



# The Lions Express

District 31-S Newsletter | November 2015 Issue



## Lions Eye Health Program: Tips For Talking To Your Eye Care Professional

See LCI Publication IAD-443

Today, patients take an active role in their health care. You and your doctor will work in partnership to achieve your best possible level of health. An important part of this relationship is good communication. Following are some questions you can ask your doctor to get your discussion started.

### About my disease or disorder . . .

What is my diagnosis? What caused my condition? Can my condition be treated? How will this condition affect my vision now and in the future? Should I watch for any particular symptoms and notify you if they occur? Should I make any lifestyle changes?

**About my tests . . .** What kinds of tests will I have? What do you expect to find out from these tests? When will I know the results? Do I have to do anything special to prepare for any of the tests? Do these tests have any side effects or risks? Will I need more tests later?

**About my treatment . . .** What is the treatment for my condition? When will the treatment start, and how long will it last? What are the benefits of this treatment, and how successful is it? What are the risks and side effects associated with this treatment? Are there foods, drugs, or activities I should avoid while I'm on this treatment? If my treatment includes taking a medication, what should I do if I miss a dose? Are other treatments available?

If you don't understand your doctor's responses, ask questions until you do understand. Take notes, or get a friend or family member to take notes for you. Or, bring a tape recorder to assist in your recollection of the discussion. Ask your doctor to write down his or her instructions to you. Ask your doctor for printed material about your condition.

If you still have trouble understanding your doctor's answers, ask where you can go for more information. Other members of your healthcare team, such as nurses and pharmacists, can be good sources of information. Talk to them, too.

Everyone over age 50 should have a comprehensive dilated eye examination. It is one of the best things you can do to protect your sight. For more information, visit the NEI website at [www.nei.nih.gov](http://www.nei.nih.gov).

## Official Notice: District 31-S Upcoming Elections

District 31-S elections will be held at the January District 31-N and 31-S Mid-Winter Convention in Greenville. Only Certified Delegates will be allowed to vote. It is imperative that you submit the list of voting delegates by January 8, 2016, to: PDG Gene English, Cabinet Secretary, 113 Cossack Circle, Garner, NC 27152.

Lion Barbara Beltran is the candidate for the 2016-2017 District Governor.

Lion Steve McLaurin is the candidate for the 2016-2017 First Vice District Governor.

Lion Nathan Medlin is the candidate for the 2016-2017 Second Vice District Governor.

PDG Lion Wayne Faber is the candidate for the 2016-2017 North Carolina Lions, Inc. Two-Year Director.

We will also be asked to endorse the candidacy of PDG Lion Gwen White for International Director.

Eligibility and criteria for delegates is explained on the list of delegates form (included on Page 20 of this newsletter).

If you have any questions about the upcoming elections, please contact Lion Gene English at [ggenglish@nc.rr.com](mailto:ggenglish@nc.rr.com) or (919) 740-5295.



**MARY BOEHM**

### DISTRICT GOVERNOR

1565 Glen Eagles Court  
Nashville, NC 27856  
(252) 459-1849  
[maryjimboehm@aol.com](mailto:maryjimboehm@aol.com)



**BARBARA BELTRAN**

### FIRST VICE DISTRICT GOVERNOR

7014 Wexford Woods Trail  
Raleigh, NC 27613  
(919) 957-2131 (H)  
(919) 949-4431 (Cell)  
[LionBarbara31S@yahoo.com](mailto:LionBarbara31S@yahoo.com)

**STEVE MCLAURIN**

### SECOND VICE DISTRICT GOVERNOR

1212 Holt Road  
Apex, NC 27523  
(919) 743-9567 (B)  
(919) 749-0401 (Cell)

### GENE ENGLISH, SECRETARY

113 Cossack Circle  
Garner, NC 27529  
(919) 740-5295  
[ggenglish@nc.rr.com](mailto:ggenglish@nc.rr.com)

### PDG CHARLES HOLLEMAN TREASURER

3317 Greenbriar Drive  
Rocky Mount, NC 27804  
(252) 314-6753  
[cholleman1@yahoo.com](mailto:cholleman1@yahoo.com)

Send news and/or photos to  
[paranita.carpenter@gmail.com](mailto:paranita.carpenter@gmail.com)

# 2015-2106 Calendar

## December 2015

- 6 Boys & Girls Homes of NC  
Christmas Open House, Lake  
Waccamaw, 3:00 pm-5:00 pm  
Leamon E. Rogers Mem. Chapel  
21-27 NCLI Office Closed

## January 2016

- 1 NCLI Office Closed  
8 Half International Dues Payable  
15-16 Districts 31-N & 31-S Mid-Winter  
Convention, Greenville, NC

## February 2016

- 12-14 Council & Board Meeting

## March 2016

- 5 Vision Van Visits Edenton  
18-20 Brighter Visions Training  
28 NCLI Office Closed

## April 2016

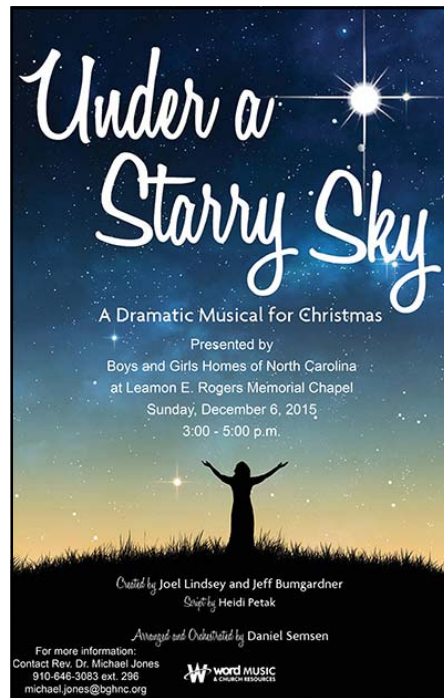
- 8-9 Budget Hearing  
10-13 Camp Dogwood Volunteer Work  
Week, Sherrills Ford, NC  
21-24 NC Lions State Convention,  
Marriott Crabtree Hotel, Raleigh,  
NC  
April 29-May 1 Council & Board Mtg.  
30 PU101 or Officer Updates Due to LCI  
and District Governor  
TBA Zone Advisory Meeting

## May 2016

- 1 Council & Board Meeting, Camp  
Dogwood, Sherrills Ford, NC  
13-15 Lions Fun Weekend, Camp  
Dogwood, Sherrills Ford, NC

## June 2016

- 17 Camp Dogwood Raffle Drawing  
24-28 International Convention,  
Fukuoka, Japan



## Message From PDG Wayne Faber

*By PDG Wayne Faber, District Chair  
Boys & Girls Home of North Carolina  
VIP Fishing Tournament*

Greetings, Lions! I would love to visit your club and give a 30 minute program on the Boys & Girls Home of NC and/or the VIP Fishing Tournament. You can reach me at wfaber100@hotmail.com or (919) 780-8819.

The 2015 Boys & Girls Homes of North Carolina Open House will be held on December 6, 2015, from 3:00 pm to 5:00 pm in the Leamon E. Rogers Memorial Chapel (Lake Waccamaw). The event will feature a presentation of "Under A Starry Sky: A Dramatic Musical for Christmas," performed by Oceanview Baptist Church. A light reception will follow in the Fellowship Hall. Admission is free.

For more information, please contact Rev. Dr. Michael Jones at (910) 646-3083 or michael.jones@bghnc.org.

## LCI Essay Contest

Lions clubs around the world are encouraged to sponsor students in the Lions Clubs International Essay Contest. This essay contest was created to offer an opportunity to visually impaired young

people to express their feelings of peace. The theme of the 2015-2016 Lions Clubs International Essay Contest is "Share Peace." Students who are visually impaired and who are ages 11, 12, or 13 on November 15, are eligible to participate. Work with your fellow Lions, local schools, and area families to identify young people who are interested in participating and who could benefit from this program. One grand prize winner will receive an award and \$5,000.

**Essay Contest Guidelines.** Each essay must be submitted with a completed entry form. Essays must be no longer than 500 words in length, submitted in English, type-written in black ink, and double-spaced.

Only a Lions club can sponsor the contest. The contest may be sponsored in a local school(s) or organized, sponsored youth group(s), or individuals may be sponsored as well. *A Lioness club can sponsor the contest through its sponsoring Lions club.*

Essays submitted without completed entry forms will be automatically disqualified. Only one entry per student per year, and each entry must be the work of only one student. Essay entries cannot have already been published. Any essays found to be plagiarized will be automatically disqualified and the student will be prohibited from entering any future Lions competitions. The contest postmark deadlines are as follows.

**November 1, 2015.** The postmark deadline for a club to send one winning essay to the District Governor. *Note: A participating club should notify its district governor in advance of sending an entry.*

**December 1, 2015.** Postmark deadline for a club not belonging to a district to send one winning entry directly to the Public Relations Division at Lions Clubs International.

**December 1, 2015.** Postmark deadline for a district to send one winning essay to the multiple district council chairperson. A district not belonging to a multiple district must send its entries directly to the Public Relations Division at Lions Clubs International.

**December 15, 2015.** Postmark deadline for a multiple district to send one winning essay to the Public Relations Division at Lions Clubs International.

**February 1, 2016.** International grand prize winner will be notified on or before this date.

# Celebrate Liberty Essay Contest



The 2015-2016 North Carolina Lions Celebrate Liberty Essay Contest is open to all high school juniors enrolled in a North Carolina public, private, or charter school. Celebrate Liberty is a program of the North Carolina State Council of Governors. Its purpose is to introduce students to the importance of the Declaration of Independence, the United States Constitution, and the American government.

The theme for the contest is the Thomas Jefferson quote: "I know no safe depository of the ultimate powers of the society but the people themselves; and if we think them not enlightened enough to exercise their control with a wholesome discretion, the remedy is not to take it from them, but to inform their discretion by education. This is the true corrective of abuses of constitutional power."

After judging on the club level, the winning essay should be sent to the district Celebrate Liberty chairperson for district-level competition. Essay entries cannot have already been published. Any essays found to be plagiarized will be automatically disqualified and the student will be prohibited from entering any future Lions competitions.

Each student must be sponsored by a Lions club within the district where the school is located. Essays must be a maximum of 750 words in length, typewritten and double-spaced in black ink. The winning essay should be sent to the District Celebrate Liberty Chair, Lion Harriett Walton, P. O. Box 733, Wanchese, NC 27981 (or [edmundsgroup@embarqmail.com](mailto:edmundsgroup@embarqmail.com)) by February 28, 2016. Only one entry per student per year, and each entry must be the work of only one student.

There is a monetary prize for the contest winner at the district and state level. Clubs that sponsor an entry are encouraged to add a monetary prize or plaque for the winner and also publicize

the winner and essay in the local newspaper. The grand prize winner also receives an expense-paid trip to the NC Lions State Convention which will be held at the Marriott Crabtree-Raleigh April 23-24, 2016.

The district winner's essay should be sent to the State Celebrate Liberty Chair, Lion Mike Schwartz, for statewide judging.

## LCI President Speaking At MD31 State Convention



Lions International President Dr. Jitsuhiro Yamada will be the speaker at the North Carolina Lions MD31 State Convention in April of 2016. The symbol he has picked for his pin and a major part of

his theme is the origami crane.

Japan has a legend dating from the 17th century about a Thousand Origami Cranes (Senbazuru), a group of one thousand origami paper cranes (orizuru) held together by 25 strings. An ancient legend promises that anyone who folds a thousand origami cranes will be granted a wish by a crane, such as eternal good luck, long life, or recovery from illness or injury. This makes them popular gifts for special friends and family. To be compared to a crane is a compliment, well-behaved like gentlemen, incorruptible and naturally clean and honest. The regal, upright carriage of these elegant birds reflect their dignified status serving as messengers to ancient immortals.

The crane in Japan has long been a symbol representing health, longevity, truth, and fidelity, and is one of the mystical creatures (others include the dragon and the tortoise) and is said to live for a thousand years. That is why 1,000 cranes are made, one for each year. Traditionally, origami cranes are given as a wedding gift by the father who is wishing a thousand years of happiness and prosperity upon the couple, or to a new baby for long life and good luck. School groups or individuals often donate Senbazuru to temples to add to the prayers for world peace.

Sandakan Sasaki, a Japanese girl who was 24 months old when she was exposed to radiation from the bombing of Hiroshima during World War II, devel-

oped leukemia. At age 12, she began making origami cranes with a goal of making 1,000, inspired by the Senbazuru legend. She managed to fold only 644 before she died in October 1955. In her honor, classmates completed the rest for the Hiroshima Peace Memorial Museum where a statue of her, standing, holding an origami crane is in a place of honor and draped with origami cranes annually.

At the District 31-S and 31-N Mid-Winter Convention in January, sheets of origami paper will be placed on the tables at Friday Fun Night. While you are waiting for dinner and during the entertainment, please fold a few origami cranes for the district to contribute to the decorations at the state convention in honor of International President Yamada's theme of Dignity, Harmony and Humanity.

According to origami lore, the folding of the cranes can be done with entire families and friends, not just the bride or father of the groom, or the one making the wish. It is believed that the more people involved, the more luck you will have. "Ori" means to fold and "kami" means paper. Due to the high cost of paper in the sixth century when the art began, origami was only used for religious ceremonial purposes.



## News From LCI

*By Dr. Jitsuhiro Yamada, President  
Lions Clubs International*

I am encouraging club leaders to take advantage of Global Leadership Team (GLT) and LCI leadership development opportunities. Remind your clubs that LCI and their local GLT are here to support current leaders and help develop new ones.

*continued on Page 4*



# News From LCI

cont'd from Page 3

I am also asking clubs to organize a special service project for the Worldwide Week of Service to Fight Hunger and Poverty, January 10-16, 2016. Together, we can strengthen our leadership and our clubs!

You have an opportunity to lead your club to new levels of success as a club officer. Good leaders can revitalize membership, improve the quality of service, and make your Centennial celebration a moment to remember.

Good leadership is more than just natural ability. It's a skill that requires ongoing development in order for leaders to reach their full potential. I encourage you and your club to take advantage of all the great opportunities in Lions to build your leadership skills.

Start by reaching out to your Global Leadership Team. Your GLT district coordinator can recommend and organize local training opportunities to develop new leaders and prepare experienced leaders for a larger role in the district and beyond. And remember to take advantage of LCI's online learning options like self-guided courses, tutorials, and webinars that can help you and your Lions develop the skills you want when it's convenient for you.

When you make a commitment to building new leadership skills and developing new Lion leaders, you'll position your club for ongoing success!



*First Vice District Governor Lion Barbara Beltran recently visited the Whitakers Lions Club. Shown above are (left to right) Lions Janice Dozier (Whitakers Lions Club President), District 31-S First Vice District Governor Barbara Beltran, and Freddie Blackmon (Whitakers Lions Club Secretary and Treasurer). (Freddie Blackmon photo)*



## Pilot Lions Club Offers Free Meals

By Lion Stanley Phillips

Every year in November, the Pilot Lions Club honors the seniors in their community with a free dinner. Club members cook barbecue chicken and potatoes and each club member brings two vegetables and one dessert. About 200 seniors are fed each year. The event is always filled with lots of good food, conversation, and fellowship.

## Fuquay-Varina Lions Host Dr. Penny Hatch

By Lion Dr. Robert S. Hammond



The Fuquay-Varina Lions Club recently hosted Dr. Penny Hatch as a program speaker. She is the director of the Center for Literacy and Disability Studies.

The Center is a unit within the Department of Allied Health Sciences, School of Medicine, at the University of North Carolina at Chapel Hill. The CLDS was established in September 1990 and re-established in the fall of 2002 to address the literacy needs of individuals with severe speech and physical impairments in North Carolina. The CLDS has

expanded its focus since then and now addresses the needs of individuals with a range of disabilities, including vision and hearing, in response to the demands of families, educators, and health care professionals across the United States and the world.

The CLDS concentrates most of its resources on individuals with severe and multiple disabilities, an estimated 70-90 percent of whom read and write at levels significantly below their non-disabled peers. The Center's mission is to promote literacy and communication for individuals of all ages with disabilities.

All individuals, regardless of their abilities or disabilities, have the right to an opportunity to learn to read and write in order to increase and enhance their educational opportunities, vocational success, communicative competence, self-empowerment capabilities, and independence.

One of their current projects is focused on supporting students who cannot use their own voice to communicate. The CLDS has developed a "core vocabulary" of words that are highly useful across all contexts (e.g., home, school, community). These words are paired with picture symbols for students who cannot yet read, with the use of a special communication device, and additional vocabulary is added as students develop their language and communication skills. The goal of this project is to provide these communication resources to students and to support educators in teaching the core vocabulary words and symbols. By incorporating the core vocabulary into their daily instruction, all students, even those without verbal skills, can participate, learn, and work toward achieving college and career readiness standards.

We were touched by the compassion the staff showed for the students and their total commitment to improving the quality of life of the children. The Fuquay-Varina Lions Club made a donation to be used to purchase two 32-cell communication devices. If your club is looking for a great program, I would recommend contacting Dr. Hatch. She would love to come to your club to discuss the wonderful things they are doing for the severely disabled children in North Carolina. If you would like Dr. Hatch to speak to your club, she can be contacted by e-mail at [penelope\\_hatch@med.unc.edu](mailto:penelope_hatch@med.unc.edu).

# Join the Lions Worldwide Week of Service to Fight Hunger and Poverty January 10–16

Join Lions around the world for a special Worldwide Week of Service dedicated to helping the nearly 800 million people facing hunger and poverty every day. Together, we can bring dignity to others and reach our Centennial Service Challenge goal of benefitting 100 million people.



## Getting involved is easy!

- ✓ **Host** a project that impacts hunger and poverty in your community during the week of January 10–16
- ✓ **Promote** your project to your community to showcase your club
- ✓ **Report** your project on MyLCI Service Activity Report and earn a Centennial Banner Patch for your club



Share event photos using the hashtag **#Lions100**, and we'll share them on the LCI Facebook page!

[lions100.org](http://lions100.org)



## Rocky Hock Lions Attend VIP Fishing Tournament



*Pictured above, l-r, front row: Lions Lloyd Evans and Sharon Savage. Shown above, l-r, back row: Lions Marjorie James and Frances Jordan. (Frances Jordan photo)*

*By Lion Frances Jordan*

Four members (Lions Lloyd Evans, Sharon Savage, Marjorie James, and Frances Jordan) of the Rocky Hock Lions Club were able to attend the 33<sup>rd</sup> Annual VIP Fishing Tournament and assist with the three days of recreation, fellowship, and independent living workshops designed to help visually impaired persons (VIPs). Lion Frances Jordan (LEO Club Advisor) was able to take 20 members of the John A. Holmes LEO Club and two staff members to assist the VIPs with fishing on Tuesday.



*Shown above is PDG Lion Carlton Metts (left) gladly selling Lion Frances Jordan (right) golf balls for the Golf Ball Drop. (Frances Jordan photo)*



Each year, the Rocky Hock Lions Club purchases four golf balls for \$25.00 each to help with the cost of the VIP Fishing Tournament, hoping to win the grand prize of \$10,000. Golf balls are dropped on the golf course in November. In addition to purchasing the four golf balls for the Rocky Hock Lions Club, Lion Frances Jordan also purchased one for herself.

At the VIP Fishing Tournament Banquet on Wednesday night, the Rocky Hock Lions Club also purchased a VIP Ambassador Award in Honor of Dr. Lacy and Esther Presnell to present to one of their own. PDG Bob Walton presented this award to Lion Lloyd Evans. This award was presented to Lion Lloyd Evans in honor of his many years of attending and assisting with the VIP Fishing Tournament.

A lot of fish were caught on the piers and the boats. The weather was wonderful! This year's tournament was once again fantastic!



*Lion Lloyd Evans (left) receiving his Dr. Lacy and Esther Presnell VIP Ambassador Award from VIP Fishing Tournament President, PDG Lion Bob Walton (right). (Paranita Carpenter photo)*

## Vision and Aging: Age-Related Eye Diseases and Conditions

*See LCI Publication IAD-432*

The purpose of the *Age-Related Eye Diseases and Conditions Program* is to present information on age-related eye diseases and conditions that can cause permanent vision loss or blindness. This module stresses that eye diseases often have no early warnings signs and emphasizes the need for comprehensive dilated eye exams. The diseases and conditions covered in this publication include glaucoma, cataract, diabetic eye disease, dry eye, and age-related macular degeneration. After attending this educational ses-

sion, you will be able to to the following: identify vision changes associated with aging; explain the importance of having a comprehensive dilated eye exam to detect eye diseases in their early stages; describe common age-related eye diseases and conditions; discuss what you can do to protect your vision.

This program can be used for an educational session. It contains a PowerPoint presentation, a Speaker's Guide, participant handouts, a promotional announcement (community poster), and a participant evaluation form.

**Suggestions on how to use the materials in this program.** The PowerPoint slides are the focus of the *Age-Related Eye Diseases and Conditions Program*. Use them to present eye health information to groups of older adults. The program has its own PowerPoint presentation that has a corresponding speaker's guide. You will need access to a computer or laptop in order to present. Ideally, you should also project the slides onto a screen using an LCD projector. If you do not have access to an LCD projector, you can print out copies of the PowerPoint slides for participants and ask them to follow along. Please refrain from reading directly from the PowerPoint slides. Instead, use the talking points in the speaker's guide.

The speaker's guide mimics the slides on the PowerPoint but also includes talking points below each slide for you to give your presentation. The talking points correspond with each of the bullets on the PowerPoint slide. No prior knowledge of eye health is necessary. All the information you need to present is included in the speaker's guide. If the attendees ask questions that are not directly addressed on the slide, please reply by referring them to their eye care professional. Do not hand out copies of the speaker's guide to attendees. Use the Presenter's Tips in the speaker's guide to engage your audience.

The promotional announcement can be posted in a flyer or incorporated into newsletters or other publications to publicize your educational session. Tailor the announcement to indicate the time, date, and location of your session. Be clear that this presentation is an educational session, not a vision screening.

*continued on Page 7*

## Snacks, Desserts, and Drinks Needed



Lions of District 31-S, we need your help! We need snacks, desserts, and drinks for the Hospitality Room at the Districts 31-S and 31-N Mid-Winter Convention in Greenville, January 15-16, 2016. **District 31-S is the host district for the convention!**

Please RSVP to Lion Barbara Beltran as soon as possible if you will be bringing snacks, desserts, and/or drinks. Lion Barbara can be reached at (919) 957-2131 or lionbarbara31s@yahoo.com.

## Vision and Aging

*cont'd from Page 6*

However, you may wish to do it in conjunction with a screening.

This program has handouts that you can reproduce and distribute to participants. The handouts provide a summary of key messages in the presentation. The handouts also contain information about where participants can get more information.

Print out copies of the evaluation form and ask participants to fill one out after your presentation. This information can help you in preparing for future presentations. The National Eye Institute is also interested in getting feedback from participants. If you would like to share these evaluations, please mail them to NEHEP, 31 Center Drive MSC 2510, Bethesda, MD 20892-2510.



*Pictured above, left to right, are Richard (scorer, fish inspector), VIP Billy Milburn, and Leo Ariel Bond. Billy was really excited about his BIG catch! (Frances Jordan photo)*

## John A. Holmes Leos Visit Outer Banks

*By Lion Frances Jordan*

Twenty members of the John A. Holmes LEO Club, along with two staff members, traveled to the Outer Banks to assist the VIPs (Visually Impaired Persons) with a day of fishing. The VIPs fished from piers and boats. The John A. Holmes LEOs assisted on the Nags Head Fishing Pier. Lion Frances Jordan, Club Advisor for the Rocky Hock Lions Club (the Sponsoring Club) met the LEOs at the pier. Rachel Ward, Staff Advisor, traveled with the LEOs from John A. Holmes High School.

Each LEO was assigned a VIP to assist for the day of fishing. Some of the VIPs and LEOs had never been fishing. The LEOs learned quickly what to do because they knew that their VIP was depending on them. The LEOs took their VIP on the pier; got a rod, reel, and bait; baited the hooks; and put the line in the water. When a fish was caught by the VIP, the LEOs called for it to be identified and points were given for the type of fish. Then the fish was taken off and thrown back into the water. This is a part of the catch and release program. Then it would start all over again.

At lunch, the LEOs got a boxed lunch

and a drink for the VIP and themselves. After lunch with the VIP, the fishing started all over again. At the end of the day, there was much hugging and saying good-byes. Then the LEOs traveled back to John A. Holmes High School, feeling great that they had been able to help persons that were unable to do for themselves. The VIPs thought it great that they had been assisted by the LEOs and enjoyed their fellowship.



*Shown above is Leo Hannah Worrells (left) with a fish caught by her VIP. Assisting her is PDG Lion Charles Holleman (scorer, fish inspector). (Frances Jordan photo)*

## See Well For A Lifetime: Learn What You Can Do About Low Vision

*See LCI Publication IAD-445A*

Everyone's vision can change with age. Some changes are normal and may be corrected with glasses, contact lenses, surgery, and improved lighting. Low vision means that—even with regular glasses, contact lenses, medicine, or surgery—people find everyday activities such as reading the mail, shopping, and watching TV difficult to do.



While vision that is lost usually cannot be restored, many people can make the most of the vision they have.





## Districts N&S Mid-Winter Conventions Quick Notes!



**Friday Night Fun Night** - Good Food, Entertainment with **The Seaside Band**, Dancing and Fellowship

**Saturday Morning**- Tail Twister Breakfast, Auction, General Session Meeting, separate District Cabinet Meetings (to include elections of new officers for 2016-17 and election of one NCLI Board of Directors).

Tail Twister Auction and Ticket Drawing Funds will go toward Brighter Vision Goals for Districts N & S.

**Lunch** - with International Director Jerome Thompson

### Training Sessions

**Ready, Set, Grow** – ID Jerome Thompson

**Strides Walk** – 1st Vice District Governor Irwin Siegelwax and Lion Judy Jackson

**Club Service Projects** – Delivered by three club leaders from Districts N & S

**Saturday Night District Governors Banquet** – Good Food, Great Message from ID Jerome Thompson, Awards, Peace Poster Winners Awards, 50/50 Cash Drawing.

**Come and have a GREAT TIME! Meet, Mingle, Talk, Laugh!**

### Club Recognition/Ads

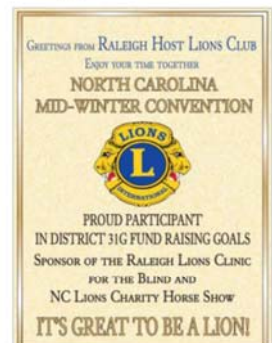
**Recognize** - Outstanding Club Lions, Favorite Service Projects, Club Recognitions, Supporting Businesses or any creative eye catching publication.

**Formats** - MsWord, JPEG, PDF

**Don't Know How?** Provide pictures and ideas to PDG Carlton Metts for designs and the proofs will be emailed back to you for approval.

**Remember** - Districts N&S does not apply convention fees to its membership. The convention is supported only by the Convention Program Book. In order to be successful we need all clubs in the two Districts to support the convention by purchasing a club recognition/ad in the program.

**Color** - The Program Book will be in color, so please provide color photos.





# LCI Peace Poster Contest

Lions clubs can sponsor a Peace Poster Contest in local schools or organized, sponsored youth groups. "Share Peace" is the theme of the 2015-2016 Peace Poster Contest.

A kit must be purchased for each contest sponsored. A sticker (included with each kit) must be placed on the back of the winning poster prior to forwarding it to the next level of judging. Entries not featuring an official sticker on the back or meeting the rules will be disqualified.

Only a Lions club can sponsor the contest in a local school or organized, sponsored youth group, such as YMCA programs, Boys & Girls Clubs, Scouts, etc. *A Lioness club can sponsor the contest through its sponsoring Lions club.* Note: The contest cannot be held in youth groups that a Lions club sponsors, such as a Leo club or Scout unit. However, individual members of those groups (such as Leos or Scouts) may participate if the contest is held at their school or other organized youth group.

The contest is open to students who will be 11, 12, or 13 years of age on November 15. Eligible birthdates can be found under the Contest Rules & Conditions found in the Peace Poster Kit.

Artwork must be no smaller than 13 inches by 20 inches (33 centimeters by 50 centimeters) and no larger than 20 inches by 24 inches (50 centimeters by 60 centimeters). Do not mat or frame artwork.

Only one entry per student per year is allowed and each entry must be the work of only one student. All artwork must be the individual student's original creation. Duplications are not accepted.

All media are accepted. Note: Chalk, charcoal, and pastel entries should be sealed with a fixative spray to prevent smearing. Do not laminate entries.

Three-dimensional entries will not be accepted. Nothing may be glued, stapled, or attached to the artwork in any way. The use of lettering or numbering on the front of the poster, in any language, is not allowed. All artist signatures or initials should be written on the back of the poster. Artwork should be done on a flexible

material, so it can be rolled for shipping in a mailing tube. Do not fold poster.

Lions clubs interested in sponsoring the Lions International Peace Poster Contest can order a Peace Poster Contest Kit (PPK-1) from the Club Supplies Sales Department at International Headquarters. The cost of the kit is \$11.95 plus shipping, handling, and applicable taxes. Lions clubs must purchase a kit for each contest sponsored. Each kit contains: an Official Club Contest Guide and Rules; Official School or Youth Group Contest Guide and Rules; participant flyer to duplicate and give to participating students to take home; sticker to place on back of winning poster; and certificates for contest winner and school or youth group.

You can order kits from the Club Supplies Sales Department at International Headquarters. To order a kit, call Club Supplies Sales at (630) 571-5466. To order online, visit the LCI Club Supplies web page and search for Peace Poster Kit.

## Environmental Photo Contest

Lions from clubs in good standing can enter an original, unaltered, black-and-white or color photo (without people) of the environment of their Lions club in the following 2015-2016 Lions Environmental Photo Contest categories: Animal Life, Landscape (Urban or Natural), Plant Life, Weather Phenomenon, or Special Theme (Dignity, Harmony, Humanity: Celebrating the peaceful coexistence of species).

The impartial judging of photos should focus on originality, artistic merit, and portrayal of the environmental theme.

Lions clubs select and submit one winning photo to the district.

Lions districts select and submit one winning photo to the multiple district. **January 15, 2016**, is the suggested deadline for districts to submit one 8" x 10" (20.3 x 25.4 cm) printed photo to the multiple district.

LIONS MULTIPLE DISTRICTS select and submit one winning photo to the international contest. **March 1, 2016**, is the deadline for multiple districts to sub-

mit one 8" x 10" (20.3 x 25.4 cm) printed photograph and an official entry form signed by the council chairperson to Lions Headquarters.

LIONS CLUBS INTERNATIONAL will display multiple district-level entries at the annual Lions International convention. Registered convention attendees will vote for their favorite photos. An award will be presented to the winning photographers. The six (the five category winners and the Best of Show) winning photos will appear on the LCI website.

Multiple entries will not be accepted. Please limit to one photo entry per multiple district. E-mail contest questions to [programs@lionsclubs.org](mailto:programs@lionsclubs.org). A copy of the Lions Environmental Photo Contest entry form is included on page 10 of this newsletter.

## Enthusiastic Lions Wanted!

By Lion Barbara Beltran  
(919) 957-2131 (H)  
(919) 638-1580 (Cell)  
[lionbarbara31s@yahoo.com](mailto:lionbarbara31s@yahoo.com)



We are looking for Lions interested in leadership opportunities with District 31-S for the 2016-2017 Lions year. We need regional chairs, zone chairs, and committee chairs. Region and zone chairs must be a current or past club president. Committee chairs have no prerequisite requirements, just a willingness to serve.

Committees include: Boys and Girls Home; Brighter Visions; Budget and Finance; Bulletins; Campus Clubs; Camp Dogwood; Clinical Eye Research; Constitution and By-Laws; Diabetes Awareness; District Convention; History; Endowments; Environmental Photo Contest; Information and Technology; Leader Dog; Leos; Nominations; Peace Poster Contest; Properties; Public Relations and Lions Information; Sight and Hearing; Tail Twisters; Volunteers; and Research and Long Range Planning.

PDGs, please let me know of any preferences. Emerging leaders are also encouraged to become involved. Please let me know your interests.



<https://www.facebook.com/nclionsbrightervisions>





# Lions Environmental P H O T O C O N T E S T

## 2015-2016 MULTIPLE DISTRICT ENTRY FORM

Multiple District \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_

Name of Lion Photographer \_\_\_\_\_

Lions Club of Photographer \_\_\_\_\_ Club ID \_\_\_\_\_

E-mail Address of Photographer \_\_\_\_\_

Please enter this photo into the following category (select only one):

- ☐ Animal Life
- ☐ Landscape (urban or natural)
- ☐ Plant Life
- ☐ Weather Phenomenon
- ☐ **Special theme:** *Dignity, harmony, humanity:* Celebrating the peaceful coexistence of species.

*Please note: Only one printed photo will be accepted from each multiple district; multiple entries will not be accepted.*

### CERTIFICATION

I hereby certify this photo as the official entry from my multiple district.

Council chairperson (please print name) \_\_\_\_\_

Signature of council chairperson \_\_\_\_\_

E-mail Address of Council Chairperson \_\_\_\_\_

Please mail this signed entry form with the official printed 8" x 10"  
(20.3 x 25.4 centimeters) multiple district photo by **March 1, 2016** to:

Lions Clubs International  
Lions Environmental Photo Contest  
300 West 22nd St.  
Oak Brook, IL 60523-8842 USA





# 2016 Districts N & S Mid-Winter Convention Registration



**HOLIDAY INN**  
 203 SW Greenville Blvd.  
 Greenville, NC 27834  
 Phone: 252-355-8300  
 January 15-16, 2016

Friday Night, Jan. 15, 2016 – 6:30 PM Fun Night – Hamburgers, Potato Salad, Slaw, Baked Beans, Corn on the Cobb & condiments – Buffet	Meal Cost	# Attending	Amount
	\$19.00/ea	_____	\$ _____
Saturday, Jan. 16, 2016 - 7:30AM Tail Twister's Breakfast - Country Style - Buffet	\$16.00/ea	_____	\$ _____
Saturday, Jan. 16, 2016 – 12:00 PM Luncheon – Deli Sandwich with Chicken Noodle Soup, Chips & Cookies – Buffet	\$15.00/ea	_____	\$ _____
Saturday, January 16, 2016 – 6:30 PM District Governors Banquet - Salad, Chicken Marsala, New Potatoes, Broccolini, Dinner Rolls & Dessert - Plated	\$24.00/ea	_____	\$ _____
<b>Total:</b>			<b>\$ _____</b>

## Meal Registration Deadline - January 10, 2016

\*\*\*\*\*

### Instructions:

Make Check Payable to -  
 Districts N & S Mid-Winter Convention

### Mail To:

Lion Anne Metts, Treasurer  
 2001 Williamson Drive  
 New Bern, NC 28562  
 Ph: 252-636-5000

\*\*\*\*\*

### Name Tag Registration Information:

<u>Name of Lion / Guest</u>	<u>Club Name / District</u>	<u>Circle Ones that Apply</u>	<u>Circle Honors**</u>
_____		Fun Night-Breakfast-Lunch-DGB	MJF-JSF-WLW-SLS-HOF
_____		Fun Night-Breakfast-Lunch-DGB	MJF-JSF-WLW-SLS-HOF
_____		Fun Night-Breakfast-Lunch-DGB	MJF-JSF-WLW-SLS-HOF
_____		Fun Night-Breakfast-Lunch-DGB	MJF-JSF-WLW-SLS-HOF

**Hotel Information:** For room reservations call: Holiday Inn, 203 SW Greenville Blvd., Greenville, NC 27834 at 252-355-8300 (Room rate: \$89.00 + tax) (King or Doubles).

**Make Room Reservations by December 16, 2015 for Lion's Rate.**

**\*\* Honors:** Melvin Jones Fellow (MJF) / Jack Stickley Fellow (JSF) / William L. Woolard Partner-in-Service (WLW)  
 Sid L. Scruggs, III Beacon of Hope / Hall of Fame (HOF)

Revised 9/17/2015

# 2016 DISTRICTS N&S MIDWINTER CONVENTION PROGRAM



## Club Recognition/Ad Form

Help Support a Lion Tradition



## The International Association of Lions Clubs Districts 31-N & 31-S Mid-Winter Convention

January 15-16, 2016

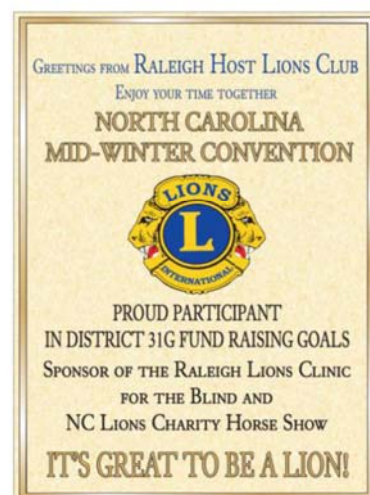
Holiday Inn Select  
203 SW Greenville Blvd  
Greenville, NC 278349

***Please send  
Ads & Pictures  
in Color***



### Ad Prices

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



**E-mail Ad Copy to:**

**carltonmetts@embarqmail.com**

and

Enclose copy with payment.

**Make Check Payable to:**

**Districts N&S Lions Midwinter Convention**

**Mail Check and Form to:**

**Lion Anne Metts, Convention Treasurer  
2001 Williamson Drive  
New Bern, NC 28562  
Phone: 252-636-5000**

\*\*\*\*\* AD DEADLINE – DECEMBER 31, 2015 \*\*\*\*\*

Club Name \_\_\_\_\_  
Business Ad Name \_\_\_\_\_  
Contact Name \_\_\_\_\_  
Contact Phone No. \_\_\_\_\_  
Ad Size \_\_\_\_\_ Amount \$ \_\_\_\_\_



# Rocky Hock Lions Gain New Member



*Left to right: Lions Sharon Savage, PDG Rhett White, and Christa Partin. Lion Christa (sponsored by Lion Sharon) was recently installed by PDG Rhett White as the newest member of the Rocky Hock Lions Club.*

*By Lion Frances Jordan*

PDG Rhett White recently attended a Rocky Hock Lions Club meeting where he installed the latest member, Lion Christa Partin. She was sponsored by Lion Sharon Savage.

PDG White also presented a Dr. Lacy and Esther Presnell VIP Ambassador plaque to Lion Lloyd Evans. The Rocky Hock Lions Club presented this award to Lion Evans for his years of attending and assisting with the VIP Fishing Tournament held annually at the Outer Banks.



*President, Lion Frank Mizak (left), presented a Certificate of Appreciation and gift bag to PDG Lion Rhett White for installing the newest club member.*

The NC Lions VIP Fishing Tournament is the largest gathering of visually impaired in NC and is believed to be the largest event of its kind in North America. The project has grown from a local tournament serving 12 blind children to 550 participants from NC and North America. Its three days of recreation, fellowship, and independent living workshops is designed to help visually impaired persons (VIPs). The NC Lions VIP Fishing Tournament is celebrating its 33<sup>rd</sup> anniversary this year. It takes approximately 500 Lions and volunteers working to make this a great success each year. Lion Lloyd is one of these Lions.

PDG White also presented two International President Awards to President Lion Frank Mizak that the Rocky Hock Lions Club had won in 2014-2015. The first award was a Banner Patch and a letter from Immediate Past International President Joe Preston stating that the Rocky Hock Lions Club has successfully completed all four of his campaigns in Lions year 2014-2015. These campaigns included: Engaging our Youth Campaign, Sharing the Vision Campaign, Relieving the Hunger Campaign, and Protecting our Environment Campaign.



*Rocky Hock Lions Club President, Lion Frank Mizak (left), receives the banner patch and a letter from Immediate Past International President Joe Preston stating that the Rocky Hock Lions Club has successfully completed all four of his campaigns in Lions year 2014-2015. PDG Lion Rhett White presented them.*

PDG White also presented a Banner Patch and letter from Immediate Past International President Joe Preston for successfully meeting the membership development goals of the Year Round Growth Program in Lions year 2014-2015.

After a delicious dinner served by the Nothin' Fancy Café, President Mizak presented PDG White with a Certificate of Appreciation and a gift bag from the Rocky Hock Lions Club. Many thanks to PDG Rhett White for installing our new member. (Frances Jordan photos)



*Even though Lion Lloyd Evans was presented with a Dr. Lacy and Esther Presnell VIP Ambassador Award at the VIP Fishing Tournament, PDG Lion Rhett White graciously presented the award to him again at a recent meeting of the Rocky Hock Lions Club for members who were unable to attend the tournament.*

## Healthy Vision Starts With A Dilated Eye Exam

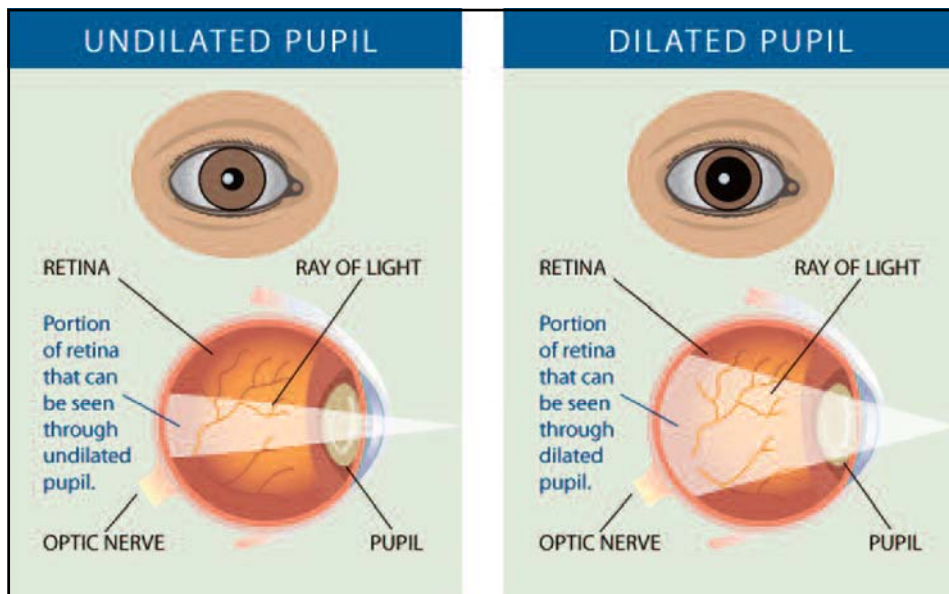
*See LCI Publication IAD-448*

Getting a comprehensive dilated eye exam is one of the best things you can do to keep your eyes healthy. In this painless procedure, an eye care professional examines your eyes to look for common vision problems and eye diseases, many of which have no early warning signs.

Different from the basic eye exam you have for glasses or contact lenses, a comprehensive dilated eye exam can help protect your sight by making sure you are seeing your best and detecting eye diseases in their early stages, before vision loss has occurred.

*continued on Page 14*

# Dilated Eye Exam



*These two illustrations show how much more of the eye can be seen through dilated pupils. Your eye care professional can get a better view of the retina and optic nerve to examine them for signs of damage or disease. To learn more about comprehensive dilated eye exams and eye health, visit [www.nei.nih.gov/healthyeyes](http://www.nei.nih.gov/healthyeyes).*

*cont'd from Page 13*

A comprehensive dilated eye exam includes the following.

**Dilation.** Drops are placed in your eyes to dilate, or widen, the pupils. Your eye care professional uses a special magnifying lens to examine your retina to look for signs of damage and other eye problems, such as diabetic retinopathy or age-related macular degeneration. A dilated eye exam also allows your eye care professional to check for damage to the optic nerve that occurs when a person has glaucoma. After the examination, your close-up vision may remain blurred for several hours.



**Tonometry.** This test helps to detect glaucoma by measuring eye pressure.



Your eye care professional may direct a quick puff of air onto the eye, or gently apply a pressure-sensitive tip near or against the eye. Numbing drops may be applied to your eye for this test. Elevated pressure is a possible sign of glaucoma.

**Visual Field Test.** This test measures your side (peripheral) vision. It helps your eye care professional find out if you have lost side vision, a sign of glaucoma.

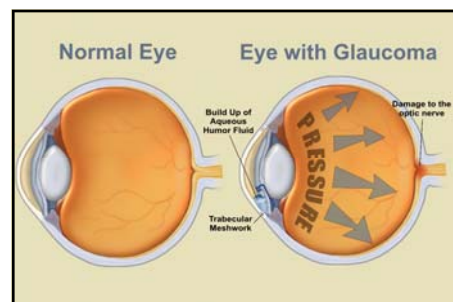
**Visual Acuity Test.** This eye chart test measures how well you see at various distances.



## Facts About Glaucoma

From National Eye Institute (NEI)  
<https://nei.nih.gov/>

This information was developed by the National Eye Institute to help patients and their families search for general information about glaucoma. An eye care professional who has examined the patient's eyes and is familiar with his or her medical history is the best person to answer specific questions.



**What Is Glaucoma?** Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and blindness. However, with early detection and treatment, you can often protect your eyes against serious vision loss.

The optic nerve is a bundle of more than one million nerve fibers. It connects the retina to the brain. The retina is the light-sensitive tissue at the back of the eye. A healthy optic nerve is necessary for good vision.

**How does the optic nerve get damaged by open-angle glaucoma?** Several large studies have shown that eye pressure is a major risk factor for optic nerve damage. In the front of the eye is a space called the anterior chamber. A clear fluid flows continuously in and out of the chamber and nourishes nearby tissues. The fluid leaves the chamber at the open angle where the cornea and iris meet. When the fluid reaches the angle, it flows through a spongy meshwork, like a drain, and leaves the eye.

In open-angle glaucoma, even though the drainage angle is "open," the fluid passes too slowly through the meshwork drain. Since the fluid builds up, the pressure inside the eye rises to a level that may damage the optic nerve. When the optic nerve is damaged from increased pressure, open-angle glaucoma and vision loss may result.

*continued on Page 15*



# Mid-Winter Convention Service Project

By DG Mary Boehm (District 31-S) and  
DG Vince Schimmoller (District 31-N)



At the Mid-Winter Convention, we would like to benefit the Fisher House Foundation. The Fisher House Foundation is a unique private/public partnership that supports America's military in their time of need. The program recognizes the special sacrifices of our men and women in uniform and the hardships of military service by meeting a humanitarian need beyond that normally provided by the Departments of Defense and Veterans Affairs.

Because members of the military and their families are stationed worldwide and must often travel great distances for specialized medical care, the Fisher House Foundation donates "comfort homes," built on the grounds of major military and VA medical centers. These homes enable family members to be close to a loved one at the most stressful times, during the hospitalization for an unexpected illness, disease, or injury.

Everyone attending the Mid-Winter Convention, January 15-16, 2016, please bring a non-perishable food product, paper product, or toiletry item that will be donated to the Fisher Houses located at Fort Bragg and Camp Lejeune.

## Facts About Glaucoma

*cont'd from Page 14*

That's why controlling pressure inside the eye is important. Another risk factor for optic nerve damage relates to blood pressure. Thus, it is important to also make sure that your blood pressure is at a proper level for your body by working

with your medical doctor.

**Can I develop glaucoma if I have increased eye pressure?** Not necessarily. Not every person with increased eye pressure will develop glaucoma. Some people can tolerate higher levels of eye pressure better than others. Also, a certain level of eye pressure may be high for one person but normal for another.

**Can I develop glaucoma without an increase in my eye pressure?** Yes. Glaucoma can develop without increased eye pressure. This form of glaucoma is called low-tension or normal-tension glaucoma. It is a type of open-angle glaucoma.

**Who is at risk for open-angle glaucoma?** Anyone can develop glaucoma. Some people are at a higher risk than others: African Americans over age 40; everyone over age 60, especially Mexican Americans; and people with a family history of glaucoma.

A comprehensive dilated eye exam can reveal more risk factors, such as high eye pressure, thinness of the cornea, and abnormal optic nerve anatomy. In some people with certain combinations of these high-risk factors, medicines in the form of eye drops reduce the risk of developing glaucoma by about half.

**Glaucoma Symptoms.** At first, open-angle glaucoma has no symptoms. It causes no pain. Vision stays normal. Glaucoma can develop in one or both eyes. Without treatment, people with glaucoma will slowly lose their peripheral (side) vision. As glaucoma remains untreated, people may miss objects to the side and out of the corner of their eye. They seem to be looking through a tunnel. Over time, straight-ahead (central) vision may decrease until no vision remains.

**How is glaucoma detected?** Glaucoma is detected through a comprehensive dilated eye exam that includes the following.

**VISUAL ACUITY TEST** (eye chart test that measures how well you see at various distances); **VISUAL FIELD TEST**

(measures your peripheral vision); **DILATED EYE EXAM** (drops are placed in your eyes to widen, or dilate the pupils); **TONOMETRY** (measures pressure inside the eye); and **PACHYMETRY** (measures the thickness of your cornea).

**Can glaucoma be cured?** No. There is no cure for glaucoma. Vision lost from the disease cannot be restored.

**Glaucoma Treatments.** Immediate treatment for early-stage, open-angle glaucoma can delay progression of the disease. That's why early diagnosis is very important. Glaucoma treatments include medicines (eye drops or pills), laser trabeculoplasty (laser surgery to help drain fluid out of the eye), conventional surgery (makes a new opening for the fluid to leave the eye), or a combination of any of these. While these treatments may save remaining vision, they do not improve sight already lost from glaucoma.

**Other Forms of Glaucoma.** Open-angle glaucoma is the most common form of glaucoma. Other types of glaucoma are *low-tension or normal-tension glaucoma* (optic nerve damage and narrowed side vision); *angle-closure glaucoma* (fluid at the front of the eye cannot drain through the angle and leave the eye); *congenital glaucoma* (children are born with a defect in the angle of the eye that slows the normal drainage of fluid); *secondary glaucomas* (can develop as complications of other medical conditions); *neovascular glaucoma* (can be a result from poorly controlled diabetes or high blood pressure); *pigmentary glaucoma* (pigment from the iris sheds off and blocks the meshwork, slowing fluid drainage); and *pseudoexfoliation glaucoma* (extra material is produced and shed).

If you are being treated for glaucoma, be sure to take your glaucoma medicine every day. See your eye care professional regularly. Ask questions and get the information you need to take care of yourself and your family.

*Correction to October issue: It was brought to my attention that William Franklin "Bill" Deal of Bill Deal and The Rhondels passed away on December 10, 2003. The band currently goes by the name, The Original Rhondels and are still going strong. Apologies for the error. It was not intentional. Current members are:*



*Brian Bleakley (vocals and trumpet); Steve Ambrose (saxophone and vocals); Wayne Kessinger (keys, saxophone, and vocals); Gary Hardy, Rolie Ligart, and Lee Quisenberry on trumpet and vocals; Bruce Harlow (guitar and vocals); and Sonny Morris (drums and vocals).*



# NORTH CAROLINA LIONS 2016 State Convention



**April 22-24, 2015**

Crabtree Marriott  
Raleigh, North Carolina

## PROGRAM AD FORM

### PROGRAM AD SIZES

<u>Select</u>	<u>Measurements</u>	<u>Cost</u>
_____	Event Sponsor (Includes Recognition & Banner at all events)	\$2000.00
_____	Outside Back Cover (Color) (Full Bleed)	\$1500.00
_____	Inside Front Cover (Color) 7 ½ x 10	\$1000.00
_____	Inside Back Cover (Color) 7 ½ x 10	\$1000.00
_____	Full Page 7 ½ x 10	\$300.00
_____	Half Page 7 ½ x 4 ¾	\$200.00
_____	Quarter Page 3 ½ x 4 ¾	\$125.00
_____	Eighth Page 3 ½ x 2 ½	\$75.00
_____	Business Card 2 x 3 ½	\$50.00
_____	Personal Patron or in Memory, single line listing only	\$25.00

Ad copy must be received by March 28, 2016.

#### **Program Ad Instructions:**

\_\_\_\_\_ Camera ready ad enclosed, or will email to: [glennday@nc.rr.com](mailto:glennday@nc.rr.com)

PLEASE NOTE: NO ADS AVAILABLE FROM PREVIOUS YEARS

Today's Date \_\_\_\_\_ Business or Club \_\_\_\_\_

Contact Person \_\_\_\_\_ Phone \_\_\_\_\_

#### **Contributor Information:**

Address \_\_\_\_\_

Email \_\_\_\_\_ Amount Enclosed \_\_\_\_\_

#### **MAKE CHECK PAYABLE TO: NC Lions 2016 State Convention**

#### **Mail Check, Ad Layout, and Form to;**

Lion Glenn Day

160 Meadow Glen Dr.

Wake Forest, NC 27587

Phone: (919) 539-3706

Email: [glennday@nc.rr.com](mailto:glennday@nc.rr.com)

North Carolina Lions  
Appreciate Your Support!





## News From LCIF

*By Joe Preston, Chairperson  
Lions Clubs International Foundation*

No matter where you live, you have probably heard about the refugee situation in Europe. Hundreds of thousands of people have been forced to leave their homes and make their way into Europe. They are leaving Syria, Kosovo, Afghanistan and several other countries, usually on foot and carrying what few possessions they still have. They are searching for a place to call home, where they can safely raise their families. Many of them are crowded into camps, lacking adequate food, water and medical supplies.

This is where Lions Clubs International Foundation (LCIF) and Lions can help. LCIF has approved \$200,000 to help Lions address the needs of refugees in host countries. The Lions of Sweden and Turkey are already hard at work providing relief materials to refugees near the Greece/Turkey border. The Lions in the Istanbul, Turkey, region have received a grant for refugee assistance, with which they plan to establish a school for refugee children and support the nutrition and hygiene needs of 100 families for two months.

Lions in Europe and the Middle East recently met to share stories, resources and ideas for helping the refugees. A steering committee comprised of Lions leaders in Europe was formed to help coordinate efforts. Please consider making a donation to LCIF's disaster fund so Lions in the affected areas can help where help is needed most.

If your District or Multiple District is interested in aiding refugees, you can contact LCIF to find out how to request funds for local relief projects through a pilot grant program.

Thank you for your dedication to

improving lives of people all over the world.



**LCIF Recognizes Top Contributors in 2014-2015.** Each year, LCIF recognizes the Lions districts and clubs that were top contributors in financial support of the Foundation. It is through this kind of generosity that LCIF can save and preserve sight, provide disaster relief, support youth and meet humanitarian needs in local communities and around the world. You can view this year's list online.

The LCIF recognition categories include the top five districts in each constitutional area based on total giving; the top five districts in each constitutional area based on per member average; the top five clubs in each constitutional area based on total giving; the districts in which 100 percent of clubs donated to LCIF; and more. Thank you and congratulations!



**Lions Quest Continues to Expand.** LCIF and the United Nations Office on Drugs and Crime (UNODC) have worked together since 2012 to bring Lions Quest to the Balkans region. In 2014, a pilot program was launched in Serbia. This year, the program expanded into Macedonia (FYROM) and Montenegro. This expansion will allow for the training of 150 teachers and will positively impact more than 2,000 students in 50 schools. An evaluation of the Serbian program shows that Lions Quest improved drug and alcohol refusal skills and increased

risk perception among students. Visit [lions-quest.org](http://lions-quest.org) to find out how your club can bring Lions Quest life skills to your community.



## OSEAL FORUM

**OSEAL Forum.** The 54th OSEAL Forum, "Excellence through Service," will take place in Bangkok, Thailand, December 3-6, 2015. There are many seminars and networking events open to Lions from all across Southeast Asia. Be sure to attend LCIF's general seminar on Saturday, December 5, at 1:00 pm.

## In Memory of Lion Raymond Dare Clifton

July 29, 1927—November 26, 2015

Lion Raymond Dare Clifton, 88, of Columbia, died on Thursday, November 26, 2015, near the Gum Neck Community of Tyrrell County. Born, July 29, 1927, in Woodbridge, VA, he was the son of the late Raymond Dudley and Vivian Estelle Tacey Clifton. He moved to Tyrrell County in 2012 from Stafford, VA.

Mr. Clifton attended Virginia Military Institute, served in the U. S. Marines during 1945-46, and then graduated from Strayer College and began his accounting practice. He was extremely active in Lions Club activities in Virginia and was a former District Governor and State Officer. He was instrumental in the Capital Drive and development of Potomac Hospital in Woodbridge, VA, when it opened as the first community hospital in that area.

His family received friends on December 1, 2015, from 6:00 pm to 8:00 pm at Bryan Funeral Service in Columbia.

*continued on Page 18*

## Raymond Dare Clifton

*cont'd from Page 17*

Surviving are a daughter, Susan M. McRae of Columbia; a grandson, D. Bryan Muthler and wife, Christine of Columbia; three great-grandchildren, Nate, Evie and Ezra Muthler of Columbia.

Among other family are his former wife, Billie Clifton, her daughter, Teresa and her husband, Brian Chatham, their two sons, Brandon and Corey and great-granddaughter, MacKenzie, all of Fredericksburg, VA.

Memorials, in lieu of flowers, are requested to be sent to Tyrrell County 4-H, Cooperative Extension Office, P. O. Box 209, Columbia NC 27925.

### In Memory of Constance Kathleen Hayes

April 13, 1948 – November 24, 2015

Constance Kathleen Ward Hayes, 67, of Columbia, died at Virginia Beach General Hospital, Virginia Beach, VA, on November 24, 2015, after an extended illness.

Born in Tyrrell County, April 13, 1948, she was the daughter of the late Colley Herman and Mary Alice Ainsley Ward. She was married to Glenn Perry Hayes who survives.

A member of the Cabin Swamp Church of Christ, she was active in the Ladies Aide and the Ladies AM Bible Study and was a member of Columbia Lions Club.

A celebration of her life was held at 2:00 pm on November 28, 2015, at Cabin Swamp Church of Christ. Thomas Biggs and Greg Brookins officiated.

Surviving in addition to her husband are a son, Daniel E. Hayes and wife, Jill of Aviano Air Force Base, Italy; a daughter, Christy H. Hufton and husband, Garry of Roper; a sister, Colleen W. Ambrose and husband, Robert of Creswell; her "mama", Etta A. Ward of Columbia; two step-brothers, Gordon Armstrong and wife, Peggy and Tommy Armstrong and wife, Marie, all of Chesapeake VA; three step-sisters, Gwen White and husband, Rhett of Columbia, Sheila Bryant and husband, Billy of Chesapeake, VA and Jennifer Davenport and husband, Louie of Wanchese; five grandchildren, Colton Hufton, Kaitlyn Harvey, Allie Hufton,

Kiernan Hayes and Joah Hayes; a great-grandson, Bentley Harvey; a "special daughter" Ashley Henriott and her children, Braiden and Preston Gaylor.

Mrs. Hayes was preceded in death by a granddaughter, Isabella Hayes.

The family requests that memorials be directed to Cabin Swamp Church of Christ Coats for Christmas Fund, c/o Brad L. Gibbs, 1545 Burton Shell Road, Columbia NC 27925.

### Message From International Director Jerome Thompson



Greetings from Alabama! I am looking forward to my trip to North Carolina the weekend of January 16, 2016. I do hope that I can meet you, hear of your club suc-

cesses and discuss the future of our association, LIONS Clubs International.

I am excited about the Centennial Membership Challenge which has been laid out before us. During my visit, I will be sharing with those in attendance how we can all be recognized for our dedication to membership growth in a presentation, "READY, SET, GROW!!"

Those in attendance will also have an opportunity to hear more about our 2015–2016 theme, "DIGNITY, HARMONY, HUMANITY." When Lions live our motto, "WE SERVE", the theme becomes a reality in our clubs, our community and our lives. Until I can greet you in person, please continue to "JUST ASK ONE, EVERYDAY." It would be my pleasure to induct your new members during my visit.

Here is my contact information: P. O. Box 593, Moulton, AL 35650; (256) 974-3007 (Office); (256) 340-4762 (Cell); E-Mail [hjeromelaw@aol.com](mailto:hjeromelaw@aol.com).

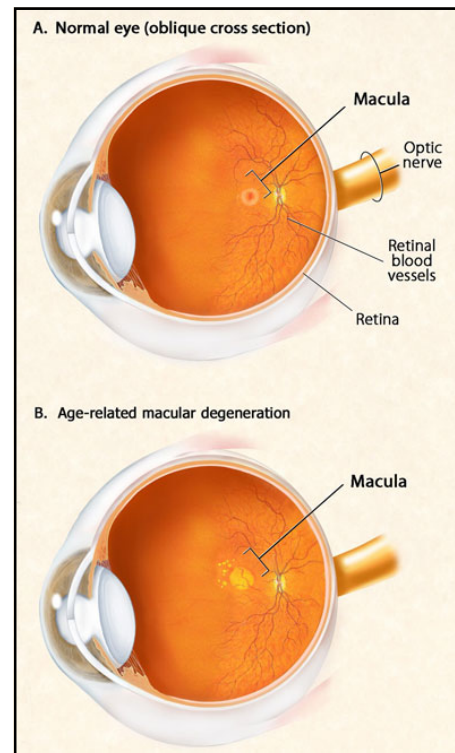
## Macular Degeneration

*From [www.macular.org](http://www.macular.org)*

**What is Macular Degeneration?**  
Macular Degeneration is the leading cause of vision loss, affecting more than 10 million Americans - more than cataracts and glaucoma combined. At present, Macular Degeneration is considered an incurable eye disease.

Macular Degeneration is caused by the deterioration of the central portion of the retina, the inside back layer of the eye that records the images we see and sends them via the optic nerve from the eye to the brain. The retina's central portion, known as the macula, is responsible for focusing central vision in the eye, and it controls our ability to read, drive a car, recognize faces or colors, and see objects in fine detail.

One can compare the human eye to a camera. The macula is the central and most sensitive area of the so-called film. When it is working properly, the macula



collects highly detailed images at the center of the field of vision and sends them up the optic nerve to the brain, which interprets them as sight. When the cells of the macula deteriorate, images are not received correctly. In early stages, macular degeneration does not affect vision. Later, if the disease progresses, people experience wavy or blurred vision, and, if the condition continues to worsen, central vision may be completely lost.

People with very advanced macular degeneration are considered legally blind. Even so, because the rest of the retina is still working, they retain their peripheral vision, which is not as clear as central vision.

*continued on Page 19*



# Macular Degeneration

*cont'd from Page 18*

## Types of Macular Degeneration.

There are two basic types of Macular Degeneration: "dry" and "wet." Approximately 85% to 90% of the cases of Macular Degeneration are the "dry" (atrophic) type, while 10 to 15 percent are the "wet" (exudative) type.

Stargardt disease is a form of macular degeneration found in young people, caused by a recessive gene.

## Stages of Macular Degeneration.

There are three stages of Age-related Macular Degeneration (AMD).

**Early AMD.** Most people do not experience vision loss in the early stage of AMD, which is why regular eye exams are important, particularly if you have more than one risk factor (see below). Early AMD is diagnosed by the presence of medium-sized drusen (yellow deposits beneath the retina).

**Intermediate AMD.** At this stage, there may be some vision loss, but there still may not be noticeable symptoms. A comprehensive eye exam with specific tests will look for larger drusen and/or pigment changes in the retina.

**Late AMD.** At this stage, vision loss has become noticeable.

If you have already been diagnosed with Macular Degeneration, here are Ten Questions to Ask Your Doctor.

**Causes of AMD.** The specific factors that cause macular degeneration are not conclusively known, and research into this little understood disease is limited by insufficient funding. At this point, what is known about age-related Macular Degeneration is that the causes are complex, but include both heredity and environment.

Scientists are working to understand what causes the cells of the macula to deteriorate, seeking a macular degeneration treatment breakthrough. They know the causes are not the same for Age-related Macular Degeneration as they are for Stargardt disease. Stargardt disease has a specific genetic cause in most cases, whereas AMD involves both genetic and environmental factors.

Dr. Carl Kupfer, the former Director of the National Eye Institute, National Institutes of Health, has stated that Macular Degeneration will soon take on as-

pects of an epidemic as the Baby Boomers' age: "As the "baby boom" generation ages, and in the absence of further prevention and treatment advances, the prevalence of AMD is estimated to reach epidemic proportions of 6.3 million Americans by the year 2030."

AMDF supports research on age-related macular degeneration symptoms, causes, and treatment.

**Risk Factors.** The biggest risk factor for Macular Degeneration is age. Your risk increases as you age, and the disease is most likely to occur in those 55 and older.

Other risk factors include: Genetics (People with a family history of AMD are at a higher risk); Race (Caucasians are more likely to develop the disease than African-Americans or Hispanics/Latinos); and Smoking (Smoking doubles the risk of AMD).

**Treatment.** There is currently no known cure for Macular Degeneration, but there are things you can do to reduce your risk and possibly slow the progression once you've been diagnosed. For example, one can pursue lifestyle changes like dieting, exercise, avoiding smoking, and protecting your eyes from ultraviolet light.

**How Does AMDF Support Macular Degeneration Research?** The American Macular Degeneration Foundation supports important research on the treatment macular degeneration. Your donations are critical to support ongoing research into the causes and treatment of macular degeneration.

## Five Foods For Healthy Eyes

*From Health Magazine*  
[www.health.com](http://www.health.com)

Beyond Carrots. You've probably heard that carrots and other orange-colored fruits and vegetables promote eye health and protect vision, and it's true: Beta-carotene, a type of vitamin A that gives these foods their orange hue, helps the retina and other parts of the eye to function smoothly. But eating your way to good eyesight isn't only about beta-carotene. Though their connection to vision isn't as well-known, several other vitamins and minerals are essential for

healthy eyes. Make these five foods a staple of your diet to keep your peepers in tip-top shape.



**Leafy Greens.** They're packed with lutein and zeaxanthin—antioxidants that, studies show, lower the risk of developing macular degeneration and cataracts.

**Eggs.** The yolk is a prime source of lutein and zeaxanthin—plus zinc, which also helps reduce your macular degeneration risk, according to Paul Dougherty, MD, medical director of Dougherty Laser Vision in Los Angeles.

**Citrus and Berries.** These fruits are powerhouses of vitamin C, which has been shown to reduce the risk of developing macular degeneration and cataracts.

**Almonds.** They're filled with Vitamin E, which slows macular degeneration, research shows. One handful (an ounce) provides about half of your daily dose of Vitamin E.

**Fatty Fish.** Tuna, salmon, mackerel, anchovies and trout are rich in DHA, a fatty acid found in your retina—low levels of which have been linked to dry eye syndrome, says Jimmy Lee, MD, director of refractive surgery at Montefiore Medical Center, in New York City.





## **CERTIFICATION OF VOTING DELEGATES AND ALTERNATES 31-S DISTRICT MID-WINTER CONVENTION**

As stated in Article VI, Section 7, of the North Carolina Lions Constitution and By-Laws, each chartered club in the state in good standing shall be entitled to one voting delegate and one alternate for each ten members who have been enrolled for at least one year and one day in the club, or major fraction thereof, as shown by the records of the International Office on the first day of the month last preceding that month during which the convention is held. The major fraction referred to in this section shall be five or more members. Each District Governor and every Past District Governor in good standing in the state shall be a full delegate in his/her own right at any and all conventions, shall have all privileges of every description that any other delegate has and this in no way will affect the number of delegates or alternates to which each club is entitled. Each such vote based on membership as well as each vote based on being a District Governor or Past District Governor can be cast only by a delegate present in person at the Convention, registered, qualified, and certified, and no delegate shall cast more than one vote on each question.

Please type or print below the names of club delegates and alternates who will represent your club at the District 31-S Mid-Winter Convention, January 2016 and return this to PDG Gene English, Cabinet Secretary, Lions of 31-S, 113 Cossack Circle, Garner, NC 27529 by January 8, 2016.

### **DELEGATES**

### **ALTERNATES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

If your club has sufficient membership to be entitled to more than ten (10) delegates, please copy this form as needed and attach.

Signed: \_\_\_\_\_, Secretary      Date: \_\_\_\_\_

\_\_\_\_\_  
Lions Club

Club Membership: \_\_\_\_\_ as of January 1, 2016





A Mission to Care, to Enrich and to Serve Our North Carolina Citizens

# BRIGHTER Visions

north carolina lions  
annual fund drive



Help North Carolina Lions, Inc. continue its program and services for the blind and visually impaired adults and children throughout our state.

Your donation helps support our many programs like our 56 acre Camp Dogwood for Blind & Visually Impaired Summer retreat facility on the banks of Lake Norman. Assist with our program of the See the 21st Century Mobile Screening Unit that travels the state every week of the year screening children and adults.

Plus, continue our other programs and services that make up our foundation. Visit [www.nclionsinc.org](http://www.nclionsinc.org) for a complete listing of services or visit the NC Lions Brighter Visions Facebook page for complete information and videos.

You shop. Amazon gives.

- Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.
- AmazonSmile is the same Amazon you know. Same products, same prices, same service.

**When shopping Amazon just add the link below**

**<http://smile.amazon.com/ch/56-0890554>**



## Message From LCI President, Dr. Jitsuhiro Yamada

山田 実志郎

**Helping Children Is Our Most Urgent Task.** Courage, strength, and wisdom can come from the most unlikely sources. Malala Yousafzai stands five feet tall—tall enough to stand up to the Taliban. As a young girl in Pakistan, she demanded that girls receive an education. A Taliban gunman shot her in the head in 2012, but she survived and received the Nobel Peace Prize in 2014 for continuing to advocate for girls' education.

In accepting the Nobel, she knew she stood for so many others. "I am also Shazia. I am Kainat [two girls who were also shot]," she said in her powerful speech. "I am Mezon [a Syrian refugee]. I am Amina [threatened by Boko Haram in Nigeria]. I am those 66 million girls who are deprived of education. And today I am not raising my voice. It is the voice of those 66 million girls."

My presidential theme revolves around "dignity, harmony, and humanity." I believe that our essential mission as Lions is to perform service that enables people to live with dignity. We especially need to aid children, our future. We need to help children who are fighting disease, children who are in refugee camps, children who are suffering from hunger. We need to help

children escape the vicious cycle of poverty. We need to provide children with education and literacy through the Reading Action Program. We need to do so much more.

Now is the time for each Lion to take action to serve children in need around the world. Our future depends on it. Malala's passionate call to action to help youths must ring true to Lions today in the same way as Helen Keller's plea to help the blind resonated with Lions 90 years ago.

As Malala said, "We have already taken many steps. Now is the time to take a leap . . . We must work, not wait. Not just the politicians and world leaders, we all need to contribute. Me. You. We. It is our duty."



*Check out the November  
issue of LION Magazine!*



DG Mary Boehm  
1565 Glen Eagles Court  
Nashville, NC 27856



District 31-S Web Site - <http://nclions31s.org/wp/>



<https://www.facebook.com/pages/North-Carolina-Lions-District-31-S/353173961524146?fref=ts>

