Don't worry about using common, everyday words and phrases like "look," "see," or "watching TV" around a person who is blind.
- If a person looks as though they may need assistance, ask.
- Pulling or steering a person who is blind is awkward and confusing it's really not helpful. Avoid grabbing their arm, and please don't touch or steer a guide dog's harness.
- Ask, "Would you like me to guide you?" Offering your elbow is an effective and dignified way to lead someone who is blind. Do not be afraid to identify yourself as an inexperienced human guide and ask for tips on how to improve.
- Be considerate. If you notice a spot or stain on a person's clothing, tell them privately (just as you would like to be told).
- In a restaurant, give clear directions to available seats. Your offer to read the menu aloud may be appreciated, but you shouldn't assume the person would not want to order their own food.
- When the food arrives, ask if the person would like to know what is on their plate. You can describe the location of food items by using clock positions: "Your coffee is at 3 o'clock"; "The sugar is at 1 o'clock."
- Leave doors all the way open or all the way closed half-open doors or cupboards are dangerous. Don't rearrange furniture or personal belongings without letting the person know.
- Be sensitive when questioning someone about their blindness. This is personal information and boundaries should be respected.





world diabetes day

14 November









Diabetes Superfoods

These foods are extra healthy for people with diabetes, because they have near-zero net carbs and help stabilize your blood sugar.



Beans are packed with fiber, magnesium, and potassium



Tomatoes

are an amazing, low-carb source of vitamins C and E and iron



Dark, green vegetables deliver a powerful dose of fiber, proteins, vitamins and minerals





Salmon reduces triglycerides,

blood pressure, and inflammation



Citrus fruits contain generous amounts of vitamin C and fiber



Whole grains have folate, omega-3s, magnesium, chromium, fiber and potassium (white bread doesn't)



Sweet potatoes contain more healthy fiber, antioxidants and vitamin A than white potatoes



Raw nuts are full of healthy fats and fiber



Fat-free dairy

delivers vitamin D. Yogurt 's probiotic bacteria helps keep intestines healthy and boosts immunity.

Source:

American Diabetes Association. Diabetes Superfoods. Available at:

Berries

are packed with

and vitamins

antioxidants, fiber

www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/diabetes-superfoods.html Accessed June 30, 2015.

WANTED!

LOOKING FOR Crafters of handmade items

No direct sale representatives

The Rolla Lions Club is looking for vendors for our 2nd annual Spring Craft Festival

May 7 & 8, 2022 RV spaces are available, but limited

Individuals contact Sarah at snodgrasssarah13@gmail.com Lions Clubs can claim a FREE booth for a fundraiser just Contact PJ at 573-466-3440

Lions that Have Passed Away

Kelly Conway Andy Ellerman Michael Bennett Dan Driskell Jim Solomon Bunker Lions Club Bunker Lions Club Cape Girardeau Lions Clubs Cape Girardeau Lions Club Rolla Lions Club

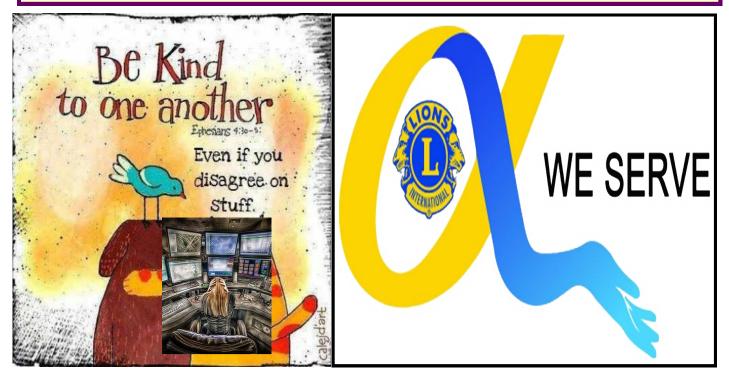




Lions Trivia Questions

- 1. Who is the 2021-2022 Lions Club International President?
- 2. Once a person serves as the President of the Lions Club International Organization, the following year they assume this position?
- 3. The 2022 Lions Club International Convention has been rescheduled for what location?
- 4. **True** or **False** The Lions Club International Peace Poster Contest includes a section for essays as well as artistic posters?
- 5. How long has the Lions Club International Foundation been in existence?
- 6. **True** or **False** To participate in The Lions Club Peace Poster contest the child must be between the ages of 11-13 before November of that year?
- 7. **True or False** Every Club President and Secretary serve on the District Governor's Advisory Cabinet?
- 8. The 2022 Missouri Lions State Convention will celebrate how many years in April 2022?
- 9. **True** or **False** The ______ oversees the operation of their District for one year.
- 10. What District is hosting the Missouri Lions State Convention in April 2022?

Answers can be found on page 16



My Lion Joke:

A man was walking a lion down the street when they were stopped by a police officer. The police officer said, "You should't be walking that lion down the street, You need to take him to the zoo." The man replies, "OK, I will.". The next day the same police officer sees the man out walking the lion again. The police officer said, "I thought I told you to take that lion to the zoo!" The man replies, "I did, and today I'm taking him to the movies!"

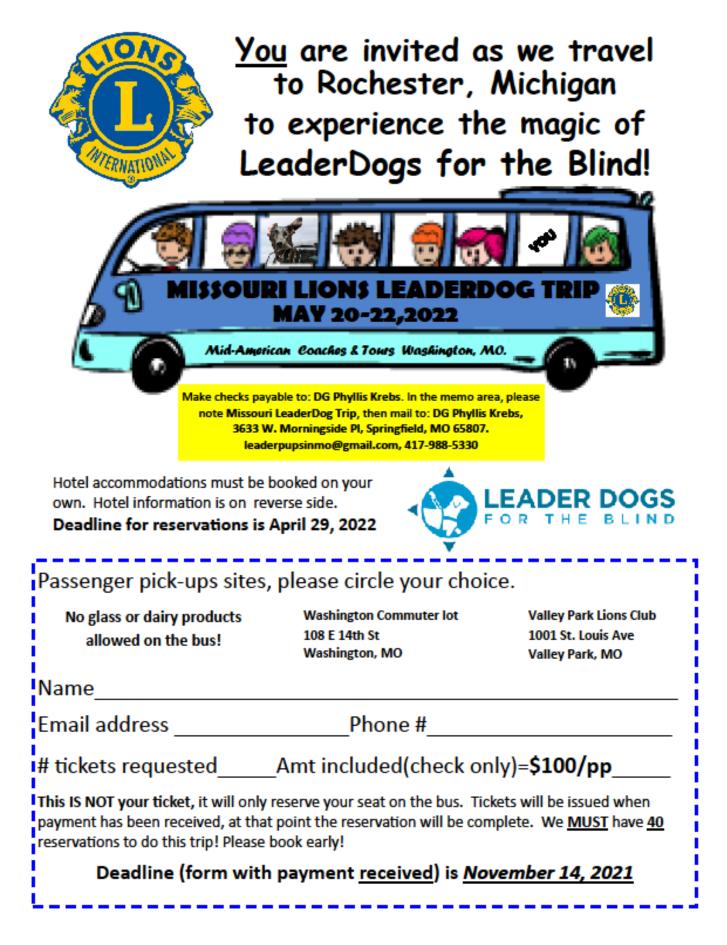
Answers to Lions Trivia from Page 15

- 1. Douglas Alexander from New York
- 2. President Lions Club International Foundation
- 3. Montreal, Canada
- 4. True
- 5. LCIF was formed in 1968 so it is \sim 53 years old
- 6. True
- 7. True
- 8. 100 years
- 9. District Governor
- 10. District 26-M1



Please submit information to the editor at the following: e-mail me at <u>jamosher9891@gmail.com</u>

Lion Jennie





Thank you for choosing Drury Inn & Suites Detroit Troy to be a part of your next great event! We are looking forward to seeing you soon and we are ready to uphold our reputation for great service & value. Rooms have been held for your group and to make reservations, please use the link below. You can also make reservations by calling 1-800-325-0720 and refer to your group number 2439758.

Missouri Lions Club https://www.druryhotels.com/bookandstay/newreservation/?groupno=2439758

Group room rates include the following for overnight guests*;

- Complimentary Hot Breakfast Start every day with make-your-own Belgian waffles, scrambled eggs, sausage, fresh fruit, oatmeal, biscuits and gravy, KELSO+BROS® coffee and more. Complimentary hot breakfast is served daily from 6-9:30 a.m. on weekdays and 7-10 a.m. on weekends.
- Complimentary Evening Drinks and Snacks** Join us from 5:30-7 p.m. every evening to enjoy complimentary hot food and cold beverages at our 5:30 Kickback [®]. The hotel features a rotating menu of hot food, beer, wine, mixed drinks and soft drinks.
- Free Wi-Fi Throughout the Hotel Get the score, check your social networks or email family members from anywhere in the hotel!
- On-Site Facilities Take advantage of the business center, fitness center or pool while away from home. Print boarding passes, finish a presentation or check e-mail in the hotel's business centers.

All this for \$96-\$100 (plus tax) per night!

1 King Bed=\$96/night (limited availability) 2 Queen beds=\$100/night Please make your reservations by Friday, April 29, 2022 to receive your group rate. Reservations made after this date will be subject to prevailing rate and availability. Reservations may also be made by calling 1-800-325-0720 and refer to your group number 2439758.

You must make your own reservations for Friday night May 20 and Saturday night May 21!

WHO WE ARE

At Leader Dogs for the Blind we believe that everyone deserves a life of independence and mobility. All of our services are provided free of charge to our clients, including travel in the U.S. and Canada, room and board, equipment and training. This means that no one is excluded from living their most fulfilling life due to lack of funds.



We are 100% philanthropically funded by individual donors, Lions clubs, corporate partners and foundations. Simply put, we could not provide over one million days of independence each year without the immense generosity of our supporters.

Our programs are designed to provide our clients with the tools and training to reintroduce them to a life of confidence, safety and independence. Through our full-range of services—Guide Dog Training, Orientation & Mobility Training and Summer Experience Camp-we meet the mobility needs of our clients at every stage of their lives

OUR MISSION

Our mission is empowering people who are blind or visuallyimpaired with lifelong skills for safe and independent daily travel.

Welcome New Lions

Jeff Banken	Dexter Lions Club
Garrett Pixley	Dexter Lions Club
Steven Schmidt	Dexter Lions Club
Brad Stause	Dexter Lions Club
Cale Williams	Dexter Lions Club
Linda Beardsley	Malden Lions Club
Laurie Coffin	Malden Lions Club
Richard Davis	Patton Lions Club
Kathryn Hall	Poplar Bluff Lions Club
Shelly Barnes	Rolla Lions Club
Jennifer Jones	Rolla Lions Club
Shannon Smith	Rolla Lions Club
Lisa Spurgin	Rolla Lions Club
Robbie Pratte	Sainte Genevieve Lions Club
Bryon Adcock	West Plains Lions Club
Oakley Coleman	West Plains Lions Club
Sherrie Gregory	West Plains Lions Club
Kelli Mayberry	West Plains Lions Club
Amy Ross	West Plains Lions Club
Brenda Smith	West Plains Lions Club

DISTRICT 26-M1 IMPORTANT LIONS CLUB DATES "Embrace the Mission"







- 1. 1. Semi-annual Lions Club International dues billed by July 10, 2021, and must be paid by August 30, 2021.
- 2. 2. Semi-annual District & State Lions Club dues billed by August 15, 2021, and must be paid by September 15, 2021.
- 3. 3. Semi-annual Lions Club International dues billed by January 10, 2022, and must be paid by February 18, 2022.
- 4. Semi-annual District & State Lions Club dues billed February 1, 2022, and must be paid by March 1, 2022.
- 5. Lions Club officer Nominating Committee selected by March 15, 2022.*
- 6. Local club officer elections Must be held by April 30, 2022.
- 7. Newly elected club officers for 2022-2023 **Must** be entered into My Lion/ My LCI before the deadline from Lions Club International, May 15, 2022.

Information must be re-entered in My Lion/MyLCI even if there are no changes.

My Lion/MyLCI will lock all club officers out of the system if you do not complete your officer information for the next year by June 30, 2022. Getting re-authorized is time consuming. So please do it before the deadline.

In the past many of the Lions Clubs in our District 26-M1 found they were locked out of My Lion/My LCI because they did not enter their officers for the next Lion year before the deadline. If you have difficulty in entering your new officers please contact the District Administrator Lion Jennie Mosher at 573-368-0930 or by E-mail: jamosher9891@gmail.com so your information can be recorded before the deadline.

* All Lions Club International dues must be paid 15 days prior to the District Convention otherwise club delegates can't vote in Lions Club elections.