

LIONS DISTRICT 14-N

“GRAPEVINE”



well hello,
march 2023



**Together, we are the most powerful force
for change this world has ever seen.
Together we can!**
Brian E. Sheehan
2022-2023 Lions International President



An Irish Blessing
May your troubles be less
and your blessings be more
And nothing but happiness
come through your door

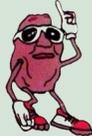


EDITORIAL HAPPENINGS



“You heard it through
the Grapevine...”

But did you?



OFFICERS FOR DISTRICT 14-N

LIONS YEAR 2022/2023

DISTRICT GOVERNOR:

GAYLENE TOLAND

FIRST VICE DISTRICT
GOVERNOR:

MARIA LOUDERMILK

SECOND VICE DISTRICT
GOVERNOR:

ELLIOTT HILTON

WEBSITES

LIONS PA 14-N:

<https://www.lionspa14n.org/>

LCI:

<https://www.lionsclubs.org>

LIONS OF PA FOUNDATION:

<https://lionsofpafoundation.org/>

BEACON LODGE:

<https://www.beaconlodge.org/>

WESTERN PA LIONS HEARING
FOUNDATION:

<https://wpalhf.org/>

ENVISION BLIND SPORTS:

<https://www.envisionblindsports.org/>

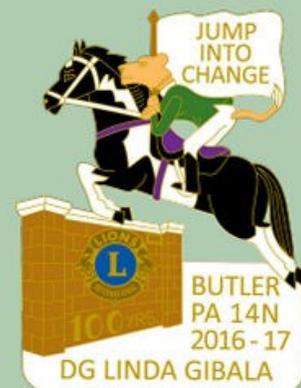
CONTACT EDITOR

PDG Linda Gibala

Home: 724-287-8037

Cell: 724-355-0570

Email lindakay46@yahoo.com

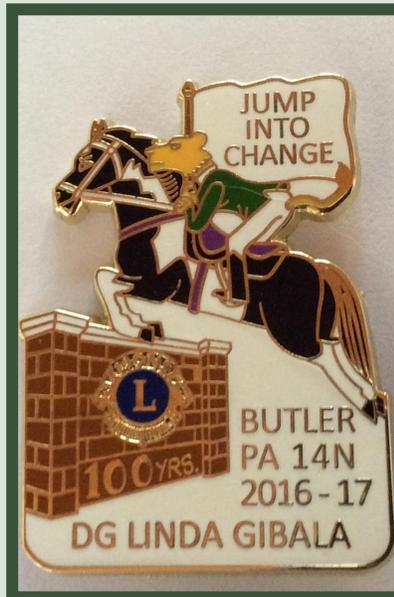




The Letters to the Editor section is meant to be a forum for any Lions to express their views on what is happening in our District, both positive and things that perhaps should change.



Those of you who knew me during my District Governor years, know that my horse, Painted Angel, was the model for my District Governor pin and was often mentioned or pictured in my District Governor news articles. I'm sad to report that she passed away in January at the age of 30. She was my companion and therapist for 15 of those years.



**District 14-N
Spring
Convention!**



April 15, 2023

Games, Prizes, Entertainment,

Basket Raffle, 50/50

Good Food, Good Friends, Good Times!



SAVE THE DATE!!

**BUTLER LIONS CLUB
100TH ANNIVERSARY
CELEBRATION!**

JOIN US FOR A ROARING FUN LUAU!

SATURDAY, JUNE 24, 2023

DOORS OPEN AT 4:30 PM - DINNER AT 6:00 PM

**TANGLEWOOD CENTER
10 AUSTIN AVENUE
LYNDORA, PA 16045**

***HULA OVER FOR SOME FUN!
SWIMSUITS AND TOWELS NOT REQUIRED!***

AUCTION BASKETS ARE BEING ACCEPTED



Benefits New Brighton Lions Club

All—You—Can—Eat



Pancake & Sausage

Breakfast

Sunday, March 19, 2023

8:00 am—1:00 pm

Beaver County Lighthouse

720 3rd Ave—New Brighton, PA 15066

Adults: \$10 (in advance)

Adults: \$12 (at the door)

Children: \$5 (5-12 years)

Children under 5: Free



Sponsored by: J&J Spratt Funeral Home, Inc



ELLWOOD CITY LIONS CLUB *Presents*



Night At The Races

Sat. March 25, 2023

Wayne Twp. Fire Hall

5153 Ellwood Rd., Ellwood City, PA

Doors open: 5:30 pm

Races start: 7:00

\$25 / person — \$30 at the door

Horse, Food & Beer included

Must be 21-yrs old to enter



23rd ANNUAL

JACK WILSON



MEMORIAL FISHING DERBY

Sponsored by the Little Beaver Lions Club

Saturday, April 15, 2023

- Derby time is 8:00 AM to 3:00 PM
- Check in at the Polo Field Concession Stand in Darlington
- Derby will be held on the Little Beaver Creek
- Entry is \$5.00/per person, \$15.00/per family
- Age Groups:
 - 3 yrs.- 6 yrs.
 - 7 yrs. – 10 yrs.
 - 11 yrs. – 15 yrs.
 - 16 yrs. and older
- Youth Groups Welcome
- Prizes for Rainbow and Brown Trout in each age group
- Biggest Rainbow and Brown Trout on Fly Rod
- Prizes to be given away at 3:00 PM at Concession Stand

For more information or to preregister

Call 724-462-4288

or email: mlseiber@comcast.net

You may also register at the Polo Field the day of the event

LITTLE BEAVER LIONS CLUB
Invites you to enter

TRIVIA NIGHT
for
Family and Friends

SATURDAY, APRIL 22, 2023
New Galilie Community Center
606 Centennial Ave. 16141

Competition starts @ 7 pm
Doors open @ 6 pm

Limited menu available for purchase
BYOB
Teams entry fee \$100.⁰⁰

Teams limited to 10 members.
RSVP & limited tables available
First place team wins \$200.⁰⁰

For more information, contact
Melanie Todorich
412.874.9254





Beacon Lodge Work Weekend is April 27-30

If you are able to come to the
work weekend, please contact
PCC Brian McCarl.



*Together
We Can*

We are asking all clubs in District 14-N to have a Beacon Lodge Bin Meeting sometime before the second meeting in March. Each club will fill their bins with items from the Beacon Lodge Wish List. After you do, contact your Zone Chair or PDG Tom Toland so we can make arrangements to pick up your club's donations to the Wish List.

We DO NOT want the bin, just the contents.

BEACON LODGE WISH LIST

2023

OFFICE SUPPLIES:

- Color Copier Paper
- White Copier paper
- O8x14 white paper
- D Bright White Printer Paper
- D Envelopes: #10, 6x9, 9x12
- D Bubbled Envelopes 6x9, Sxl
- O3 prong Pocket Folders
- Sharpies - all sizes
- Small Paper Clips
- Banker Boxes
- D Dry Erase Markers

KITCHEN:

- Plastic Cold Cups: 5 oz & 9 oz
- D Hot Wax Coffee Cups: 9 & 10 oz
- Chinet Paper Plates: 9" or larger
- Napkins: dinner, picnic
- Original Dawn Dish Liquid
- Foil **Wrap: 18" x 500 ft**
- Plastic Food Wrap: 18" x 2000 ft
- Parchment Paper: sheets
- White Bar/Dish Cloths
- D Vinyl Kitchen Gloves (ALL sizes)

HOUSEKEEPING:

- Thick Paper Towels
- Clorox
- Disinfecting Spray Cleaner
- Disinfecting Floor Cleaners
- Disinfecting Wipes
- Magic Erasers
- White Vinegar
- O55-56 gal Trash Bags
- Toilet Plungers-heavy duty
- Toilet Brushes
- Zipper Vinyl Pillow Covers (standard)
- Zipper Vinyl Mattress Covers (twin)
- Long Twin Size Blankets No Wool
- Long Extendible Dusters
- Industrial Wet Mop Heads
- Vinyl Disposable Gloves: M, Lg, XL

MAINTENANCE:

- M, L, XL, XXL Black Nitrile Powder-Free Gloves
- LED Light Bulbs
- LED Flood Light Bulbs
- D Duracell/Energizer/Rayovac Batteries: (AAA, AA, C, D, 9V)
- Packs of Roller Covers: LG & SM
- Foaming Bee/Wasp Killer
- Ant Spray
- Garden Hose Nozzles
- Microfiber Cloths
- Long Neck Lighters
- Paint Brushes: 2", 3", 4"
- Knee Pads

INFIRMARY:

- Baby Wipes
- Sunscreen - Cream and Spray
- Bug Spray (OFF, etc.)
- D Bactine Spray
- Lanacane Spray
- Benadryl Spray
- Liquid Benadryl for children
- Calamine Lotion
- Hydrocortisone Cream
- Tylenol: adult & children
- Ibuprofen: adult & children
- D Imodium
- D Pepto-Bismol
- Saline Eye Drops
- Cold Relief Medications
- D Cough Drops
- Blood Pressure Cuff
- D Pulse Oximeter
- Exam Gloves: all sizes, latex free
- Sharps Containers
- Single Use Lancets
- Graduated Liquid Medicine Dispenser Cups
- First Aid Kits
- Large Disposable Bed Pads
- Shower Chairs

ACTIVITIES:

- Craft Jewelry
- Craft Beads, String
- Colored Paper
- Elmer's Glue Sticks
- Bingo Cards and Blotters
- Bingo Prizes**
- Stress Balls
- Weighted Stuffed Animals
- Massage Balls
- Twine
- Tie Dye
- White T-Shirts: Med, Lg, XL, 2XL
- White Socks: All Sizes Kids & Adult
- Chewable Sensory Necklaces
- Adult Sleeping Bags
- Smart Scissors & Skills Workbook
- Craft Kits for Children and Adults
- CrayonS/Markers/Pencils
- Sensory Color Illusions
- Slinkies
- Suncatchers
- Small Paint Kits and Brushes
- Play Doh
- Small Totes with lids

Gift Cards:

- Lowes
- Ace hardware
- True Value
- D Harbor Freight
- Walmart
- McDonald
- D Hoss's



Please email me if you would like to advertise your event here.

lindakay46@yahoo.com



BEE THERE!

UPCOMING EVENTS!

March 2023

- March 19th—New Brighton Pancake Breakfast
- March 25th—Ellwood City Night at the Races (see flyer)

April 2023

- * April 15th—District Spring Convention at Shakespeare's Restaurant
- * April 15th—Little Beaver Fishing Derby (see flyer)
- * April 22nd—Little Beaver Trivial Night (see flyer)
- * April 27-30—Beacon Lodge Work Weekend

May 2023

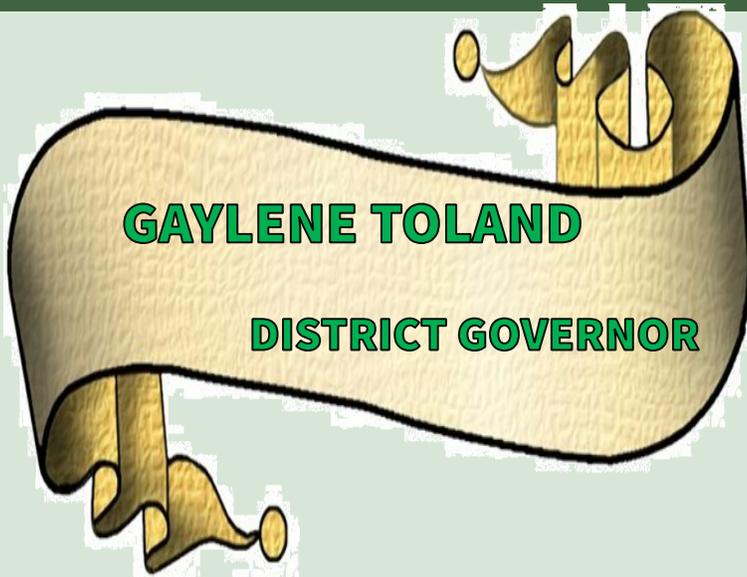
- * May 18-21—PA Lions State Convention in Indiana, PA
- * May 27th—4th Cabinet Meeting at the Blind Assoc.

June 2023

- * June 24th—Butler Lions Club 100th Anniversary

* July 2023

- * July 16th—Beacon Lodge Lions Appreciation Day



Hello fellow Lions and Leos,

As we come into our last quarter of the Lion's year, it is time for us to take time for ourselves and celebrate our accomplishments as Lions. Some of our clubs are using the spring to hold charter or anniversary celebrations of their clubs. We need to look back at what our clubs have done in the past nine months. And take time to honor our fellow Lions with a little recognition. At the club level honor those who have helped make your club a success this year. That always starts with the King Lion. The recognition need not be a plaque or trophy. A simple "Thank you!" or "Job well done!" might suffice. Congratulate your team members who have taken on roles as board members or committee chairs. Let them know how they have been appreciated for their hard work and dedication to your club and to Lionism.

However, we cannot stop and sit back and simply say “ Good job, Lions”. Our year is not over! We have new officers to elect and get the PU 101 forms sent to LCI by May. We need to get them started on their preparations for next year. We want our clubs to come out of the gate at a full gallop and not wander around the track trying to figure out which way to go for the year. So many people depend on what your club does, so plan for success.

All our communities would be much poorer without Lions Clubs. All we need to do is look at your club’s history and see what your community would be missing without the leadership and dedication to service your club has provided throughout the years. We all have much to celebrate as Lions and as individual clubs. Let’s raise our glass as we say the Lions Toast. **“Not above you, not beneath you, but with you.”** Think about the true meaning of that simple toast. **With you**, we can accomplish great things. Let us all rejoice in the fact that we are Lions and continue to spread the word high and low as **We Serve**.

Let’s celebrate at the Spring Rally, April 15th at Shakespeare’s Restaurant, Ellwood City. I hope to see everyone.

THERE IS A SURPRISE! Your club could win a PRIZE by you having **FUN** at the rally! The key to winning is to have **fun**. It is a secret on how we will be having fun, so plan on coming to help your club win the prize!



A Family of Lions



Together We Serve

Gaylene Toland, District Governor

Home: 724-478-3007 Cell: 724-433-34-29

Email: gaylene.toland@gmail.com

Has your club given “The Heart of a Lion Award” yet? This award is given to volunteers in the community that have the “Heart” of a Lion, but are not members of your Lions Club. Contact PDG Tom Toland if you have just the volunteer in mind! Due to rising costs of materials, the price of the plaque is now \$18 which is due when plaques are ordered.

HEART OF A LION AWARD



PDG Tom Toland

724-478-3007

FIRST VICE DISTRICT
GOVERNOR
MARIA LOUDERMILK



Hello, District 14-N Lions!

I'm excited to pass on to all of you the things that have been going on as we speed along to our District Spring Convention in April (just around the corner). These activities will serve to demonstrate the type of support provided to those who decide to step up into District leadership positions anywhere in the state of Pennsylvania.

I was attending the Vice District Governor Training in Harrisburg from the 6th through the 8th of January, getting some of the best instruction on how to be an effective District Governor that I've had yet. Each of the past two years the state has provided this training on everything you can think of, and some things you can't think of, about what you will encounter as a District Governor. Our state is blessed with a team of dedicated Lions who provide interesting, challenging, fun and complete topics that District Governors will certainly use during their year as District leaders/CEOs. Even some of the guest speakers who have been brought in to present have commented on the curriculum as one of the best in the country. I must agree!

The next event was the first three in-person days of our International training in St. Charles, Illinois. This training, which took place from the 7th to the 9th of February, included First Vice District Governors from all over the world, and provided an opportunity to meet with administrators and department heads from the Lions Club International Headquarters. Some of our clubs received their Peace Poster Contest packets from the store I visited at the Headquarters and brought back to our District. Other training sessions, in both large and small groups, focused on District Goals development, the Global Membership Approach, LCI support and the importance of regular reporting of Service in My Lion and the new Lion Portal coming in July. More about the Lion Portal in the next few months, but in the meantime, please visit lionsclubs.org/portal-updates to get more information. We also received information about our International Convention to be held in Boston from the 7th through the 11th of July 2023, where the District Governors Elect (after District Spring Convention voting) will take their oath of office from incoming International President, Patti Hill from Canada.

Next, I attended the Global Action Team Spring Symposium (not sure why it was called Spring in February) in Delmont, PA, along with several of our District Lions, where our State instructional team once more provided excellent topics for review and discussion on membership, service and service projects (presented by our own PDG Tom Toland), and leadership styles and how to determine the best ones to use in our clubs. It was attended by two Vice District Governors from West Virginia, who praised the training and said they wished they could get the same in their state.

Finally, I would like to address some upcoming topics I'd like all 14-N Clubs to consider. I'm in the process of preparing the District Directory for July distribution and need your help. I am looking for Club leaders to review the current District Directory and see if there are any positions you are interested in finding out more about or filling for the District. Over the next several weeks, I will be calling Lions from across our District to find out if you would be willing to take on one of these key positions. If you are interested, before I make these calls, please let me know

Next is your officer elections for 2023-2024. Why do I ask about this? I will also need the names of the President, Secretary and Treasurer for the new Lions Year to put their names and contact information in the Directory as well. In the past, this seems to have been the hardest part of the Directory to get completed. I'll be calling each club in April to find out what the results of your Club Officer elections are so I can have this information in advance of the PU-101s being sent forward to Lions Clubs International by the deadline of 15 May 2023. I also have asked IPDG Jeff Loudermilk to be the District Global Leadership Team Coordinator, who will be scheduling in-person, Zoom, and other training sessions for each of these three positions, along with Zone Chair Training in June. That way, we can get a great start to the new year. I will be asking him to send you all the Global Membership Approach presentation, for your use in developing your Club goals for next year, within the next week or so. I hope you will contact IPDG Jeff if you have any questions about the information contained in that material.

I am excited about this upcoming Lions Year and I am looking forward to seeing every Lion in our District at some point during the year. Please start looking at your calendars and let me know the best time to visit your club. Earlier is better, so if you meet during the summer, be one of the first to let me know so I can establish my visitation schedule.

See you soon!

Maria Loudermilk

First Vice District Governor 14-N



Maria.loudermilk@comcast.net

HOME: 724-774-1132

CELL: 724-683-0529





Dear Lions & Leos of District 14-N:

I hope that you all had a great holiday season! It is hard to believe that Spring is on its way. I attended the Vice District Governor Retreat for MD-14 in Harrisburg with my fellow Vice District Governors on January 6-8. The training covered many topics for both First and Second Vice District Governors. The training was conducted by PDG Kerry McKnight, PID Cindy Gregg, PDG John Mallonee, PDG Deb Burkholder, IPID Larry Edwards and PID James Cavallaro. It was a wonderful experience, and I learned a lot about what it means to become a District Governor.

On February 3-5, 2023, I also attended the PA MD-14 Council of Governors meeting held at the Red Lion Hotel in Harrisburg. District 14-D did an excellent job of hosting the event, and the hospitality night was a lot of fun! Those who attended got a chance to meet PID Justice Nickell and his partner in service Carolyn Watson, M.D., who served as an International Director the same years as Immediate Past International Director Larry Edwards did. PID Shea and Carolyn spoke to us on the situation in Kentucky after the tornado that touched down in that commonwealth. They are so grateful to the Pennsylvania Lions for all our efforts during the disaster that occurred there.

I am looking forward to seeing all of you at our District Convention as well as the State Convention that will be held in Indiana, PA, on May 18-21. Thank you also for the nomination of First Vice District Governor for the Lionistic year 2023-2024.

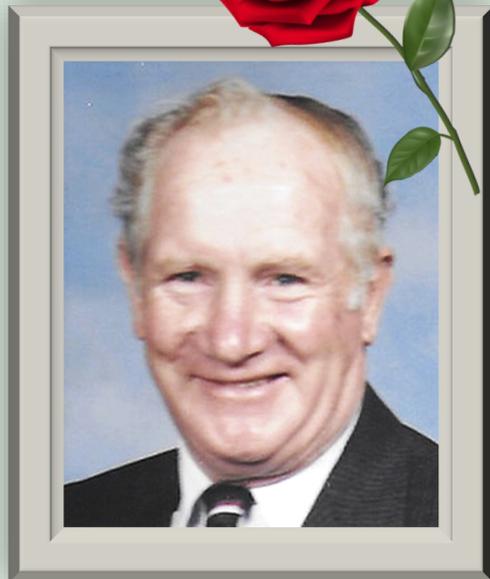
We Serve,
Elliott J. Hilton
Second Vice District Governor
District 14-N
(724) 944-2950
elliott.hilton@gmail.com



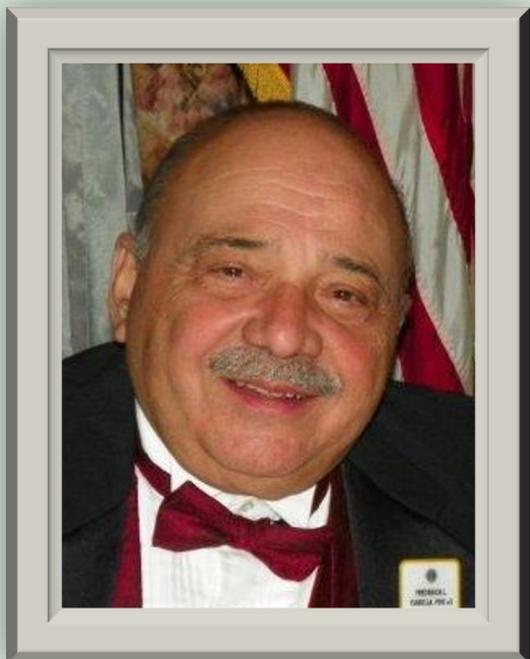
In Memory



John Gishbaugher, age 68,
1/11/2023,
Little Beaver Lions

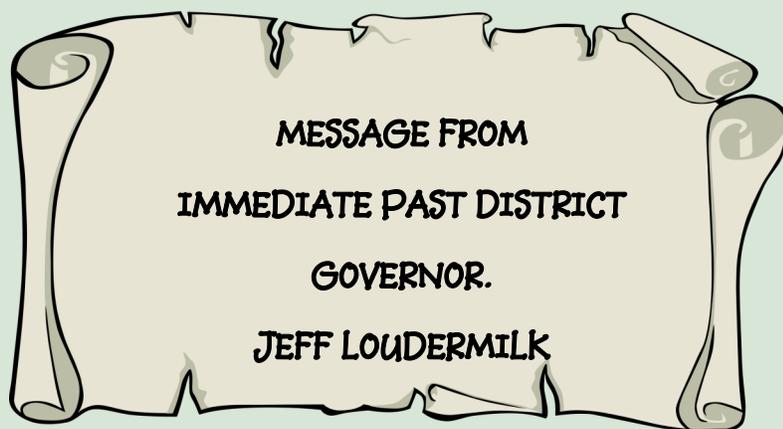


Harry Lincoln Cornman, 90,
2/09/2023,
New Bedford Lions



PDG3 Fred Isabella, 84,
2/10/2023
Rochester/Beaver Lions





Today I will be covering one topic that I was asked by DG Gaylene to take on at the District level, one that was asked to take on at the State level, and one that I have been asked to take on for the upcoming year by FVDG Maria. Those areas are **Service** (Global Service Team Coordinator), **Membership** (Global Membership Approach Coordinator for MD-14) and **Leadership** (Global Leadership Team Coordinator for the District in 2023-2024).

First, I'd like to share some information on Service in the District and where we stand. Our District Goal for service reporting for the current Lions Year is 60% clubs reporting. This number includes both Lions and Leo Clubs. Currently 51% of our clubs are reporting their service. Thank you for all of those who make it a routine to report each service project you complete. Of our 36 Lions Clubs, 23 are reporting service, which means that eleven clubs have not yet reported any of their service since 1 July 2023. I'm sure that by this point, all clubs have done multiple service projects, but just haven't gotten around to reporting them. It doesn't matter if you conducted a service project in September and report it in February, it still counts as a service project completed, so please report what your members have done so far since July of last year. If you need help with reporting activities, please let me know and I will help you. Of our nine Leo clubs, only one has reported any service this year (typically from August or September when their school year started). That is only ten percent of our Leo clubs and keeps our overall club reporting numbers below the District Goal (since Lions Clubs are reporting at 62%). If your Leo Club Advisor is having difficulty reporting the vital service our Leos are doing in school and community settings, please contact me at the email or phone at the end of this message, and I will help. Please remember that an important part of conducting service is reporting the hours our Lions are contributing and how many people are being served during each service event.

Next, I'd like to talk about membership. Just to give you an idea of where we are this year, we have gained 46 new members and have had 5 current members transfer into our clubs from elsewhere, giving us a total increase of 51 members. That is great news! Thank you to all the clubs that have contributed to those numbers, and we know that it is because you are focusing on providing meaningful service to members of your community, which attracts new people to join your efforts. There is always a "but" and here it is. We have lost 52 Lions this year, some we have lost to death, but most of which are drops. When Lions are not involved in providing service to others, helping those they see who really need our help, because we

are focused on personalities or conflicts between members, they vote with their feet! When clubs refuse to accept changing environments and needs within the community and the need to recruit younger members to revitalize their clubs, they die off and the club closes. Are these some harsh realities? Yes! But they can be fixed if addressed by all the members of the club every year as a matter of setting and working toward accomplishment of realistic goals to help the club provide the services our communities need. I will be sending out, through our District Administrator, Betty Lou Ivell, a powerpoint presentation called "Plan Your Club's Success" the Global Membership Approach, for your club's use as a guide to preparing for the future of your club. This isn't meant to be a one-year plan, but a long-term plan for the future of your club. Once you have it, if you have any questions or you would like me to present the information to your club, please feel free to contact me, and we'll set up a date when I can visit your club to present it. I will also have sent out another presentation on New Member Orientation that I encourage every club, that doesn't currently have an orientation program, to employ. I also encourage all members who have never gotten an orientation to review this presentation as well. It might open some eyes! The bottom line is that our clubs are a vital part of the communities they serve and we can't afford to take those away from our neighbors just because we don't want to change. Please join me in revitalizing our clubs by providing meaningful service that is visible in our communities and attracting new members in the process. Get them involved immediately and keep them engaged by giving them the training and experience that will make them want to stay.

My last topic is Leadership, or more appropriately, leadership training. I know some of you think that since you have been a club President, Secretary or Treasurer for "forever" that there is nothing else you need to know about your position. I also know there are a lot of Lions who just want to do service and don't want a "leadership" position. But what happens to your club when all the officers either move, quit because they are too old, or pass on? Does the club just evaporate because nobody wants to lead? Do we let the people who rely on us for our valuable service down by closing the club? I hope not! That's not who Lions are. I have been asked by FVDG Maria to be the Global Leadership Team Coordinator for 2023-2024 and will be providing Zone Chairperson, Club President/Secretary/Treasurer training either in person or via Zoom starting in June of 2023. I will publish a list of places and times I will present and hope that every incoming club officer will attend in person or virtually one of these sessions. If you prefer, and are computer comfortable and want to do your training on MyLion "Learn", please let me know that, and I will monitor your progress. There are the most up-to-date courses (or learning paths) for each one of these positions that will give you the most current organizational structure of clubs and the best practices and resources for your clubs to use to be successful. Please, all officers should take advantage of one of these sessions every year to stay current, just like a pilot has to stay current to fly a plane. If you are a first or second vice president, I also encourage you to participate so that when your year for being president comes, you will be more than ready to step in and lead the best volunteer service providers in the world!

If you need help with any of these topics, please contact me.

Sincerely,

EMAIL: jeff.loudermilk@comcast.net

IPDG Jeff Loudermilk.

CELL: 724-601-2166



DISTRICT 14-N

NEW MEMBERS! WELCOME!



2022-2023

Club

New Member

Sponsor

December 2022

| | | |
|----------------|----------------|---------------|
| Baden | Harold Sloppy | Kurt Slopy |
| Elderton | D. Jean Watson | Don Jeffries |
| Cranberry Area | Bruce Cover | Clyde Cameron |

January 2023

| | | |
|---------------|-------------------|------------------|
| Ford City | Richard Delp | Brad Baillie |
| Ford City | Bernard Miloser | James Tarnek |
| Ford City | Scott Hershberger | Joshua Miller |
| Kittanning | Jolie Oberg | Gloria Carney |
| Little Beaver | Angila Paterchak | Melanie Todorich |
| Rural Valley | Patti Burford | Zoe Ritchie |



WHAT'S HAPPENING IN DISTRICT 14-N?

All clubs in our district now have access to recently purchased Nebulas, screens, and cases to carry Nebula in. A Nebula is used to show powerpoints or pictures to accompany presentations and takes the place of the more bulky projectors. It is about the size of a coke can. I have pictured them below and a listing of where they are located in your county. If you need help in learning how to operate it, PDG Tom Toland or PDG Linda will be happy to show you.

REMINDER: All clubs also have access to Vision Screeners, so that you can screen children in your communities for vision problems. See below for a contact person in your county. For Butler County Clubs, your contact person is Lion Mike Winkler lionwink@zoominternet.net 724-0285-4304



Anker NEBULA Apollo, Wi-Fi Mini Projector, 200 ANSI Lumen Portable Projector, 6W Speaker, Movie Projector, 100 Inch Picture, 4Hr Video Playtime, Neat Projector, Home Entertainment—Watch Anywhere.



Where the Nebula and Vision Screeners are located in your county:

Armstrong: Apollo Club-DG Gaylene Toland gaylene.toland@gmail.com 724-478-3007

Beaver: Rochester/Beaver Club-Rita Swesey rita.swesey@outlook.com 724-312-3595

Butler: Butler Club-PDG Linda Gibala lindakay46@yahoo.com 724-287-8037

Clarion: Hawthorn Club-Michael Ferringer lynnferringer@windstream.net 814-590-7045

Lawrence: Ellwood City Club-Kathleen Pansera kap509@zoominternet.net 724-944-2161



We Serve

PA Lions Beacon Lodge Camp

“500 Club”



Dear Lions and Leos of District 14-N,

Send your “500” Club Donation!!! Help support through the “Beacon Lodge 500 Club”. This is an opportunity for each Lion and Leo to make a personal contribution to help with maintenance and repairs of Pennsylvania Lions Beacon Lodge Camp.

The “500 Club” is based on a \$5.00 donation per member per year.

The Lions and Leo Clubs in the state of Pennsylvania continue to embrace the Lions motto “We Serve”. We encourage all clubs to consider 100% participation in this important fundraiser.

We ask that you:

1. Make checks payable to: *Beacon Lodge 500 Club*
2. Mail checks to: PDG Thomas Toland
PO Box 371
North Apollo, PA 15673

Once again, we thank the Lions and Leo Clubs of District 14-N for your continued support of **PA Lions Beacon Lodge Camp**; helping make it one of the best special needs camps in America.

Yours in Lionism,

PDG Thomas Toland - Board member (724-787-1431)
ttoland@windstream.net

PCC Brian McCarl - Board member (724-312-3676)
brianmccarl68@gmail.com

District 14-N Lions,

We are at \$3000.00 of our goal of \$5000.00.

We are waiting on 22 more clubs for support.

*UPON REQUEST, WE WILL BE PLEASED TO PRESENT A BEACON LODGE PROGRAM AT YOUR CLUB. *(Most of you are familiar with the camp, but new members need to be informed of the importance of this camp.)*



Together we can. Together we will. - IP Brian Sheehan

BEACON LODGE DONATIONS

Brad Baillie of the Ford City Lions presented PCC Brian McCarl a \$1500 check To Beacon Lodge.



The Riverside Lions Club presented a check for \$250 to the Little Beaver Lions for the Beacon Lodge challenge. For every dollar the Lions clubs of District 14-N donate toward the challenge, the Little Beaver Lions will match that amount up to 3,000.00. Thank you Riverside Lions for your support!

Save
the
Date



Celebrate Beacon Lodge's 75th Birthday & PA Lions Appreciation Day

Schedule of Events

Join us in celebrating our 75th birthday!
On July 16th we will be having a birthday party for Beacon
Lodge along with Pennsylvania Lions Appreciation Day.
We welcome ALL Lions and Leos.

You are most cordially invited to bring your families to Beacon
Lodge for this occasion.

We will be having a chicken BBQ and all the fixings. Lunch
will be served from 11:30 am until 12:30 pm.

The cost is \$10 per person.

Reservations are required and must be received by June 30, 2023.

Please make checks payable to Beacon Lodge with PLAD on
the memo line to purchase tickets.

Mail to:

PA Lions Beacon Lodge Camp

114 State Route 103 South Mount Union, Pa 17066

Starting at 9:00 AM:

Camp Slurp

50/50 Raffle Tickets

Basket Raffle

9:00—11:00 Mini Golf

10:00—11:00 Worship Service

11:00—1:30 Pin Traders

11:30 Introduction of IPDG's/

Invocation / Lunch

12:30 The Great Duck Race

1:30 Camper Entertainment

12:30—2:00 Camp Tours

12:30—2:30 Afternoon Activities & Games

3:00 Announcements/ Winners

3:30 End of the day / Benediction

Pin traders are invited! Please contact:

Annos Shatzer

11268 Alexander Ave.

Mount Union, Pa 17066

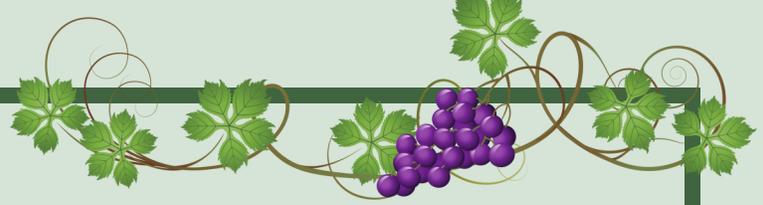
(814) 542-9654

ashatzer@verizon.net

Clubs planning to attend by bus are urged
to give us ample notice so that we may
have adequate parking arrangements.



PA Lions Beacon Lodge Camp
114 State Route 103 South
Mount Union, PA 17066
(814) 542-2511
office@BeaconLodge.org



Latent Autoimmune Diabetes in Adults

Hello everyone!

This month I wanted to share some new diabetic information. I have seen this in my own research and have found that my diabetes is latent autoimmune diabetes. More and more doctors are starting to diagnose and treat this type.

Latent autoimmune diabetes in adults, (LADA), also being called type 1.5 diabetes is a slow progressing form of autoimmune diabetes. Like type I, LADA occurs because your pancreas stops producing adequate insulin, but unlike type I, you often won't need insulin for several months after diagnoses. People who have LADA are usually over 30. Because they're older when symptoms develop and the pancreas may still produce some insulin, people are often misdiagnosed with type 2 diabetes. At first LADA can be managed by controlling your blood sugar with diet, losing weight, exercise and oral medication, but as your body gradually loses its ability to produce insulin, you'll eventually need insulin shots. Typically the progression to needing insulin is much faster than those who have type 2 diabetes, and the response to oral medications for lowering blood sugars is poor. Symptoms may include: frequent thirst, increased urination, especially at night, unexplained weight loss, blurred vision, and tingling nerves. Like all types of diabetes, you will need to be closely monitored by your physician to minimize progression of your diabetes and potential complications.

**WE WILL BE ADDING SOME
DIABETIC RECIPES EACH MONTH!**

**IF YOU HAVE SOME THAT YOU
LIKE, PLEASE SEND THEM TO US,
SO THAT WE CAN PUBLISH THEM
ALSO!**

DIABETIC KORNER

Lion MaryAnn Fleeger

District Diabetes Coordinator

**Maryann is available to speak at
your club on Diabetes Awareness.**

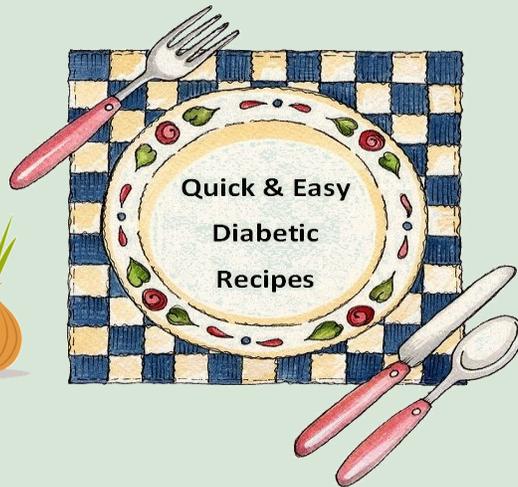
She can be reached at:

Phone: 724-352-5075

Cell: 724-256-2856

Email: mafleeger@zoominternet.net

DIABETES



GARLIC SHRIMP CAESAR SALAD

SERVES 4
DIABETIC FRIENDLY

For the garlic shrimp:

- 1 lb. peeled and deveined medium shrimp
- 2 Tbsps. extra virgin olive oil
- 1 Tbsp. fresh lemon juice
- 3 garlic cloves, very finely minced
- 2 tsps. Dijon mustard
- 1 tsp. hot paprika



Toss all the ingredients together in a large bowl and refrigerate 10 minutes. Spread the shrimp mixture on a foil lined baking sheet and roast at 400 degrees for 8 minutes or until the shrimp are pink. Remove from the oven and reserve.

For the salad:

Thinly slice 1 large head of romaine lettuce and one head of radicchio and transfer to a large serving bowl.

For the dressing:

- ¼ cup plain non-fat Greek yogurt
- 3 Tbsps. fresh lemon juice
- 3 Tbsps. finely grated Reggiano Parmigiano cheese
- 1 garlic clove, very finely minced
- ¼ tsps. each salt and pepper

Whisk all the ingredients together in a small bowl.

Toss the lettuces with the dressing and add the shrimp and toss gently. Add unseasoned croutons if desired.

FISH WITH LEMON CAPER SAUCE

SERVES 4
DIABETIC FRIENDLY

- 4 mahi mahi filets, 6-8 ounces each
- ¼ tsp. pepper
- 2 Tbsp. butter
- 2 Tbsp. extra virgin olive oil
- 2 shallots, minced
- 1 clove garlic, minced
- 2/3 cup dry white wine
- 2 Tbsp. fresh lemon juice
- 2 Tbsp chopped flat leaf parsley
- 1 Tbsp. capers, rinsed, dried and roughly chopped
- Zest of 1 lemon grated

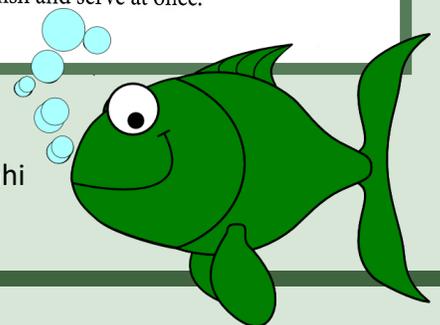
Sprinkle the fish with the pepper. Heat the butter with the olive oil over medium heat in a large nonstick pan that is large enough to hold the fish in one layer.

Place the fish in the pan and cook, turning once, until the fish is golden brown on each side and is cooked through. The fish should be opaque in the center when a small cut is made in the center. This will take about 6-8 minutes. With the spatula, carefully transfer the fish to a warm platter.

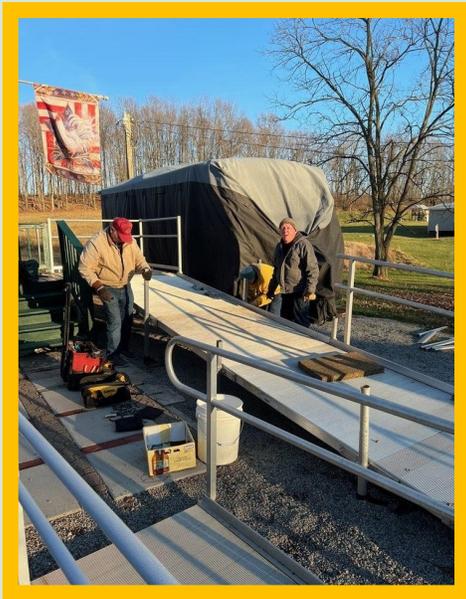
Add the shallots and garlic to the pan and cook, stirring often, until the shallot are softened, about 2 minutes. Add the wine and lemon juice, raise the heat to medium-high and boil until the sauce thickens slightly, 2 to 3 minutes. Stir in the parsley, capers and lemon zest.

Pour the sauce over the fish and serve at once.

Other fish can be substituted for Mahi Mahi



Little Beaver Lions installed a 36 foot long ramp
For fellow Lion Bill Nelson and made sure it was finished
Before he was discharged from the hospital!

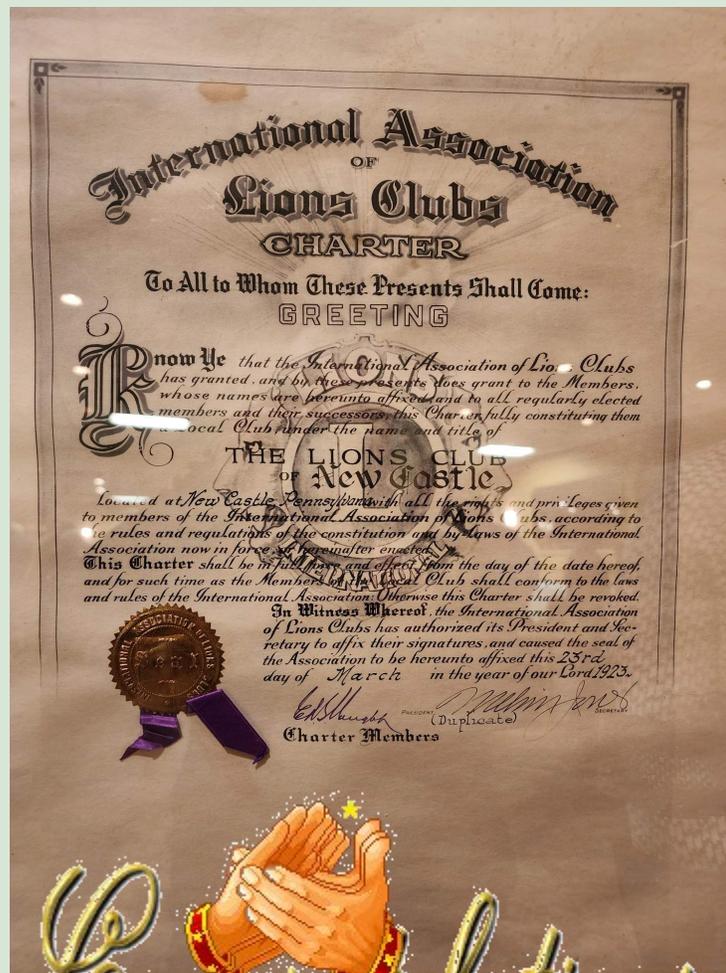


TEAM

Together
Everyone
Achieves
More



Lions Team: King Lion Carl Stadnik,
Tom Cekovich, Paul Campbell, and
Melanie Todorich!





Guest Speaker, Past International Director, Larry Edwards

And his wife, Susan.



Left: Past International Director, Cindy Gregg and PDG Tom Gregg

Above: District Governor, Gaylene Toland and Vice District Governor, Maria Loudermilk seem to be discussing something very serious with PDG Tom Toland!



Above: Government Dignitaries

Below left: New Castle Club members , Below right: John Hertzog, president of Butler Club, PCC Bill Morgan, and PDG Tom Toland



Above left: Dolores & Ted Croyle, PDG Evan Punchard

Above right: Little Beaver and Ambridge Club members





It was a lovely evening and everyone enjoyed themselves including members of the Laural Lions Club and the Beaver Falls Lions Club!





100
HAPPY
ANNIVERSARY



**NEW CASTLE
LIONS CLUB
FOR YOUR
100 YEARS OF
SERVING YOUR
COMMUNITY!!**

**Vision Screenings
of the Past!**





WHAT IS ...



Lions KidSight USA is a nation-wide program bringing Lions clubs across the country together to ensure our children receive eye screenings and follow-up care when needed. We train and mobilize caring people to be able to easily and efficiently screen the vision health of our nation's youngest, dearest, and most vulnerable children to help ensure they receive early academic and social development success that we all deserve — guided by the fact that 80% of a child's learning and development requires healthy, corrected vision.

We also maintain a national database of annual vision screening results, assess the continuing technology developments in the field of childhood vision screening & correction, and promote rigorous national standards and continuing visual health research & development when it concerns our nation's youth - our entire future.

REMINDER: ALL CLUBS HAVE ACCESS TO VISION SCREENERS AND CAN SCREEN KIDS IN YOUR NEIGHBORHOODS. YOU CAN FIND ADDRESSES TO ACCESS YOUR SCREENERS ON PAGE 22 OF THIS NEWSLETTER. If you don't know how to use the machine or who to contact to actually screen kids, then call our District Governor, Gaylene Toland, and she will be glad to get you started. It is a great service project for your club.

Gaylene Toland: gaylene.toland@gmail.com

Phone: 724-478-3007



TECHNOLOGY:

While basic eye-chart screenings have been around since 1899 - and we use eye chart screenings in our own Eye Care practices - eye chart screenings have some limitations when used for large-scale children's vision screenings.

Eye chart testing can be subjective and relies on a well-trained school staff person as well as a very cooperative student in order to produce quick, reliable results. Eye chart screenings can miss such potential issues, such as farsightedness, amblyopia factors, low-grade cases of myopia and astigmatism. In contrast, the digital, touch-less technology used in our primary screening devices is highly accurate, automatic and reliable. Our testing systems also provide immediate results.

LIONS KidSight USA Foundation History & Origin

The beginnings of the Lions KidSight USA Foundation International Board took root in the late 1990s, when the first generation of analog vision-screening technology was starting to flourish. The board was officially formed with members appointed in 2014.

Since that time, the Lions Clubs International Foundation (LCIF) has awarded significant grant funding to start up a dozen statewide programs. Our friends at the Tennessee Lions Children's Eye Center (Vanderbilt Univ.), the University of Iowa Ophthalmology Department, University of Colorado and Indiana University were all instrumental in making this next-generation digital vision-screening technology possible.

Even deeper into history if you're a buff, the Lions Clubs commitment to sight preservation took root in the early 1920s when Helen Keller called upon Lions Clubs International and its soon to be millions of members to "Be the Knights of the Blind". We're still rolling, over 100 years later...



For more information on Our Lions KidSight, go to their webpage: <https://www.lionskidsightusa.org/>

Lions who do these screenings can order a name badge with the KidSight logo on it for just \$8. just go to the site and click "shop".





ON THE ROAD AGAIN?

This month I would like to take you on a road trip without you having to leave home! We are going to visit Erie, PA. If you have visited Erie, then you know how spectacular the sunsets are, and how beautiful Presque Isle is. This is a time-lapse video that is amazing to watch. Perhaps you might want to take a road trip to Erie this summer and see it for yourself!

So, click on the link below, sit back, relax, and listen to the beautiful music as you watch the world go by.

www.youtube.com/watch?v=jN87vFW87zI

