



# Mane News

Lend A Light



District 31-J Newsletter | November 2011 Issue

Don't see your club news here? Send info and/or photos to paranita.carpenter@lva.virginia.gov or edmundsgroup@charter.net.

## District Governor's Message



### District Governor's Schedule

#### DECEMBER 2011

1 Davie Lions Club

#### JANUARY 2012

14 Enfield Lions Club Charter Night

16 Elizabeth City Lions Club

17 Gates County Lions Club

18 Weeksville Lions Club

19 Elizabeth City/River City Lions Clubs Luncheon

19 Hertford Lions Club

23 Edenton Lions Club 75th Anniversary

24 Wanchese Lions Club

25 First Flight & Lower Currituck Lions Clubs

#### FEBRUARY 2012

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

10-12 State Council Meeting Charlotte

14 Camden Lions Club

21 Manteo Lions Club

28 Currituck Lions Club

Hello, Lions of District 31-J. As you are all aware, the Districts G, H, and J Mid-Winter Convention has been changed because of damage from Hurricane Irene. The convention will be held at the City Hotel and Bistro in Greenville, NC, February 3-4, 2012. The Lions Clubs International guest this year will be International Director Brian Sheehan from Bird Island Lions Club in Minnesota.

Director Sheehan has served in just about every capacity on the local, district, and International level. He is excited about attending this convention and sharing some of his ideas with us. His wife, Lion Lorie, will be traveling to Greenville with him. Let's give him and his wife a big North Carolina welcome!

Even though the time and place had to be changed, we hope that many Lions will still be able to attend. The convention is a time to meet and fellowship with new Lions and reconnect with Lions that have served for years.

If you are new to Lionism, you should put forth every effort to attend. During the convention, there will be meetings that will help you learn more about what serving as a Lion truly means. One can obtain a registration form by going on the district web site and downloading it. There is also a form located on page 6 of this newsletter.

Convention program ads are also important to help defray the cost of the meals. If you or your club has not placed an ad, please do so as soon as possible. You should send your ads to Lion Carlton Metts at cmetts2@embarqmail.com. Currently, we have 33 ads for the program. Last year at this time, we had 81ads. Ads can be used to honor someone, your club, or outstanding members or officers. We need everyone to help with this project.

There will be two auctions held at the convention. One auction will be for White Cane and the other will be for PDG Harvey Whitley. Lion Harvey is our

multiple district candidate for International Director. He is an excellent choice for this position. To become an International Director, a Lion needs the support of his/her sponsoring multiple district to help to defray the costs. I am asking every club to bring at least one or two items for the auction. Please help make this one of the best conventions that we have had.

Entertainment for the convention will be by one of the original Platters, Lion Milton Bullock, and Lion Mary Tate. Lions Milton and Mary are members of the Princeville Community Lions Club. They will be singing many Motown favorites as well as some others. If you have any old Platters albums, bring them to the convention and have Lion Milton sign them.

Lion Mary and I wish everyone a very merry and safe Christmas and a Happy New Year!



District 31-J Governor Jim Boehm (right) and First Vice District Governor Chris Hardee (left) were presented Lions Clubs International Presidential Leadership Medals during a called cabinet meeting held during the VIP Fishing Tournament. Council Chairman Carlton Weeks (center) made the presentations on behalf of LCI in recognition of their leadership in managing the district's Hurricane Irene disaster emergency relief effort. The Leadership Medal is the third highest honor awarded by Lions Clubs International. (Michael Schwartz photo)



## Columbia Lions Receive Check

The Columbia Lions Club received a surprise during the North Carolina Lions VIP Fishing Tournament last month. Lions from South Carolina presented the club with a check for \$2,511 to help with Hurricane Irene tornado and flood disaster relief.

Pictured holding the check is Columbia President Anita Patrick (left). Also pictured are other Columbia and South Carolina Lions who gathered for this photograph after the check presentation.

The Columbia Lions Club will use the funds to provide additional support to Tyrell County residents that had their homes damaged during the hurricane. The club has already distributed gift cards and cleaning supplies that were provided by Lions Clubs International disaster relief grants to District 31-J. (Michael Schwartz photo)

## LCI Offers Perfect Gifts for Holidays

Visit the Lions Clubs International web site for the perfect gifts for your fellow Lions!

**Wine Glass Gift Set:** 11 oz. glasses, set of four. The cost is \$20.35 per set.

**Four Piece Wine Set:** Bottle-shaped case contains four handy tools. The cost is \$14.50 per set.

**Beverage Glass Set:** 13.5 oz. beverage glasses, set of four. The cost is \$10.45 per set.

## A 'Thank You' From Craven County VIP

The following is a poem written by one of our VIPs, Rosemary Engeman of Craven County.

"This is a story that must be told, about some wonderful people with hearts of gold.

It started back in 1939, when the

Lions became involved with the VIP and blind.

They volunteer their time and energy all year through, raising money to make the Outer Banks fishing trip come true.

They bus over 500 people for three nights and four days. They feed us, entertain us, and please us in every way.

We can fish from the pier or a chartered boat, every county hoping they will be the one to gloat.

And that's not all the Lions club do. If there's a disaster, they are there for you.

I am grateful to them for being so caring and kind. My life has been enriched by what they do for the blind."

*Thank You  
Rosemary E. Engeman  
Karen C.*

## Kids Count, Inc. Program Held In Edenton

By Lion Blair Currie



The Edenton Lions were privileged recently to have a special program presented by Dr. Jennifer Brown, a child medical examiner of Kids First, Inc.. Kids First, Inc., is a non-profit agency based in Elizabeth City. Dr. Brown gave a dissertation on the problem of physical and sexual abuse of children.

According to Brown, when abused children arrive at the center, they are not interrogated directly. They are gently encouraged to speak of their experience more like a story. The reception room and consultation rooms are all brightly decorated and toys and dolls are liberally spread throughout in an effort to have the child in question put at ease as much as possible.

Dr. Brown is a lady of great compassion, and one could easily visualize her in the difficult role of having children speak of their problems and hopefully being able to dispel much of the child's traumatic

experience.

All too often, violators can be a family member who can threaten and intimidate the victim further if they should speak of the experience.

Chowan County has thirty registered sex offenders, one being a pastor. Dr. Brown emphasized the possibility of a predator unknowingly being a neighbor.

Reporting child abuse should be everyone's responsibility. Brown continues to counsel, "Kids Count . . . on you!"

Photo shows Edenton Lions Club President Mike Dean (left) with Dr. Brown (right). (Blair Currie photo)

## New PSAs Available From Lions Clubs International

Share the new PSAs from Lions Clubs International with friends, family, and local media. As part of LCI's ongoing public relations efforts, they now have four new PSAs that show who Lions are in a fresh and fun way.

Three of the PSAs are safari-themed spots that use humor to let viewers see how Lions help others through vision, feeding, and environmental projects.

The fourth PSA is an airport-themed spot that features a security x-ray machine to show viewers there's "a little Lion" inside all of us.

## Register for International Convention By December 31 and Save

The 95th Annual Lions Clubs International will be held in Busan, Korea, June 22-26, 2012. As the second largest city in Korea, Busan is a thriving seaport that attracts visitors from all over the world with its beautiful beaches, modern hotels, cultural sites, and more. More than 15,500 Lions worldwide have already registered, pacing Busan to be one of our largest conventions ever! Register before December 31 to receive your "early bird" discount and secure an affordable hotel room near the convention center.

## Lions Partner to Plant 1.5 Million Trees In Kenya

LCI has joined forces with The Aga Khan Development Network to plant 1.5 million trees in Kenya, a country with one of the highest rates of deforestation in Africa. International President Wing-Kun Tam and Prince Hussain Aga Khan announced the partnership last month during a tree planting ceremony in Nairobi City Park.

# White Cane Update

By Carlton Metts, PDG  
State White Cane Chair



The next White Cane criteria is for each district to be at the 40 percent giving level by December 31. As of November 21, the district standings are

as follows.

District 31-A had 44.2 percent (\$39,525). District 31-B had 45.6 percent (\$29,173). District 31-D had 30.4 percent (\$28,924). District 31-E had 30 percent (\$50,183). District 31-F had 38.6 percent (\$32,463). District 31-G had 41 percent (\$36,884). District 31-H had 25.6 percent (\$21,780). District 31-J had 36.7 percent (\$30,247). The statewide average was 35.5 percent (\$269,231). The statewide total for last year as of November 30, 2010, was \$294,834.

The Camp Dogwood goal is for each club member to sell three books of raffle tickets. As of October 31, District 31-A has raised \$12,013. District 31-B has raised \$9,388. District 31-D has raised \$7,659. District 31-E has raised \$1,398. District 31-F has raised \$7,438. District 31-G has raised \$513. District 31-H has raised \$1,816. District 31-J has raised \$1,030. The statewide total was \$41,355. As of November 30, 2010, the statewide total was \$34,072.

## Roanoke Rapids Lions Club Hosts Vision Screening



By PDG Alex Thannikkary

Since 2002, the Roanoke Rapids Lions Club has performed vision screenings for students in Roanoke Rapids area schools.

Approximately 1,030 students were screened from area schools including Chaloner Middle School, Weldon Middle School, Weldon Elementary School, and Gaston College Prep (KIPP) School. The results were given to school nurses or others for follow-up as necessary.

The participating members of the screening committee are Lions Howard Fields, Bill Mueller, Billy McKee, Hugh Bazemore, PDG Alex Thannikkary, Bill and Rhumel Maness, Rick Gilstrap, Bob and Shirley Lucas, David Rhodes, and Robert and Joann Morris.

Pictured is a student at the Chaloner Middle School being screened on November 15. (Alex Thannikkary photo)

## Edenton Lions Learn About Diabetes

By Lion John Mitchener



Managing diabetes was the topic of a recent meeting of the Edenton Lions Club. Why? Because diabetes is the leading cause of blindness among sighted adults.

Capable nurses Debra Frondelli and Lucretia Hardy from Hampton, VA covered symptoms and causes as they welcomed questions.

What is diabetes? Diabetes means that your body is not turning food into energy properly. The result is high blood sugar. This occurs when the pancreas has stopped producing insulin or because the insulin produced by your body is used inefficiently or not at all.

One Lion asked, "What is A1C?" The answer is that it is a blood test of the percentage of hemoglobin (part of your red blood cells) that is covered with sugar. The higher the results, the poorer the control of your blood sugar. This test over time helps your doctor monitor your condition.

Other remarks by Frondelli and Hardy addressed hypoglycemia and hyperglycemia. Lions asked about diet, weight, exercise, smoking cessation, foot care, retinopathy, and several other topics.

There is no successful therapy without active and continuous "smart care" by the patient. Sloppy or inconsistent care can be deadly.

Hardy concluded the program with her favorite saying—Life is like a coin. You can spend it any way you wish, but you can only spend it once."

To prevent blindness and enhance life, learn and serve with the Edenton Lions.



Karen McCalpin of the Corolla Wild Horse Fund (Harriett Edmunds photo)

## Program on Horse Preservation Given

By Lion Harriett Edmunds

At a recent meeting of the First Flight Lions Club, members and guests heard about the Corolla Wild Horse Fund. The fund was organized in 1989 when a group of caring citizens recognized the need to heighten awareness about the presence of Outer Banks horses between the Town of Duck and the Virginia border.

Until 1985, the paved road (Route 12) came to an end at what is now the location of the Sanderling Resort in Duck. Only four wheel drive vehicles could access the next 25 miles to the North Carolina/Virginia border. A guard gate ensured that only the few permanent residents or their guests could go any further. At that time, the wild horses had a territory encompassing nearly 13,000 acres.

The road from Duck to Corolla was paved in 1985 and what was once a remote and rugged wild horse sanctuary with a handful of residents exploded with new development. Almost impossible to see during the dark Outer Banks nights, wild horses began to be hit by cars. In addition, more and more visitors began to try to get close to the horses to pet and feed them, making them even more likely to stay by the road to be struck by passing vehicles. It is against the law to feed the wild horses and, although they seem friendly, THEY ARE WILD HORSES. It is also illegal to come closer than 50 feet to a Corolla wild horse.

*continued on Page 4*

# White Cane Report

By PDG Bob Walton



As of November 21, District 31-J has given \$30,247 to White Cane. This is not quite enough to put us over the 40 percent. The Rocky Mount Evening Lions Club has sent a

\$4,000 check which has not been credited to out total. There are also other clubs which have sent money that has not been received. With the receipt of these funds, District 31-J will exceed the 40 percent goal before the end of December. Congratulations, District 31-J, for meeting our first two White Cane goals for this Lions year! There are 25 clubs in our district which have not contributed a single penny to White Cane, so we need to hear from these clubs soon.

Our next target is to have 75 percent of our yearly goal in by March 31. This is perhaps the hardest target to hit. If we get donations from those clubs which haven't yet sent in money, we should be able to reach this mark. I encourage those clubs to send whatever they can for White Cane so that we can continue to operate those programs and services which this program pays for.

I urge all Lions to use the holiday season as a reason to perhaps send memorials and honorariums instead of Christmas cards or gifts, as this money goes to White Cane unless otherwise specified and counts toward your club's White Cane goal. Lion Lawrence Sandy and I wish you all a very Merry Christmas and a happy and prosperous new year! We also want to thank you for your generous contributions to Humanitarian White Cane.

## VIP Golf Ball Drop Held In Kitty Hawk

The VIP Golf Ball Drop was recently held on a sunny day at the Sea Scape Golf Course in Kitty Hawk, on the Outer Banks. VIP Board members and other Lions gathered to watch as PDG John Miller, III, poured the balls out of a helicopter onto the golf course.

Measurements were made and VIP Fishing Tournament Executive Director PDG Gwen A. White announced that the winner was Biff Jennings of Kill Devil Hills.

Jennings has been a long-time supporter of the VIP Fishing Tournament. For years, he has sent money to Adopt-A-Fisherman in memory of a good friend who was visually impaired. This year, he bought a golf ball and he won! He mentioned that the engine in his wife's car

had just blown! Jennings was one happy and thankful person and said that he will continue to support the VIP Fishing Tournament in any way that he can.



Measurements being made . . .



(L to R) Golf Ball Drop winner Biff Jennings and PDG Bob Walton. (Lions Clubs photo)

## Medicaid Changes

By Stewart Wooten, NCLI President

Changes have occurred in the two programs that have been providing eye exams and glasses to adults on Medicaid. Effective October 1, the Medicaid program no longer provides financial coverage for routine eye exams and glasses for adults. It only provides coverage for children up to 21 years of age. Additionally, effective November 1, the Division of Services for the Blind's Medical Eye Care Program discontinued providing exams and glasses. As a result of these changes, Lions clubs are experiencing a dramatic increase in the number of requests for assistance.

We are asking your help by being diligent in your investigation and deliberations on the requests that you receive, making sure that all available resources have been utilized.

A variety of options are being researched to determine how we can serve the greatest number of people. It is likely that some changes will need to be made in our Matching Funds policy. These recommendations will be presented to the board of directors at the February 2012 meeting. We will continue to keep you informed as information becomes available.



Leos from the First Flight High School in Kill Devil Hills, along with their sponsor, are shown after planting a tall River Birch tree at the new estuarium behind the school. First Flight Lion Lois Moore, a former Master Gardner, worked with a local nursery and the school staff facilities manager to find just the right tree for that specific location. The school has constructed an outdoor classroom which will be used to teach subjects dealing with ecology. First Flight Lions paid for the tree and joined in with the Leo Club to honor the wish of Lions Clubs International President Wing-Kun Tam for Lions to plant a million trees during his year as president. President Tam has said, "Believe that one person can make a difference. Believe that the entire world can be changed when we come together as Lions." (Lions Club photo)

## Horse Preservation

cont'd from Page 3

The wild horses that once called the entire 175 miles of this barrier island their home are now confined to an 11 mile stretch that amounts to about 7,544 acres of the north beach. Almost 70 percent of the land they roam is privately owned and therefore may be subject to development.

The Corolla Wild Horse fund must plan for the future of these horses. The best solution is for land to be set aside in permanent conservation easements. The fund is a non-profit, public charity whose mission is to protect and preserve the herd and the breed through public education, advocacy, rescue, and rehabilitation and management of herd health, size, and safety.

How did wild horses get here? Captain's logs of Spanish ships document horses being pushed overboard to refloat grounded ships. Some swam ashore from shipwrecks and some were left behind when colonies failed. The Horses of the Americas' Registry and the American Indian Horse Registry inspected the herd in February of 2007 and found them to be Colonial Spanish Mustangs, eligible for registration.

For more information and ways to help protect and preserve the herd, go to [www.corollawildhorses.org](http://www.corollawildhorses.org).



# Program Ad Form



**Districts 31-G, H, and J Mid-Winter Convention**

**February 3 - 4, 2012**

**City Hotel & Bistro | 203 Greenville Boulevard, SW | Greenville, NC 27834**



### Ad Prices

Full Page	\$100.00
Half Page	\$ 60.00
Quarter Page	\$ 40.00
Eighth Page	\$ 25.00
Front Inside Cover Pages	\$150.00
Back Inside Cover Pages	\$150.00
Back Cover	\$200.00

E-mail Ad Copy To: carltonmetts@embarqmail.com

Enclose a copy of this form and your ad along with your payment (made payable to District 31-G, H, and J Mid-Winter Convention) and mail to:

ATTN: Lion Anne Metts  
Convention Treasurer  
2001 Williamson Drive  
New Bern, NC 28562

Questions? Contact Lion Anne Metts at (252) 636-5000

\*\*\* AD DEADLINE: JANUARY 15, 2012 \*\*\*

Club Name: \_\_\_\_\_

Business Ad Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Contact Phone Number: ( \_\_\_\_\_ ) \_\_\_\_\_

Ad Size: \_\_\_\_\_ Amount: \$ \_\_\_\_\_



# Districts 31-G, H, and J Mid-Winter Convention

## February 3-4, 2012

### City Hotel & Bistro

203 Greenville Boulevard, SW | Greenville, NC | (252) 355-8300



### Registration

#### Friday, February 3, 2012 - 6:30 PM

*Fun Night: Southern Buffet With Fried Chicken & Honey Baked Ham & Entertainment*

\$20.00 ea

# Attending \_\_\_\_\_

Amount \_\_\_\_\_

#### Saturday, February 4, 2012

*Tail Twister's Breakfast, 7:00 AM  
Classic Country Buffet Breakfast*

\$15.00 ea

\_\_\_\_\_

\_\_\_\_\_

*Luncheon, 12:00 PM  
Deli Style Buffet*

\$15.00 ea

\_\_\_\_\_

\_\_\_\_\_

*District Governor's Banquet, 6:30 PM  
Plated London Broil Dinner*

\$25.00 ea

\_\_\_\_\_

\_\_\_\_\_

MEAL REGISTRATION DEADLINE: JANUARY 21, 2012

TOTAL: \_\_\_\_\_

Make check payable to *Districts G, H, and J Mid-Winter Convention* and mail to:

Questions? Call (252) 636-5000

ATTN: Lion Anne Metts, Treasurer  
2001 Williamson Drive  
New Bern, NC 28562

#### Name Tag Registration Information:

Name of Lion/Guest	Club Name/District	Check All That Apply	Check Honors
_____	_____	<input type="checkbox"/> Fun Night <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> DGB	<input type="checkbox"/> MJF <input type="checkbox"/> JSF <input type="checkbox"/> WLW
_____	_____	<input type="checkbox"/> Fun Night <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> DGB	<input type="checkbox"/> MJF <input type="checkbox"/> JSF <input type="checkbox"/> WLW
_____	_____	<input type="checkbox"/> Fun Night <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> DGB	<input type="checkbox"/> MJF <input type="checkbox"/> JSF <input type="checkbox"/> WLW
_____	_____	<input type="checkbox"/> Fun Night <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> DGB	<input type="checkbox"/> MJF <input type="checkbox"/> JSF <input type="checkbox"/> WLW

**Hotel Information:** For room reservations, call the City Hotel & Bistro (203 Greenville Boulevard, SW, Greenville, NC 27834) at (252) 355-8300. Room Rate is \$72.00 plus applicable taxes for a King or Two Queens. **Room reservations must be made by January 14, 2012 to get the Lion's rate.**



# Health Watch



**Share, Act, Learn and Give**  
SIMPLE ACTIONS CAN MAKE A REAL DIFFERENCE



## Gastroparesis: A Complication of Diabetes

By Jan Holleman, RN

A recent population-based survey of adults has found that people with diabetes have significantly more gastrointestinal symptoms than people without diabetes. The symptoms are more common among those with poorer control of their blood sugar.

**What is Gastroparesis?** It is a disorder in which the stomach takes too long to empty. It can occur in people with both Type 1 and Type 2 Diabetes.

**Why does this happen?** Diabetes damages the vagus nerve. This is the nerve that keeps food moving through the digestive tract. Gastroparesis can cause food to harden into solid masses and can cause blockages and bacteria problems. Without the stomach working properly, the absorption of glucose is changed and this makes it harder to control your blood sugar.

**What are the symptoms?** Symptoms include nausea, vomiting, an early feeling of fullness when eating, weight loss, abdominal bloating, and abdominal discomfort. Let your doctor know if you have any of these symptoms. You may have gastroparesis instead of a "stomach virus going around!"

**How will my doctor diagnose this complication?** There are several tests that your doctor may use. There is a barium swallow test where you are given barium to drink and it is tracked by x-ray. A scan may be done, where a slightly radioactive substance is used instead of barium. There is also a test that measures electrical and muscular activity in the stomach by inserting a tube with a wire into the stomach much like when an endoscopy is done. An endoscopy can also be done to view the lining of the stomach.

**If it is found that I have this, how will I be treated?** The primary treatment is to regain control of your blood glucose levels! Your insulin level may be readjust-

ed and the gastroparesis treated with medication. You may need to work with a dietitian to change your diet. You may need to eat six small meals a day instead of three large ones. Serious and advanced cases may need to have the digestive tract at rest and be given nutrition by other means.

### What drugs are used in treatment?

Several drugs are used. They include Reglan which stimulates contractions of the stomach muscle to move food. Erythromycin is an antibiotic that has similar effects as Reglan. Antiemetics are used to reduce nausea and vomiting. Your doctor will decide which is best for your problem.

**What eating habit changes will help control this problem?** You may try eating six small meals a day. This will lessen the amount of food entering the stomach at a meal and prevent the overly full feeling.

Avoid fatty and high-fiber foods. Fat slows digestion and fiber is difficult to digest.

Avoid some high-fiber foods such as oranges and broccoli. They contain material that cannot be digested. These parts will remain in the stomach too long and may form a solid mass that can block the movement of food into the small intestines.

Do not start these practices on your own. Use them only in consultation with your doctor and/or dietitian. (This is not an excuse to not eat your broccoli!) Always consult your doctor if you have any changes in your digestive tract. And, most important of all, keep your blood sugar under good control and you can avoid many of the complications of diabetes.



## Old Fashioned Applesauce Cake



### What You Need:

- 1 cup all purpose flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- 2 tsp. cinnamon
- ½ tsp. Ginger
- ½ cup reduced calorie margarine
- ¼ cup molasses
- ½ cup egg substitute
- 1 tsp. vanilla
- 1 cup Splenda Granular
- ½ cup unsweetened applesauce

### Directions:

Preheat oven to 350° F. Spray an 8" x 8" metal cake pan with vegetable oil cooking spray. In a small bowl, stir together flour, baking soda, baking powder, cinnamon, and ginger and set aside.

In a large mixing bowl, beat margarine and molasses with an electric mixer on high speed for approximately one minute. Add egg substitute and vanilla and blend on high speed for 30 seconds. Mixture will be very liquid.

Add Splenda and beat on medium speed until very smooth, approximately one and a half minutes.

Add flour mixture and applesauce and beat on low speed until mixed, approximately 45 seconds. Spread batter evenly into prepared pan and bake for 30 minutes at 350° F.

Cal. 170 Carbs 24g Protein 4g dietary fiber 1g Tot. fat 6g Sat. fat 1g Chol. 0mg. Sodium 310mg



*“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*



A few weeks ago, I had the pleasure of attending a ceremony in Nairobi, Kenya, where more than 2,000 trees were planted by Lions and representatives of the Aga Khan Development Network (AKDN). These trees are just the beginning of a new partnership between Lions and the AKDN that will result in the planting of at least one million trees in Kenya by December, 2012.

Think of it—our entire worldwide goal for tree planting equaled in one nation alone! This is certainly cause for celebration, not only because it will provide great environmental benefits, but also because growing and nurturing those trees will provide employment opportunities for young Kenyans.

It reminded me that growing and nurturing the Lions family is the most important work we do as Lion leaders. I am proud to report that this work is going very well. More than 337 district governors have qualified for Excellent First Believer awards by chartering two new clubs or achieving positive membership results, or for Superior Believer awards by chartering five new clubs and achieving positive membership on October 31, 2011.

District governors’ teams share the work of growth and nurturing with the worldwide Global Membership Team an Global

Leadership Team. The Club Excellence Process provides additional nurturing for Lions clubs around the world.

I hope that you will join me in congratulating the First Believer recipients for their success in helping to grow our Lions family. I also hope that you, your club, or district will take full advantage of the nurturing opportunities provided by the GMT and GLT and the Club Excellence Process.

Is your district or club reappointing the same experienced Lions to leadership positions? Are you unsure how to find the new leaders who will help your district/club move forward. Does your club know of an opportunity to establish a branch club at a nearby university campus? How do you make this happen? What is the first step? You can find the answers to these questions and many more by consulting with your district’s Global Membership Team and Global Leadership Team coordinators.

### **Club Excellence Process**

All Lions clubs strive for excellence, but achieving it takes concrete action. You can launch your club on the road to excellence (or keep it there!) with the four steps of the Club Excellence Process (CEP). CEP is a four part workshop that is lead by a trained, experienced Lion and can be customized to meet the needs of your club. The process covers community needs, the characteristics of an excellent club, obstacles to excellence, locating resources, goal setting, and action plans.

The workshop can be completed in one or four sessions and can be scheduled for club meetings or other gatherings over a period of no more than four months. To apply for a CEP Workshop, ask the zone chair in your area to assist your club in completing a CEP Request for Resources.



**DG Jim Boehm**

1565 Glen Eagles Court

Nashville, NC 27856

*Lend A Light*



District Web Site – <http://www.district31j.org/>

NC Web Site – <http://northcarolinialions.org/>

If there is any incorrect information in the 2011 -2012 District Directory, please send corrections to [paranita.carpenter@Iva.virginia.gov](mailto:paranita.carpenter@Iva.virginia.gov) or [edmundsgroup@charter.net](mailto:edmundsgroup@charter.net). Corrections will be listed in the next issue of this newsletter.