

LION

FALL 2019 LIONMAGAZINE.ORG

Mending the Social Fabric

When neighborhoods determine who is healthy and who is sick



Lions Clubs International



Lions Clubs International
FOUNDATION

DIABETES: an epidemic without borders

Lions worldwide proudly support efforts to reduce diabetes' negative impact. LCIF — *your* foundation — is there too, helping you educate your community through programs to prevent onset of Type 2 diabetes and improve quality of life for those living with the disease.

1 in 11

ADULTS HAS DIABETES

425M+

PEOPLE HAVE DIABETES;
BY 2045, THIS NUMBER WILL
REACH 629 MILLION

352M

PEOPLE ARE AT RISK
OF DEVELOPING
TYPE 2 DIABETES



World Diabetes Day is November 14. Show your support at lionsclubs.org/OctoberDonation. Then explore lionsclubs.org/DiabetesGrants to learn how LCIF can fund your service, making you part of the diabetes solution.

Source: International Diabetes Federation (IDF) Diabetes Atlas, 8th Edition, 2017, diabetesatlas.org

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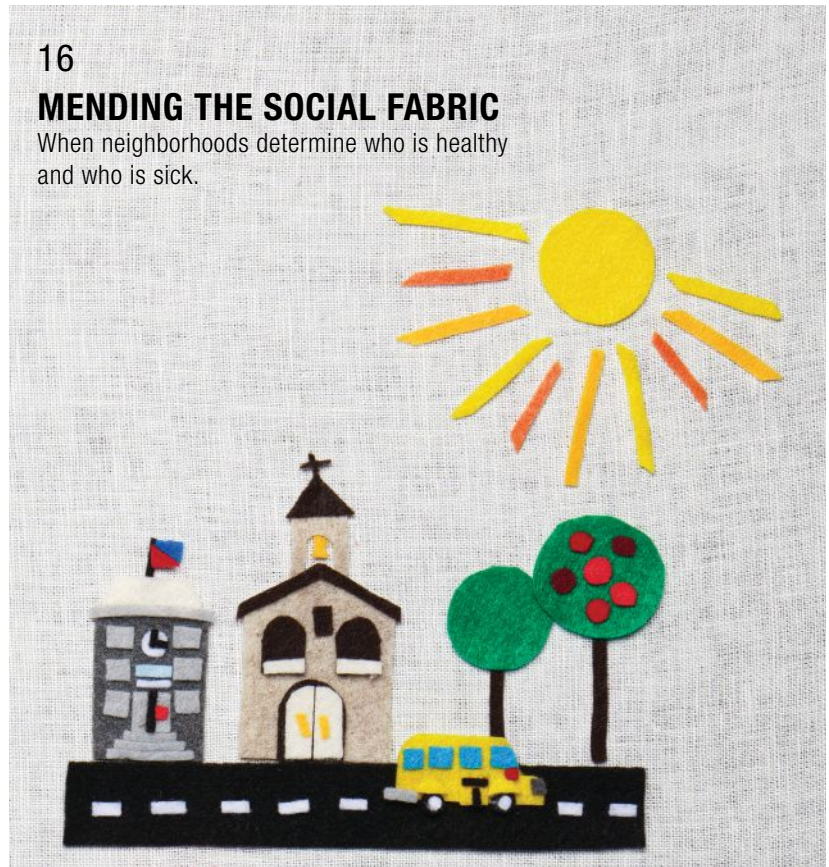
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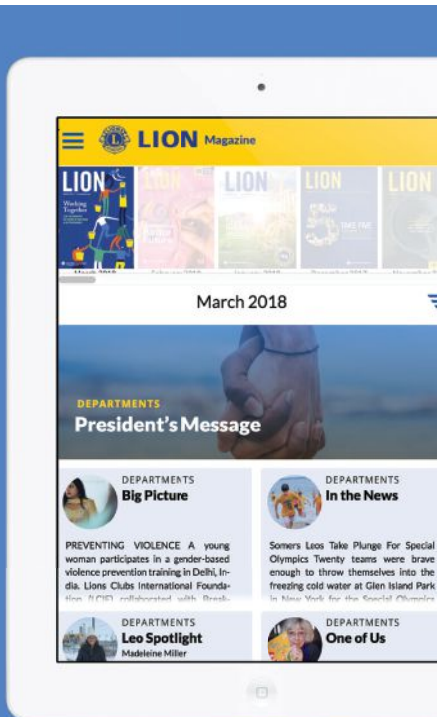
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WE WANT TO HEAR FROM YOU!

Does your club have a unique tradition? Write to us at lionmagazine@lionsclubs.org and tell us about it. Use "Tradition" in your subject line.

VIDEOS

LIONS MAKE THEIR MARK FOR WORLD DIABETES DAY

November 14, 2019 is World Diabetes Day. Join International President Choi and Lions around the world as they make their mark by taking a health risk assessment, organizing a screening, and sharing your support on social media.

WILLIAM'S DIABETES STORY

Learn how Lions in Kenya helped William, who almost lost his foot due to diabetic neuropathy.

THE VAULT



April 1959 Beechwood

Ohio Lions form a town to make a home for their new club.



November 1963 Ghosts, Goblins ... and Lions

Sycamore, Illinois Lions create Halloween fun to combat mischief in town.

HIGHER KEY AWARDS

Lions honored for sponsoring members.

WE SERVE

MISSION STATEMENT OF LIONS CLUBS INTERNATIONAL:

To empower volunteers to serve their communities, meet humanitarian needs, encourage peace and promote international understanding through Lions clubs.

CONTACTING THE LION

For change of address, non-receipt of the magazine and other subscription issues, contact **630-468-6982** or MemberServiceCenter@lionsclubs.org. For all other inquiries call **630-571-5466**. Have a story idea or photo? Want to comment on a story or make a suggestion for LION editors? Contact the LION at lionmagazine@lionsclubs.org or at **630-468-6798**.

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Lions Can Fill the Gaps

Greetings, Lions.

Regardless of where you live, the change of the seasons comes with certain rituals. For many of us, those rituals involve food. Whether it's the smell of your grandmother's soup or your neighbor's hot dogs on the grill, the smells of the season fill you with warm memories.

But that may not be the case for those living with hunger. For many, this time of year brings fear and anxiety. Yet another cold winter to make it through with little to eat. Or one more long hot summer without a school lunch for a hungry child.

As Lions, it's our responsibility to help those who need us. No one in our communities should wonder where their next meal is coming from. But whenever possible, we should look beyond the short-term fixes. Yes, we should stock food pantries and man soup kitchens. But we should also look at the bigger picture. What is causing our neighbors to be hungry? And how can we, as Lions, help change the odds for families that are struggling?

Everyone should have the opportunity to make choices that are good for their health. Everyone should have access to fresh fruits and vegetables. Everyone should be able to take a walk in a park or have a safe, reliable way to get to work.

So, when there is a gap — no grocery store for miles, no reliable transportation, no parks — Lions can help repair these holes in our communities. We can form the social safety nets that keep our neighbors living healthy, fulfilling lives.

As you plan your holiday meals or fire up your summer grills, think of ways your community could be better serving everyone. And find a way to fix it.

Sincerely,

Jung-Yul Choi

Dr. Jung-Yul Choi

International President, Lions Clubs International



We Serve.

Eyes to the Future

Lions listen to a young volunteer as they wait to board their Memorial Day float. The Lions Clubs of Washington D.C., Maryland, Delaware, and Virginia have participated in the National Memorial Day Parade in Washington, D.C. for the past 11 years. More than 150 local clubs march with the float. From left is Lion Tony O'Toole and Lion Joann Bannon from Yellow Springs Lions Club in Maryland, Lion Sue Ensor from the Libertytown-Unionville Lions Club in Maryland, Grandson of Lion Connie Alfrido of the Alexandria Asian-American Lions Club in Virginia, Lion Bill Strauss from the Libertytown-Unionville Lions Club, and PDG Paul Hawkins from Sandy Spring Lions Club in Maryland.





Summer Lunch Box

Bill Munck, president of the Frostburg Lions Club, takes a break from helping pack lunches at Trinity Assembly of God Church on Tuesday, July 9, 2019 in Midlothian, Md. The Frostburg Lions started the Summer Lunch Box program to provide lunches to children in need for nine weeks each summer. This summer, they served more than 7,000 lunches to hungry kids. See story page 14.



Activist Honored for Work with Survivors of Wartime Sexual Violence

In July, human rights activist and Nobel Peace laureate Dr. Denis Mukwege was the recipient of the highest honor Lions Clubs International bestows. The gynecologist who fights on behalf of survivors of wartime sexual violence was honored at the 102nd international convention in Milan with the Humanitarian Award. He dedicated the award to the victims of sexual violence in the Democratic Republic of the Congo, and to all women who have been victims of sexual violence in conflict zones around the world.

When war broke out shortly after opening a hospital for gynecological and obstetric care, Mukwege and his team began seeing thousands of women and girls brutalized by wartime sexual violence. His team developed a particularly effective, holistic model of healing that integrates psychological support, legal assistance, and socio-economic support in one medical facility.

“We can’t just treat the finger or the ear,” Mukwege explains. “We have to see the person as an entire whole.”

His foundation will receive the hefty US\$250,000 prize so that they can continue the good work they are already doing.



PIP Yngvadottir presents Dr. Denis Mukwege with the Humanitarian Award at this year’s convention in Milan, Italy.

Looking Ahead



December

International Leo Day 12/5



January

Hunger Awareness Month



February

Childhood Cancer Month
International Childhood Cancer
Day 2/15

What does your club have planned? For service ideas, check out archived issues of LION Magazine at lionmagazine.org.

LEGO Braille Bricks Put Inclusive Play at Your Fingertips

Now parents of blind and visually impaired children will also need to watch their step: a new kind of LEGO brick is set for release in 2020.

The Lego Group, the Danish toy company that makes the popular building block, has repurposed their hallmark knobs into braille dots.

“With thousands of audiobooks and computer programs now available, fewer kids are learning to read braille,” said Philippe Chazal, treasurer of the European Blind Union. “This is particularly critical when we know that braille users often are more independent, have a higher level of education, and better employment opportunities.”

In addition to the braille, each brick will have the corresponding printed letter or character, so all students can join in on the fun together.

“Blind and visually impaired children have dreams and aspirations for their future, just as sighted

children” said John Goodwin, CEO of the LEGO Foundation. “They have the same desire and need to explore the world and socialize through play, but often face involuntary isolation as a consequence of exclusion from activities.”

The final LEGO Braille Bricks kit is expected to launch in 2020 and will be distributed free of charge to select institutions through participating partner networks. Each kit will contain approximately 250 LEGO Braille Bricks covering the full alphabet, numbers 0-9, select math symbols, and inspiration for teaching and interactive games.

“We strongly believe LEGO Braille Bricks can help boost the level of interest in learning braille, so we’re thrilled that the LEGO Foundation is making it possible to further this concept and bring it to children around the world,” said Chazal.



With printed letters, numbers, and symbols, the new LEGO Braille Bricks can be enjoyed by all.

L IN THE NEWS

OVERHEARD

“It’s not rocket science. We know what to do. There just needs to be the will to do it.”

—**Dr. Tony Iton**, on how to improve overall health for everyone. See story page 16.

“There’s an inherent distrust for [the disabled]. I ran into it in college and I ran into it when I was building my house.”

—**Lion Floyd Poruban**, who is blind and has made a life as a prominent horticulturalist. See story page 34.

“At that moment, though, I don’t think Anita and Van thought they were saving lives or forever changing the path of a child. I think they thought they were doing what they were supposed to do when a woman with a little girl comes to the door and says she needs to eat.”

—**Kristine Levine**, on childhood hunger. See story page 30.

BY THE NUMBERS

6

Tons. The weight of “Donald,” the steam locomotive from 1901 that was restored to its original glory by New Zealand Lions.

3

Days Italian youngsters volunteered to go without using their cell phone in a study designed by the Lions of District 108 TB to examine tech addiction.

200

Healthy sack lunches made and handed out every weekday by Lions in Frostburg, Maryland, to kids in their community over the long summer break.

30

Years longer you may live if you live in a community with good social support.

3,400

Ears of sweet corn shucked by Lions and friends in Clear Lake, Iowa for their annual Hamburger and Sweet Corn Feed.



Join us in our Journey of

PEACE

IMAGINE

600,000 children sharing their visions of peace

INSPIRE

Youth to showcase their talent

CREATE

Stronger ties in your community

Don't miss your opportunity to sponsor the **32nd annual Lions International Peace Poster Contest!**

Give kids in your community a creative way to express their visions of what peace means to them. The theme for the 2019-20 Peace Poster Contest is *Journey of Peace*. Order your Peace Poster Kit to play a key role in engaging young people and promoting peace around the world. Get complete contest details at lionsclubs.org.

The *Journey of Peace* begins with you and your club.

Order your Peace Poster Kit today!



USA

Lions See a Need in Virginia

In Williamsburg, Virginia, patients in need of eye care were often just that: in need.

Without an eye clinic in town, they were referred to local practices, and because many of the people do not have their own transportation, the no-show rate for referrals was high. Patients had to wait several weeks to a few months for an appointment.

Things changed for the better when the James City Lions Club and the Lions Charity Foundation of Southeast Virginia came forward to add an eye clinic to the Olde Town Medical and Dental Center. The center was established in 1993 to address the needs of Greater Williamsburg's uninsured and medically underserved residents. Project lead Lion Don Butts originated the idea to offer vision service as well, and charter Lion Dr. Pam Lundberg, an Olde Town Medical Center volunteer who has provided care for the patients for many years, identified the equipment needed to be purchased by the Lions. The club raised more than US\$9,000 through their annual golf tournament so eye professionals could evaluate visual acuity and eye pressure.

Lundberg also began recruiting volunteer optometrists to help her staff the clinic. James City Lions, in a club of more than 70 members, volunteer their time for administrative assistance, helping patients with paperwork, and escorting them to examinations. Last year, 164 patients were examined and 129 required lenses.

"Our club supports the Olde Town Medical Center and Dental Center so that was a logical place to establish an eye clinic," says Butts. "The Lions core mission is vision so it seemed to follow that the clinic should be also an eye clinic."

On average, the center provides more than 1,350 patient visits per month in all areas combined, and 80 percent of their patients are without insurance.



Lions Pam Lundberg, Linda Benner, and Steve Jasper in the eye clinic founded and supported by James City Lions.

ITALY

Disconnect: The Tech Addiction Challenge

Lions in Italy have decided to see for themselves exactly how addicted to technology their kids are.

The Lions of District 108 TB designed an experiment with more than 500 young people from the Modena, Italy, region, challenging them to go three days without using their mobile phones.

It was not the goal to demonize an instrument that they consider very useful, explained Eugenio Garavini, past president of the Vignola Castelli Medioevali Lions Club. It was more about helping the children understand that the mobile and other "smart" tools must be one arrow in their bow and not a weapon aimed at them.

The study was composed of students who, on average, received their first mobile phone at age 11 and use it for at least five hours a day (with peaks of 10 hours for 6 percent of the respondents). Fifty-four percent never turn off their phone during the day, and 67 percent keep it on even while they sleep.

The results were analyzed by members of the Modena CEIS — a nonprofit organization involved in the design, development, and management of social-educational and social-assistance services — and found that 71 percent of the students (304 out of 429) declared that they had passed the test, managing to stay without a mobile phone and internet connection for three days. Seventy-eight percent of the students said they felt good without a mobile phone, and 75 percent said that how much better they felt exceeded the discomfort of disconnecting.

Many of the students said they talked more at home, studied better, and began to understand the influence that the smartphone has on their lives by watching their friends completely lost in their monitors.

The idea seemed to resonate at the national level and was covered by several radio stations and local newspapers, highlighting the rising interest in better understanding and managing our relationship with technology.

The Lions plan to continue a working group aimed at tackling the issue.



“Donald” the steam locomotive looking worse for the wear after 60 years cast aside in the mud.



The fully restored steam engine now carries passengers between Blenheim and Omaka in New Zealand.

NEW ZEALAND

Steam Team Revives Lost Loco

It took the advanced engineering skills of dozens of volunteers and more than 30 years of meticulous work, but the restoration of an old steam locomotive train is now complete, thanks in big part to Lions in Renwick, New Zealand.

Restoration began with a collection of steam train enthusiasts, retired engineers, and Lions. They called themselves “The Steam Team” and spent long hours dedicated to the project.

The origin of the steam engine’s name has long been lost, but “Donald” was used at the Puponga Mines in Golden Bay, New Zealand, from 1901 to 1931, when it was replaced with two larger engines. Left by the side of the track to sink into the mud and deteriorate, Donald was rescued in the late 1990s by the Lions Club of Renwick and

transported to the Blenheim Riverside Railway Society’s workshop at Brayshaw Historical Park in Blenheim.

Restoration involved first dismantling the engine entirely and sandblasting every piece. The broken chassis needed to be rewelded and strengthened. The boiler was beyond repair and replaced. One of the biggest challenges was drilling new rivet holes and riveting them in a blacksmith’s forge. Another huge undertaking was fitting the 64 steel boiler tubes, along with fitting the new axles, wheels, smoke box, and funnel.

The entire cab was mocked up in plywood and transported to a manufacturer where a new steel cab was built. The boiler was adapted to burn diesel instead of coal, and a third trailing axle was added to reduce track wear on the Blenheim Riverside

Railway track where it was destined. Air brakes and lights were added for the safety of passengers.

Finally, custom-built carriages in the style of the early 1900s were made for Donald from the chassis of two discarded carriages, and the Steam Team built fully enclosed cars with opening doors and windows painted to match the original Donald.

The project cost NZD\$62,000 (US\$40,000) of which NZD\$35,000 (US\$22,000) was provided by the Lions Club of Renwick.

The revived locomotive passed inspection and has been certified to carry passengers up and down the line between Blenheim and the Aviation Heritage Centre at Omaka.

All aboard!

USA

Aw Shucks

In Iowa, the U.S. corn capital where farmers grow more than 2.5 billion bushels of corn each summer, the Clear Lake Evening Lions have found it best to stick to what folks in the heartland know and love. Popcorn and sweet corn are the tickets to their growing club's financial success.

Popcorn sales come via the famous Surf Ballroom in Clear Lake, best known as the place where in 1959 the Winter Dance Party featured Buddy Holly, Ritchie Valens, and J.P. "The Big Bopper" Richardson, only to end with the infamous plane crash that killed the trio shortly after takeoff.

Today fans of the '50s greats visit the ballroom and remember "The Day the Music Died." Popular musicians continue to perform at "the Surf," drawing big crowds to more than 35 events a year, and the Clear Lake Evening Lions sell popcorn at each of these events, netting anywhere from US\$500 to US\$900 in one night.

As for sweet corn, well, "Nothing says Iowa community like sitting under a tent talking with your friends and having corn stuck between your teeth," said club president Mike Ravera on the morning of the club's biggest event.

On the first Sunday in August each year 1,200 people or more

come out to the shade of the Clear Lake City Park near the town's nature-made draw, 3,600-acre Clear Lake, and have lunch with the Lions.

Nine dollars at the Lions' annual Hamburger and Sweet Corn Feed buys a hamburger hot from the grill, lemonade, two [or more] ears of sweet corn picked fresh the day before, and a cookie.

Preparations for this summer's annual fundraiser started early the day before when 3,400 ears of sweet corn were delivered to the Nickerson family farm, an Iowa Century Farm, meaning the family has owned the land for at least 100 years. Lions, with the help of the Clear Lake High School cheerleaders [who receive financial support from Lions], were there to meet it.

All morning, they sat in lawn chairs in and outside the barn, shucking corn and passing bucketsful to the cleaning team inside the barn where more cheerleaders and PDG Lisa Prochaska made sure the ears were clean and ready for cooking. Inside the farmhouse, Pauline Nickerson got up with the chickens and had trays of homemade donuts ready to feed the crowd.

"Well, I had to feed them something," she said like a true farmer, proud of her family's connection to the Lions, and pleased with the turnout. "This project started small and it grew and grew."

Those are words every farmer loves to hear.

Pauline's late husband, Richard Nickerson, was a charter member of the club and started hosting the corn shucking part of the summer fundraiser more than 30 years ago.

Early at the park on Sunday morning, Lion Rick Mayland was heating water in a milk cooler remade into a giant sweet corn cooker. Lions Jason Bradshaw and Chris Wagler flipped hamburgers in high August heat, and when asked if a second shift would come to relieve them, they laughed. "We're on the all-day shift," said Bradshaw.

The men are credited with helping recruit the club's 11 new members who have joined in the last 18 months. "Chris and I joined together," Bradshaw said. "We've been friends since third grade. We like giving back to the community. We were looking for service opportunities, and we found a good one."

All the money the Lions make supports the community, including the food pantry. New Lions learn quickly how much they can do to help the folks at home, Ravera said. "And there's not a time that we don't have fun."

Right: PDG Lisa Prochaska cleans the corn.





Mending the Social Fabric

When neighborhoods determine who is healthy and who is sick

BY ERIN KASDIN



What makes us who we are? Beyond the genes that code for our eye color and skin tone, what determines all the nuances that make us...us? Are we strong because we inherited our grandmother's sturdy build, or is it because we go to the neighborhood gym every day? Do we have asthma because our father had it, or because we grew up next to a busy highway?

When it comes to our health, how much of our destiny is within our control, and how much does our zip code come into play in deciding who is healthy and who is sick?

A WAR ZONE

When Dr. Tony Iton, the senior vice president of Building Healthy Communities, The California Endowment, left his hometown to attend medical school at Johns Hopkins University in the 1980s, he was shocked by what he saw. East Baltimore was nothing like Montreal, Canada, where he grew up. Row houses were vacant or hollowed out. Streets were silent; there was no green space, no shops, no life.

"When was there a war here?" he stammered. The upperclassman who had been showing him around said, "What did you expect, this is the inner city."

Growing up in Montreal, there were community parks, museums, libraries, high-quality housing, and state of the art transportation. "I felt nurtured by the city," Iton says. But it was clear that children growing up in East Baltimore were getting no such nurturing. In fact, what Iton saw in their eyes when they showed up at the clinics was a flatness that comes from the absence of hope.

"These children were barraged every single day of their lives with the message that they didn't matter," says Iton. "And they internalized that. You could see the light literally turn off in their eyes."

IT GETS UNDER YOUR SKIN

Dr. Iton called the conditions that he saw in East Baltimore, "dehumanizing." He began to wonder how his life might have been different if he had grown up in a place like that.

He wondered, when it comes to health, does your zip code actually matter more than your genetic code?

The children living in East Baltimore had no role in creating that environment. But they had to navigate it every single day of their lives. And it was, literally, killing them. In fact, recent research has shown that by serving as an incubator of chronic diseases like heart disease and diabetes, stress actually changes a person's physiology.

So it isn't that poor people have worse habits than healthy people. It's that we've created environments that are so stressful, so devoid of all the things humans need to thrive, that it alters their genetic code.

"That's how the outside world gets under the skin," says Iton.

A MAP OF HEALTH

After graduating medical school, Iton became the health officer of Alameda County in California. In that role he was responsible for signing death certificates. That gave him access to data that he used to compile a map of the average life expectancy based on neighborhood.

The results were shocking.

Within the city of Oakland, there were neighborhoods, just a few miles from one another, in which the life expectancy between them differed by more than 20 years. Subsequent analyses of cities around the country revealed the phenomenon was not isolated to Alameda County. In some areas, the difference between neighboring zip codes was as much as 30 years.

So, what exactly was happening in these communities? Why was their population's lifespan so short? "These communities were incubators of chronic stress," says Iton.

These communities lacked good educational systems and jobs, experienced high crime rates, and lacked access to grocery stores, parks, transportation, and, in some cases, clean drinking water. "Any human being placed under these circumstances would experience high levels of stress," says Iton.

This means that people living in these communities experience more illnesses than their counterparts in wealthier communities. And it's not based on food choices or willingness to exercise. It's based on a lack of social support.

BARN RAISING

In the 18th and 19th centuries, it was common in rural North America for community members to come together to build a barn for a member of the community. A barn was necessary for a farmer to keep animals and store food. But to build one was expensive and too difficult for one family to do on their own. So, members of the community helped build the barn, knowing the favor would eventually be returned.

For early Americans, life would not have been feasible without the help of community members. Their survival literally depended on it. They saw themselves as responsible for others, not just their own needs and wants. They knew that the well-being of their fellow community members was integral to their own well-being.

Today, technology has made it possible for healthy individuals to carry out most activities of daily living without the help of anyone. But do we know the value of what we've given up in exchange for this record level of independence?

LIONS UNDERSTAND THE POWER OF COMMUNITY.

It's why they talk about the power of "We." It's why they know their real power is in boosting each other up. It's why they start school lunch programs and community gardens. It's why they build parks and sponsor educational scholarships.

"It's not rocket science," says Iton. "We know what to do. There just needs to be the will to do it."

But what's becoming more clear is that in creating services for their communities, Lions are doing more than simply providing eyeglasses or planting trees in a park. They are helping to repair the fabric of community, something that is essential to health.

By filling the social gaps in communities, Lions are working to improve the health of their neighbors. By helping to stock a local library or by cleaning up an old city lot and turning it into a park, Lions are weaving a tighter bond between themselves and their neighbors, helping to improve the odds for people in their community. They are making it less likely that their neighbors (and themselves) will have diabetes, and more likely that they will live longer, healthier lives.



IT WORKS. REALLY.

In 2017 the *Journal of the American Medical Association* published a study that looked at all 50 states over a 26-year period and ranked them according to health, including the “probability of death.” Over the time of the study, California was one of two states with the most improvement on probability of death, meaning, the state had significantly increased the life expectancy for its residents.

Iton believes that’s in large part to several factors. During that time period California had a great influx of wealth with the tech boom. And wealth, as Iton says, tends to breed health. But California also has a large immigrant population, and immigrants are almost always healthier than their native-born counterparts. In fact, research from the 1960s identified that Latinos who came to the U.S. were healthier than Americans, despite having lower incomes, lower educational levels, and highly stressful living conditions.

Researchers still aren’t sure why this paradox exists, but one popular theory is that it’s due to the tight social bonds of immigrant communities.

"The ability to see ourselves interconnected and our fates inextricably intertwined is the variable that will determine whether we succeed or fail in this moment."

“Immigrants bring to this country aspects of culture, of tradition, of tight family social networks and community social networks that essentially form a shield around them,” says Iton, in the documentary “Becoming American.” The other thing that has helped California improve the death rate for its citizens is related to policy.

“We know that one of the things that correlates to a decrease in diabetes rates is access to parks and recreational space,” says Iton. In places like Fresno, which has one of the poorest congressional districts in the country, trusts set aside for public lands has helped increase the health status for Fresno citizens. California also removed soda from schools and enhanced physical education programs, investing in the health of kids before they become adults with health conditions.

CALIFORNIA ISN'T ALONE

In Chicago, a huge movement is underway to help residents of some of the poorest communities get better health.

North Lawndale has long been known as one of the most troubled neighborhoods on Chicago’s south side. Not only were residents struggling with poverty, joblessness, and violence, but in 2003 the residents of North Lawndale had twice the average rate of diabetes, and a 62% higher diabetes mortality rate compared to the rest of the United States.



In 2009 Sinai Urban Health Institute was awarded a grant by the National Institutes of Health to undertake the Block by Block North Lawndale Diabetes Community Action Program. The program was intended to address the high rates of diabetes in the community and focused on awareness, education, self-management, and community engagement.

They sent community health educators block by block, knocking on doors to ask after people's health and encourage them to get involved in the program. Community health educators helped people find doctors, drove them to appointments, and followed up with small incentives to keep up with their treatment plans. They held cooking demonstrations, participated in health fairs, community meetings, and civic gatherings, offering free A1C testing, doctor referrals, and information on community services. They taught diabetes self-management leaderships courses in order to "grow" more leaders that could help spread information in the community, and they also taught self-management classes on nutrition that promoted social support and teamwork.

And it's working.

"I AIN'T CRAZY, JUST BLUE"

"Mr. Peel" is one community member described by study author Joseph West. He is a long-standing member of the Lawndale community and was one of the first participants in the program. After the study was underway West ran into Peel on the way to a nearby grocery store that stocked fresh fruits and vegetables. Peel seemed to already be benefiting. "I could tell he was feeling better," says West. "His blood sugar was down considerably, he told me."

Mr. Peel said his changed diet, exercise, and health plan has made a big difference. But then he also told West that he'd been struggling emotionally. He had recently lost his brother to diabetes and "was scared out of my mind," he said. When he felt down, he would reach for his comfort foods: soda, cookies, fast food, ice cream. He said he needed it to cope.

But when the community health worker would come by to check on him, she listened. He shared his feelings, and when he was done talking, she asked if he wanted a referral to a mental health professional. He told her, "I ain't crazy, just blue." It turned out, having someone to talk to was all he needed. It kept him on track with his diet and motivated to keep up with his health.

It's these kinds of social ties that are so integral to human well-being. They form the fabric of a community. A fabric that catches people at risk of falling; that shields people exposed to stress. And this is why where you live matters in health.

Health is not defined by seeing doctors or taking medicine. It's defined by the full spectrum of your life circumstances.* Where you are on the planet matters because of who you are surrounded by and how that community has chosen to invest—or not—in people.

"We're in a period of profound social despair," says Iton. "The past has shown us that as a country we do have the ability to rally when facing an existential threat. What matters most is whether we see solidarity across communities or not. The ability to see ourselves interconnected and our fates inextricably intertwined is the variable that will determine whether we succeed or fail in this moment." **L**

*From "Well: What We Talk About When We Talk About Health," by Sandro Galea.

Special thanks to Dr. Anthony Iton for his participation and generosity in sharing his story. Much of this was taken from his Ted Talk "Change the Odds for Health."

What does this mean for Lions?

When tackling a problem like diabetes, think of all the things that might impact a person's health, and find ways to tackle them:

- Start a community garden so everyone has access to fresh produce.
- Help local schools get funding for physical education programs.
- Help the city purchase land to set aside for a park.

Find great resources, including a club and community resource assessment at <https://lionsclubs.org/en/resources-for-members/resource-center>.





Summer of Lunches

Lions' Lunch Box Program picks up where schools leave off

By Joan Cary • Photos by Justin Merriman





On a hot July morning in the Allegheny Mountains, 15 volunteers are busy in a church kitchen, slicing cucumbers, washing apples, making and bagging and counting sandwiches – a labor of love that’s only complete when 200 healthy sack lunches have been handed one-on-one to the kids in their community.

But even then the job’s not really done. The next morning they’ll do it again. And the next day, again. And again and again, every weekday, volunteers will make lunches until school starts.

They chat and laugh while they work, but the importance of what these people are doing, why they need to do it, and who they are doing it for, does not evade them.

“There’s a big need,” says one woman quietly, while she spreads peanut butter on bread. “The families need help. Children have to be fed.”

Seven years ago, Lion Susan Munck was encouraged as mission chairman of her church to help those families, to start the Summer Lunch Box program in Frostburg, Maryland, two hours south of Pittsburgh. Before long, the support of the Frostburg Lions and the nearby Mount Savage Mason-Dixon Lions grew to the point that the church effort became a Lion project.

“Well, a lot of families are in need,” says Bill Munck, Susan’s husband of 35 years and the president of the Frostburg Lions. “A lot of people don’t have jobs. There’s poverty. You just have to know where to look.”

More than half of the children here in the Allegheny County public schools receive free and reduced-price lunches through the National School Lunch Program. In the summer, that vital nutrition is cut off. They and their parents are left to make do, and some do better than others.

A total of 1,000 sack lunches were given out in the summer of 2013 when the program began. By 2015, 1,000 had grown to 6,800, and this year it reached close to 8,000. Bill Munck expects their numbers might increase another 10 percent next year as economic hardship hangs in a cloud over the scenic mountains.

Taking care of their own

Frostburg, home to Frostburg State University, is a small city of about 9,000, where western Maryland meets northern West Virginia and southern Pennsylvania. For many years it was a coal town. Other big companies like Goodyear Tire & Rubber and Pittsburgh Plate Glass helped to keep a steady number employed, but they both shut their doors. Then in June, the Luke Mill, a paper mill that employed generations over 131 years, closed and left 675 people out of work.

Six hundred and seventy-five is about the population of many of the small towns in the area, including the town of Luke.

How many more will get caught in the ripples? Some estimate that for every job lost, three associated jobs will be eliminated.

Susan Munck remembers how she first doubted that she and her husband, both retirees, could lead this lunch project, tackle all this. “It’s too much,” she thought at first. But the more she talked about it with others, the more apparent the need for it became.

She knew the community would come forward to help, she says, because in small towns like Frostburg, and especially Mount Savage, people are known to look out for their own. But it also eased her mind to know they have a strong Lions club behind them. Sixteen Frostburg Lions were involved in Lunch Box this summer.

And maybe she discovered what her community already knew – that a tiny woman like her can have a really big heart.

“Here’s the woman,” announces volunteer Sally Knotts, stopping her salad making to wrap her arm around Munck and give her a squeeze. “When you have somebody like her, someone who gives so much, you can get a lot done. What you see here is all Bill and Susan. They do a lot more than we will ever do.”

Bill Munck shrugs it off. “The Good Lord wants me to do it, I guess,” he says later. “Three heart attacks and diabetes, and I’m still here. Families here can use the help.”

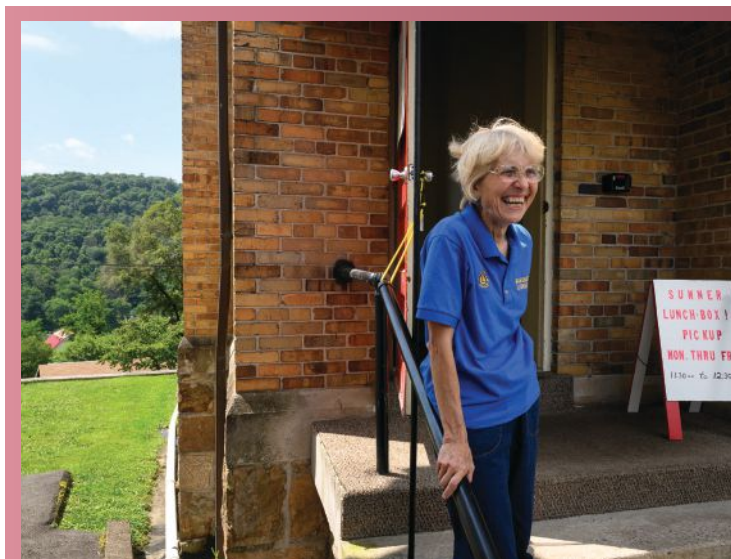
The Lunch Box Program runs like a highly organized, impressive machine thanks to Susan and Bill, who has been legally blind since birth but manages to send out all the letters, record the numbers, and make the charts. Susan keeps track of the food, of exactly how many lunches go to each location for distribution each day, and which lunches are for children with allergies. She apparently has it memorized. And they have a loyal co-coordinator, Frostburg Lion Vicky Peterson who also volunteers at the town’s food pantry.

“This is an amazing example of community partnerships,” says Bill. “All these groups with all their differences and diversity have but one goal, and that is to feed our kids.”

How it happens

The Muncks begin each year by sending out what she calls “beg letters,” appealing to the generosity of local clubs, companies, churches, and more, and this year about US\$12,000 came back to fund the program. They take no government money, and Susan is not only adamant about that, but proud of it.

Then letters are sent through the schools to the parents of all children from preschool through high school



Top: Portia Blank of Mason-Dixon Lions
Middle: Bill Munck of the Frostburg Lions
Bottom: Sandy Stevens, program volunteer



in Frostburg, the unincorporated areas nearby, and to Mount Savage, asking only if their child would like to have a summer lunch, and if there are allergies.

The Muncks watch prices and shop locally for the food, keeping the community's money in the local economy. When schools close for summer, groups from churches, clubs, schools, and businesses each schedule a week to volunteer. There is no shortage of help. But every weekday for the entire nine weeks, the Muncks and Peterson are there to assist and organize for the next morning. Frostburg Lion Meredith Medearis comes daily as well, and she is lovingly dubbed "the vegetable lady."

No food or job is left for Monday morning. On Fridays, all leftovers go home with Frostburg Lion Sheryl Diehl who delivers them to a retirement village where the food can be shared.

"We have no waste," says Susan. "I hate waste. That's my mantra."

What's for lunch?

A two-sack lunch for each child includes two fresh sandwiches, a peanut butter & jelly, and a meat and cheese, an apple or banana, chips, vegetables, a small dessert, and a drink. Twice a week it includes yogurt, and once a week, a small bagged salad with ranch dressing.

Once complete, the lunches are counted and separated into coolers that go to each of seven locations throughout Frostburg and to Mount Savage.

At the Trinity Assembly of God Church where it all happens, and where Susan says the pastor's only response to her requests has always been "sure," Frostburg State University student Emily O'Neal wheels the coolers to a van for these deliveries.

"I didn't have anything else to do on Tuesday mornings, so why not?" she responds to the question of "why?"

"Why sit at home?"

She points across the room toward Susan and Bill.

"They get it," she says.

Volunteer Sandy Stevens, a retired teacher, gets her purse to head home but goes first to get a cooler with 20 lunches. She loads it in the trunk. On the way home she'll stop for another hour, set up her lawn chair in the parking lot of the Methodist church in Eckhart, and sit and wait for the local children to walk or bicycle over for their lunch.



Top: Volunteer Sally Knotts with Lion Susan Munck
Middle: Boys in Frostburg enjoy their lunches.
Bottom: Bradley Cowan waiting to bring home his lunch in Mount Savage.



Brexlee and Jaxon Emerick pick up their lunches.

She will welcome each like a favorite niece or nephew.

“My husband lost his job a few years ago, and that’s when we started this,” says Katie Everly as her children visit with Stevens. “It really helped us. It’s really wonderful what they’re doing.”

In Mount Savage, “they” are Mason-Dixon Lions Allen and Portia Blank who go daily to help volunteers hand out about 40 lunches at St. George’s Episcopal Church. There are no fast food restaurants, stores or gas stations with snacks in their mountainside town. People aren’t starving, says Allen Blank. But Lunch Box definitely takes pressure off the parents and helps the children eat healthy.

“You like to know that you’re helping the town, helping the young people,” says Portia Blank, president of the Mason-Dixon Lions. As she talks, Steven Wannamaker follows his energetic 3-year-old son, Drayke, and his nephew up the hill to the church for their lunches.

Wannamaker tells of a relative who took in three children and has three of his own. “He has six mouths to feed every day. That’s a lot in the summer,” he says. “It’s helpful for parents, especially when they can’t afford the extra expense of feeding the kids lunch every day.”

Every day, at the Frostburg Inter-Faith Food Pantry on Main Street, Vicky Peterson and director Bob Duncan, a 10-year volunteer, see this struggle that families face in trying to feed healthy meals to their children. In 1977, when the pantry opened, they served

29 families. By 2018, that number had risen to 673, and Duncan is sure it will continue to rise, especially since the mill closed.

But it’s not just unemployment that sends people here or makes them need a free or reduced-price lunch for their child, says Duncan. It’s mental health, stress, addiction, and most often, under employment. People are not making enough money to keep their home and feed their kids. And affording food is not their only struggle. “It’s a struggle to walk in here,” he says. “There’s a lot of pride.”

“I’m blessed,” says Peterson. “I’m not foolish enough to think that things can’t happen to you and change your life on a dime.”

At the nearby university, the FSU Lions also started a pantry to serve all students, and that includes parents trying to build their skills and improve their chances at employment or a higher paying job.

“Do you buy a book or do you buy food?” asks FSU Lion Patrick O’Brien, the university’s director of civic engagement. “When you’re in school and you have to have the book, good food falls pretty far down on the list of how you’ll spend your money. But when you have to buy a book and feed a family, that’s another whole struggle.”

Susan Munck, at summer’s end, is asked if she and Bill will gather the folks to help make all these lunches again and again next summer.

“Well,” she says. “I don’t know why we wouldn’t.” **L**

Blood Sugar on the Brain

**LION DR. MARCO SONGINI INVESTIGATES THE CONNECTION
BETWEEN DIABETES AND BRAIN HEALTH**

By Erin Kasdin



When we talk about diabetes, we typically talk about two versions of the condition: Type 1 or Type 2. It's important to distinguish between the two, because the type determines the treatment. But what if there's a new type of diabetes — one that has important consequences for the brain?

Diabetes researcher (and Lion) Dr. Marco Songini believes he has made a connection between what he is calling Type 3 diabetes and dementia. It's a discovery that could revolutionize how we approach the prevention and treatment of cognitive (brain) dysfunction.

A SCIENTIST IS BORN

Some may say Songini was destined to be a diabetes researcher. As a young man, he had a promising future as a swimmer and water polo goalkeeper, but those dreams were thwarted after an accident injured his leg. He shifted his goals and set his sights on becoming an engineer. But just one year after his accident Songini was diagnosed with diabetes.

What Songini experienced as a person with diabetes was that it isn't easy being a person with diabetes. He had difficult relationships with his doctors and waited a long time for appointments. Blood had to be drawn twice a day and the syringes boiled between uses. At that time, there were no reagent strips or portable blood glucose meters. The results of the blood glucose tests weren't available until several days later, making the day-to-day management of his condition that much harder.

"I realized how important it was for a person with diabetes to become independent in the management of his or her condition," he says, "I personally became convinced I had to know the most about diabetes in order to be able to live together with it and not be overwhelmed."

So he became a diabetes researcher.

"After the first few difficult years, I started to lead a very active, almost frenetic life in an attempt to show to myself and others that there was nothing I couldn't do because I had diabetes."

Since becoming a specialist in diabetes research, Songini has helped many patients deal with the demands of the condition. And now, he's helped to define a new kind of diabetes which has helped bring attention to the impact the condition has on the brain.

TYPE 3 DIABETES

In Type 1 diabetes, the body's immune system destroys the cells that make insulin — the hormone that processes sugar. People with Type 1 diabetes require regular insulin injections to maintain a safe blood glucose level.

In Type 2 diabetes, persistent high levels of sugar in the blood make the body less able to use the hormone properly. Type 2 diabetes is typically associated with poor diet and insufficient exercise, though family history can play a role as well. Eating better, getting in a fitness routine, and taking medications can all help control high blood sugar in people with Type 2 diabetes.

Previously it was thought that the central nervous system (which the brain is part of) was not affected by diabetes. But recent research has been indicating that there is indeed a connection between high blood sugar, insulin, and brain function. And patients with diabetes who develop dementia have a unique form of the disease. Based on these findings, Songini and his team have been investigating the possibility of a third type of diabetes related to Alzheimer's.

"It breaks the old 'dogma' that the brain is independent of insulin's action on it," says Songini.

MORE IMPORTANT THAN EVER TO ACT

If proven true, by connecting diabetes and dementia, healthcare professionals may be able to treat — or even head off — the devastating consequences of cognitive decline. What's especially interesting about Songini's research is that it shows that only slightly elevated levels of blood sugar can cause the devastating effects of cognitive dysfunction.

Which means even people who get a clean bill of health from their doctor may be at risk.

Now more than ever Lions should "keep doing the good job to prevent diabetes," says Songini. There may be even more benefits to a healthy lifestyle than we knew. **L**





Worthy

What childhood hunger taught me about generosity

BY KRISTINE LEVINE



I was five years old when my mom took off with me to the coast. She said she needed a do-over. We were starting fresh, with no belongings, no toys, no furniture. She said we had empty hands so that we could catch new blessings.

We also had empty pockets, and she had no job. She'd drank our whole life away, and the booze had left us washed up in a tiny beach town called Rockaway, Oregon. She was hoping the ocean would catch her tears and loosen her chains.

My mother loves the ocean. She is more herself when it is nearby. She believes that it sees and knows, that it moves and feels. It inspires her wonder and fear. She revels in the uncertainty that it could become angry at any moment and take lives at its will. To my mother, the ocean is God.

"Don't you ever take it for granted, Krissy," she would say to me. "When you look at that ocean, remember there's always something bigger than you. Respect her."

Summer had just ended, and the quaint coastal town had begun to fold up. We found a small cottage — really a motel room with a kitchenette. We never said it was our home; to us, it was just "Number Six." My mother paid the first month's rent, enrolled me in kindergarten a block away, and bought us a sack of potatoes and some ketchup. And we began our new life.

I don't remember being excited about school. It seemed so frivolous, and I thought I should be getting a job. "I could get a paper route," I told my mother one night as we walked back to Number Six from the pay phone, where she'd called my dad, begging him to send the \$75 child support check. He promised he'd send it as soon as possible, but I knew the potatoes were running low.

My mother looked for work, but the car we'd used to get to the town had broken down, and there were only two or three restaurants within walking distance of Number Six. She didn't want to get a job in a bar because she was trying earnestly to stop drinking.

Maybe two weeks passed and still no child support check—no money at all. I sat at the kitchen table one night, watching Walter Cronkite deliver the evening news with his objectivity and journalistic integrity. He said something like, “Here is the news at this suppertime.” I remember this because I was so surprised by it. His words were otherwise so dry, so metered, but his mention of it being dinnertime was almost friendly. I wondered if he could see us; how did he know it was time to eat?

My mother was staring out the window with her back to me. I said to her, “Well? He’s right. It is dinnertime. Right, Mom?” I thought I was being clever in catching Cronkite’s sincerity.

She let out a sigh. Without turning around she said, “Do you see that out there? Those people have let their garden grow over. The cabbages have gone to seed now. They’d never know or care if I just snuck over and took one for you.”

The quivering in her voice scared me. She turned to me and wiped her eyes. With a look so cool I thought she might have been mad at me, she said, “If I were a thief, I would go over there and steal those rotten cabbages for you. But I am not a thief.”

Without another word, she passed me and walked out the front door of Number Six. She left it open, and I followed her. She walked down five cottages and knocked on the door to Number One — a larger cottage, where an old man and woman lived. Even though

they were our neighbors, we had no idea who they were. The old lady opened the door, and I wove around my mother so I could see inside.

“This is my daughter, Kristine,” my mother stated. “We have no food. She’s had nothing to eat but potatoes for a month, and now we don’t even have any of those left. I don’t care about myself, but could you please give her something to eat?”

"When you give the best you have to someone in need, it translates into something much deeper to the receiver. It means that they are worthy."

The old woman was short and fat with dark skin and black hair twisting around her head. Her name was Anita Vanover. Her husband was a tall white man who was just called Van. I could see into their cottage; the table was set, and Anita and Van were obviously just sitting down to eat. The smells coming from inside made me drool.

I don’t remember Anita saying anything to my mother or even asking her husband first if she could give us something, but I remember her packing up her table: the pot roast, the carrots, the gravy, the potatoes. She handed it all to my mother.

It turned out that the couple had friends who owned one of the restaurants where my mom had tried to get a job. Anita talked to them, and they hired her. Anita and Van became my caretakers in the evening.

They saved my mother and me.

At that moment, though, I don’t think Anita and Van thought they were saving lives or forever changing the path of a child. I think they thought they were doing what they were supposed to do when a woman with a little girl comes to the door and says she needs to eat. What more needs to be said or done? They probably figured that it’s just food.

Anita gave so effortlessly and so quickly that I doubt she ever thought about it again. But that one moment taught me a lesson about giving that I have never forgotten. There came a day 30 years later, when I passed that lesson on to my own children.

My daughter’s school had a food drive, and she was excited to collect food for it. Even at 10 years old, she had a strong sense of community. She wanted to be either a police officer so she could help people or an astronaut so she could protect the planet from wayward asteroids. We had to keep her from watching the news because it moved her to the point of tears. Her heart would break for the human condition.

She went to our pantry and started bagging up the canned and dry goods. All the while, she talked. “Oh, I’ll put in the green beans, I don’t like those... I’ll save the Kraft



Six-year-old Kristine Levine knew what it was like to be hungry. She and her mother survived on potatoes while living in a cottage rental in Oregon before kind neighbors stepped in.

macaroni and cheese. We can give them some no-name brand.” And I realized that my daughter — as generous and good as she already was — knew nothing about giving. I felt like I had taught her nothing.

She didn’t know about Anita and Van. She didn’t know about Number Six. She didn’t know that she could see the face of a hungry child if she looked long enough at her own mother.

So I told her. I told her that my kindergarten teacher thought I was “retarded” because I was so hungry that I didn’t perform well in school and was always slower than the rest of the class. I told her that

Anita could have just gone to her cupboard and made me a peanut butter sandwich, and my mother and I would have been so grateful. But she didn’t. She gave the best she had.

The biggest problem with poverty is the shame that comes with it. When you give the best you have to someone in need, it translates into something much deeper to the receiver. It means they are worthy.

If it’s not good enough for you, it’s not good enough for those in need either. Giving the best you have does more than feed an empty belly — it feeds the soul. 🗨

Kristine Levine is a comedian, actor, and author best known for performing in the sketch comedy television series Portlandia.

A detailed botanical illustration background featuring various plants in shades of teal and yellow-green against a dark background. The plants include large, pointed leaves, fern fronds, and clusters of small flowers and buds.

GROWING

IN THE DARK

LION FLOYD PORUBAN
proves life flourishes in
all kinds of conditions

BY JOAN CARY
PHOTOS BY JUSTIN MERRIMAN

“WELL, HOW DID YOU DO IT?”

“It’s easy,” Floyd Poruban said to his doubting professor. “One has a sticky flower and one has a dry flower.”

A horticulture student at The Ohio State University (OSU), Poruban had been assigned to distinguish between an American cranberry shrub and the European variety — two plants so similar that even his sighted colleagues couldn’t see the difference.

But he had done it easily, and the professor was insinuating that his blind student had cheated. He had not. Poruban, born with just 10 percent of his vision, had studied the plants and seen the difference. He had felt it with his fingers.

Almost 60 years later, his discovery about cranberry shrubs is in the plant identification guides and the 81-year-old accomplished plant pathologist remembers the moment in class clearly.

“Frustration,” he says, “frustration has been a motivator.” He’s not talking about the frustration of facing tasks that would be easier done with sight, but the bigger frustration of facing people like the professor who assume that if you can’t see, well then you just can’t.

“Prejudice, discrimination, things you don’t want to get angry about, but you just want to get ahead of, motivates you to move on,” says Poruban. “I’ve had this kind of motivation all my life.”

MOVE TO THE COUNTRY

Floyd Poruban was 4 when his parents were told that he had just 10 percent of his vision.

“Move to the country where your son can get sunshine, exercise, and fresh air,” is all the doctors at the Cleveland Clinic in Ohio could offer. So, when Floyd was 7 his parents followed doctor’s orders and moved from the steel mill and factories of Lorain, Ohio, 15 miles east to the robust agricultural area of Avon, near Lake Erie.

No doctor could predict what was to follow. No one would expect in the early 1940s, when education and career opportunities for the blind were limited, if in existence at all, that little Floyd Poruban would grow to be called a pioneer.



“
Blindness is not an excuse.
”



In 1957, he became the first blind person admitted to OSU's science program, and in '61 he graduated with a degree in horticulture. He followed with a master's degree in plant pathology in 1964.

In March, Poruban, a 52-year member of the Avon Lions Club who spent nearly 40 years as Sight Chairman, received the 2019 Distinguished Alumni Award from OSU's College of Food, Agricultural, and Environmental Sciences.

Today, the Porubans, Floyd and his son, Rich, also an Ohio horticulture alum, specialize in field-grown woody plants and shrubs at Poruban Nursery, in Avon, Ohio. They work from the home Floyd Poruban built for himself and his wife, Ann, on land he bought in 1969 to expand the swiftly growing nursery that he started after college.

He received the first horticulture enterprise loan ever given to a blind person in the U.S. for that acreage, and it took a significant fight to get it.

“No one believed a blind man could repay them,” he says. “There’s an inherent distrust for the handicapped. I ran into it in college and I ran into it when I was building my house.”

HE PERSISTED

Despite the doubters, Poruban has persisted, every day heeding the same advice he has passed on to his son: “Get

out of bed. Don’t ruminate over it. Just keep moving forward and have faith.”

When his family first moved to Avon, the 7-year-old had to catch a bus along their road, travel two miles and step off, then cross a busy state road to board a second bus that took him to “Sight Saving Class” back in Lorain.

“I don’t know,” he says when asked how a blind youngster managed to cross a busy road every day. “I am a person with so much gratitude. There doesn’t seem to be a day where I was alone. There was always someone there with a hand to help me.

“That’s why I joined the Lions. I said, ‘I gotta return this.’”

When it came time for high school, Poruban chose to be mainstreamed into the Avon High School instead of going to a school for the blind.

“The teachers were in a flux,” he remembers.

“I don’t know what to do with him,” his teacher said.



Because Poruban had been taught to type, his teacher sent him to the only place in the school where there was an unused typewriter, and that was the football coach's office downstairs. He certainly wouldn't be in anybody's way and he could type a few stories.

Poruban typed his stories as directed, but the coach sought to rescue the teen from his boredom and put him to work as manager for the varsity football team. He earned a letter. Across the hall, another coach ran the industrial arts department. He watched carefully as Poruban, already skilled with his hands, surprised everyone by building a fine walnut sewing cabinet and not cutting his finger off.

Because Poruban graduated as one of the school's first National Honor Society members, Rehabilitative Services in Ohio said he could go to college with the caveat that he maintain a 3.0 average to be re-evaluated each quarter.

He chose Ohio State.

When the horticulture students were required to climb a tree with a rope and a saddle, he did. When he was offered a job in a giant greenhouse folding baskets for shipping tomatoes, he folded 1,000 a week.

When a professor repeatedly dismissed him, saying "A blind person can't do credible research," Poruban proved him wrong. In the university's first plant disease clinic, he researched crown gall, a bacterial disease, and his work resulted in the discovery of plasmids, still a widely used tool in cancer research.

Poruban never learned braille because his fingers were too callused

from working with dirt. Instead, professors worked carefully with him, he poured over books with a magnifying glass, and classmates would ask to read to him, knowing he could explain what they'd read. Now he uses the Jaws screen readers program and Kurzweil's text-to-speech support.

A LITTLE LUCK

By the time he graduated with his master's degree, Poruban had become so skilled at propagating plants that his college friends asked him to start some for their new businesses. His own business then grew so quickly that the small hobby greenhouse his father built for him in his youth was no longer enough.

He and Ann, a nurse he met at a school dance, applied for a USDA loan, and together they built their house and greenhouse. Although she was pregnant with Rich at the time, Ann had to stand in a ditch and hold the level while he built the foundation, says Poruban, who laughs with the memories.

"But he pounded the nails. He did the wiring and the plumbing," says Rich Poruban. "When I was growing up and I would complain about something being difficult, Dad would say, 'Close your eyes and try to do it.'"

"A lot of gut, a lot of determination, and a lot of success," says Rich Poruban of his father's life.

And a little luck, his Dad admits. Serendipity has also been a lifelong motivator. The Porubans had a field of rhododendrons thought to be

ruined by flooding, but when they began to clean up the rotted plants, they discovered that fungi had emerged in the field. Determination and time in their makeshift lab led father and son to a new discovery in their part of the U.S. It has allowed them to cut back on fertilizer by 90 percent and to switch from a heavily cultivated nursery to a more natural way of growing.


Poruban, who can see only the sun when it shines on his window, says, "Research never stops in our minds. And blindness is never an excuse."

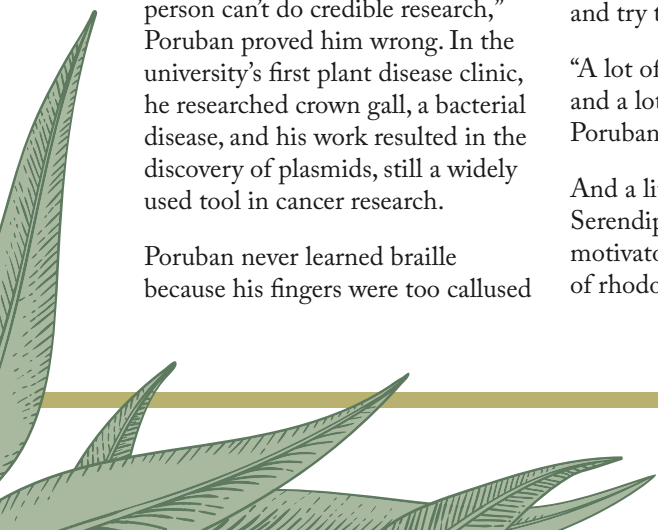


"A LOT OF GUT, A LOT OF DETERMINATION, AND A LOT OF SUCCESS."

**says Rich Poruban
of his father's life.**

He is a man of gratitude and faith, his favorite hymn, "He Leadeth Me! O Blessed Thought," an expression of his belief that "God leads me every day. He has his hand on my back and helps me all the way."

"His is a story that should be told over and over," says Rich Poruban. "When people say how hard life is, I say, 'You have no idea.'" 



FASHIONED FOR SERVICE

LIONS STEP OUT
IN MILAN FOR THE
102ND INTERNATIONAL
CONVENTION

It was time to gather, and even a record-setting heat wave couldn't wilt the Lion spirit. For five days, Lions convened, met new friends and old, shared ideas, and served. They listened to speakers with inspiring stories and watched as another new International President took the reins.





Lions share the love in front of Milan's iconic Duomo.





The parade of nations showcases the incredible diversity of Lions around the world.



Because Lions are all about serving, these dedicated convention-goers take time out to clean a park.





At convention, a selfie almost always turns into an “usie.”



PIP Yngvadottir arrives in Lion style.



At convention, you never quite know when a dance line will break out.

KidSight Program Expands to Change Lives in Colombia

BY JAMIE KONIGSFELD

Esteban had never had his vision screened before. He had never seen those strange devices, but the Lions who brought them made him feel safe. He and his schoolmates lined up for vision testing, then followed the simple instructions: Look straight ahead and find the little bunny on the front of the machine.

Esteban's world was about to change.

Many children are unaware they have a vision problem. With their impairment undetected, these children may struggle to develop life skills and learn in school. In addition, when certain eye conditions go untreated, they can result in permanent vision loss.

Now, Lions are implementing this program throughout Colombia, aiming to screen the vision of six million children.

This is common in many areas of Colombia, where eye care is non-existent. But Lions are determined to change this reality with Lions KidSight Colombia, a program that has succeeded in the United States — called Lions KidSight USA — and is supported by Lions Clubs International Foundation (LCIF). The program screens children between the ages of 6 months and 6 years, though Lions are encouraged to screen children through grade 12 when possible. Lions test for risk factors that may indicate a problem, then refer children to an eye doctor for further evaluation if needed.

Now, Lions are implementing this program throughout Colombia, aiming to screen the vision of six million children.

The Lions secured a US\$69,022 grant from LCIF to purchase 10 vision screening devices. Past International Director Dr. Ed Cordes, a retired optometrist and chairperson of Lions KidSight USA Foundation, traveled to Colombia to help with training, including visits to an elementary school and a daycare. Of 118 children screened, 20 were referred to eye doctors. Esteban was one of them.

Doctors discovered Esteban has strabismus, a condition where misaligned eyes cause double vision. Uncorrected, this can lead to amblyopia, a disorder in which an eye fails to develop proper vision and can possibly lead to permanent vision loss. Now that Esteban is receiving treatment, he can see more clearly and is no longer at risk of losing his vision.



“It was an excellent experience to have professionals of all different backgrounds at our school,” says Inmaculada Solano de Hernández, principal of Normal Superior La Hacienda. “They have good hearts and are dedicated to what they do. On behalf of our community, I give the most sincere thanks.”

The Lions also want to establish satellite clinics in rural areas — an enormous challenge Dr. Cordes is certain they can manage. “There were Lions who were so enthused about the program that it became contagious and others became strong supporters, as well,” says Dr. Cordes.

Within weeks, Lions with KidSight Colombia screened more than 16,000 children. More than 1,600 were referred for treatment, with the costs covered by Fundación Oftalmológica del Caribe (Caribbean Ophthalmologic Foundation) and Colombia's national health service.

With support from LCIF, Colombia's Lions have made a strong stand against vision impairment, and their impact will only grow. To learn how such projects receive LCIF funding — and how you can contribute through Campaign 100 — visit lionsclubs.org/campaign100.

Campaign 100 Is Supporting New Opportunities for Lions

BY JAMIE KONIGSFELD

Communities around the world are in great need, facing challenges that seem to grow and multiply. Nevertheless, Lions work tirelessly – whether it is reaching out to neighbors across town or across borders – to create lasting positive change. Thanks to grants from LCIF, Lions receive the support they need to take on some of the world's most daunting causes.

Through Campaign 100, Lions and LCIF are preparing to make large-scale, deep-rooted change by:

- Increasing service impact by providing the resources needed to reduce global vision impairment, empower youth worldwide, and support disaster relief
- Fighting diabetes, reducing its prevalence, and improving the quality of life for those diagnosed
- Expanding Lions' global causes to combat hunger, battle childhood cancer, and protect the environment

Recently, LCIF has introduced two new grants to support Lions' expanded goals:

Lions Serving Hungry Neighbors

Lions have long taken a stand against hunger. Now, with the LCIF Hunger Pilot Grant Program, Lions can do even more to feed the hungry. Imagine the impact of a new or expanded school-based feeding program,

or the development of new ways to store food so it does not spoil, or a dedicated vehicle to collect and deliver food to elderly community members. With funding for initiatives like these, Lions can ease the burden of hunger.

Lions in the Fight Against Childhood Cancer

Every two minutes, a child is diagnosed with cancer. This startling statistic prompted Lions to adopt childhood cancer as a cause area, and LCIF is empowering Lions to support families with children battling cancer. Through the LCIF Childhood Cancer Pilot Grant Program, Lions can create housing where families can rest, sleep, or cook while their child is receiving treatment, or provide rides for families who do not have reliable transportation. Lions can also improve patients' quality of life by creating programs where the children can learn, exercise, and play.

The LCIF Board of Trustees will review applications for these new Hunger and

Childhood Cancer Grants at their January, May, and August meetings. The applications are due 90 days prior to each meeting (upcoming due dates are February 13, 2020 and May 16, 2020).

Lions Reach a Milestone

Lions' success through grants is thanks to the generosity of donors. Lions who attended the recent Lions Clubs International Convention in Milan, Italy, received the great news that Campaign 100 reached its 2018-2019 fundraising goal, with funds totaling US\$110,903,738. This is strong progress toward the campaign's ultimate aim of raising US\$300 million – an ambitious goal that needs participation from every Lion worldwide. Whether you make a personal donation, create your own fundraiser, or encourage your club to become a Model Club, there are many ways to contribute to Campaign 100.

To learn more about Campaign 100 and how you can contribute, visit lionsclubs.org/campaign100.





Maryville Pride Lions Ed and Jeanine Montgomery and Jerry Watkins, and Lion Duane Nauman of the **Mound City Lions Club**, worked more than 50 hours helping with flood cleanup in **Missouri**.

In **Missouri**, members of the **Mound City Lions Club** used the District 26-M4 disaster response trailer to assist with the cleanup of flooded apartments in the spring.

In **New Jersey**, the **Fanwood Lions** thank their community for 70 years of support, allowing Lions to help the blind through their White Cane Drive, and to support school scholarships through the sale of Christmas trees.

The **Jamestown Community Lions Club** in **Indiana** purchased eight automated external defibrillator units for the eight churches in the Jamestown area.

The **Beachburg Lions** in **Ontario, Canada**, donated US\$5,000 to the Westmeath Recreation Association for flood relief.

The **South Attleboro Village Lions Club** in **Massachusetts** has formed a knitting group, welcoming knitters of all skill levels. Items are made for the women's domestic violence shelter, for women veterans, and homeless veterans. Their most recent effort is the crocheting of plastic bag bed mats for the homeless. Each requires 500-800 plastic grocery bags and about 400-500 hours of work, and is about the size of a twin bed mattress.

The **Chester Lions Club** family picnic was held at Schooleys Mountain County Park in **New Jersey** where Lions and their families enjoyed barbecue and games. The Chester Lions have donated to numerous initiatives including diabetes awareness, Homeless Solutions, Covenant House, and scholarships.

The **Avon Grove Lions** in **Pennsylvania** held their annual Wine and Cheese Distribution Night, distributing US\$17,100 to 17 organizations that attended the event, bringing their total donations for the year to more than US\$40,000. Money was raised through book sales, the ham supper, the White Cane Drive, a pancake breakfast, broom sales, bird house sales, Christmas tree sales, and the scholarship fund.

Three Lions from **Arizona District 21A** traveled to Philadelphia to meet up with five lions from **Pennsylvania Districts 4A and 14U**. They joined together at the National School Boards Association's annual conference to help spread the news about vision screenings in the schools.

In **Georgia**, the **Towns County Lions Club** purchased a vehicle for the Hiawassee police chief. It displays a Lions logo along with "Towns County Lions Club Service Project" behind the rear passenger windows.

The **Lower Lehigh Lions Club** in **Pennsylvania** raised money to renovate the Macungie Pool and include handicap accessible restrooms.

The **Engadine-Naubinway Lions Club** in **Michigan** presented a US\$600 education grant to the student services coordinator in the schools to implement a new program called PH Balanced, focusing on supporting young women in seventh and eighth grades. It will connect students to successful women in the community.



The **Stamford Lions Club** in **Connecticut** sorted through a year's worth of collected eye glasses, hearing aids, and magnifying glasses – roughly 12,000 in total.

The **Chester Lions Club** in **New Jersey** held its annual two-day Oktoberfest with multiple rides and games for children on Family Day, and a German meal of bratwurst, smoked pork chops, German potato salad, beehive cake, and strudel. Visitors enjoyed classic cars and a spirited German band that performed under their large circus tent.

Avon Grove Lions and Leos in **Pennsylvania** handed out lollipops to the children along the Kennett Mushroom Festival Parade route.

The **Staunton Lions Club** of **Virginia** had the honor of conducting a public wreath laying ceremony at the Arlington National Cemetery's Tomb of the Unknown Soldier.

Past president Butch Schramm was honored for his service at a **Sister Bay Lions Club** meeting in **Wisconsin**. He donned the custom-made Lions costume and let his fellow Lions know that it's not only stylish, but warm and comfortable, should someone like to wear it in the Fall Festival parade.

Correction: Candidate for Third Vice President

Due to publishing deadlines, we were unable to publish the information of third vice president candidate PID Rosane Teresinha Jahnke in the May 2019 print issue of LION magazine. We regret we were unable to share her information alongside the other candidates.

Correction: Club News

The location of the Ashland Lions Club that donated 4,815 pounds of food to the local food pantry was incorrectly listed in the July/August issue of LION magazine. The Ashland Lions are in Massachusetts.

The club that donated US\$500 to the Marie Wilkinson Food Pantry was incorrectly listed as the Aurora Noon Lions. The donation was made by the Aurora Evening Lions.

LION Magazine regrets these errors.

LION



Lions Clubs International

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LANNIVERSARIES

OCTOBER 2019

100 Years: Springfield, Ill.; Marquette, Mich.

95 Years: Richmond Noon, Ind.; Hays, Kan.; Tillsonburg, Ontario, CAN; Marietta Noon, Ohio; Montclair, N.J.; Bloomfield, N.J.

90 Years: Spencer, Ind.; Wakita, Okla.; Odon, Ind.; Ridgewood-Glendale-Middle, N.Y.; Northwood, Iowa; Plainview, Texas; Wellsboro, Pa.; Thurmont, Md.; Ravenswood, W.V.; Haleyville, Ala.

85 Years: Mount Desert Island, Maine; Huntington, N.Y.; Falls City, Neb.; Buckingham, Quebec, CAN; Chicago Englewood, Ill.; East Greenwich, R.I.; Dawson, Ga.; Carrollton Host, Texas; Benton Harbor Fairplain, Mich.

80 Years: Lockport, N.Y.; Ball Ground, Ga.; Ritzville, Wa.; Elverson Morgantown, Pa.; Onancock, Va.; Stover, Mo.; Calumet City, Ill.; Oxford, Pa.; Springfield, Colo.; Hebron, Neb.; Washburn, Wis.; Creston, British Columbia, CAN; Madisonville, Ky.; Croton On Hudson, N.Y.; Warrenton, Va.; Mulberry, Ark.; Glens Falls, N.Y.; Danvers, Mass.

75 Years: Caney, Kan.; Bedford, Pa.; Stony Point, N.Y.; Wood Dale, Ill.; Donalsonville, Ga.; Englewood, Tenn.; Raymondville, Texas; Delmont, Pa.; Taylorsville, N.C.; Vulcan, Alberta, CAN; Sparta, N.C.; Akron, N.Y.; Floresville, Texas; Austin, Minn.; Blairmore, Alberta, CAN; Fairhaven, Mass.; Cameron, La.; Agincourt, Ontario, CAN; Elkin, N.C.

50 Years: Eagan, Minn.; Scotts Valley Host, Calif.; Maple Valley, Mich.; Gilbert, Ariz.; Eagle Pass Evening, Texas; Montgomery City, Mo.; Declo, Idaho; Burkburnett Boomtown, Texas; Canning District, Nova Scotia, CAN

25 Years: Higbee, Mo.; Bergen Hispanic-American, N.J.; Brownsville Border, Texas; Chequamegon, Wis.



STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION

(Required by 39 U.S.C. 3685)

NOVEMBER 2019

100 Years: Guthrie, Okla.; Grand Rapids, Mich.

95 Years: Upland Host, Calif.; Cambridge, Ohio; Cedar Falls, Iowa; Binghamton, N.Y.; Davenport Host, Iowa; Gillette, Wyo.

90 Years: Somerset, Pa.; High Point, N.C.; Waynesboro, Pa.; Napoleon, N.D.; Canton, Okla.; Takoma Park, Md.; Dodge City, Kan.; Stratford, Conn.; Racine, Wis.; Madrid, Iowa; Ogden, Iowa.

85 Years: St. George, Utah; Charlottesville Host, Va.; Lachute, Quebec, CAN; Flomaton, Ala.; Grapevine, Texas; Edison, Ga.

80 Years: Anahuac, Texas; Liberty, Texas; Shade, Pa.; Atkins, Ark.; Pullman, Wa.; San Luis Obispo, Calif.; Independence Host, Mo.; Arthur, Ontario, CAN; La Fontaine, Ind.; Augusta, Wis.; Henderson, Ky.; Waterford, N.Y.; Speedway, Ind.; Dick Dowling, Texas; Moscow Central, Idaho.

75 Years: Old Fort, Ohio; Pincher Creek, Alberta, CAN; Wheeling Warwood, W.V.; Dixon, Mo.; Mabel, Minn.; Morristown, Ind.; Palmyra Riverton, N.J.; Whitestown, Ind.; Medfield, Mass.; Preston, Minn.; Vancouver South, British Columbia, CAN; Haverhill, Mass.; Adamsville, Tenn.; Price, Utah; Conneaut, Ohio.

50 Years: Mountain Home, Idaho; Macomb Township, Mich.; New Harbour Dildo, Newfoundland and Labrador, CAN; Woodward, Iowa; Tolland, Conn.; Morell, Prince Edward Island, CAN; Fox, Alaska; Byron, Minn.; Corydon, Iowa; Knoxville, Iowa; Parksville, British Columbia, CAN; Auburn 49ER, Calif; North Port, Fla.; Chester, N.J.; Iberia, Mo.; Richfield Springs, N.Y.; Ruidoso Valley Noon, N.M.

25 Years: Mountain Home, Idaho; Macomb Township, Mich.; New Harbour Dildo, Newfoundland and Labrador, CAN; Woodward, Iowa; Tolland, Conn.; Morell, Prince Edward Island, CAN; Fox, Alaska; Byron, Minn.; Corydon, Iowa; Knoxville, Iowa; Parksville, British Columbia, CAN; Auburn 49ER, Calif; North Port, Fla.; Chester, N.J.; Iberia, Mo.; Richfield Springs, N.Y.; Ruidoso Valley Noon, N.M.

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15. Extent and natures of circulation:

	Average No. Copies Each Issue During 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Total Number of Copies (Net press run)	308,194	305,564
b. Paid Circulation (By Mail and Outside Mail)		
(1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	266,382	264,617
(2) Mailed In-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	0	0
(3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS®	38,721	38,624
(4) Paid Distribution by Other Classes of Mail Through the USPS (e.g. First-Class Mail®)	0	0
c. Total Paid Distribution		
[Sum of 15b (1), (2), (3), and (4)]	305,103	303,241
d. Free or Nominal Rate Distribution (By Mail and Outside the Mail)		
(1) Free or Nominal Rate Outside-County Copies Included on PS Form 3541	984	1,034
(2) Free or Nominal Rate In-County Copies Included on PS Form 3541	0	0
(3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g. First-Class Mail)	124	123
(4) Free or Nominal Rate Distribution Outside the Mail (Carriers or other means)	69	74
e. Total Free or Nominal Rate Distribution [Sum of 15d (1), (2), (3), and (4)]	1,178	1,231
f. Total Distribution (Sum of 15c and 15e)	306,281	304,472
g. Copies Not Distributed (See Instructions to Publishers #4 (page #3))	1,913	1,092
h. Total (Sum of 15f and g)	308,194	305,564
i. Percent Paid (15c divided by 15f times 100)	99.62%	99.60%

16. No electronic copy circulation.
 17. This Statement of Ownership will be printed in the Fall 2019 issue of this publication.
 18. I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).
- (Signed)
Christopher Bunch, Managing Editor, September 11, 2019



EXECUTIVE SUMMARY
INTERNATIONAL BOARD OF DIRECTORS MEETING
Milan, Italy
June 30-July 4, 2019

AUDIT COMMITTEE

1. The committee will continue to monitor and follow up on action plans.

CONSTITUTION AND BY-LAWS COMMITTEE

1. Denied a district governor election complaint filed in District 112-C (Belgium) and declared a vacancy in the office of district governor for the 2019-2020 fiscal year.
2. Upheld a second vice district governor election complaint filed in District 300-C1 (MD 300 Taiwan), declared the second vice district governor election in District 300-C1 for the 2019-2020 fiscal year null and void and of no force and effect, declared a vacancy in the office of second vice district governor for the 2019-2020 fiscal year and that the second vice district governor vacancy shall be filled in accordance with the International and District Constitutions and By-Laws, and declared that US\$650.00 of the filing fee shall be refunded to the Complainant.
3. Upheld a second vice district governor election complaint filed in District 316-A (India), declared the second vice district governor election in District 316-A for the 2019-2020 fiscal year null and void and of no force and effect, declared a vacancy in the office of second vice district governor for the 2019-2020 fiscal year and that the position of second vice district governor shall remain vacant for the year and shall not be filled and declared that US\$650.00 of the filing fee shall be refunded to the Complainants.
4. Removed District Governor J. Mohan Rao from the office of district governor in District 316-A (India) for breach of duty and failure to comply with the International Constitution and By-Laws and policies of the International Board of Directors. Declared that J. Mohan Rao shall not be recognized in the future as a past district governor by Lions Clubs International or any club or district, and that he shall not be entitled to any privileges of such title. Declared the vacancy created in the office of district governor in District 316-A shall not be filled and that the district governor elect of District 316-A will serve as the acting district governor until the 2019 International Convention.
5. Denied a second vice district governor election complaint filed in District 321-A3 (India) and declared Lion Radha Krishna Shah second vice district governor in District 321-A3 for the 2019-2020 fiscal year.
6. Denied a second vice district governor election complaint filed in District 321-B1 (India) and declared Lion Jagdish C. Agarwal second vice district governor in District 321-B1 for the 2019-2020 fiscal year.
7. Denied a second vice district governor election complaint filed in District 3233-E2 (India) and declared Lion Sudhir Kumar Goyal second vice district governor in District 3233-E2 for the 2019-2020 fiscal year.
8. Upheld a second vice district governor election complaint filed in 3233-G1 (India), declared the second vice district governor election in 3233-G1 for the 2019-2020 fiscal year null and void and of no force and effect, declared a vacancy in the office of second vice district governor for the 2019-2020 fiscal year and that the second vice district governor vacancy shall be filled in accordance with the International and District Constitutions and By-Laws, and declared that US\$650.00 of the filing fee shall be refunded to the Complainant.
9. Upheld the prior decision of the International Board of Directors in June 2018 and confirmed the international director endorsement of Lion R. Sampath issued during the Multiple District 324 convention in May 2017.
10. Revised the Ethical Conduct Code in Chapter XII, Exhibit C. of the Board Policy Manual for organizational purposes, to remove and update language that has become obsolete and to better align with current practices.
11. Revised Chapter XV, Paragraph A.4.b. of the Board Policy Manual to make it consistent with previously adopted changes.
12. Revised Chapter XVIII, Paragraph A. of the Board Policy Manual to update an inaccurate reference to the order of administrative officers.
13. Revised the District Governor and First and Second Vice District Governor Election Complaints Procedure in the Board Policy Manual to include complaints related to endorsement elections for international third vice president and international director.

CONVENTION COMMITTEE

1. Declined to add GST (Goods and Services Tax) to registration fees for Singapore. Provided documentation for the elections operations at convention.

DISTRICT AND CLUB SERVICE COMMITTEE

1. Granted the Palu Maleo Lions Club of District 307-B2 (Indonesia) protective status through October 31, 2019 and a waiver of the June 2019 Semi-Annual Dues Billing.
2. Recognized the undistricted area within the Republic of Bulgaria as a provisional region at the close of the 2019 International Convention.
3. Appointed Praveen Agarwal to serve as the District Governor for District 322 D (India) for the 2019-2020 fiscal year.
4. Directed District 112 C (Belgium) to conduct a meeting for the purpose of selecting a qualified Lion leader for the position of district governor for the 2019-2020 fiscal year.
5. Amended the charter for the District and Club Service Committee.
6. Deleted the board policy reference to the Lioness program.
7. Amended the Standard Form District By-Laws to recognize the zone chairperson and the region chairperson as members of the Global Action Team.
8. Revised the position descriptions for the club vice president, club membership chairperson and club service chairperson as outlined in the Standard Form Club By-Laws.

FINANCE AND HEADQUARTERS OPERATION COMMITTEE

1. Amended the Investment Policy Statement for the International Association of Lions Clubs General Fund.
2. Approved the FY 2018-2019 4th Quarter Forecast, reflecting a deficit.
3. Approved the FY 2019-2020 budget, reflecting a deficit.
4. Amended the Investment Policy Statement for the Retirement Income Plan for the Employees of the International Association of Lions Clubs.
5. Revised Chapter XXI of the Board Policy Manual related to the expense reimbursement policy.
6. Revised Chapter XXI of the Board Policy Manual related to air transportation.
7. Revised the B.2. Executive Officer Travel and Expense Reimbursement Policy.
8. Added Jayne Kill, Manager, Accounting Department as a check signatory on association bank accounts.

LEADERSHIP DEVELOPMENT COMMITTEE

1. Amended Board Policy Manual to document the changes to the Leadership Development Committee charter.

LONG RANGE PLANNING COMMITTEE

1. Reviewed progress on LCI Forward initiatives and discussed the reasons for decline in service activity and reporting. Provided suggestions on improving service impact numbers by involving GAT and providing incentives for reporting.
2. Discussed and concurred on the creation of a LCI Forward project team to help guide the creation of the next iteration of our strategic plan.
3. Reviewed proposed revisions to the goals of the district governor and instructed staff to further reduce the number of goals to no more than four annual goals.
4. Reviewed a proposed approach to study the role of the district governor so it is relevant in today's context and asked staff to begin the study.
5. Discussed the association's current management of a multi-currency environment, including managing numerous bank accounts and foreign exchange fluctuations, and decided to make no changes at this time.

MARKETING COMMUNICATIONS COMMITTEE

1. Revised Chapter XIX, in Exhibit A, of the Board Policy Manual to add a clarifying sentence to the introduction for Official Protocol, effective July 1, 2019.
2. Revised Chapter XIX, Paragraph A., in Exhibit A, of the Board Policy Manual to add revise GAT roles in order to align more perfectly with GAT structure at the Constitutional and Area levels, effective July 1, 2019.
3. Revised Chapter XVI of the Board Policy Manual to remove outdated information on LION Magazine.

MEMBERSHIP DEVELOPMENT COMMITTEE

1. Added language to Chapter XVII of the Board Policy Manual which ensures that the previous decision to allow students over age 30 and who are joining a Campus Lions Club will be eligible to pay a discounted entrance/charter fee of \$10USD.
2. Separated African countries from the Constitutional Area VI list to reflect the pending passage of vote at Convention for Africa to become Constitutional Area VIII.

3. Removed Leo Clubs awards from Chapter XXII of the Board Policy Manual.
4. Modified language, including simplification of the criteria, for the New LCI Country Process found in Chapter X.
5. Amended the name of LCI country FYROM Macedonia to Republic of North Macedonia.
6. Applied the sunset policy to the Democratic Republic of Timor-Leste and removed that country from official LCI countries in Chapter X.
7. Extended the sunset policy for the Republic of Azerbaijan to December 31, 2019.
8. Moved the LCI country of the Republic of Kazakhstan from its presenting listing under Constitutional Area VI to Constitutional Area IV in Chapter X.
9. Modified language, including GAT leadership position changes, appointments and operational changes to chapter XXIV.

SERVICE ACTIVITIES COMMITTEE

1. Revised the Service Activities Committee Charter in Chapter II, Paragraph K of the Board Policy Manual in order to better align it with current practices.
2. Revised Chapter I of the Board Policy Manual in order to better align it with LCI's current global causes and service programs.
3. Discussed an enhanced model for service engagement that includes advocacy, direct service, giving and service support activities.
4. Received updates on active service partnerships including LCI's work with the International Diabetes Federation, the Wellness Initiative, the Anthem Foundation and the American Association of Diabetes Educators.
5. Reviewed the recently launched LCI Advocacy Toolkit and discussed the plan for additional resources, particularly related to global cause advocacy and country level advocacy.
6. Discussed potential revisions to the service awards structure, which will encourage service reporting, align with the global causes, and reward excellence in service at the club level.

TECHNOLOGY COMMITTEE

1. The committee reviewed the Information Technology Division's 2018-2019 budget, forecast and actuals. The division had forecasted to end the year about \$155K less than the first quarter forecast that was approved at the October 2018 board meeting.
2. The committee reviewed the 2019-2020 proposed budget for the Information Technology Division. The presented operating budget was forecasted to be \$722K less than the budget that was proposed at the April 2019 board meeting.
3. The committee discussed various topics related to General Data Protection Regulation (GDPR). The committee reviewed the existing policy around access to data for candidates running for third vice president or international director and the committee's recommended revisions to this procedure was approved. The committee was pleased to learn that staff had selected a new DPO – one offering coverage for all of Europe. All the individuals selected to serve on the Privacy working group accepted the nomination. The committee reviewed a proposed high-level process to address GDPR specific disputes.
4. The committee received an update on existing products and roadmaps. SAP SE's software "By Design" was selected by staff as the new Enterprise Resource Planning (ERP) system.
5. The committee received an update on existing infrastructure projects and roadmap.
6. The committee received an update on the Information Technology Division organization.
7. The committee received an update on the communication strategies and training for the service reporting changes, including the transition from MyLCI to MyLion.
8. The committee saw some interesting uses of technology – especially in the area of natural language processing and machine learning.

For more information on any of the above resolutions, please refer to the LCI Web site at www.lionsclubs.org or contact the International Office at 630-571-5466.

Diabetes Walk



Lions Clubs International

November Is Diabetes Awareness Month!

Diabetes is a global epidemic, affecting an increasing number of men, women, and children all over the world. As Lions and Leos, we see and feel the effects of diabetes in our communities and are doing something about it together. Shop diabetes awareness merchandise today to show your community that Lions are dedicated to reducing the prevalence of diabetes and improving the quality of life for those diagnosed.

Shop now at [LCIstore.org!](https://www.lci.org/store)

Search “Diabetes” for the full line of diabetes awareness products.



Lions Clubs International

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