



# Mane News

Lend A Light



District 31-J Newsletter | October 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

#### NOVEMBER 2011

- 1 Seaboard Lions Club
- 8 Rocky Hock Lions Club
- 11-13 State Council Meeting, Hickory
- 15 Robersonville Lions Club
- 19 Liberty Day, 12 Noon at the Wounded Warriors at Englewood Presbyterian Church—Rocky Mount
- 20 District 31-J Cabinet Mtg., 2:30 pm

#### DECEMBER 2011

- 1 Davie Lions Club

#### JANUARY 2012

- 13 Enfield Lions Club Charter Night
- 17 Gates County Lions Club
- 18 Weeksville Lions Club
- 19 Elizabeth City Lions Club Luncheon
- 19 Elizabeth City/River City & Hertford Lions Clubs
- 23 Nags Head Lions Club
- 24 Wanchese Lions Club
- 25 First Flight & Lower Currituck Lions Clubs

The month has passed so quickly. As I travel throughout the district, I see many great things going on in the clubs during these fall months. Clubs are inviting new members and introducing them to Lionism. Other clubs are having fall festivals, auctions, and dinners. I hope everyone will keep up the good work and increase membership for their clubs.

Congratulations to all clubs that sent money toward their White Cane contribution. We met our first quarter goal! Now it is time to start working towards our White Cane contribution for the second quarter. We all want to strive to meet the goal in each of the four quarters on time.

I know that some of you have been to White Cane workshops in this district. I would like to reiterate some of the ways our money is spent: White Canes; the Vision Van; Camp Dogwood; the VIP Fishing Tournament; education grants; eyeglasses and eye exams; and other miscellaneous requests. As you can see, White Cane funds go to assist the visually impaired in many ways.

I am pleased to announce that a new club has been formed in District 31-J. The Town of Enfield opened its arms and welcomed the Lions Club. Founded in 1740, Enfield is the oldest town in Halifax County. In 1896, the opening of the Enfield Tobacco Market brought a glimmer of prosperity to the small town of 700 people (today, 2,300+). The Enfield Lions Club has formed with 33 new members. I want to give a big "Thank You" to those who helped to sign up the new members. PDG Charles Holleman and PDG Alex Thannikkary are the Guiding Lions for this new club. Charter night for the new club will be January 13, 2012 at 7:00 pm. More information will follow as plans are made to celebrate the induction of our new club.

This past week, I attended the VIP Fishing Tournament in the Outer Banks. There were approximately 500 VIPs in attendance this year. It is always a joy to

visit with this population of people. I find from their example that being visually impaired doesn't stop one from having joy and ambition in their lives. Everyone that I talked with was so pleased that we have this annual event. While fishing on the pier, I could see the happiness in each person who caught a fish. Even those who did not catch a fish had a great time! If you have never attended a VIP Fishing Tournament, please put it on your calendar for next year.

Kudos to the clubs in our district and across the state who sponsored VIPs and brought them to the Tournament. I would also like to recognize and thank the following local clubs who worked hard and monetarily supported the Tournament: Plymouth, Columbia, Wanchese, Manteo, First Flight, Lower Currituck, and Nags Head.

The VIP Golf Ball Drop is scheduled for November 21. If you have not had the opportunity to purchase your golf ball, contact VIP Executive Director PDG Gwen White at [whiteink1@earthlink.net](mailto:whiteink1@earthlink.net) to "get on the ball!"

As a district that was hit really hard by Hurricane Irene, we need to continue to remember those individuals in our district who sustained storm damage. I understand that we still have people that have been displaced from their homes. As a district, let us all pull together to continue to lend a helping hand to those in need.

LCI is looking for ways to help make each and every Lions club even more successful. They are conducting a global membership study in partnership with RS Marketing Research to learn which things you think are working particularly well for you and your club as well as some things that you would like to improve. The survey will take approximately 15 minutes. You can participate in the survey by going to this web site: <http://rsmarketingresearch.com/L?id=2687979>

# New LCI Find A Club Web Site

A new version of the Lions Clubs International Find A Club web site is available. The new version became available to the public in English on October 10 as a pilot program.

The new Find A Club application provides a "Google-like" search capability that we hope will be well-received by prospective Lion and Leo members.

New features include searching by club name, contact's location, contact's name, meeting location, and district. Other features include predictive typing (gives suggestions of searches after you type one or two letters), highlighted search terms in the results, most recent shared service activities for clubs, a new contact club button which allows anyone to contact you without exposing your e-mail address or phone number, and the next meeting date is calculated and displayed.

Both Lion and Leo clubs will be able to receive e-mail messages from users of the new web site. The Contact Club button will forward the user's message, e-mail address and phone number.

For Lions clubs, the message will be forwarded to the club president. For Leo clubs, the message will be forwarded to the Leo club advisor. The text "This message was forwarded to you by Lions Club International on behalf of a user of the Lions Clubs International web site. Thank you in advance for your attention to this message." will be displayed at the top of the message.

To ensure that you receive these messages it may be necessary to add [directory@lionsclubs.org](mailto:directory@lionsclubs.org) to your e-mail safe senders lists or you may need to check "e-mail Spam or Junk Mail folder" periodically.

Lions clubs will be able to showcase their service activities via the new web site. Clubs simply report their services activities and flag the activity as shared. The web site will automatically display the most recent service activity. Note: Service activity photos may be displayed in a future release.

The pilot period ended on October 27 and the Find a Club web site is currently available in all 11 languages.

Due to extensive damage by Hurricane Irene, the dates and location for the District 31-G, H, & J Mid-Winter Convention have been changed. The new dates will be February 3-4, 2012 at the City Hotel & Bistro in Greenville. A revised program ad form and registration form are included as an insert in this newsletter.



## Enfield Lions Club Formed

Organization of the new Lions Club at Enfield was completed on October 11, with several officers elected.

Pictured with DG Jim Boehm (fourth from left) and PDG Charles Holleman (far right) are (L to R) Charter President Lenne Ward, Secretary Eddie Buffalo, Jr., First Vice President Suzanne Anderson, Treasurer Larry Armstrong, Tail Twister Darrick McGee, and Membership Chairperson Andrew Wirtz.

Twenty-three charter members attended the organizational meeting. PDG

Alex Thannikkary will serve as the second Guiding Lion with the charter night event to be announced next month.

Other club members are Tony and Delresa Silver, Helene Powell, Janice Myles, Earl Harvey, Brenda Greene, Ervin Marshmen, Jannie Burnette, Wayne and Susann Anderson, Angela Whitaker, Ruel Solomon, Robert Jones, Toya Haywood, Jacqueline Williams, Joshua White, Barbara Simmons, (Rhett White photo)



*Sisters Noora and Nellie Koskivieta of Helsinki, Finland, visited the First Flight Lions Club while on the Outer Banks with Lion Carolyn Dunning and her husband, Tommy. The Dunnings hosted their father during a Lions Clubs International Youth Exchange visit three decades ago and have stayed in touch with the family over the years. Noora has visited before but this was the younger sister Nelli's first visit to the Outer Banks. (Rhett White photo)*

# Edenton Lions Club Promotes White Cane

By Lion Blair Currie

When the Edenton Lions Club was formed in 1937, two Lions were delegated to promote the White Cane Campaign, one to each side of Broad Street.

The collection at that time was in nickels and dimes and amounted to a mere \$30—quite a respectable figure in post-Depression years.

Edenton Lions have always campaigned well for White Cane and the club has been blessed with aggressive promoters of the cause.

Today, two of the more outstanding promoters are Past Presidents Lion Bob Taylor and John A. Mitchener.

Lion Earl Johns has a unique talent for creating poodles out of balloons. Our inventory of white, light blue, and black poodles attracted many children. Appreciative parents or guardians were delighted at the happiness of their children with their new “pets.” White circular decals were given to contributors.

The Edenton Lions Club would like to thank the more than 50 businesses that assisted our work for the blind and visually impaired.



Edenton Lion Bob Taylor (right) with John Demarco, manager of Rose's. (Blair Currie photo)



Lions John Mitchener (left) and Earl Johns (right). (Lions Club photo)



Long-time Treasurer Lion Bill Hicks (left) with Gloriana of Farmers Foods. (Blair Currie photo)



Lion Jack Parker poses with a contributor. (Blair Currie photo)



Edenton Lions Club Secretary Roger Slack receiving a donation. (Blair Currie photo)

## Jungle Prowler Hosted By Nags Head Lions

The Nags Head Lions Club hosted a Jungle Prowler on October 27 at Mako Mike's in Kill Devil Hills. The trophy was captured by the Manteo Lions Club. Pictured below is Manteo Lions Club President Michelle Wright (left) accepting the Jungle Prowler trophy from Gail Sonnesso (center), Nags Head Lions Club President. Lion Angelo Sonnesso is shown seated at the right. (Lions Club photo)



Encourage your fellow Lions to contact their lawmakers and ask them to co-sponsor the LCI Century of Service Commemorative Coin Act. Passage of this bill authorizes the U. S. Treasury to mint 400,000 silver coins in honor of LCI's 100th year anniversary. Minting of these coins has the potential to raise \$8 million to aid the visually impaired, disabled, youth, and those affected by major disaster so that Lions can keep doing what we do best—serve!

# Wilson Luncheon Lions Had Busy October



*Project Coordinator Lion Steve Page (right) checking in with Lion Jordan Pittman (left) to discuss totals at the end of the day. (Jordan Pittman photos)*

*By Lion Jordan Elizabeth Pittman*

Our club members had a full month of volunteering our services to the community during October with our third grade Vision Screening Project, the NCLF Vision Van's visit, and our hosting the annual VIP luncheon for our special friends here in Wilson.

If your club has hosted the NCLF Vision Van this year, you have noticed that the needs of many in our communities seem to be increasing more than ever. This year, we teamed up with the Wilson Community Health Center and hosted our annual Vision Van event at their facility on October 6. Thanks to our friends at the Health Center who distributed flyers and relayed information via word of mouth, we had one of our best turnouts ever. Before we could open the doors at 10:00 am for our first client, we had a crowd of people lined up to be screened. There were 34 folks already pre-registered.

This trend continued through-out the day until we had to close at 4:30 pm with 78 citizens screened. Fourteen of those had never had an eye exam and we had a 38 percent referral rate. Unfortunately, we were unable to service all that turned out for the event but club members distributed contact information to individuals of who to call or where to go for assistance in Wilson.

We are grateful, and want to thank all of our volunteers including Lions Steve Page (Project Coordinator), Henry Skinner, Nancy Craft, Bob Craft, Bonnie Jones, Jordan Pittman, Steve Wagoner, Josh Howell, Brent Fariss, Grady Fulghum, and Jack Schimick. We would like to extend a special thank you to our member, Lion Dr. Kevin Payne, and his staff who always take time away from his eye practice to volunteer on the van to lend their professional expertise to this project. The Wilson Community Health Center was the perfect spot for hosting this event and we are already looking forward to teaming up with them again next year.

This year, we have had many more requests for funding of eye exams and glasses than in past years. Fortunately, we have been able to keep up with the requests, but there are still so many needs. Our club will continue to serve the Wilson community as we have numerous projects planned over the course of the year that will strive to assist our neighbors in need.

Our efforts will include continuing to serve the community with our third grade vision screening. We are almost half way finished with this project that began in



*Lion Dr. Kevin Payne (top, center) with a patient and her daughter.*

August. Our goal each year is to administer the vision tests to all of the third grade students in every elementary school within the Wilson County School System, both public and private. By the time we complete our project, we estimate that we will have volunteered and screened nearly 1,200 students. It is our most time consuming project, but has been our flagship project for nearly two decades.

Finally, on October 22, our members hosted our VIP guests at a luncheon and treated them to a special meal along with entertainment by one of the local artist musicians who is blind. They all look forward to this annual event, but it is our club members who receive the most joy in honoring our special friends.

Our members wish you all a healthy, happy Fall!

## 2011 NC Lions VIP Fishing Tournament

October marked another fabulous event – the North Carolina Lions VIP Fishing Tournament! The Tournament was held October 17-19 on the Outer Banks.

The NC Lions thank Outer Banks hotels for accommodating our volunteers and VIPs: Hilton Garden Inn Outer Banks (Kitty Hawk), Best Western Ocean Reef Suites (Kill Devil Hills), Nags Head Inn Hotel Oceanfront (Nags Head), Comfort Inn Oceanfront North (Kill Devil Hills), Comfort Inn Oceanfront South (Nags Head), Holiday Inn Express (Kitty Hawk), Ramada Plaza (Kill Devil Hills), Travelodge Nags Head Beach Hotel (Kill Devil Hills), Carolina Oceanfront (Kill Devil Hills), and the Elizabethan Inn (Manteo).

Volunteers and the refrigerated truck filled with food sponsored by District 31-A

arrived on Saturday. A luncheon for volunteers was held on Sunday. Kudos to Lion Carolyn Dunning of the First Flight Lions Club for coordinating the luncheon.

The volunteer breakfast, provided by the First Flight Lions Club, kicked off Monday's happenings. That was followed by registration of the participants and volunteers at the Manteo Lions Club Building, which served as the Tournament headquarters. Monday night concluded with dinner sponsored by the Columbia and Plymouth Lions Clubs. The Lower Currituck Lions Club decorated the hall in a 70s theme and hosted the Bible Study and dancing later that evening.

The Manteo Lions Club started Tuesday with breakfast. The First Flight Lions Club and volunteers began around the

same time preparing the boxed lunches for the piers. Fishing began at 8:45 am on Crystal Dawn and Miss Oregon Inlet, and 9:00 am on the piers (Kitty Hawk, Avalon, and Jennesettes).

There were 47 members of the First Flight Leo Club, students from the College of Albemarle Nursing Program, and students from the Manteo High School Wildlife Club volunteering on the piers. The tournament ended at 3:00 pm.

The fishing rods were taken back to the storage shed at the First Flight Lions Club, washed thoroughly, and stored. Tuesday concluded with dinner and dancing at the Manteo club, sponsored by the Wanchese Lions Club.

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# Fishing Tournament

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The Manteo Lions Club sponsored breakfast on Wednesday and many events were planned for the day, including informative sessions. VIPs were also given time to visit the vendors. This year's tournament featured the second "Blind Car Rally." PDG Dutch Dine chaired the event again this year. The national tournament was held on Jennettes Pier for the out-of-state VIPs. The weather was cold, rainy, and windy but that did not prevent the participants from catching fish.

Participants in the tournament hailed from Connecticut, Rhode Island, Virginia, West Virginia, South Carolina, North Carolina, and Utah. The winners of the national tournament were Brandon Reece (South Carolina), Steven Davenport (Caldwell County), and Renee Abernathy (Gaston County).

Wednesday night ended with VIP festivities and the awards banquet sponsored by the First Flight Lions Club.

The winners from the Avalon Pier were Rodney Turner of Gaston County (First Place), Steve Davenport of Caldwell County (Second Place), Renee Abernathy of Gaston County (Third Place).

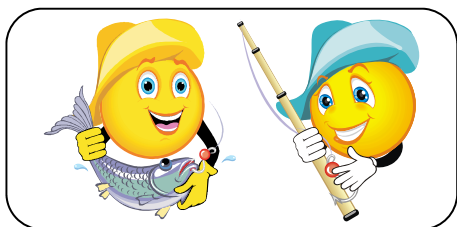
The winners from the Kitty Hawk Pier were Larry Murphy of Washington County (First Place), Doug Maready of Duplin County (Second Place), and C. W. Perkins of Mecklenburg (Third Place).

The winners from Jennette's Pier were Joe Godfrey of Pasquotank (First Place), Billy Milburn of Lincoln (Second Place), and Jimmy Harper of Burke County (Third Place).

The winners from the "Crystal Dawn" were Charles Banks of Pasquotank (First Place), Gregg Capps of Henderson (Second Place), and Cathy Goodnight of Rowan (Third Place).

The winners from the "Miss Oregon Inlet" were Jimmy Dale of Vance County (First Place), Brenda Lyons of Edgecombe County (Second Place), and Iris Whitaker and Katie Coley of Warren County tied for third place.

The award for catching the heaviest fish went to Lynn Richardson who caught a 4 lb., 1 oz. bluefish at the Avalon Pier. The group awards were given to Richmond County (First Place), Rowan County (Second Place), and Scotland County (Third Place).



*The First Vice District Governors who attended the North Carolina Lions VIP Fishing Tournament joined Lion Milton Bullock for a song during the Tournament's closing banquet. Pictured (L to R) are Lions Howard Wallace (District 31-D), Mike Reid (District 31-B), Bullock, Chris Hardee (District 31-J), and Tim Williams (District 31-E). The Vice District Governors stood out in their official purple jackets. (Lions Club photo)*



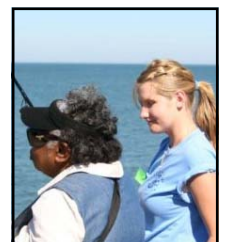
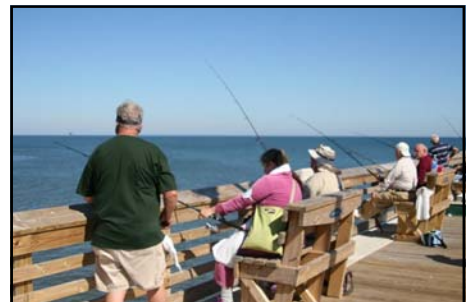
*These two lovely ladies are very well disguised. If you don't recognize them, they are Cabinet Secretary/Treasurer Jana Underwood and PDG Gwen A. White.*



*Mary Tate is a member of the Princeville Community Lions Club and singing companion of Lion Milton Bullock. Tate gathered her "girls" together for the sing-along while entertaining at the closing banquet of the VIP Fishing Tournament. (Lions Club photo)*



*A First Flight Leo Club member escorts a VIP down the pier. (Lions Club photo)*



# Humanitarian White Cane Update

*PDG Bob Walton & PDG Lawrence Sandy  
District Committee Co-Chairs*

As co-chairs, we would like to thank the Lions clubs of District 31-J for reaching the initial goal of contributing 20 percent of our White Cane goal by September 30.

Our goal for this year is \$81,500. We have already reached 28.4 percent of that goal, so we only need 11.6 percent to reach the next goal of 40 percent. Monetarily speaking, that would be \$9,553 or an additional \$221 per club.

Some clubs have already met their yearly goals, but there are 28 clubs which have not given anything to White Cane to date.

We challenge those clubs who have not contributed at all to send in at least \$100 by December 31. This would not meet the 40 percent goal, but it would show that all of the clubs in District 31-J support White Cane.

We are aware that the holiday season, which is quickly approaching, is a difficult time for many clubs. During this time, many communities and charities are seeking assistance for equally worthy causes.

Some clubs suspend meetings and fundraising during the Thanksgiving and Christmas seasons. However, we do think it is important for us to support our own programs and service projects that depend on funds raised through White Cane drives and contributions.

If your club has any White Cane funds in its treasury, we ask that you send them in and make any additional contribution your club can afford.

We thank you for your support and for all you do for Lionism.

# Peace Poster Deadlines

November 15 is the postmark dead-line for clubs to submit their winning Peace Poster and Essay Contest entries to their District Governor to advance to the next level of judging. After that, December 1 is the postmark deadline to send entries to the next level of judging.



*Members of the First Flight High School Leo Club with their school sponsor, Robin Holton, and First Flight Lions Club President Harriett Edmunds on one of the piers at the VIP Fishing Tournament. Members shown above include Jenny Atkins, Jessica Atkins, Connie Bar-on, Ashley Beardsley, Thorin Bein, Ryder Bishal, Noel Bradshaw, Kylee Brooks, Canyon Campion, Kelly Carranza, Irene Chinchilla, Kaitlyn Dickens, Charity Durand, Crysta Edwards, Amelia Frasure, Hailey Fretwell, Stephanie Gilbertson, Raven Girard, Delaney Goldberg, Manuel Guardado, Cody Hughes, Hallie James, Taylor Jameson, Colin Kelly, Liam Kenny, Chanel Levish, Kristen Lindsay, Corinne McClain, Kelsey McKee, Ashley Morgan, Olivia Nelson, Josh Oram, Arianna Pearson, Preston Jarvis, Seth Pugh, Jordyn Roark, Samantha Sgavichio, Savannah Smalley, Ashton Stuart, Sarah Szymczyk, Logan Thompson, Stephanie Thompson, Hannah Valdivieso, Noemi Vazquez, Dimitrios Vlahos, Audreanna Wilkerson, and Xhorxhina Zyka. (Lions Club photo)*

## 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 per-cent giving level by December 31. As of October 31, the district standings are as follows.

District 31-A had 33.6 percent (\$30,038). District 31-B had 30.1 percent (\$19,266). District 31-D had 23.5 percent (\$22,334). District 31-E had 27.2 percent (\$45,567). District 31-F had 32.1 percent (\$26,938). District 31-G had 35.1 percent (\$31,606). District 31-H had 24.2 percent (\$20,637). District 31-J had 28.4 percent (\$23,367). The stateside average was 29 percent (\$219,936). The stateside total for last year at this time was \$240,637.

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 \$2,549. District 31-B has raised \$7,849. District 31-D has raised \$6,651. District 31-E has raised \$300. District 31-F has raised \$3,098. District 31-G has raised \$61. District 31-H has raised \$1,073. District 31-J has raised \$860. The statewide total was \$22,441. This time last year, the statewide total was \$14,019.

## State Leo Leadership Forum & Convention

The 2012 State Leo Leadership Forum and Convention will be held February 24 through 26 at Camp Dogwood. The total registration fee is \$86 and includes: dinner on Friday; breakfast, lunch, and dinner on Saturday; breakfast on Sunday; and lodging for Friday and Saturday.

Registration and check-in begins at 5:30 pm on Friday. Registration forms and fees are due by February 10, 2012, to Lion Liz Steele, 2252 Baker Mill Road, Cleveland, NC 27013. Checks should be made payable to MD-31/Leo Clubs.

State Leo T-Shirts are available for purchase until February 1. Shirts are \$10 each and come in small, medium, large, and extra large sizes.

Please let your Leos and Leo Advisors know that this information, as well as the registration form and Parent or Guardian's Authorization form, are accessible from the District 31-E ([www.lions31e.org](http://www.lions31e.org)) or NC Lions (<http://northcarolinialions.org>) web sites.

If you have any questions, please contact Liz Steele at [lrsteele@hughes.net](mailto:lrsteele@hughes.net).



# Health Watch

## Visual Problems and Disturbances

There are many types of eye problems and visual disturbances. These include blurred vision, halos, blind spots, floaters, and other symptoms. Blurred vision is the loss of sharpness of vision and the inability to see small details. Blind spots (scotomas) are dark "holes" in the visual field in which nothing can be seen.

Changes in vision, blurriness, blind spots, halos around lights, or dimness of vision should always be evaluated by a medical professional. Such changes may represent an eye disease, aging, eye injury, or a condition like diabetes that affects many organs in your body.

Whatever the cause, vision changes should never be ignored. They can get worse and significantly impact the quality of your life. Professional help is always necessary. As you determine which professional to see, the following descriptions may help.

Opticians dispense glasses and do not diagnose eye problems. Optometrists perform eye exams and may diagnose eye problems. They prescribe glasses and contact lenses. In some states, they treat diseases that affect the eyes. Ophthalmologists are physicians who diagnose and treat diseases that affect the eyes. They also perform eye surgery. These doctors may also provide routine vision care services, such as prescribing glasses and contact lenses. Sometimes an eye problem is part of a general health problem. In these situations, your primary care provider should also be involved.

Vision changes and problems can be caused by many different conditions such as presbyopia, cataracts, glaucoma, diabetic retinopathy, macular degeneration, floaters, night blindness, retinal detachment, optic neuritis, stroke, brain tumor, bleeding in the eye, temporal arteritis, or migraine headaches.

Other potential causes of vision problems include fatigue, overexposure to the outdoors (temporary and reversible blurring of vision), and many medications. Many medications that can affect vision include antihistamines, anti-cholinergics, digitalis derivatives (temporary), some high blood pressure pills (guanethidine, reserpine, and thiazide diuretics), indomethacin, phenothiazines (like Compazine for nausea), Thorazine and Stelazine for schizophrenia), medications for malaria, ethambuto (for tuberculosis), and many others.

Call your provider if you have trouble seeing objects to either side, difficulty seeing at night or when reading; gradual loss of sharpness of your vision, difficulty distinguishing colors, blurred vision when trying to view objects near or far, diabetes or family history of diabetes, eye itching or discharge, or vision changes that seem related to medication (DO

NOT STOP OR CHANGE A MEDICATION WITHOUT TALKING TO YOUR DOCTOR.)

Regular eye checkups from an ophthalmologist or optometrist are important. They should be done once a year if you are over age 65. Your doctor will recommend earlier and more frequent exams if you have diabetes or if you are already showing early signs of eye problems from diabetes, high blood pressure, or other causes.

The pressure in your eyes will be measured at some visits to test for glaucoma. Periodically, your eyes will be dilated to examine the retina for any signs of problems from aging, high blood pressure, or diabetes.

Wearing sunglasses to protect your eyes, not smoking, limiting how much alcohol you drink, keeping your blood pressure and cholesterol under control, keeping your blood sugars under control if you are diabetic, and eating foods rich in antioxidants such as green leafy vegetables can prevent eye and vision problems.

The eyes and eyesight are one of the most important parts of the body and most people fear losing their sight or their eyesight worsening. However, there are some foods that can help to protect the health of your eyes and ward off eye diseases such as age-related macular degeneration and cataracts.

Essential fatty acids, or EFAs, are fats that the body needs but cannot manufacture itself. They must be obtained from the diet. The two types of EFAs are omega 3 and omega 6. The best source of omega 3 is cold water fish.

Lutein and zeaxanthin are compounds called xanthophylls. These xanthophylls are carotenoids and are found in the flesh and leaves of yellow and orange fruits and vegetables. Dark green, leafy vegetables have substantial amounts of lutein and zeaxanthin. Eggs also contain lutein in the yolk.

Vitamin A is important for eyesight as it helps to prevent night blindness. If you are deficient in Vitamin A and you have night blindness, uncorrected, this can lead to xerophthalmia, a condition that causes dryness in the eyes, corneal ulcers, and swollen eyelids. If xerophthalmia is not treated, that, in turn, can lead to blindness. Vitamin A has also been shown to help stop the formation of cataracts.

Vitamin C in high levels can help to reduce the risk of cataracts. Bioflavonoids are compounds that give certain foods their color and they often work as antioxidants. Any food that contains bioflavonoids will contain Vitamin C as well. Bilberry is excellent for the eyes, as are citrus fruits, and red and purple fruits. Vitamin E may be useful for eyesight as it has been shown to prevent cataracts and it may be use-

ful in helping to prevent macular degeneration. This is because Vitamin E is a powerful antioxidant.

Zinc is required for normal eye function and adapting to the dark. Zinc also helps the body absorb Vitamin E. Copper is also used to help reduce the development of age related macular degeneration.

Protect your eyes by trying a healthy eye recipe like the one below.

### Grilled Chicken and Mangos on Baby Greens

#### Ingredients:

- 1/4 Cup low-sodium soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon minced fresh ginger root
- 2 tablespoons lemon juice
- 1 pinch of red pepper flakes
- 4 four-ounce skinless chicken breasts, cut into 1" strips
- Cooking Spray
- 8 cups baby lettuce
- 1/2 cup thinly sliced red onion
- 1/2 cup julienned red bell pepper
- 1 large mango, peeled, seeded, and diced
- 2 tablespoons mint leaves, minced

#### Dressing:

- 3 tablespoons lemon juice
- 1 tablespoon minced lemon peel
- 2 tablespoons extra virgin olive oil
- 1 tablespoon honey
- salt and pepper to taste

**Marinade:** In a blender, whip soy sauce, oil, ginger, lemon juice, and red pepper flakes. Place chicken in a shallow pan and pour marinade over top. Turn to coat, cover, and refrigerate up to one hour.

**Dressing:** Blend ingredients (lemon juice and peel, oil, honey, and salt/pepper). Set aside for flavors to blend.

Spray a large, non-stick skillet with cooking spray and heat over medium-high heat. Add chicken strips and cook on each side for two minutes, or until done. Remove from heat.

In a large salad bowl, toss lettuce, onions, and peppers. Add dressing and toss thoroughly. Divide onto four salad plates, top with chicken strips and mango. Sprinkle with mint leaves.

Makes 4 servings. 291 calories per serving. 33% fat (10.6 g total, 1.7 saturated), 192 mg omega 3s, 28% carbohydrate (20.4 g), 39 % protein (28.4 g), 66 mg cholesterol, 3 g fiber, 77 mg vitamin C, 2.3 mg Vitamin E, 1.3 mg zinc, 598 mg sodium.



*“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*



When we began our leadership year in July, I announced my intention to visit with as many club presidents as possible. Now, with one quarter of the year behind us, I have had many opportunities to fulfill that commitment. In meeting with presidents in many diverse locations around the world, I have seen that most Lions clubs are alike in very many ways...and certainly in all the ways that really matter. We all believe in

Lions power to change our neighborhoods and the world through service and leadership.

In fact, most clubs remind me of the Mt. Cameron Lions Club which I joined in 1981. The members there made me feel welcome, immediately offered me responsible assignments and taught me what it means to be a Lion. They made me feel like a member of a family. Because they did, I became a Lion for life.

I believe that it is the club presidents who have the greatest responsibility and opportunity to make members' experiences more like that of a family. Presidents can set the tone. I hope the tone you set will be one of welcome and respect for the talents and ideas of all members. Presidents who are successful at this will find themselves at the head of a healthy -- and growing -- Lions club. Lions who are fulfilled in their desire to serve and

happy with the club's camaraderie are our best recruiting tools.

Club presidents are also the key to motivating clubs to participate in projects like the Global Service Action Campaigns and this year's challenge to plant one million trees worldwide. Already there has been more than 150,000 of hours of volunteer service and 2,518,999 trees have been planted to date.

These projects are already changing the world in meaningful ways. They will be the legacy of our leadership and testimony to the truth of Lions motto: We Serve. Thank you for all you have done and all you will do to make our world a better place.

### **Relieving the Hunger**

With more than one billion people in the world who do not have enough to eat, Relieving the Hunger may seem like an impossible task. But like every other Lions project, we can change the world one person, one life, at a time.

Your club can sponsor a community food drive to replenish a local food pantry, volunteer to deliver prepared meals to elderly or disabled citizens, serve meals at a soup kitchen or homeless shelter, partner with local restaurants or food markets, pick up donations of fresh food items for a women's or children's shelter, or collect infant formula and baby food for an organization serving young mothers at risk.

For more project ideas and help planning events see Relieving the Hunger at the Lions Clubs International web site.



**DG Jim Boehm**

1565 Glen Eagles Court  
Nashville, NC 27856

*Lend A Light*



# 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.**