



# Mane News

Lend A Light



District 31-J Newsletter | September 2011 Issue

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## District Governor's Message



### District Governor's Schedule

#### OCTOBER

- 4 Murfreesboro Lions Club
- 6 Halifax Lions Club
- 13 Jackson Lions Club

17-20 VIP Fishing Tournament

20 Lower Currituck Lions Club

### White Cane Update

By Carlton Metts, PDG  
State White Cane Chair



The first phase of the Stickley Award is for each district to be at 20 percent by September 30. As of September 30, district standings are as follows.

District 31-A had 28.6 percent (\$25,538). District 31-B had 27.1 percent (\$17,341). District 31-D had 23.2 percent (\$22,019). District 31-E had 23.9 percent (\$39,991). District 31-F had 21.6 percent (\$18,136). District 31-G had 27.2 percent (\$24,475). District 31-H had 11.1 percent (\$9,401). District 31-J had 24.3 percent (\$20,031).

The statewide average was 23.4 percent (\$176,989).

The next criteria is to be at 40 percent by December 31.

Irene . . . My sister-in-law is named Irene. She visited just a few days before the hurricane hit and her parting words were "sometimes Irene can be tough." She was right. Irene did give us a hard way to go. On August 27, Irene came roaring through eastern North Carolina. Numerous people were evacuated from the Outer Banks and other low-lying areas for their safety. Lives were saved, but property damage was astronomical throughout the area.

Many people have had life changing experiences. There were many that lost everything, including their home, furniture, and personal items. Many will never be able to go home again due to the damage from wind, water, or both. Even with homes that are able to be repaired, it will take time to replace household items. Family heirlooms, photos, and antiques may be lost forever. The devastation of Hurricane Irene will be remembered for many years to come.

I want to thank the Lions Clubs International Foundation for providing immediate financial assistance after Irene. In District 31-J, we helped over 190 families with the first grant of \$10,000. With the help of the Lions on the coast and First Vice District Governor Chris Hardee from Manteo, Immediate PDG Gwen White, PDG Rhett White, and Cabinet Secretary/Treasurer Jana Underwood, the funds were committed in just a few hours.

Immediate Past International President and current LCIF Chair Sid L. Scruggs, III, assisted Districts 31-J and H in obtaining a second grant of \$10,000. Thus, each district received a total of \$20,000. The funds were given to those who sustained water and wind damage to their homes.

Tony Keech, President of the Washington Evening Lions Club, and his wife Lion Catherine coordinated the assistance in the Aurora area with a group of volunteers. Half of the members of the

Aurora Lions Club had severe water damage to their homes. Vouchers and cleaning supplies were sent to Aurora, Columbia, and parts of Dare County to help with the cleanup of flooded homes. Even though Lions Zone Chair Catherine Revel and Deb McGee had major storm damage, they put their needs last. They both spent time trying to help distribute cleaning materials and financial help to others.

Some members of the Columbia Lions Club lost their homes due to a tornado which was a result of the hurricane. Many of these homes were totally demolished. I had the opportunity to visit with this community along with PIP Scruggs, State Council Chairperson Carlton Weeks, and PID Lacey Presnell. The devastation was so overwhelming that it took me by surprise. I have never seen homes completely destroyed and people with nothing left.

In Roanoke Rapids, Larry DeBruhl, President of the Davie Lions Club and his wife Lion Gloria, had severe water damage to their home. PDG L. H. Sandy from the Jackson Lions Club came to their rescue with building supplies to help repair their home. The DeBruhl's are living in a motel until their home is restored.

The generosity of Lions Clubs International Foundation is very much appreciated. In the spirit of giving, I would like to request that each club make a donation to District 31-J and send it to Jana Underwood our District Secretary/Treasurer in order to continue to assist those Lions requiring additional funds in restoring their homes when there are no other forms of assistance available.

I am so proud of District 31J and how the Lions have always pulled together to help others. That goes back to our motto: "We Serve." No matter what the need is, we can always reach out to others and lend that needed service. I just want to say thank you for your dedicated service.

# PIP Scruggs Makes Visits To Columbia and Tyrell Counties After Hurricane



Past International President Sid L. Scruggs, III, presented gift cards to Charles and Joan Batson of Columbia while they stood in the remnants of their tornado-destroyed home in Columbia. The gift cards were provided by the Lions Clubs International Foundation to victims of the tornado and flooding caused by Hurricane Irene. Lion Joan is Secretary of the Columbia Lions Club. On the day that PIP Scruggs and other Lions visited, she was searching for her Lions Club records. (Lions Club photo)



Lions Clubs International Past International President Sid L. Scruggs, III, surveyed the storm damage from a tornado and Hurricane Irene during a day-long trip to the counties of Columbia and Tyrell. As Immediate Past President, Scruggs serves this year as Chairman of the Lions Clubs International Foundation which provided for \$20,000 for immediate assistance to individuals in District 31-J who were impacted by the August 27 hurricane. (Gwen White photo)

The Batsons were not the only Lions to be affected by Hurricane Irene. Zone Chairperson Catherine Revels of the Aurora Lions Club, along with her club members, lost their homes and vehicles in the flooding that was several feet deep across the entire Beaufort County community.

The Lower Currituck Lions Secretary Dianne Newbern and her husband, Lion Lindley Gray Newbern, suffered water damage in their Harbinger home.

The homes of First Flight Lions Pam Palm, Tiney and Ron Curtis, Carrie and John Foltz, Tommy Meekins, Barbara Dixon, and Lois Moore also had water damage.

Two "new" Lions from the Williamston Lions club had their Beargrass homes badly damaged by flooding from the hurricane.

Many miles away from the coast, it was wind damage that severely impacted Davie Lions Club President Larry DeBruhl and his wife, Lion Gloria, who serves as Treasurer of the club.

Although Beaufort, Hyde, Tyrell, and Dare counties were hit the worst, residents and Lions throughout the district were affected by Hurricane Irene.



Columbia Lion Rick Foister operates a forklift at Whitecap Linen to unload 75 cases of bleach, degreaser, sponges, mops, gloves, and spray bottles to be distributed to Hurricane Irene flood damage victims. This shipment was destined for distribution to Tyrell, Dare, and Hyde County residents. A similar shipment went to Beaufort County for use in the Aurora community. The cleaning supplies were purchased from a Lions Clubs International Foundation grant to District 31-J, secured by District Governor Jim Boehm. (Gwen White



# Rocky Mount Evening Lions Host Jungle Prowler



The Rocky Mount Evening Lions Club hosted the Jungle Prowler Award night recently. Clubs in attendance were the Tarboro, Rocky Mount Luncheon, Saratoga, and Scotland Neck Lions Clubs. The Scotland Neck Lions Club took home the trophy with 75 points. Shown above are members of the Scotland Neck club with the Jungle Prowler Award. (Ella Flora photos)



Shown (L to R) Lions Roscoe Speight (Rocky Mount Evening Lions Club) and Kyla Scott (Scotland Neck Lions Club).



Lion Ashley McKeel of Saratoga has had 50 years of service as a Lion. He is pictured above with PDG Mike Flora.

# Washington Evening Lions Capture Jungle Prowler

The Washington Evening Lions Club captured the Jungle Prowler Award for zones three and four earlier this month during the meeting of the Rocky Hock Lions Club. Three new members traveled to Rocky Hock, earning points for distance, percentage of members present, new members, and for service project reports. They overcame challenges from the neighboring Edenton Lions Club and the nearby Columbia Lions Club.

The Washington Evening Lions Club will put the Jungle Prowler up for grabs at their meeting on October 10. Clubs planning to attend should call Club Secretary Lion Judy Morey at (252) 946-8408.

Lion Deborah H. Waters accepted the plaque from Rocky Hock Lions Club President and Past District Governor Bud Miller.

# Hurricane Irene's Legacy of Damage

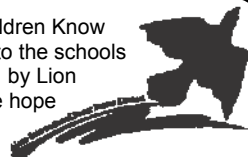


Lion Larry DeBruhl (left) is pictured above receiving financial assistance from DG Jim Boehm (right). Larry and his wife, Lion Gloria, were living in a hotel in Scotland Neck after the hurricane destroyed their home. (Lions Club photo)



(L to R) First Vice District Governor Chris Hardee, Past International President Sid L. Scruggs, III, Columbia Lions Club Secretary Joan Batson, and DG Jim Boehm. Batson's home was ripped apart by a tornado generated by Hurricane Irene shortly after midnight on August 27. (Lions Club photo)

The 2011 Lions Clubs International Peace Poster Contest theme is "Children Know Peace." Participating clubs should have delivered the Peace Poster Kit to the schools by now. Poster submissions must be received no later than November 1 by Lion Adrienne Makowski, 103 Shedd's Walk, Kill Devil Hills, NC 27948. We hope to have good participation from District 31-J clubs this year!



# Edenton Doctor On A Mission



By Lion Blair Currie

Dr. Dan Bohl, well-known in Edenton as a Doctor of Urology, was the guest speaker at the Edenton Lions recently.

In recent years, Dr. Bohl has been involved with the Medical Ministries International organization. This was at the behest of his brother, who also serves in the medical field as a surgeon.

The host organization operates missions globally in 70 countries. The missions in Central and South America are perhaps the most satisfying. Dr. Bohl and his wife Brigid have just come back from a mission trip to Ecuador. They will return there soon for a surgical mission.

In Ecuador, the missions receive directions to the various working locations from headquarters in Quito, out to Cotacachi and Ambato. The group functions at an altitude of about 12,000 feet; the nearby mountains rising to 20,000

feet. There are Spanish and Quichua interpreters, the latter being native Andean. Temperatures in that area range from 50 to 70 degrees. Sadly, life expectancy, rather sadly, is only 30 to 40 years. There is no public water or sewage, and little indoor plumbing in the small villages. Crops grown are potatoes, corn, rice, and sweet potatoes.

In the two-week visit, the medical team handles patients from 14 villages, some of whom are brought in on the back of a Red Cross pick-up truck. Also during the visit, 2,400 locals, on average, receive a basic medical examination. In addition to vitamins, 6,000 prescriptions are handed out. Eyeglasses, bought by the mission team before departure, are also given to those in need.

A local folk healer coordinates well with the medical team. She is the midwife for the local people and also dispenses herbal medicine as needed.

Dr. Bohl comes from a long line of physician/surgeons, and 13 of the Bohl family members are physicians! His great-grandfather, grandfather, father, son, brother, uncle, niece, and nephew are all involved in medical practice.

Dr. Bohl is a Fellow of the American College of Surgeons and, at his Urology Board Exams, he placed in the top one per cent in the country! He and his wife are very modest about their mission work. In addition to Ecuador, they have been to Africa, Haiti, and Dominica.

All mission trips are self-funded. Dr. Bohl enjoys his mission work, and perhaps one of his statements says it all – “I consider mission work to be the spice of life!”

Dr. Bohl is a member of Edenton Lions and we are all very proud of him. Photo shows Dr. Bohl with some of his great-grandfather’s operation equipment, and also his own personal doctor’s case.



## One Never Knows

By Lion Jeannette Shaw

For many years, I followed my husband to Lions’ conventions, parties, meetings, etc. Then there came the day when women were invited to join the club. There were two ladies who joined the Nashville Lions Club. At the time, I felt that I was already involved in enough activities and was content to continue going with him as he spoke to different clubs, etc.

About four years ago, Paul and I attended the Boston International Convention with other district Lions. Don and Lottie Glisson were unable to go with us because Lottie was in the hospital. We had previously gone on many trips together.

As we were traveling to Boston on the bus, PDG L. H. Sandy teased me relentlessly, insisting that I join the club along with his wife, Marilyn. This went on for several days.

We were observing the fourth of July fireworks across the river from where the Boston Symphony was playing when I heard that Lottie had passed away.

As I was dealing with the shock, I considered what I could do to honor her life and friendship. Just hours before, I had bought a Lions pin with a pearl on it to take home to her. I thought, “What should I do with the special pin?”

As I listened to the “1812 Symphony,” the answer came to me: Join the club in her place to keep the membership up. I decided not to tell anyone my decision in case I changed my mind. I needed to hear myself reason it out so I discussed it quietly with our bus manager.

Though I was grieving the loss of a dear friend, I told Marilyn and Paul my decision. PDG Sandy caught wind of it before we reached home. I couldn’t back out of it then! In a matter of days, I was a member of the Nashville Lions Club!

# LCI Ornaments For Sale

Lions Clubs International is selling annual holiday glass and crystal ornaments for a limited time. There are two kinds of ornaments being sold – a 24 percent lead crystal oval or a jade glass tree. The oval is \$18.50. The tree is \$11.50. Both prices include the laser imprinting of the Lions emblem, holiday message and year, gold bow for hanging, and gift box.

To place your order, visit the Lions Shop online or call 1-800-710-7822 or (630) 571-5466. LCI will not accept orders after November 9. Delivery is approximately three weeks after November 9.



3 ½" H x 2 ¾" W  
\$18.50 each



3 ¾" H x 3 ⅝" W  
\$11.50 each

You may also purchase ornaments online from LCI at <https://www2.lionsclubs.org/>.

# New Members In District 31-J

The Washington Evening Lions Club grew by four members when PDG and Guiding Lion Rhett White inducted the new members. The new Lions are Grace Cox and Hilda D. Bell who were sponsored by Lion Judith A. Morey, and Marion O'Neal and Deborah H. Waters sponsored by Lion Catherine Keech.

The Washington Evening Lions Club also stood in for the badly damaged Aurora Lions Club in kicking off the Jungle Prowler Award competition in zones three and four. Members of the Rocky Hock Lions Club took the plaque home, besting the Columbia Lions Club that also challenged for the visitation award.



*On September 7, a new group of cubs became members of the Nashville Lions Club. The oath was administered by DG Jim Boehm. Pictured (L to R) are Lions Huberta Wilson, Sue Morris, Bob and Joyce Riley, and DG Boehm. (Bob Simpson photo)*

# Camp Dogwood Fall Clean Up

It's that time again - Camp Dogwood Fall Clean Up! The dates this year will be November 11-13. We will begin with dinner at 6:00 pm Friday night and end after breakfast on Sunday morning. Please contact either Celeste at 1-800-662-7401, extension 230, or Rich at extension 232, to make your reservations as soon as possible. Space is limited due to off-season rentals.



# News From Rocky Mount Luncheon Lions Club



*Second Vice District Governor W. B. Bullock (right) presented the William Joyce Award to Chairman of the Camp Dogwood ticket sales, Herman Johnson (left), and Rocky Mount Luncheon Lions Club President Nancy Bullard (center). (Nancy Bullard photo)*



*The Rocky Mount Luncheon Lions Club recently purchased a new banner for their club. Lion Geraldine Edmonson took all their badges off of the old banner and sewed them on the new banner. Pictured are (L to R) Lion Geraldine and President Lion Nancy Bullard. Lion Geraldine is Lion Nancy's mother. (Nancy Bullard photo)*

# First Flight Leos On Parade

The First Flight Leo Club at First Flight High School in Kill Devil Hills is off to a good start this year. Ms. Robin Holton, faculty advisor reports that there are 60 members and that they are excited about their proposed activities for the coming year. The club members rode in the school's Homecoming Parade in the truck bed and boat belonging to First Flight Lion Bill Hood.

They are again going to help the VIPs on a pier on fishing day during the VIP Fishing Tournament. The club held two successful blood drives last year – one in the Fall and one in the Spring – and they are making plans to duplicate those events this year. Officers have been elected, and t-shirts for the student members have been ordered by the First Flight Lions Club, sponsor of the Leo Club.





**Districts 31-G, H, and J Mid-Winter Convention  
January 20 - 21, 2012**



**Sheraton Atlantic Beach Oceanfront Hotel  
2717 West Fort Macon Road | Atlantic Beach, NC | (252) 240-1155**



**Registration**

**Friday, January 20, 2012 - 6:30 PM**

<i>Fun Night: Southern Buffet With Fried Chicken/Baked Ham &amp; Entertainment</i>	\$20.00 ea	_____	_____
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**Saturday, January 21, 2012**

<i>Tail Twister's Breakfast, 7:00 AM Classic Country Buffet Breakfast</i>	\$15.00 ea	_____	_____
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<i>Luncheon, 12:00 PM Deli Style Buffet</i>	\$15.00 ea	_____	_____
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<i>District Governor's Banquet, 6:30 PM Plated Roast Beef Dinner</i>	\$25.00 ea	_____	_____
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MEAL REGISTRATION DEADLINE: JANUARY 12, 2012	TOTAL:	_____
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Make check payable to *Districts G, H, and J Mid-Winter Convention* and mail to: Questions? (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 Sheraton Atlantic Beach Oceanfront Hotel (2717 West Fort Macon Road, Atlantic Beach, NC 28512) at (252) 240-1155. Room Rate is \$72.00 plus applicable taxes for a King or Two Queens. **Room reservations must be made by December 21, 2011 to get the Lion's rate.**



# Health Watch



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



## What Is Diabetes Insipidus?

By *Lion Jan Holleman, RN*

Diabetes Insipidus (DI) is a condition characterized by excessive thirst and excretion of large amounts of severely diluted urine, with reduction of fluid intake having no effect on the concentration of the urine.

There are several types of DI, each with a different cause. The most common type in humans is central DI, caused by a deficiency of arginine vasopressin (AVP), also known as antidiuretic hormone (ADH). The second common type of DI is nephrogenic diabetes insipidus, which is caused by an insensitivity of the kidneys to ADH. It can also be an iatrogenic artifact of drug use.

Although they have a common name, diabetes mellitus and diabetes insipidus are two entirely separate conditions with unrelated mechanisms. Both cause large amounts of urine to be produced (polyuria), and the term diabetes is derived from the Greek name for this symptom.

However, diabetes insipidus is either a problem with the production of antidiuretic hormone (cranial diabetes insipidus) or kidney's response to antidiuretic hormone (nephrogenic diabetes insipidus). Diabetes mellitus causes polyuria via a process called osmotic diuresis, due to the high blood sugar leaking into the urine and taking excess water along with it.

The incidence of diabetes insipidus in the general population is 3 in 100,000. The name refers to the inability to retain fluid (diabetes + passing [water] through) and the lack of sugar in the urine (insipidus = tasteless).

Excessive urination and extreme thirst (especially for cold water and sometimes ice or ice water) are typical for DI. Symptoms of diabetes insipidus are quite similar to those of untreated diabetes mellitus, with the distinction that the urine does not contain glucose and there is no hyperglycemia (elevated blood glucose).

Blurred vision is a rarity. Signs of dehydration may also appear in some individuals since the body cannot conserve much (if any) of the water it takes in. The extreme urination continues throughout the day and the night. In children, DI can interfere with appetite, eating, weight gain, and growth as well. They may present with fever, vomiting, and diarrhea. Adults with untreated DI may remain healthy for decades as long as enough water is consumed to offset the urinary losses. However, there is a continuous risk of dehydration and loss of potassium.

Because the cause of central diabetes insipidus is a lack of anti-diuretic hormone (ADH), treatment is usually with a synthetic hormone called desmopressin. You can take desmopressin as a nasal spray, as oral tablets, or by injection. The synthetic hormone will eliminate the increase in urination. For most people with this form of the condition, desmopressin is safe and effective. If the condition is caused by an abnormality in the pituitary gland or hypothalamus (such as a tumor), your doctor will first treat the abnormality.

While taking desmopressin, drink fluids only when you're thirsty. This is because the drug prevents excess water excretion, which means your kidneys are making less urine and are less responsive to changes in body fluids.

In mild cases if central diabetes insipidus, you may need only to increase your water intake. Your doctor may suggest a certain amount of water intake - usually more than 2.6 quarts (about 2.5 liters) a day - to ensure proper hydration.

Nephrogenic diabetes insipidus is the result of your kidneys not properly responding to ADH, so desmopressin is not a treatment option. Instead, your doctor may prescribe a low-salt diet to help reduce the amount of urine your kidneys make. You'll also need to drink enough water to avoid dehydration. The drug hydrochlorothiazide, used alone or with oth-

er medications, may improve symptoms. Although hydrochlorothiazide is a diuretic (usually used to increase urine output), in some cases it can reduce urine output for people with nephrogenic diabetes insipidus.

If symptoms from nephrogenic diabetes insipidus are due to medications you're taking, stopping these medicines may help. However, don't stop taking any medications without first talking to your doctor.

## Parmesan Chicken Strips



### Ingredients:

- 8 ounces boneless skinless chicken breasts
- ¼ cup (1 oz.) grated fat-free Parmesan cheese
- ¼ tsp. chili powder or Hungarian paprika, or to taste
- ½ tsp. oregano
- ½ tsp. basil
- ⅛ tsp. garlic powder
- Salt and freshly ground pepper to taste
- 1 egg, beaten

### Directions:

Preheat oven to 350°F. Cut the chicken into 1-inch strips. Mix the cheese, chili powder, oregano, basil, garlic powder, salt and pepper in a shallow dish. Dip the chicken in the egg and coat with the cheese mixture. Arrange the coated chicken strips on a baking sheet sprayed with nonstick cooking spray. Bake for 18-20 minutes, or until the chicken is cooked through and is light brown, turning once. Serve with fat free ranch salad dressing.



*“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*



Join your fellow Lions from across the nation and call your U. S. Senator(s) asking them to co-sponsor the Lions Club International Century of Service Commemorative Coin Act! This bill would authorize the U. S. Treasury to mint 400,000 silver coins in honor of Lions 100th anniversary in 2017 and raise \$8 million to aid the visually impaired, disabled, youth and those affected by major disaster. To pass this legis-

lation, we need 290 co-sponsors in the House of Representatives and 67 in the Senate.

Lions Clubs International is focusing on securing the additional 50 co-sponsors in the Senate and we need your help. Call your Senator(s) now!

#### **Lions Providing Disaster Relief for Hurricane Irene Victims**

Last month, several areas of the United States experienced widespread flooding and damage from Hurricane Irene. As always, Lions are bringing aid to the people affected by this disaster. LCIF has awarded \$110,000 in emergency grants to districts in Massachusetts, New Hampshire, New York, North

Carolina, Vermont, and Puerto Rico for disaster relief. Our members are using these funds to provide immediate assistance to people in the hardest hit areas.

#### **Global Leadership Team (GLT)**

The new GLT provides a concentrated focus on active leadership development. Beginning this year, the GLT will encourage the identification and development of leaders at all levels of the association, while providing valuable information, guidance, and motivation. Through representation at the district and MD levels - and by including DG teams - the GLT structure provides a global platform to develop more qualified leaders from the club level up, and encourages regional training and development to meet local needs.

#### **October Service Action Campaign: Sharing the Vision**

Every five seconds, someone in our world goes blind - and a child goes blind every minute. Lions have an opportunity to show the strength of our worldwide network during a special service action campaign, “Sharing the Vision.” During October, we invite your club to join Lions around the world as we lead the fight against blindness.

#### **Enter the Lions Clubs International Contests**

The Lions Clubs International Contest gives Lions the chance to showcase their hard work and creativity. Clubs, districts and multiple districts are encouraged to submit their entries for this year’s contest in four categories: Newsletter (Bulletin), Trading Pin, Friendship Banner, and Web Site.



**DG Jim Boehm**

1565 Glen Eagles Court  
Nashville, NC 27856

*Lend A Light*

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

NC Web Site – <http://www.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.