



# Mane News

Lend A Light



District 31-J Newsletter | January 2012 Issue

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## District Governor's Message



### District Governor's Schedule

#### FEBRUARY 2012

3-4 Districts G, H, & J Mid-Winter Convention in Greenville

10-12 State Council Meeting Charlotte

13 Washington Evening Lions Club

16 Princeville Community Lions Club

17 Davie Lions Club 60th Anniversary

21 Manteo Lions Club and Nags Head Lions Club

28 Camden Lions Club and Currituck Lions Club

#### MARCH 2012

8 Swan Quarter Lions Club

20 Bath Lions Club

21 Aurora Lions Club

27-29 Lacombe, NC - New Club

#### APRIL 2012

9 Edenton Lions Club

12 Saratoga Lions Club

Things are alive and going well in District 31-J as we begin the new year with a bang. The great kick-off for this year was the Charter night for the newly formed Enfield Community Lions Club. Eight new members joined on Charter Night, making a total of 43 charter members.

The installation was held at a local bed and breakfast, The Bellamy Manor & Gardens Bed and Breakfast. New charter members Wayne and Sylvia Anderson own the beautiful house and offered it as the location for the Charter Night ceremony. Instead of having a formal meeting with a sit down dinner, the club decided to have a buffet where everyone could eat, spend time socializing, and then formalize the new Lions Club in the traditional way. It was a great evening with many of the surrounding clubs attending to help celebrate the momentous occasion. We look forward to hearing from the new Lions about their projects that will add to our District's accomplishments.

Another wonderful event was the 75th anniversary of the Edenton Lions Club. Again, surrounding clubs attended to show their support for this club with such longevity. As a surprise, Immediate Past District Governor Gwen White presented two Melvin Jones awards.

The recipients of these awards are Lions Wallace Evans and John Guard. Lion Wallace was the auctioneer for the club for 25 years. He was instrumental in helping to raise White Cane funds during those years. Lion John, as program chairman, has provided informative programs for the club for the last 22 years. Both men have served the Edenton Lions Club well in many capacities. Congratulations, Edenton Lions!

Our District is currently preparing for the District 31-G, H, and J Mid-Winter Convention being held in Greenville, February 3-4 at the City Hotel and Bistro. I would like for each club to bring items for two auctions. One of the auctions will be

to help White Cane and the other auction will be a silent auction to help PDG Harvey Whitley in his quest to become an International Director. At the Saturday night banquet, we will be welcoming International Director Brian Sheehan as our speaker. ID Sheehan comes to us from Minnesota. He is excited to be with us and to be able to share informative information and goals from Lions Clubs International. Part of the program will be a meeting with ID Sheehan and all Club Presidents from Districts G, H, and J. Club Presidents, please make note of this important meeting and plan to attend on Saturday afternoon from 3:00 - 3:45 pm.

On Saturday morning at our Cabinet meeting (10:45 - 11:45 am), District 31-J will be electing the District Governor, First Vice District Governor, and Second Vice District Governor for the coming year. Please attend this important meeting and let your voice be heard. Each club should send voting delegates based on recent information received by each club secretary. I am looking forward to seeing



DG Jim Boehm inducted members of the Enfield Community Lions Club during a program of fellowship, music, food, and festivities on Saturday, January 14. New Lions crowded into the large room at the Bellamy Manor & Gardens Bed and Breakfast to take their oath of membership and hear the challenge to serve the community. (Rhett White photo)

# Nags Head Lions Partner With Local Artist

The Nags Head Lions Club partnered with local artist Edith Deltgen and visited local schools.

They visited with Angela Eaton's class at First Flight Elementary School and Sam Iulo's class at First Flight High School to create Valentine's Day treat bags, as well as a project for the Outer Banks Women's Club.

Both Eaton and Iulo are Exceptional Children's Services teachers. (Angelo and Gail Sonnesso photos)



*Angela Eaton has been at First Flight Elementary School since 1999, where she began as a teacher assistant in the Exceptional Children's room and became the teacher after obtaining her degree.*

*Shown above are Karen Dane, Jessica Davis, Ben Abrams, Christen Kilgore, Brian Perkins, Lauren Cox, Gail Sonnesso, Quadereia White, Samantha Iulo, Edith Deltgen, and Pat Jordan.*

## Princeville Lion Passes At Age 78




Princeville Community Lions Club member, Elbert "Buddy" Howell departed this life on January 19, 2012. He was 78.

Lion Elbert was born on July 20, 1933, in Edgecombe County. He was a member of Macedonia Missionary Baptist Church where he served on the board of trustees. He was also a member of the American Legion.

Lion Elbert's parents were the late Elbert Howell, Sr. and Mary Staton. He is survived by his wife, Ann Brown Howell; four sons (James Howell of Gates, NC, Larry Howell of Knightdale, NC, Tracy Brown of Waldorf, MD, and Randy Brown of Rocky Mount, NC); three daughters (Glen Royal Howell of Greenville, NC, Linda Farrar of Wendell, NC, and Carolyn Hill Howell of Princeville, NC); five brothers (William Howell of Wilmington, NC, Willie Howell of Washington, NC, Milton Howell of Tarboro, NC, Walter Howell of Bowie, MD, and Joe Harrison of Pinetops, NC); 12 grandchildren; and seven great-grandchildren.

Funeral services were held on Sunday, January 22, 2012, at Macedonia Missionary Baptist Church, with Reverend Marvin Wilkes officiating. Burial followed in Greenlawn Cemetery.



*The Davie Lions Club invites you to help them celebrate their 60 Years of Service (1952 - 2012)*

*Friday, February 17, 2012 | 6:30 pm - 9:00 pm*  
*Davie Volunteer Fire Department*  
*3155 Highway 158 West*  
*Roanoke Rapids, NC*

*Cost: \$15 Per Person*

*Please RSVP to Gloria Debruhl at (252) 537-1477.*  
*Make checks payable to Davie Lions Club and mail to 36 Marvin Street, Roanoke Rapids, NC 27870.*

## Seaboard Lions Club Annual Sale In March

The Seaboard Lions Club will hold its 50th Annual Farm Equipment, Antiques, and Collectible Sale on Wednesday, March 7, 2012, beginning at 9:00 am. The club is located at 653 Peanut Market Road in Seaboard, NC.

For more information or to enter items in their sale, please contact Lion Den at (252) 589-2005 (leave a message), Robert Taylor at (252) 589-9011, or C. G. Perry at (252) 589-2611. No items will be accepted the day of the sale.

Food will be available on site. This is a huge sale with over 1,000 items being sold! Proceeds will be used to help benefit

the blind or other worthy causes. On sale day, there will be something for everyone!

The Vision Van will be on site and plans are being made for some other special activities as well. The Club welcomes any and all Lions that want to attend and can use any extra assistance from other clubs to help with parking, cooking, pulling tags, working in the office, selling brooms, drinks, Vision Van, etc.

If you have any questions, please contact Lion David Burke via e-mail at [dburke@flambeau.com](mailto:dburke@flambeau.com) or by phone at (252) 536-2171, ext. 220.

The First Flight Lions Club gave 84 pounds of soda can tabs to The Ronald McDonald House in 2011!



# News From Columbia Lions Club



D'Lynne Roughton, the 12 year-old daughter of Mr. & Mrs. J. J. Roughton, was judged to be the Columbia Lions Club 2011-2012 Peace Poster Contest winner. She was awarded a \$25 cash prize which was provided by East Carolina Bank. She is pictured accepting the check from Columbia Lions Club President Anita Patrick. (Lions Club photo)



Eric Godwin was inducted as the newest member of the Columbia Lions Club on January 24. The induction ceremony was conducted by Past District Governor John Miller. Godwin is the agriculture technologies teacher at Columbia High School. (Rhett White photo)



Team 13 at the 2011 Senior Lions Leadership Institute. L-R: Lions Joanne Parrott (NC), Nick Paulin (MO), Richard Norris (NZ), James Michael Olszewski (TX), Tom Owen (PA), and Jasper (Guide Dog in Training). (Lions Club photo)

## Leadership Institute Held In Illinois

By Lion Joanne B. Parrott

This fall, I had the privilege to represent District 31-J at the 2011 Senior Lions Institute in Oak Brook, IL. The sessions and facilitators were very interesting, informative, and inspiring.

A tour of Lions Clubs International headquarters was arranged where founder Melvin Jones' office has been preserved, and includes a list of Melvin Jones Fellowship Award recipients. Participants also had the opportunity to visit the offices of LCI President Wing-Kun Tam and LCIF President Sid L. Scruggs. We were allowed to sit in their chairs briefly—an awesome moment.

We were tasked to give a two-minute speech to our larger group. My speech was on the theme of "I believe in the future of Lionism." I must thank Lions Howard Rixie and Patti Hill for their words of praise and encouragement. Who would have thought that giving a speech could be so uplifting?

Upon my return home, my club (Davie Lions Club) was asked to sponsor a Leo Club. With the support of the Roanoke Rapids Lions Club, Gaston Lions Club, and other local Lions Clubs, I am pleased to announce that the Davie Lions Club chartered the KIPP Pride High School Alpha Leo Club on January 19, 2012. I gave my speech again with just a few additions and closing remarks, which fulfilled two of the goals I set at the Institute.

I'm looking for an opportunity to give my speech again and wonder if cleaning out my attic would qualify as a community service project for those Leos!



## White Cane Update

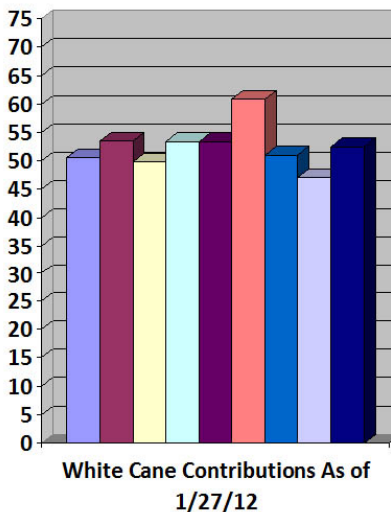
By Carlton Metts, PDG  
State White Cane Chair



The next White Cane criteria is for each district to be at the 75 percent giving level by March 31. As of January 27, the district progress is as follows.

District 31-A had 50. percent (\$45,155). District 31-B had 53.5 percent (\$34,211). District 31-D had 49.8 percent (\$47,292). District 31-E had 53.4 percent (\$89,451). District 31-F had 53.4 percent (\$44,414). District 31-G had 60.9 percent (\$54,852). District 31-H had 51 percent (\$43,345). District 31-J had 47 percent (\$38,787). The statewide average was 52.5 percent (\$397,586).

The Camp Dogwood goal is for each club member to sell three books of raffle tickets. As of January 27, District 31-A has raised \$13,513. District 31-B has raised \$10,058. District 31-D has raised \$8,259. District 31-E has raised \$6,997. District 31-F has raised \$8,700. District 31-G has raised \$1,905. District 31-H has raised \$4,395. District 31-J has raised \$3,545. The statewide total was \$57,372.



- District 31-A
- District 31-B
- District 31-D
- District 31-E
- District 31-F
- District 31-G
- District 31-H
- District 31-J
- Statewide



District Governor Jim Boehm made his annual visit to the First Flight and Lower Currituck Lions Clubs this month, meeting jointly with both clubs to maximize on travel and time. He was introduced by Zone Chairman James McClese (left) and presented International President's pins to McClese, First Flight President Harriett Edmunds, and Lower Currituck President Dean Owens. (Gwen White photo)

## District 31-G, H, and J Mid-Winter Convention Schedule

**Friday, February 3, 2012**

### Registration

City Hotel & Bistro Lobby  
12:00 pm—8:00 pm

### Hospitality Room

City Hotel & Bistro  
2:00 pm—4:00 pm

### Fun Night Featuring Entertainment by

Lion Milton Bullock, The Golden Platter  
City Hotel & Bistro Ballroom  
6:30 pm—9:30 pm

**Saturday, February 4, 2012**

### Registration

City Hotel & Bistro Lobby  
6:30 am—5:00 pm

### Tail Twisters Breakfast

City Hotel & Bistro Ballroom  
7:00 am—9:15 am

### General Membership Meeting

Statewide Committee & NCLF Reports  
City Hotel & Bistro Ballroom  
9:30 am—10:30 am

### Certification of Delegates

City Hotel & Bistro, Location TBA  
9:00 am—10:15 am

### District 31-G Cabinet Meeting

City Hotel & Bistro Salon 1  
10:45 am—11:45 am

### District 31-H Cabinet Meeting

City Hotel & Bistro Salon 2  
10:45 am—11:45 am

### District 31-J Cabinet Meeting

City Hotel & Bistro Salon 3  
10:45 am—11:45 am

### Lunch

City Hotel & Bistro Ballroom  
12:00 pm—1:00 pm

### Town Hall Meeting

City Hotel & Bistro Ballroom  
1:15 pm—2:45 pm

### Hospitality Room

City Hotel & Bistro  
2:00 pm—4:00 pm

### District 31-G, H, & J Club Presidents Mtg.

City Hotel & Bistro Ivy Room  
3:00 pm—3:45 pm

### Banquet

City Hotel & Bistro Ballroom  
6:30 pm—9:30 pm



*Forty-two charter members was almost too many Lions to crowd onto the stairs and into the hallway of the Bellamy Manor & Gardens Bed and Breakfast during the Charter Night Floating Party that officially welcomed the new Enfield Community Lions Club into the district. The new club, located about mid-way between Rocky Mount and Roanoke Rapids, has already conducted two community projects. The club will meet twice monthly at Jeanne's Beans and Buns Coffee Shop. (Rhett White photo)*

## Presnell Gives Words of Wisdom In Enfield

*By Lion John Mitchener*

PID Lacy Presnell addressed the Charter members of the new Enfield Community Lions Club and Lions from other clubs in District 31-J on Saturday, January 14, 2012, with words of wisdom and humor about being a Lion.

PID Lacy noted that Lions in Raleigh have 269 blind people gainfully employed. Three of them are blind and deaf. The story was told of a blind person "conversing" with a bus driver through a private language of gestures which they had developed between themselves over time. How do you inform the driver that you want to go to the beauty shop and not the barber shop? Observers at the bus stop were quite puzzled because a few of the gestures used otherwise had unpleasant connotations!

Presnell's point was the ingenuity of blind people and others of good will to put "smiles on people's faces and songs in their hearts." An amusing anecdote followed.

A widower of several years met an attractive female senior citizen about his age. He asked her to lunch. She accepted. He did this on the second day. She accepted. Again on the third day he asked and she accepted. He was beside himself with excitement. The prospect before him was exhilarating. The fourth lunch he asked her to marry him. She said yes but said before they could share

another meal she needed time to plan the wedding.

The morning before the evening planning session, the widower suddenly had a thorough lapse of memory. Had she said "Yes" to his marriage proposal or "No?" He saw no way he could clarify the situation without being badly misunderstood as clumsy or inept and thereby losing this woman as his wife. With fear and trembling, he phoned her. His lady friend answered. He apologized as he confessed that he had forgotten her reply to his proposal. He so hoped she would not be hurt or offended.

To his great surprise and considerable relief, she replied that she had said "Yes" and was so very glad indeed that he had called. She confessed that she had been up all night, sleepless until daybreak because she had forgotten who the man was that had asked to marry her and to whom she had said "Yes!" She was so relieved to now know the answer to that question.

Lion Lacy reminded all that the blind and the sighted have far more in common than they realize. We accomplish more together than either can alone. Lions are to be "a brother to all of mankind." Lions are to organize with passion and compassion . . . Do something every day to show love if you really believe that "Lions Serve."

*More photos on Page 5*

## Words of Wisdom

cont'd from Page 4...



*The Enfield Community Lions Club Charter Night got underway with announcements and introductions by new Tail Twister Darrick McGee. Pictured (L to R) are Secretary Eddie Buffalo, Jr., PID Lacy Presnell (the evening's speaker), District Governor Jim Boehm, Darrick McGee, Guiding Lions PDGs Charles Holleman and Alex Thannikkary, First Vice District Governor Chris Hardee, PDG Lawrence Sandy, and Lion Gloria Bowser. (Rhett White photo)*



*Edenton Lions Club President Mike Dean presented a check to Lion Lenne Ward, President of the Enfield Community Lions Club. (John Mütchener photo)*



*PID Lacy Presnell gave the charge to the two Guiding Lions for the new Enfield Community Lions Club during the Charter Night program. PDGs Charles Holleman and Alex Thannikkary will serve two years as mentors to the new Lions Club. Both are Certified Guiding Lions. First Vice District Governor Chris Hardee looked on as the two Lions were given their directions. The officers for the Club are Lenne Ward (President), Eddie M. Buffalo, Jr. (Secretary), Larry Armstrong (Treasurer), and Andrew Wirtz (Membership Chair). (Rhett White photo)*

## Message from First VDG Chris Hardee

The Mid-Winter Convention is right around the corner. In fact, if you're like me, this newsletter may be reading material for the trip to Greenville. The Convention is an energizing time and even though Greenville is not in District 31-J, it is quite central for most of us. At the Convention, we will hear from an outstanding International Director and have a great time of camaraderie and fun with our fellow Lions.

Also, each District will have a business session. At the District 31-J session, I will be asking you to allow me to serve as District Governor for the 2012-2013 Lions year. I hope I will have your support and confidence to lead next year.

It is an exciting time to be a Lion, especially in District 31-J. Over the last three years, we have chartered several new clubs, worked to grow some of our existing ones and reached out to our communities like never before. I plan for that momentum to continue. It is those plans and the actions that follow that will require your help.

From my perspective, I've been a Lion for a long time (nearly half of my life). I have also been involved in various other groups along the way that serve various needs in the community. From my college service fraternity and community/political involvement to leading the NC Jaycees to help train young people to be better leaders and serve their communities, it is all about giving back to my neighbors and community.

In each of these venues, and in Lions Clubs, there are those that work hard to maintain the status quo. You've heard them say, "We're doing a good job, let's keep doing the same thing" or "Bill has done that job for years, we'll keep him at it." Folks, I don't subscribe to that line of thought. I recognize the only constant in life is change. We must continue to strive to move forward or we will slide back.

That is not to say I want to change for changes sake, but I do believe that you deserve leaders that will look at each facet of what we do and ensure we are doing it to the best of our ability. That is part of my pledge to you as your Governor. Our Leadership Team will look at how we grow our membership, strengthen existing clubs, and better serve our communities that are continually in need.

Speaking of Leadership Teams, I don't know if you follow some of the extraordinary new material from LCI, but the programming coming out is some of the best I have seen. Revisions in the LCI structure have been evolving. They have been introducing and highly promoting a

Team approach to governing and other tasks. From the GLT (Global Leadership Team) and GMT (Global Membership Team) to Zone and DG Teams, these folks will help me lead this outstanding district. No longer should we think about it being "Bill's year" or his turn to lead, but instead it's our year and we choose who is the best person to implement the ideas we all bring to enhance Lionism.

In closing, I look forward to serving as your District Governor in 2012-2013. I hope you will join me in assessing our district and the communities in it, as we make plans, grow, and give back more in the circle of service in northeastern North Carolina and across the globe.

## Medical Eye Care Program Changes In N. Carolina

Effective November 2, 2011, The Division of Services for the Blind's Medical Eye Care Program began providing the following services.

Eye related treatment/surgery of an emergency nature such as surgery for retinal detachments, eye emergencies when vision loss is imminent and temporal arteritis, some eye medications such as glaucoma medications and eye drops for the treatment of acute infections, cataract surgery when the vision is 20/50 in the first eye and 20/70 in the second eye, laser surgery for diabetes and retinal tears, follow-up for glaucoma, and filter surgery for glaucoma.

Additionally, they will cover the cost for eye injections Steroids or Avastin for Cystoid Macular Edema **on a one-time basis only**.

The following guidelines will apply until further notice. (Please note that the preceding and following apply to the Medical Eye Care Program only and not to the Vocational Rehabilitation Program. All other services provided by other programs continue to be fully available to those who qualify.)

Prior approval for only emergency services including treatment/surgery of an emergency nature will be given by the State Consulting Ophthalmologist, and the request should be faxed for approval to your Division of Services for the Blind district office. The Nursing Eye Care Consultant or other local staff will approve authorizations for eye related medications. Authorizations will be issued for these services only.

If you have questions or need additional information, please contact Lin Taliaferro, Chief of the Medical Eye Care Program, at (919) 733-9744 or toll free at 1-866-222-1546.

# An Evening To Remember: Edenton's 75th Anniversary



*(L to R) Lions Chrissie Currie, Past District Governor Gwen White, and Blair Currie. PDG Gwen had an opportunity to be on the other side of the camera.*



*Shown (L to R) are Lions Joan and Charles Batson of Columbia. Lion Joan's grandfather was the first African-American Lion in the state of North Carolina!*

**By Lion Blair Currie**

The Edenton Lions Club is one of the oldest in North Carolina and has always had privileged recognition in District 31-J. Perhaps it was fitting that this club of stature should honor its 75th anniversary with a gala celebration befitting the occasion.

Many area clubs were represented and there was an upbeat festive atmosphere among the assembled Lions. Perhaps "D. J." Lion Gary Swanner should have been playing "O Happy Days."

The keynote speaker for the event was District Governor Jim Boehm. Prior to the start of the function, DG Jim mixed well, introducing and being introduced. With his sunny personality, he is surely one of the better Governors we have had.

Edenton President Lion Mike Dean called the meeting to order. Lion Jack Parker led in The Lions Song. Lion Mark Thompson led in The Pledge of Allegiance with a brisk military flair. Lion Bob Taylor delivered a moving Invocation which included a moment of silence for recent members who have passed. Vice-President Mac Privott recognized the various dignitaries, and extended a warm welcome to all visiting Lions.

The banquet was under the supervision of Past President Lowell Geiseke and his wife Robin. The buffet of salads, roast beef, chicken, and other items drew raves and many compliments.

Governor Jim, in his opening remarks, spoke in glowing terms of the Edenton Club's contributions to Lionism over 75 years. He referred to Lion Herbert Hollowell

who was one of the early Governors of District 31-J. He also spoke well of Lion J. West Leary, the last founding member of the club, who had also played a key role in developing the club.

The first meeting of the club in 1937 called for a piano. Since that time, the original and well-used Lions songbook is still in the club archives. Another cherished item is an autographed letter from Lions founder Melvin Jones!

Governor Jim spoke of the club's first White Cane drive in which two Lions canvassed Broad Street. The combined collection of nickels and dimes amounted to a grand total of \$30! The club had also installed the lights at historic Hicks Field and, during the war, sent care packages to all local lads serving in the armed forces. Past President Bob Taylor was also recognized for his tireless efforts in promoting the annual Breakfast for the Blind. A well-presented speech drew an ovation at the conclusion.

PDG Lion Gwen White introduced the two current Melvin Jones Fellows, Past Presidents Bill Hicks and Blair Currie, and proceeded to award Melvin Jones Fellowships to two more deserving members. In her own inimitable style, Lion Gwen recalled her first visit to the Edenton Lions Club in 1997 when she was the first lady to ever address the local Lions. Many in the audience remembered her debut favorably.

The first candidate for the Melvin Jones Fellowship, Past President Lion Wallace Evans, has been a Lion for more than 40 years. For many years, even once when sick, Lion Wallace was the auctioneer at the club's annual fundraising

auction. He has been a Sunday school teacher for 50 years, and just recently took over the reins as President of the Edenton Steamers ball club.

The second candidate, Lion John Guard, has been a member of the club for 30 years, as well as a Past President and Zone Chairman. As Program Chairman for 20 years, Lion John has been a mainstay of the club, always presenting quality programs. In the field of education, Lion John has been a school principal, and now travels extensively on the Eastern seaboard where his input is valued at education seminars and conventions.

Both honorees, visibly moved in receiving this honor, were "pinned" by their wives.

Lion Milton Bullock ("The Golden Platter"), one of the original members of the world-famed quartet The Platters, was the featured entertainer. At the age of 72, Lion Milton is still smooth, sang beautifully, and wowed the audience. Lion Mary Tate, also a professional singer, was a charmer, and as she traveled the hall shaking hands all around, the men could hardly contain their adulation. Edenton Lions were indeed fortunate to have had such high-class entertainment as part of the club's 75th anniversary celebration.

At the conclusion, Past President John A. Mitchener offered the time-honored Lions Toast – "We are not above you, we are not beneath you, but are with you!" As everyone prepared for their journey back home, there was a consensus of opinion that it had indeed been "an evening to remember!" (Blair Currie photos)



# Health Watch



## Go Red For Women

By Jan Holleman, RN

**What is Go Red For Women?** In 2004, the American Heart Association (AHA) faced a challenge. Cardiovascular disease claimed the lives of nearly 500,000 American women each year, yet women were not paying attention. In fact, many even dismissed it as an "older man's disease." To dispel the myths and raise awareness of heart disease as the number one killer of women, the American Heart Association created *Go Red For Women* – a passionate, emotional, social initiative designed to empower women to take charge of their heart health.

**What is the goal of Go Red For Women?** Go Red For Women encourages awareness of the issue of women and heart disease, and also action to save more lives. The movement harnesses the energy, passion, and power women have to band together and collectively wipe out heart disease. It challenges them to know their risk for heart disease and take action to reduce their personal risk. It also gives them the tools they need to lead a heart healthy life. In 2010, the American Heart Association set a strategic goal of reducing death and disability from cardiovascular disease and strokes by 20 percent while improving the cardiovascular health of all Americans by 20 percent by the year 2020.

**Why is the red dress the symbol of women and heart disease?** In 2003, the National Heart, Lung, and Blood Institute (NHLBI), the American Heart Association, and other organizations committed to women's health joined together to raise awareness of women and heart disease. The NHLBI introduced the red dress as a national symbol for women and heart disease awareness and the American Heart Association adopted this symbol to create synergy among all organizations committed to fighting this cause. By working together to advance this important cause, the American Heart Association, NHLBI, and other women's health groups will have a greater impact than any one group could have alone.

**Why do Go Red For Women and other red dress campaigns target women instead of men and women?** In the past, heart disease and heart attack have been predominantly associated with men. Historically, men have been the subjects of the research done to understand heart disease and stroke, which has been the basis for treatment guidelines and programs. This led to an oversimplified, distorted view of heart disease and risk, which has worked to the detriment of women. Because women have been largely ignored as a specific

group, their awareness of their risk of this often preventable disease has suffered. Only 55 percent of women realize heart disease is their number one killer, and less than half know what are considered healthy levels for cardiovascular risk factors like blood pressure and cholesterol. The Go Red For Women movement works to make sure women know they are at risk so they can take action to protect their health.

**Overview.** More women die of cardiovascular disease than from the next four causes of death combined, including all forms of cancer. However, 80 percent of cardiac events in women could be prevented if women made the right choices for their hearts involving diet, exercise, and abstinence from smoking. Make it your mission to learn all you can about heart attacks and stroke — don't become a statistic.

**Heart Attack.** A heart attack occurs when the blood flow to a part of the heart is blocked, usually by a blood clot. If this clot cuts off the blood flow completely, the part of the heart muscle supplied by that artery begins to die.

**Signs of a Heart Attack.** (1) Uncomfortable pressure, squeezing, fullness, or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back. Pain or discomfort in one or both arms, the back, neck, jaw or stomach. (2) Shortness of breath with or without chest discomfort. (3) Other signs such as breaking out in a cold sweat, nausea, or lightheadedness. (4) As with men, women's most common heart attack symptom is chest pain or discomfort. Women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain. If you have any of these signs, don't wait more than five minutes before calling for help. Call 9-1-1! Get to a hospital right away.

**Stroke.** A stroke is the number three cause of death in America. It's also a major cause of severe, long-term disability. Stroke and TIA (transient ischemic attack) happen when a blood vessel feeding the brain gets clogged or bursts. The signs of a TIA are like a stroke, but usually last only a few minutes. If you have any of these signs, don't wait more than five minutes before calling for help. Call 9-1-1 to get help fast if you have any of these. Keep in mind that not all of these warning signs occur in every stroke.

**Signs of Stroke and TIAs.** (1) Sudden numbness or weakness of the face, arm or leg, especially on one side of the body (2) Sudden confusion, trouble speaking or understanding (3) Sudden trouble seeing in one or both eyes. (4) Sudden trouble walking, dizziness, loss of

balance or coordination. (5) Sudden severe headache with no known cause. Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. Research from the American Heart Association has shown that if given within three hours of the start of symptoms, a clot-busting drug can reduce long-term disability for the most common type of stroke.

### Mini French Cheesecakes With Berries

Servings 12 Carb per serving 6g 3 g sugar 7 g sat fat 201 mg sodium exchanges: 0.5 carb 1 high-fat meat 1 fat



Prep Time: 25 minutes  
Bake Time: 25 minutes  
Cool Time: 40 minutes  
Chill Time: 1 to 24 hours

### What You'll Need:

- Two 8 oz. pkgs. of reduced fat cream cheese (Neufchatel) softened
- 2/3 cup Splenda Granular sugar substitute
- 3 eggs
- 1 ½ cups light sour cream
- 1 tsp. almond extract
- 1 tsp. vanilla
- ¾ cup fresh raspberries blackberries and/or blueberries
- 2 tbsp. coarsely crushed pretzels
- 1 tbsp. powdered sugar (optional)

Preheat to 325 degrees. Line 12 muffin cups with paper baking cups set aside. In a large bowl, beat cream cheese with electric mixer on medium speed until softened. Add sugar substitute, beating until light and fluffy. Add eggs, sour cream, almond extract, vanilla, and 1/8 tsp. salt, beating until smooth. Spoon batter into prepared cups, filling each almost full - about 1/3 cup batter per cup. Bake about 25 minutes or until set. Tops will appear crackled. Cool in muffin cups on wire rack for 10 minutes - centers will sink as they cool. Remove from muffin cups and cool on a wire rack for 30 minutes. Transfer to a serving tray. Cover loosely. Chill in the refrigerator one to 24 hours. To serve, top mini cheesecakes with fresh berries and sprinkle with crushed pretzels. If desired, sprinkle powdered sugar over mini cheesecakes. Enjoy!





*"Believe that one person can make a difference. Believe that the entire world can be changed when we come together as Lions. Believe that changing a life – or the world – starts with each one of us."*

*– International President Wing-Kun Tam*



Best wishes and Happy New Year to you and your Lions club! As we begin 2012, we are also beginning the second half of our year together as Lion leaders. What we have accomplished together thus far is remarkable. I commend you on your accomplishments these past six months.— meeting the tree planting goal in just three months, volunteering countless hours towards Global Service Action Campaigns

and bringing new faces into your Lions family. As I look to the future, "I Believe" we can accomplish even more.

The beginning of a new calendar year is a good time to evaluate our clubs, to reflect on the previous year's accomplishments, and look ahead to your club's future opportunities. Have you ever thought about what your club or district will look like 10, 20, or even 30 years from now? Who will be there to provide the vital services your club offers to the community today?

I spend a good deal of time thinking about the future of Lions Clubs International and I can tell you that the answer is people who are now in their late teens to late twenties. Recruiting young people is not only vital for the future but provides concrete benefits to our clubs today. Bringing young people into a Lions club can renew its spirit with fresh ideas, create a club that more

closely mirrors the community and help it precisely assess today's community needs. It can be challenging to reach young people who are typically busy and have many options for using what free time they do have. But it might be easier than you think. Today's generation of young people is more committed to volunteer service than any that came before it. If we Lions are to be true to our own commitment to service we cannot let any of that youthful energy go unused or allow their desire to serve go unfulfilled.

LCI is providing your club and district with the tools it needs to recruit your adults into your Lions family. Download "My Club, My Family" for a checklist on welcoming new members. I hope that you take advantage of these tools and do all that is necessary to revitalize your club and ensure its future.

### **Protecting Our Environment**

This year, Lions left no doubt about their concern for the environment. They committed to the ambitious goal of planting one million trees worldwide, then surpassed that goal more than six times over! That's what happens when Lions believe that they can change the world, even when changing the world means changing the very face of Planet Earth. Help Lions keep the momentum of the tree planting campaign by preparing your club and the clubs in your district to participate in Protecting Our Environment, the year's final Global Service Action Campaign scheduled for April.



**DG Jim Boehm**

1565 Glen Eagles Court

Nashville, NC 27856

*Lend A Light*

# Edenton Celebrates 75 Years of Service



**75<sup>th</sup> ANNIVERSARY OF EDENTON LIONS CLUB  
(1937-2012)  
RESOLUTION**

**WHEREAS**, the Edenton Lions Club was organized January 29, 1937 and chartered by Lions International on March 1, 1937 to serve visually and hearing impaired people. and;

**WHEREAS**, Helen Keller (1886-1968) of Alabama became both blind and deaf at the age of 19 months following sickness with scarlet fever before later graduating from Radcliffe College in 1904, and;

**WHEREAS**, Helen Keller in 1925 challenged Lions everywhere to become “knights for the blind in the crusade against darkness”, and;

**WHEREAS**, for 75 years Edenton Lions have accepted Keller’s challenge by funding eye exams and glasses, white canes for walking, books written in Braille, guide dogs, innovative eye research, pediatric cataract therapy, job training, daily living skills instruction, a scholarship for John A. Holmes Seniors, and;

**WHEREAS**, Edenton Lions have raised funds through public solicitations, gum ball machine sales, car raffles, broom sales, breakfasts of eggs, sausage and pancakes, recycling lens and glass frames no longer appropriate to the first owner, while supporting Peace Poster contests in the schools, and;

**WHEREAS**, Lions have responded in recent years to disasters such as tsunamis and earthquakes in Japan and floods in the American mid-west caused by the swollen Mississippi River. Lions have planted trees in Kenya to reduce soil erosion and restore moisture, helped with recovery in the Carolinas from hurricanes, and vaccinated children against measles in Sub-Saharan Africa in response to Keller’s affirmation “it is a terrible thing to see and have no vision”, and;

**NOW THEREFORE BE IT RESOLVED**, that the Chowan County Board of Commissioners by this resolution declare their appreciation for the work of the Edenton Lions Club, **FURTHERMORE**, the Commissioners salute Edenton Lions for their unselfish service to others over many years, and;

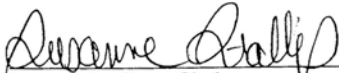
**BE IT FURTHER RESOLVED**, that the Chowan County Board of Commissioners declares January 23-29, 2012 as LIONS WEEK in Chowan County and urge all citizens to emulate their humanitarian work.

Adopted this 17<sup>th</sup> day of January, 2012.

(SEAL)

ATTEST

  
Edward C. Goodwin, Chairman

  
Susanne Stallings, Clerk



*The Edenton Lions Club celebrated its 75th Anniversary on January 15, 2012, with a review of the club’s history by DG Jim Boehm. PDG Gwen White announced two Melvin Jones Fellowships, one going to Lion John Guard. Pictured (L to R) are DG Jim, Edenton President Mike Dean, and Loretta Guard preparing to pin the Melvin Jones Fellow pin on her husband John’s lapel. (Rhett White photo)*



*Lion Wallace Evans was awarded a Melvin Jones Fellowship during the Edenton Lions Club 75th Anniversary. Picture are (L to R) DG Jim Boehm, Edenton President Mike Dean, and Linda Evans waiting to place the Melvin Jones Fellow pin on Lion Wallace’s jacket. PDG Gwen White announced the fellowship award, the highest honor that a Lions Club can give to one of its members. (Rhett White photo)*



*Edenton Lions Club  
75th Anniversary Pin*



*The Edenton Lions Club sponsored the Vision Van on January 25, 2012, as part of their 75th Anniversary celebration. Also present was the hospital wellness van which did blood pressure, blood sugar, and cholesterol screenings. Approximately 50 people took advantage of the screening. The event was so successful that the club will be making it an annual event. (Mike Dean photos)*

# More Photos From Edenton Anniversary Celebration



*First Vice District Governor Chris Hardee and DG Jim Boehm (L to R).*



*Lions widows Alva Armstrong (left) and Julia Small (right) enjoyed the entertainment at the 75th Anniversary Celebration of the Edenton Lions Club. (Blair Currie photos)*



*(L to R) Lion Bill Hicks and wife, Kyra.*

# Busy Winter For Wilson Luncheon Lions

*By Lion Jordan Pittman*

Every member of the Wilson Luncheon Lions Club was honored and received special recognition from the Superintendent of the Wilson County Schools for their long time volunteerism of the third grade Vision Screening Project in the Wilson County Schools.

At a televised meeting of the School Board, the Wilson Luncheon Lions were invited to receive the award, a description of our project was read, and wristbands with the word kindness were given to each member from the Superintendent with his appreciation for our efforts and our nearly two decades of volunteerism in the schools.

As 2011 drew to a close, our members were busy with a variety of projects.

We completed our flagship project of vision screening all of the third graders in every Wilson County School where our members administered over 1,100 exams.

Then, we moved onto our next project of assisting the Salvation Army by "ringing the bell" to help their organization collect funds for the community.

As Christmas approached, we once again visited the Diversified Opportunities clients, a workplace environment for the disabled, for our annual Christmas party with their clients. It is a favorite with our members, where we serve donuts and drinks and provide each participant with a special goodie bag. Our Lion "Santa" appears to their delight and, along with Christmas carols and laughter, it puts everyone in the holiday spirit.

Continuing with the Christmas spirit and knowing that the needs in the community continue to grow, Club members expanded our "Adopt a Family" project to six families this season. All gifts and goods were delivered to our families before Christmas and the families appreciated our Lion generosity. We hope to be able to keep expanding our outreach as much as possible each year.

Members gathered at the home of Lions Nancy and Bob for our annual Christmas party. Everyone enjoyed getting together and sharing in the spirit of the Christmas and the fellowship of Lionism.

As a good start to the new year, we are continuing to grow. We welcome into our organization Lion Tina Hanlon who we are so happy to have as part of our Wilson Luncheon Lion family. Many thanks for a great job to Lion Bob for sponsoring another Lion.



*New Lion, Tina Hanlon*