

DISTRICT 1-CS NEWSLETTER



1CS District Governor

Retha Eurales

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MOUNDS LIONS CLUB

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Johnston City Lions Club



Hello Lions Family,

In 1CS, we are working together as one. I'm very happy to report that the new Lions Club in Cairo is progressing. Our first organizational meeting was held this month on January 16th. With the next meeting scheduled for January 29. Reminders have been sent and we are expecting a good turnout.

1CS district goals are well progressing. Emphasis has been expressed to each club visited about reporting service activities and now we are at 65% on service reporting. All Club Officers have been trained except 3 Lions Clubs, which will be done by the first week in March.

Membership is also doing well in 1CS, with 2 to 5 new members joining clubs. Members of the Mounds Lions Club helped serve breakfast at this year's Martin Luther King Jr. Annual NAACP Celebration held this year at the Meridian School gymnasium.

During this January month the Mounds Lions Club has volunteered at the Rise Community Market, which will be closing at the end of January, serving meals to help pay some of their financial obligations.

The district has helped a family that had a fire and with the winter months upon us, volunteers are helping at a local noonday food program in Cairo, which prepares meals for senior citizens who come through the week.

At the Mounds Public Library, volunteers assist with the daily operations, which is open for activities, which includes use of computers. WE SERVE!

1CS District Governor
Lion Retha Eurales



PDG Larry McGuire

Lions Club New Year's Resolutions

- 1. Insure meeting formats, venues and times are convenient, attractive and fun. Eliminate the bureaucracy*
- 2. Have Lions invite friends to service projects*
- 3. Partner with another club for a project*
- 4. Start a new service activity, new Lions ideas*
- 5. Have a Marketing Chair & always take photos*
- 6. Report service in social media for community to see*
- 7. Invite a newer/younger member to lead something*
- 8. Celebrate successes and those that create them*
- 9. Visit nearby clubs and share ideas*
- 10. Reach out to District Servant Leaders for support, we are here to SERVE you, how can we help?*
AND ALWAYS, ALWAYS, HAVE FUN

Lions International has become paperless.

Statements will no longer be mailed. Club Presidents, Treasurers, Secretaries, and Administrators can pay online

HERRIN-ENERGY LIONS CLUB



On January 22, 2026 1CS District Governor Retha Eurales visited the Herrin Lions Club during their regular meeting. Those present from L to R , District Governor Retha Eurales, Herrin Lions Club President Mike Jennings, Brent Campbell Club Treasurer, Matt Settle Club member, Monte Baldwin Club Secretary, Lewis Owens Club member and PDG Derek Eurales who took the pictures. During the meeting, District Governor Eurales addressed the club about the importance of keeping members and inviting people in their community to join Lions. Governor Eurales gave the Officers of the Club e-books for:(Club President, Secretary and Treasurer). Also, information was given concerning reporting service projects, meetings and other relevant activities. The club was also engaged to attend the District Convention to be held in April at the Pavilion in Marion.

1CS District Governor Retha Eurales and Herrin - Energy Lions Club President Mike Jennings pose before the start of the meeting on January 22, 2026. The governor explained to the club her goals and goals of our International President A.P. Singh of India.



Harrisburg Town and County Lions Club



Governor Retha Eurales visited the Harrisburg Town and County Lions Club during their regular meeting on January 20, 2026. Governor Retha gave members of their club her Governor's pin.



Governor Retha Eurales with PDG John Endsley club president addressing the club about district and international goals, information and resources. International President is encouraging every Lions Club members to maintain, recruit and Lead to Serve and Serve to Lead.



Governor Eurales handed each member her Governor's pin and Business card, letting them know they could call her when needing information of questions.

Harrisburg Town and County Lions Club



Governor Retha encouraged the club to support this year's 1CS Convention to be held in April.



Governor's spouse and partner in service, PDG Derek Eurales, assists, supports and drives for District Governor Retha Eurales who encourages the club to continue serving their community. PDG Derek Eurales sported a necktie given to him by International President A. P. Singh from India.



Everyone enjoyed Kentucky Fried Chicken, mashed potatoes with gravy, Slaw, Biscuits and Tea during the meeting. Also, some delicious desserts, such as Apple Pie, Pecan Pie, etc., was served.

The members listened enthusiastically to District Governors comments, asking questions and making comments about their experiences and projects as Lions.





LIONS CLUBS INTERNATIONAL

District 1-CS

January 27, 2026

Fellow Lions of District 1-CS,

Our district may be small in numbers, but we are mighty in heart. What we lack in size, we make up for in dedication, loyalty, and the kind of service that comes from knowing our communities — and each other — on a personal level. That closeness is our strength, and it is exactly why leadership in District 1-CS matters so deeply.

Today, I'm reaching out with a sincere plea: we need Lions who are willing to step forward and consider serving as a Vice District Governor.

Leadership is not about stepping up for the good of the whole family. It's about making sure our clubs feel supported, our members feel valued, and our service continues to reach the people who depend on us.

If you've ever felt proud of what our district accomplishes, imagine how much more we can do with your leadership guiding the way. And if you've ever wondered whether you're ready — remember that no one starts ready.

Lions who want to help shape the future of our small but powerful district. You need commitment, compassion, and the courage to take that first step. The district team will support you, mentor you, and walk beside you every step of the journey.

Our clubs depend on it; our communities depend on it.

Your leadership could be exactly what District 1-CS needs to grow, to strengthen, and to continue serving with pride.

Together, we can keep our small district strong.
Together, we can ensure that 1-CS continues to shine.
Together, WE SERVE.

MOUNDS LIONS CLUB



During this January month the Mounds Lions Club has volunteered at the Rise Community Market, which will be closing at the end of January, serving meals to help pay some of their financial obligations.



Have Lions Clubs become an “Old Man’s Club”?

Contrary to the stereotype, Lions Clubs today are significantly more diverse. Founded over a century ago, the organization has evolved to include a broad demographic of members, encompassing men and women across various age groups, as well as a prominent youth branch known as Leo Clubs. The total membership of Lions Clubs International spans approximately 1.35 to 1.4 million individuals across more than 200 countries.

Reasons Behind the “Old Man’s Club” Perception

Several factors contribute to the perception that Lions Clubs cater primarily to older individuals:

- The organization was established in 1917, giving it a long-standing legacy.
- Many long-time members tend to be older, particularly in rural communities.
- Traditionally, service clubs like Rotary, Kiwanis, and Lions have experienced aging membership trends.

What the Data Reveals

- Lions Clubs International boasts over 1.35 million members globally.
- The membership includes both men and women, countering the notion that it is exclusively male.
- The Leo Clubs, which focus on youth involvement, attract a significant number of teenagers and young adults.
- As one of the most globally diverse service organizations, Lions Clubs operate in more than 200 countries.

Changes Within Lions Clubs

To combat perceptions of being an "old man's club," many Lions Clubs are implementing strategies to attract younger members, including:

- Engaging in community projects aimed at younger demographics.
- Offering flexible meeting formats to accommodate diverse schedules.
- Shifting focus toward contemporary service areas such as environmental initiatives, hunger relief, and global health concerns.

Conclusion

While some local Lions Clubs may still reflect an older demographic depending on their community, the international organization as a whole is not an “old man’s club.” Instead, it functions as a diverse and inclusive volunteer network that is actively welcoming younger generations. If you're interested, I can provide a comparison of Lions Clubs with other service organizations, such as Rotary and Kiwanis, to highlight their differences.



IMMEDIATE RELEASE

_____ Lions Club

Contact _____

E-mail _____

Now that the holidays are over and kids are back in school the _____ Lions Club and American Academy of Ophthalmology are offering some suggestions to help parents protect their children's eyes from damage due to holiday gift items.

While seeming harmless, paint ball guns and air guns can cause lasting damage to kid's eyes. New findings from the American Academy of Ophthalmology suggest that these "toys" are harming more eyes than ever before. Eye injuries from paintball, pellet, airsoft and bb guns have risen by 50% since 1990 even as injuries to other body parts have become less common.

Far from a toy, an airsoft gun or air gun is a replica of a real firearm that shoots small lightweight plastic pellets or bbs. Since 2010, the number of people admitted to the hospital for eye injuries from air guns has risen by a staggering 600%. In fact, most children's eye injuries that led to a hospital admission were caused by air guns. Unfortunately, eye damage from an air gun injury is often long-lasting. In one study, about 3 out of 10 young patients who suffered air gun injuries still had poor eyesight after treatment.

Here are the most common injuries from air guns:

- Bleeding inside the eye (hyphemia)
- Scrapes on the surface of the eye (corneal abrasion)
- Detached retina
- Dislocated lens within the eye
- Rupture of the eyeball

Protective goggles can combat eye injuries during paintball and other sports. Goggles designed for skiing, sun and wind are not safe for protection with airball use. Also, safety glasses designed for home or industrial use are not recommended due to the fact they can shatter if hit with a projectile.

Recommended ballistic safety eyewear must meet military ballistic standards. They must cover the eyes completely and slightly wrap around the head. Eyecare providers can advise parents on the proper protective devices for their children.

Popular brand darts and off-brand darts are also harmful to the eyes. A recent study supports the American Academy of Ophthalmology position that projectile toys are not safe. Injuries from projectiles can be avoided by either not providing these items to children or if they are in use, safety precautions and adult supervision are necessary.

The _____ Lions Club and American Academy of Ophthalmology urge parents who do purchase projectile shooting items also provide safety equipment to safeguard their children's eyesight and use common sense rules and adequate supervision.

WE SERVE!

Lions, Let's Grow Our Pride

**Membership Monday and Wear it Wednesday will
return next year.**

MEMBERSHIP MONDAY

**JOIN THE PRIDE, WE DO MORE THAN
ROAR.**



This little pin? It roars louder than it looks.

Wearing this pin isn't boasting—it's simply showing you're part of something renowned.



DG RETHA AND PDG DEREK EURALES