

# LIONS DISTRICT 14-N

## “GRAPEVINE”



# FEBRUARY

# 2024

### Valentine's Day from an Irish Perspective

Ah, Valentine's Day. The first thing that comes to mind is a heart-shaped box of cheap chocolates that should be directly applied to one's hips. And then there is that sweet little cupid. He's an overweight angel aiming a bow and arrow at you to inspire you to fall blissfully in love. I mean, let's face it. Cupid's arrow is a weapon that literally and metaphorically could be the death of you.



#### The Legend of Saint Valentine:

In ancient Rome, the date February 14th was a holiday to honor the Roman Goddess of women and marriage. The next day was celebrated as the pagan Roman Feast of Lupercalia. During this time in Roman history, young adults were strictly segregated by sex. No surprise, it was 269 AD. Eventually they needed to give their hormones a chance to flourish. So it was customary on the eve of the feast of Lupercalia for young men and woman to be partnered for the feast by the men picking the girls' names from a jar. Sometimes the pairing lasted for a year and with the young couples falling romantically in love and eventually marrying. It was all very sexist in a provocative way.

Unfortunately, this didn't last for long. This euphoric ritual of hormonal teenage partnering would come to an abrupt end during the tyrannical rule of Emperor Claudius II, also known as Claudius the cruel. Emperor Claudius had Rome fighting in many bloody and unpopular battles and was having grave difficulty recruiting soldiers to sustain his military forces. In his warped mind, Claudius believed the reason he couldn't get soldiers was due to women. He convinced himself that the men's love of his family, wife, or girlfriend prevented them from leaving their side and joining the military. It had nothing to do with the little matter that they didn't want to die a savage death for an Emperor they despised. Fun-loving Emperor Claudius proceeded to cancel all pending and future marriages and engagements in Rome. Claudius then made it a crime punishable by death to associate with Christians.

## Why is Valentine's Day on February 14th?

Legend has it, no doubt a wee bit embellished if not entirely fictional, that Valentine was stricken with the unbearable belief that many young souls would be destined to be sinners. So Valentine, a roman priest, married young lovers against Claudius's decree in secrecy. He was of course apprehended and condemned to death for his deeds. He suffered martyrdom on the 14th day of February, in either 269 AD or 270 AD. Nobody really knows what year exactly, but they know the date was February 14th, now known as Valentine's Day. What you may not know for some unknown reason is that St. Valentine's remains are rumored to be buried in Dublin, Ireland. Dublin, Ireland's capital, is the last resting place of the beloved Saint of Love. It virtually makes Ireland a must-do pilgrimage for lovers. I mean, after all, the Irish did give us the claddagh ring, too. The claddagh is the one and only symbol of eternal friendship, love, and loyalty.



A **Claddagh ring** (Irish: *fáinne Chladaigh*) is a traditional Irish ring in which a heart represents love, the crown stands for loyalty, and two clasped hands symbolize friendship.

The design and customs associated with it originated in Claddagh, County Galway. Its modern form was first produced in the 17th century.

### Description

The Claddagh ring belongs to a group of European finger rings called fede rings. The name derives from the Italian phrase *mani in fede* ("hands [joined] in faith" or "hands [joined] in loyalty"). This group dates to Ancient Rome, where the gesture of clasping hands meant pledging vows. Cut or cast in bezels, they were used as engagement and wedding rings in medieval and Renaissance Europe to signify "plighted troth".

In recent years it has been embellished with interlace designs and combined with other Celtic and Irish symbols, corresponding with its popularity as an emblem of Irish identity.

Many couples today still use the Claddagh as an engagement ring or wedding ring, and there are many designs to choose from. The hand it is worn on and the direction of the ring also has significance:

1. On the right hand with the point of the heart toward the fingertips: the wearer is single and might be looking for love.
2. On the right hand with the point of the heart toward the wrist: the wearer is in a relationship; someone "has captured their heart"
3. On the left ring finger with the point of the heart toward the fingertips: the wearer is engaged.
4. On the left ring finger with the point of the heart toward the wrist: the wearer is married.<sup>1</sup>

## EDITORIAL HAPPENINGS

**"You heard it through  
the Grapevine..."**

**But did you?**



OFFICERS FOR DISTRICT 14-N

LIONS YEAR 2023/2024

DISTRICT GOVERNOR:

**MARIA LOUDERMILK**

FIRST VICE DISTRICT  
GOVERNOR:

**ELLIOTT HILTON**

SECOND VICE DISTRICT  
GOVERNOR:

**VACANT**

### 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://wpalh.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](mailto:lindakay46@yahoo.com)



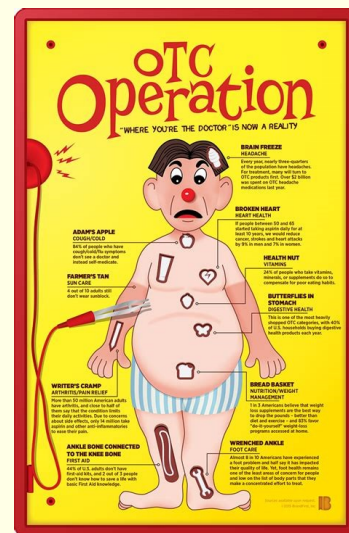


The Letters to the Editor section is meant to be a forum for any Lions to express their views on what is happening in our District, both positive and things that perhaps should change. Personal stories, and experiences are also fun to share!!



District 14-N Lions,  
This will be my last newsletter for awhile. Several of my cardiac blood vessels and a carotid artery are blocked, so I must undergo open heart surgery. At this time it is scheduled for the beginning of February, so I am unable to say when I will be able to resume the newsletter. If anyone would like to take it over in my absence, please contact me. Please do not send any articles or pictures during this time as they may get lost in the many emails I get daily. I will send out a notice when you can resume.  
Thank you.

PDG Linda Gibala





# CHIPPEWA LIONS



## Chippewa Area Lions Club



50/50  
Drawing

### A Night At

Basket  
Auctions

Auction  
Race



Paddle  
Raffle

### Saturday, February 3, 2024

Doors Open at 6 PM Races Start at 7 PM

Patterson Township V. F. D.  
407 Darlington Road  
Beaver Falls, PA

\$30 : 1 Horse & 1 Admission  
\$35 : 1 Horse & 2 Admissions  
\$20 : 1 Admission

Horses may be sold out before the event

Admission includes food, beverage, and fun!

**10 Video Races with 10 Horses in each race**

Owners of the winning horse in each race receives a \$30 prize!

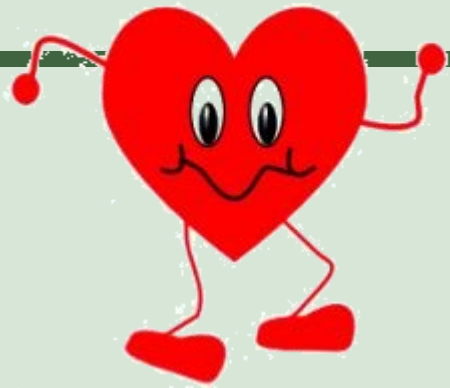
**All proceeds support local charities and organizations.**

OUR SPONSORS: Please support the people who support us.

Beaver Brewing Company, Bethanie DeLuca State Farm, C&L Framing,  
Chevalier Lawncare, LLC, Smith Chiropractic & Wellness, DADS Cars LLC,  
Steel City Health & Safety, No Limit Automotive, Hunter & Grace Boutique,  
DarkSide Motorcycle Parts & Accessories, Representative Jim Marshall  
Talktime Speech Therapy, Bailey's Handyman Service, Jasper's Auto Repair,  
Applied Pest Management, Wright's Concrete, Evans Garage Doors, LLC,  
Royce Development, Reign 3D Training Academy, DT's Lawncare,  
Keller Cycle Tire & Service

**Questions/ Reserve Tickets: Please call 724-506-8408**

**Or email [ChippewaAreaLions@gmail.com](mailto:ChippewaAreaLions@gmail.com)**



# Annual Pennsylvania Lions *Spring Leadership Symposium*

**\*2 LOCATIONS\***

**Saturday, February 10, 2024 9 AM-3 PM**

PA Lions State Office

949 East Park Drive, Harrisburg, PA 17111

*Lunch available for a \$7.00 donation*

**\*OR\***

**Sunday, February 11, 2024 Noon-5 PM**

Butler County Association for the Blind

322 N. Cedar Street, Butler, PA 16001

*Snacks will be available*

## **Special Guest Presenters**

PID Cindy Gregg

PDG Tom Gregg

PDG Jeff Loudermilk

PDG Tom Toland

**Register to Attend: FREE & Open to all PA Lions**

**Email PDG Kerry at MD14GLT-LEARN@yahoo.com**

**or call (717)759-0711**

**SPACE IS LIMITED!**



## Put a Banner at Beacon Lodge

For the low cost of \$100.00, your Lions Club can be represented by a banner at PA Lions Beacon Lodge Camp during the 2024 Camping Season.

\$100 will purchase a 2.5-foot by 4-foot vinyl banner. This banner will be put in place at the camp during work weekend in April or May and will remain up during the camping season.

Each addition year your club wants the banner in place will only cost \$50.00 per year.

If your club is interested, send your checks made out to **Beacon Lodge Camp** and any artwork to:

PDG Tom Toland  
PO Box 371  
North Apollo, PA 15673

Use the bottom of this form to send your information.

---

### SEND THIS PART OF THE FORM WITH YOUR PAYMENT

Lions Club Name as it will appear on the Banner \_\_\_\_\_

Contact person \_\_\_\_\_ Phone number \_\_\_\_\_

Please attach any artwork you want on your banner to the back of this form. These banners will be in color. You can also send your artwork as a JPEG to [ttoland@windstream.net](mailto:ttoland@windstream.net).

If you do not have any special designs, your banner will be generic with only your club's name and the Lions Club Logo appearing on the banner.

**Your banner order MUST be received by February 29, 2024, to have your banner ready in time.**



**ELLWOOD CITY LIONS**



# **Ellwood City Lions CASH BASH**

***Saturday, March 23th, 2024***

    **7 - 11 pm**    

**Divine Grace Parish  
Holy Redeemer Catholic Center**

***311 Lawrence Ave., Ellwood City, PA***

***Donation: \$20.00 • 1 Admission per Ticket***

***Must be 21 to enter. Free food & refreshments to be served.***

***Doors open at 6 PM.***

***Additional Raffle to be held. Winners need not be present.***

***A Ticket must be presented for admission.***

***Call 878-232-1066 for Questions or Ticket(s)***



***See any Ellwood City Lions Club  
Member to purchase ticket(s) or  
follow the QR Code to the left to  
purchase ticket(s).***





# Vision Screener Workshop



District 14-N is having two workshops with the Spot Vision Screener.

The first one for the western half of the district and the second for the eastern half. Choose whichever one you can attend.

Workshop #1 will be on Saturday, March 30th at the Rochester Hotel starting at 10:00. Lunch will be available at the hotel.

Workshop #2 will be on Saturday, April 6<sup>th</sup> at the Kittanning Public Library starting at 10:00. Lunch will be provided.

**We are hoping to have at least two Lions from each club to attend and learn about the screener.**

**The workshop will be HANDS-ON session with multiple cameras.**

**Please bring a laptop if possible.**

What will you learn:

- How to get the needed clearances.

- How to enter and save information,

- How to run a vision test (screen),

- How to get a printout and be able to interpret the report,

- Have an organized plan before the screening,

**Please Call IPDG Gaylene (724-433-3429) or Rita Swesey (724-312-3595)**



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

[lindakay46@yahoo.com](mailto:lindakay46@yahoo.com)



## UPCOMING EVENTS!

**BEE THERE!**

Do you have some news to share?? Email me.

### FEBRUARY:

2/2-4/2024—State Lions Council Meeting—Harrisburg, PA

2/3/2024—Chippewa Lions Night at the Races—6:00 (See Flyer)

2/10/2024—3rd District Cabinet Meeting—Butler Blind Assoc.

2/11/2024— Spring Leadership Symposium—Butler Blind Assoc.

### MARCH:

3/11/2024—District Lions Food packing at Butler Blind Assoc. 11:00 AM

3/23/2024—Ellwood City Lions “CASH BASH” 7:00 TO 11:00 (See Flyer)

3/30/2024—Vision Screener Workshop (See Flyer)

### APRIL:

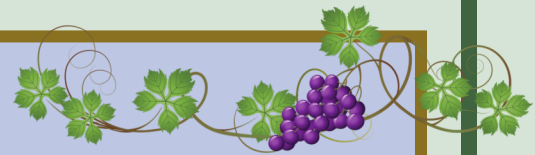
4/13/2024—Spring Convention (Brunch) Shakespeare’s Restaurant

4/18-21/2024—Beacon Lodge Camp Work Weekend

### MAY:

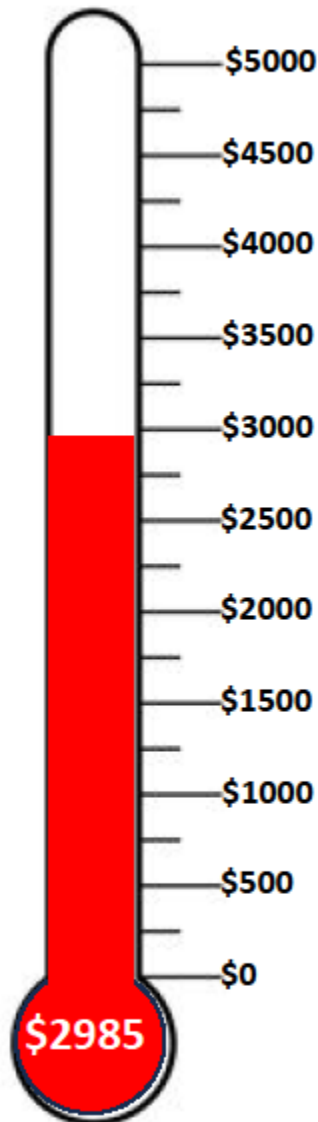
5/16-19/2024—PA State Lions Convention—Harrisburg, PA

5/25/2024—4th District Cabinet Meeting—Butler Blind Assoc.



# BEACON LODGE

**100% "500" Club Donations**



**As of January 26, 2024**

**19 clubs  
to go!**

**Has YOUR club  
donated?**



We want the clubs of our District to set the pace and have 100% donations to the Beacon lodge "500" Club.

Each Lion in your club is asked to donate \$5.00.

Make your checks out to Beacon Lodge and send them to:

**PDG Tom Toland  
PO Box 371  
North Apollo, PA 15673**



**Get your \$5.00 per member in as soon as possible.**

## DISTRICT GOVERNOR MARIA LOUDERMILK



Dear fellow Lions of District 14-N,

I want to say thank you to all the Lions in District 14-N who so warmly welcomed me to your clubs from August until this January. I have dearly enjoyed visiting with you and hearing about the wonderful things you are doing in your communities. I am humbled and proud of all the things you are doing to make your communities a better place to live and the positive impact you are having on so many lives! You truly are “changing the world” with your service and your dedication.

We started this year as a District by losing almost 60 members, which has taken us until this month to overcome. Your hard work and recruiting efforts are paying off! Our District is at a net minus two. I know that by focusing on meaningful service and being visible in our communities, doing things that really matter, we will continue to grow so that we can serve even more of the people who really need our help. Keeping our members busy with planning and conducting service and fund-raising projects, while reviewing the projects we have completed to see how they can be improved for next time, will help us keep the members we have. I hope that we can prevent the “end-of-year losses” that seem to wipe out all the hard work we’ve done to build our clubs throughout the year. I ask all club leadership to make retention a major focus in the last five months of the Lions Year.

I am really looking forward to our Spring Convention at Shakespeare’s on the 13<sup>th</sup> of April 2024. Having a brunch instead of a dinner will allow people who don’t like driving home in the dark to participate. It will also reduce the cost per person by quite a bit. Our “casual” Convention will be held on a Saturday from 11:00 am until 3:30 pm, so we can all get home before dark and enjoy the rest of our weekend. I hope to see you all there so we can have some fun and fellowship. A flyer will be out within the next few weeks with details and reservation information.



Don't forget the food packaging event on 16 March at the Butler Blind Association starting at 11:00 am. I'm sure it will be another great way to work side-by-side with Lions from across the District. Participating clubs will be given a share of the packaged food to take back to your community for distribution. Please let me know how many Lions you will bring so we can set up the stations to allow as much participation as possible. The work goes by so fast because we are enjoying the fellowship that takes place during the event. Hope to see you there.

Again, I want to thank the wonderful Lions of District 14-N. You continue to make your clubs and our District the best in the state. Keep up the fantastic work and don't forget to have some fun along the way!

Yours in service,  
DG Maria L. Loudermilk



[Maria.loudermilk@comcast.net](mailto:Maria.loudermilk@comcast.net)

**HOME: 724-774-1132**

**CELL: 724-683-0529**





**Elliott Hilton**  
**1st Vice District Governor**



Dear Fellow Lions and Leos,

This year is going by quickly. I have been busy completing training for First Vice District Governor/District Governor Elect. I will be training on February 26 to March 1, 2024 in Chicago, where my class of Governors will meet the international First Vice President, Fabricio Oliveria.

I look forward to seeing all of the clubs at the cabinet meeting on Saturday, February 10th at the Butler Blind Association.

Have a great month, and let's continue to complete and report our service projects.

**We Serve,**

**Elliott J. Hilton**  
**1st Vice District Governor**  
**District 14-N**  
**(724) 944-2950**

[elliott.hilton@gmail.com](mailto:elliott.hilton@gmail.com)



**CHILDHOOD  
CANCER**



**DIABETES**



**DISASTER  
RELIEF**



**ENVIRONMENT**



**HUMANITARIAN  
EFFORTS**



**HUNGER**



**VISION**



**YOUTH**



EVAN PUNCHARD  
LIONS CLUBS  
INTERNATIONAL FOUNDATION  
COORDINATOR

As we are into the second half of the Lions year, we have a way to go to meet our goal given to us by LCIF. They are asking each club to donate at least \$27 per member average, which includes both club & personal donations. We are at a little over \$6,000 and the goal is just over \$25,000. For those Clubs and Lions who have already donated, thank you as it is greatly appreciated! The disasters just seem to keep coming with no end in sight, especially with the most recent flooding in various parts of the USA. It must be devastating for the families affected by the disasters. Lions from the local clubs in the area are usually the first ones to help through emergency grants from LCIF. That is where our support is needed to be sure that LCIF has the funds to keep helping people in disasters as well as awarding grants for other needs. Helping others is why we are Lions!

LCIF does have a presidential pin program for donations made to LCIF. **A bronze pin for a \$50 donation, a silver pin for a \$100 donation and a gold pin for a \$200 donation. To receive all 3 pins all at once, a donation of \$350 would be needed. You must request the pins from LCIF when making your donation.**

A reminder of the **LCIF Telethon 4.0 is scheduled for Sunday, June 2 from 11:00 A.M.- 3:00 P.M.** It is always interesting and entertaining. It is another opportunity to donate to LCIF. There are celebrities making guest appearances as well as some moving stories from families that have benefited from LCIF and local Lions Clubs.

Once again, I would be more than willing to come to your club to talk about LCIF and answer any questions that you may have!

Thank you!

PDG Evan Punchard

LCIF Coordinator



TEAM

**T**ogether

**E**veryone

**A**chieves

**M**ore

# *In Memory*



Edward A. Bono, Age 86,

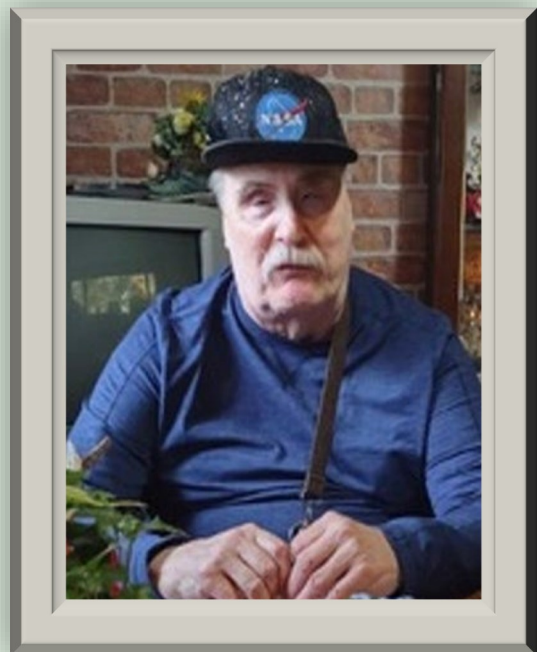
1/9/2024

Leechburg Lions Club

Donald Nye, age 73,

1/24/2024

Riverside Lions







ON THIS PAGE AND THE NEXT, YOU WILL FIND A COPY OF THE LIONS OF PENNSYLVANIA FOUNDATION BROCHURE. IF YOUR CLUB NEEDS FUNDS TO PROCEED WITH A PROJECT, YOU MAY BE ABLE TO APPLY TO THIS ORGANIZATION FOR A GRANT. IT IS WORTH READING!

## Grant Program

- Grants are a matching grant.
- Matching up to 50% of the total project.
- Application must show sources of funding.
- Lions Club(s) or District must contribute.
- Application must be signed by the District Governor and the District's LOPF Board Member.
- Application and supporting documentation must be received 30 days prior to the LOPF Board Meeting.
- All grants are reviewed by the Board of Directors of the LOPF.

Information about the grant program, criteria, the application, and final report, as well as all other documents and information about the Lions of Pennsylvania Foundation can be found online at the web address:

[www.lionsofpafoundation.org](http://www.lionsofpafoundation.org)

**THE IMPORTANT THING ABOUT THE  
LIONS OF PA FOUNDATION IS ...  
ALL MONEY RECEIVED  
REMAINS IN PENNSYLVANIA**

The Lions of PA Foundation is a Pennsylvania-focused organization that helps find and gather the financial and social resources to provide vision aid and hearing aid to local people, fund community projects, and serve the local PA communities.

## Lions of Pennsylvania Fellowship

The Lions of Pennsylvania Fellowship is one of the ways for the corpus funds to grow and earn interest through investment. The interest off the corpus funds allows the Foundation to award grants in keeping with the vision and mission of the foundation.

In addition to an Individual making a Donation this is an Excellent way for a District or Club to honor an Individual who has performed above and beyond for the cause of Lionism.



To qualify, a donation of \$500 is required. This will provide the recipient with a Fellowship pin, a pinnacle for display on a desk or shelf which includes the person's name and date of the donation. The Club receives a banner patch for the Fellowship awarded to a Club member.

There are also several progressive levels available. For an additional \$250 donation, up to \$1,250, a diamond will be added to the lapel pin.

The application for a Lions of Pennsylvania Fellowship can be obtained from the Foundation website at [www.lionsofpafoundation.org](http://www.lionsofpafoundation.org)

## Lions of Pennsylvania Foundation



### OUR MISSION

To assist those afflicted with sensory impairment, particularly those relating to vision and hearing. To award grants in support of meritorious projects and programs for the sensory impaired and to join with individual Pennsylvania Lions Clubs in responding to local, community, and regional needs. The important thing is that all money remains in Pennsylvania.

## LOPF History

Lions Clubs address the challenge of providing vision, hearing, and health resources for local and community needs, as well as supporting organizations and projects statewide.

The Internal Revenue Service determined that the donations to a Lions Club or Lions Districts are not tax deductible. This reduces the amount of donations Lions Clubs get, leaving communities without the resources to provide aid.

The year 1992 saw the formation of the Lions of Pennsylvania Foundation to help fund Lions Club projects, most particularly those relating to sensory impairment programs like hearing and vision aid within the Commonwealth of Pennsylvania.

Lions of Pennsylvania is a "501-C3" tax-exempt corporation. This permits individuals, corporations, and other philanthropic entities to deduct charitable contributions given to the Foundation.

## Purpose

The Foundation shall develop, manage, and distribute funding to help Lions Clubs provide services designed to meet existing and emerging needs that will improve the quality of life of Pennsylvania residents, and any other related program which may be adopted from time to time by the Executive Committee and the Board of Directors of the Foundation.

## Club Recognition

Any Club donating \$2.00 per member will receive a banner patch and a rocker for the year. The Director's banner patch requires a donation of \$5.00 per club member and the Foundation banner patch requires a donation of \$10.00 per club member. All donations to the Club Recognition Program are over and above any other donation.

## Legacy Program

The Legacy Program enables any individual or a Club to send a gift to the Lions of Pennsylvania Foundation in memory of a deceased friend, relative, or fellow Lion or Leo. This is a nice way for Clubs to remember their fellow partners.

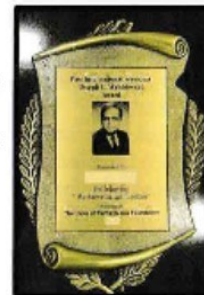
## Disaster Relief

The LOPF has created a Disaster Relief Fund that allows donations to be made to the LOPF when a disaster occurs so that those funds can then be sent onward to the project in need. These Disaster Relief grants help defray the cost in response to natural disasters that cause significant mortality, injury, and property damage and loss.



## Past International President Joseph L. Wroblewski Award

This is another way for the corpus funds to grow and to help the Foundation keep the vision and mission alive through the awarding of grants as we bring honor to Past International President Joseph L. Wroblewski.



This award may be given to any Lion who is also a Pennsylvania Fellow by a Club or District. This award honors PIP Joseph L. Wroblewski for his years of service to Pennsylvania and to the Lions of the World. He has worked for years as a Lion to prevent blindness and fulfill the goals of Lions International. This award should be given to an outstanding Lion who portrays all of the things that PIP Joseph L. Wroblewski stands for and one who believes in the theme that "We Serve Better Together."

The award requires a that the person already have been named a Fellow and a \$500 donation made to the Lions of Pennsylvania Foundation.



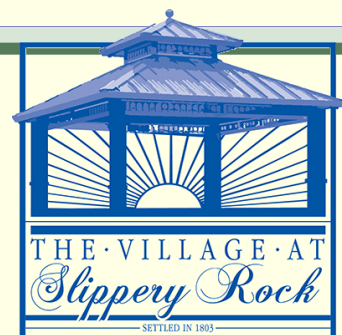
# DISTRICT 14-N

## NEW MEMBERS! WELCOME!



| 2023-2024     |                 |                  |
|---------------|-----------------|------------------|
| Club          | New Member      | Sponsor          |
| December 2023 |                 |                  |
| Slippery Rock | Joyce Saunders  | PDG Don Gibala   |
|               |                 |                  |
| January 2024  |                 |                  |
| Ford City     | Daniel Burke    | Brad Baillie     |
| Leechburg     | Mike Hancock    | Angela Vigna     |
| New Bethlehem | Joshua Bashline | Thomas McConnell |
|               |                 |                  |

WE WELCOME BACK THE SLIPPERY  
ROCK LIONS CLUB!







ON THE ROAD AGAIN?

## VISIT BUTLER COUNTY IN FEBRUARY!

### Butler AM Rotary's Carved in Ice

FEB. 9 & 10

Attend the coolest event of the year. Enjoy food, fun entertainment and beautiful ice sculptures. Friday's theme will be "Lights on the Ice" from 4-8 PM and Saturday is "Family Fun Day" from 11 AM - 4 PM. Diamond Park in Downtown Butler. 724-991-2212

[Learn more >](#)



### Saxonburg Winter Festival

FEB. 24



It's that wonderful, wintry time of year again, and that means it's time for the Saxonburg Winter Festival! It's going to be bigger and better than ever! Our Main Street businesses will be stocked full of amazing merchandise and goodies! Main Street will be closed to traffic so we can bring you more crafters, Food vendors, activities, live music, petting zoo, carriage rides and more! [Learn more >](#)

MORaine STATE PARK

### Cherry Pie Hike

FEB. 24

This hike is part of an event that combines the annual "Cherry Pie Hike" and "Washington's Trail Hike." It commemorates George Washington's birthday and the Virginia Colony mission demanding French withdrawal from British territory that precipitated the French and Indian/Seven Years War.

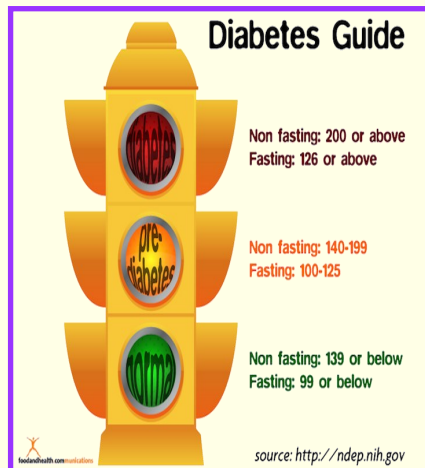
[Learn more >](#)



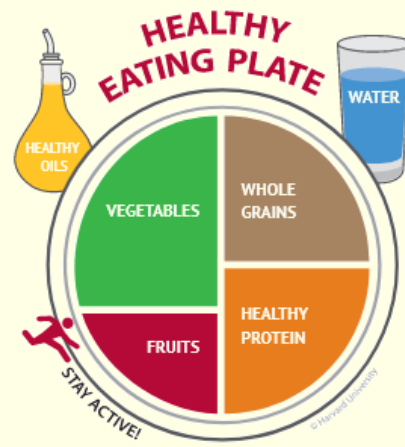


## Simple Steps to Lowering Your Risk of Diabetes

- **Control your weight:**  
Losing weight can help if your weight is above the healthy-weight range. Losing 7-10% of your current weight can cut your chances of developing type 2 diabetes in half.
- **Get moving—and turn off the television—exercise!**
- **Tune up your diet:**  
*Choose whole grains & whole grain products over refined grains & highly processed carbohydrates. Cut out as much sugar as possible—Skip the sugary drinks and choose water, coffee or green tea. Choose healthy fats—no trans fats. Limit red meat and avoid processed meats: choose nuts, beans, whole grains, poultry or fish instead. Quit smoking.*

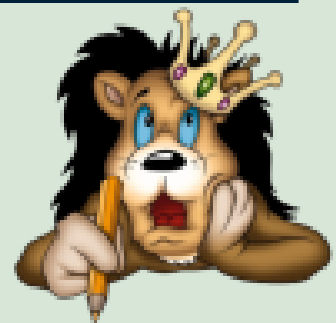


Explore:



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