



Lions District 2-A2 Newsletter



Issue 1 – July 2021

Collaborative and Compassionate Service Builds Communities

District 2-A2 Cabinet

District Governor

Doug Thomas
dthomas1225@hotmail.com
SA Alamo Heights Lions Club

1st Vice-District Governor

Steve Mays
texasmays@gmail.com
La Vernia Lions Club

2nd Vice-District Governor

Josh Overfelt
Josh.overfelt@gmail.com
Del Rio San Felipe Lions Club

District 2-A2 Secretary

Rose Ann Barajas
barajasr@uthscsa.edu
SA Edgewood Lions Club

District 2-A2 Treasurer

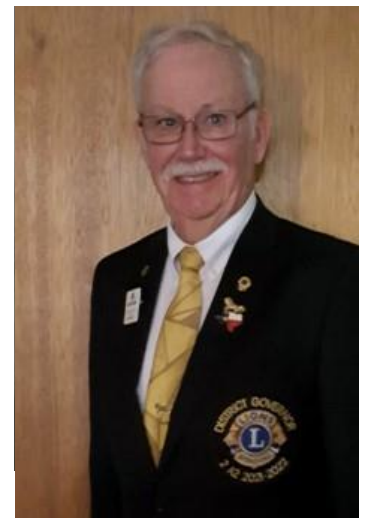
Irene Guzman
treasurer@district2a2.org
SA Founder Lions Club

Immediate Past District Governor

David Splittek
210-279-1183
d.splittek@gmail.com
SA Founder Lions Club

Dear fellow Lions!

Thank you for electing me as your District Governor for the 2021-2022 year. It is an honor and a privilege to serve in this position. I look forward to visiting your clubs and participating in your service projects and fund raisers. All I need to know is when and where.



My motto for this year is “Enlarging the Pawprint” and our state motto is “To Inspire Growth.” Our emphasis will be to increase membership through service which will help us build leadership.

For the last several years membership in our Lions clubs has been on the decline. This past year we had a net loss of over 100 members. Yes, some have died, and others have moved away but many have just stopped coming. We need to change that trend. I challenge all clubs to have a net growth of at least 1 member this year. I say net growth because we do a good job of bringing in new members, but we must work on retaining the members we already have. If you notice a member is not coming to meetings make a personal contact and see why they are not coming. This is the responsibility of every one of us.

Zone Chairpersons

Zone 1

PDG Don Kirchhoff

drkhek@hctc.net

Comfort Lions Club

Zone 2

Open

Zone 3

Open

Zone 4

Chris Ryan

chris.ryan@nps.gov

Del Rio Host Lions Club

Zone 5

Kenneth Duncan

duncan956@gmail.com

Laredo Noon Lions Club

Zone 6

Jeffrey Almoney

lionjeffrey@att.net

SA Hill Country Retreat Lions Club

Club

Zone 7

Steve Medina

smedina@fcbtxlaw.com

SA West Side Lions Club

Zone 8

Allie Thomas

aht46@sbcglobal.net

SA Highland Hills Lions Club

Zone 9

Norman Fulkerson

nfulkerson@satx.rr.com

SA Alamo Heights Lions Club

Zone 10

Nanette Patton

gi.janelea@gmail.com

SA Windcrest Lions Club

I also have an ambitious goal of starting 4 new Lions clubs. This is doable if we work at it. Look for areas that we might possibly start a new club. New clubs bring new ideas and stimulate growth.

We are all doing service projects, but many clubs are not reporting their activities to LCI. My service goal is to have at least 50% of our clubs reporting their service activities to LCI. Also, put articles in our newsletter about what you are doing. Toot your horn. Let the district know what you are doing to make your community, zone, and district a better place. Invite non-Lions to participate in your service projects to show them what Lions do. We will build membership through service and more members will allow us to do more service. Remember our motto is "We Serve."

Leadership is the 3rd leg of our 3-legged stool. Membership, service, leadership. We need all three legs to be successful. Take an active part in the leadership of your club and district. Volunteer to head committees. Think about running for positions in the district. It is a great way to learn about Lionism. And new leadership brings fresh ideas and keeps our clubs and district from going stale. Don't let "but we have always done it that way" hinder progress. Be active in making this a better world in which to live.

I am looking forward to a great year, but it will take all of us working together to make it happen. If I can help you in any way contact me. I am as close as your telephone.

“Membership will grow with Service creating strong Leadership in our Lions Clubs. At the end of the day, it is all about Service.” GAT

Yours in service,

Lion Doug

District Governor Doug Thomas



Dear Fellow Lions,

Thank you for allowing me the distinct honor to serve as your 1st Vice District Governor. I am looking forward to serving our district for the next two years and hopefully many more after that.

In case you don't know me, my wife Lion Mary Ann and I have been members of the La Vernia Lions Club for over 12 years and I will be serving as our club president one more time for the 2020-2021 Lion year. Also, I have served as a Texas Lions Camp Director, a Lions Sight Research Foundation Director and as our District Treasurer.

I would like to thank Immediate Past District Governor Lion Dave for his outstanding job and leadership this past year as our District Governor despite the many challenges this pandemic has presented us.

...Our coming Lion year is off to a great start...

Our District Governor Lion Doug has hit the ground running. He has put together a very detailed and challenging plan for the next year. It includes plans to rejuvenate our leadership at the zone level, chartering 4 new clubs, holding virtual training and leadership forums, and promoting our district service initiatives.

On July 1st, we celebrated the election of our very own Lion Ernesto “TJ” Tijerina” to the Lions Clubs International Board of Directors. Lion TJ is committed to making sure that the future of our International Association remains strong, and that Lions continue to lead the way in our world as the largest and best service organization. His action plan focuses on Membership Growth, Leadership Development, and Innovative Service. **Congratulations Lion TJ!**

Don’t forget to register for the first Cabinet Meeting scheduled for July 17th hosted by the Helotes Lions Club. For more information, browse to the district website at **District 2A-2 Website** and look for the Cabinet Meeting information under “District Meetings”. While you are there be sure to subscribe to our District News Flash under “Links”. Our News Flash will help keep you informed about district news and events.

Finally, our Lions Sight Research Foundation Annual Stride for Sight 5K Run/Walk that was originally scheduled for March is happening on Saturday, August 7th at Comanche County Park in San Antonio. You can register at **Registration Form** as an In-person or Virtual Runner/Walker, as a Team or as a Sleep Walker (my category). We hope to see you there.

If I can be of service to you or your club, please let me know.

Lion Steve

VDG1 Lion Steve Mays

texasveys@gmail.com

(210) 380-6572

“The best way to find yourself is to lose yourself in the service of others.” – Mahatma Gandhi

Tell Us What You Are Doing

We want our District newsletter to feature more of the wonderful work being done by each of the Lions Clubs in District 2-A2. Please send in articles about your service projects, fundraisers, installations, and member recognitions for inclusion in the monthly newsletter **to newsletter@district2a2.org**. Articles must be submitted by the 25th of the month to be included in the following month's newsletter.

Calendar of Upcoming Events:

Cabinet and Convention Dates:

First District Cabinet Meeting and Installation of Officers	July 17th	Helotes Lions Club Helotes, TX
Second District Cabinet Meeting	October 16th	La Vernia, TX
District 2-A2 Midwinter Conference	Jan 21st-22nd	Del Rio, TX
District 2-A2 Convention	April 22nd	San Antonio, TX

Club and Other Events:

Benefit Fundraiser – SA Highland Hills Lions Club	July 17th	B&N Sports Bar San Antonio, TX
Boerne Lions Club Ice Cream Social	July 23rd	123 Pecan St. Boerne, TX
28th Annual Harry Wickersham Golf Tournament	August 5th	Lady Bird Johnson GC Fredericksburg, TX
Stride for Sight 5K Run/Walk	August 7th	Comanche Park San Antonio, TX
Northside Lions 22nd Annual Lion Bill Gardner Memorial Golf Tournament	September 20th	Silverhorn Golf Club San Antonio, TX
SA Lighthouse – Art in the Dark	September 21 st	La Vallita San Antonio, TX

**2021-2022 1st District Cabinet Meeting and Installation of District Officers
Saturday, July 17, 2021 @ 8:30am**



Mark your calendars now for the First Cabinet Meeting of the new year where we will install our 2021-2022 District Cabinet.

The meeting will be at the Helotes Lions Club building on Bandera Road. It will be great to meet in person and share in the fellowship.

We are very close to reaching the goal for the pledges to finish building the Texas Lions Museum in Kerrville and anticipate getting to trim PCC Mike Rourke’s beard which has been growing since the pandemic began. You won’t want to miss it.

We are limited to 80 attendees at this venue so please click the link below or complete the registration form on the next page to register now.

Links:

Online Registration [Online Registration](#)

Mail-In Registration (see following page) [Mail-In Registration](#)



**District 2-A2 1st Cabinet Meeting
Installation of 2021-2022 District Cabinet
July 17, 2021**



Hosted by Helotes Lions Club
14690 Hwy 16 North (Bandera Hwy)
Helotes, TX 78023

Lion _____ Position _____
First and Last Name

Club _____ Phone # _____ Email _____

Meal Choice: Smoked Turkey Roast Beef Non-Meat Choice

Lion _____ Position _____
First and Last Name

Club _____ Phone # _____ Email _____

Meal Choice: Smoked Turkey Roast Beef Non-Meat Choice

	Cost	# Tickets	Total Cost
Registration with Lunch	\$10.00		
Registration with No Meal <i>(All attendees pay registration fee)</i>	\$5.00		
	Total Enclosed		

Choice of 1 includes Tea, Coffee, or Water.

Smoked Turkey: Deli Sliced Smoked Turkey Breast on Whole Wheat Sub with Avocado Garlic Mayonnaise, Baby Swiss Cheese, & Roma Tomatoes, with Spring Mix. Pasta salad ,& Cookie.

Roast Beef: Peppery Roast Beef on an Onion Roll with Melted Sharp Cheddar Cheese & Horseradish Mayonnaise. Pasta Salad & Cookie.

Non-Meat Choice: Garden Vegetable Salad: Fresh Spring Mix with Roma Tomatoes, Red Onions, White Mushrooms, Cucumbers, Homemade Champagne Vinaigrette dressing. Cookie

Make Checks Payable to “**Helotes Lions Club**”

Mail Registration to **Helotes Lions Club, PO Box 424, Helotes, TX 78023**

MUST be postmarked not later then July 9, 2021

For more information, please contact **President Monique Reardon 210-845-4041**

Email txreardons@gmail.com

Alamo Heights Lions Club

Among the club members are veterans who became Lions after serving our country in one or more branches of the Armed Forces. In their honor, this year Alamo Heights added a special activity to the club's list, which is the proper retirement and disposal of American flags.

The Department of Defense of the United States of America has rules on how the ceremony is to be held respectfully. While we do not conduct the ceremony, we collect flags in need of retirement and take all flags collected to the VFW Post 76. They have a flag collection box. This year on Flag Day June 14, the VFW held a flag retirement ceremony.



Close of Lions Year 2020-2021 Alamo Heights Lions Club - Babcia and the Bundt Cake

We are all familiar with the rhetorical question to whether our glass is half full or half empty. The answer is yes. Yes, it is. A half a glass of liquid is just that. This question reminds me of a story my next-door neighbor and childhood friend Steve told. He was a First Generation American. His grandparents immigrated to America after the Germans ariel bombed and destroyed Warsaw, Poland. They relocated to a rural Polish community in upstate New York and basically continued their lifestyle as humble farmers. His grandmother, Babcia (Polish word for grandmother), raised chickens, cows and pigs. She made her own bread, sewed her own clothes, and grew and canned her own vegetables just as she did in Poland. In 1970 Babcia moved to Louisiana to live with Steve and his family. His Dad ran a successful hardware store, and his mom was the high school home economics teacher. Upon Babcias' arrival the family had decided to bake her a cake. As it was the '70s Bundt Cakes were all the rage. Babcia had never seen or heard of a Bundt Cake and was less than pleased with it. She was quite taken aback and upset saying, "Why would anyone go to all the trouble of baking a cake and then leave a Big Hole in the middle of it!" She had never experienced a Bundt Cake.

During the past year, how many of us were focused on what was missing in our lives, our limitations and restrictions, living in fear of the unknown and the unfamiliar. (The hole in the middle.) It makes me wonder what people thought of the inventor of the wheel. Something new and different at the time and now an integral part of our daily lives. Thankfully, there are many people who focus on trying to make good from bad situations. In the Chinese language the word CRISIS is the same word for opportunity and creative problem solving. Lucky for us many folds are grateful for cake in all its may forms. The opportunity for cake. The very thought of cake. Hole or no hole.

An empty space, a hole as it were, signals opportunity and room for growth. We as Lions can focus on our future and our duty of service while remembering the lessons and experiences of our future and our duty of service while remembering the lessons and experiences of our shared past. It doesn't matter if you are an optimist or a pessimist. Cake is Cake. Every day is a brand-new day filled with unlimited potential. Let us continue forward, united in our common goals and interest, serving others for the betterment of our fellow man.

As my friend Steve's Dad put it, "As you travel through this world my friend, "Whatever be your goal, Keep your eye upon the donut, and not upon the hole!"

Stay Awesome my friends and fellow Lions. Together we can accomplish great things.

Andy Lee, President AHLC 2020-2022

San Antonio Founder Lions Club

Lion Patrick Porras with the San Antonio Food Bank delivering food to homebound seniors. The SA Food Bank is always in need of volunteers for the homebound senior program, mega food distributions and warehouse sorting and packing. A great and safe volunteer opportunity for all.

Visit their website below to find out more information.

Link - [San Antonio Food Bank](#)




Benefit Fundraiser – SA Highland Hills Lions Club




Mary Angie Garcia
Bexar County District Clerk
Benefit fundraiser for SA Highland Hills Lions Club
Funds raised goes towards school supplies

**SATURDAY, JULY 17, 2021
11:00 A.M TO 2:00 P.M.
B & N SPORTS BAR
3705 ROOSEVELT
SAN ANTONIO, TEXAS 78214**



Sausage Plate w/trimmings

\$8.00/plate



Ice Cream Social – Boerne Lions Club

Boerne Lion's Club



YOU ARE INVITED:

WHAT: ICE CREAM SOCIAL

WHERE: 123 PECAN ST. BOERNE, TX
(MAIN ST & RIVER ROAD)

WHEN: FRIDAY..JULY 23, 2021
5:00pm to 7:00pm



Our Mission: “TOGETHER WE SERVE”. We believe that even the greatest challenges can be overcome by the power of kindness.

Come learn all the ways we serve the residents of our community.

We provide children with disabilities the opportunity to attend Lion's summer camp at no cost to parents.

We also collect used Eye Glasses and Hearing aids.



Door Prizes

We need your help and support to grow our membership so we may continue to accomplish our 2021 Goal.

Sponsor Levels

\$100 \$250 \$500 \$1000

Thank You For Supporting Boerne's LION's Club

For More Information Contact:

marjfel@yahoo.com 210-326-4397

reneeangel@gvtc.com 210-445-5218

Fundraiser – Northside Lions Club - Lion Bill Garden Memorial Charity Golf Tournament



The Northside Lions Club appreciates the help and assistance of the SilverHorn Golf Club of Texas in hosting our golf tournament.

The SilverHorn Golf Club of Texas has earned the reputation as the best upscale daily fee golf course in San Antonio, ranked among the “Top 25 Courses in Texas” by the Dallas Morning News & “Places to Play” by Golf Digest. SilverHorn is also considered one of the most challenging layouts in San Antonio.

The distinct Hill Country character of SilverHorn can be credited to designer Randy Heckenkemper. SilverHorn’s tree-lined fairways, strategic use of sand and water, and beautifully framed, contoured greens make this par 72 course a treasured Hill Country experience long remembered.

DIRECTIONS

From Hwy 281 exit Bitters Road and head west on Bitters Road. Proceed 2.5 miles to SilverHorn Drive and turn left. Follow the signs to the club house.

From Anderson Loop 1604 exit Bitters Road and head east on Bitters Road. Proceed approximately 4 miles to SilverHorn Drive and turn right. Follow the signs to the club house.



THE NORTHSIDE LIONS CLUB 22nd ANNUAL LION BILL GARDEN MEMORIAL CHARITY GOLF TOURNAMENT

Monday, September 20, 2021
SilverHorn Golf Club Of Texas

12:30pm Registration & Range Balls
1:30pm Tournament (Shot Gun Start)
6:30pm Concluding Ceremonies

GOLF FORMAT:

Four Player Florida Scramble
Callaway System Scoring
Hole-In-One (\$10,000)
Closest to the Pin – Two Holes
Longest Drive
Putting Contest

ENTRY LEVELS:

Titanium: 8 Players plus tee-box sign - \$ 1,000
Platinum: 8 Players \$ 800
Gold: 4 Players plus tee-box sign - \$ 600
Silver: 4 Players - \$ 400
Individual Player \$ 100
Tee-Box Sign Sponsorship - \$ 200

All entries include:

Green Fees, Cart, Driving Range, Goodie Bag,
Prizes, Refreshments, Awards – Dinner provided
Additional round of golf at SilverHorn
(CART NOT INCLUDED)

Silverhorn Golf Club will be operating under their corporate COVID-19 guidelines as they may apply

A portion of the player entry fee is tax deductible as a charitable contribution.

Please register me in the

Northside Lions Club 22nd Lion Bill Garden Memorial Charity Golf Tournament September 20, 2021

Select Entry Level Sponsorship:

_____ Titanium
_____ Platinum
_____ Gold
_____ Silver
_____ Individual
_____ Tee Box Sign Only

My check for \$ _____ is enclosed.
Make checks payable to Northside Lions Club.

Corporate Name: _____

Address: _____

City/State: _____ Zip: _____

Telephone: _____

Golfers Name:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Mail entry and check to:

Northside Lions Club
31384 Rexon Circle
Fair Oaks Ranch, TX 78015

Questions?

Contact Les Barnes (210) 837-6264 or e-mail at
barnesleslie2701@gmail.com

Contact Sam Pantusa (210) 326-3915 or e-mail at
spantusa@yahoo.com

San Antonio Lighthouse - Art in the Dark



ART IN THE DARK

The Touch... The Sense... The Feel...

**BENEFITTING THE LIGHTHOUSE
PROGRAMS AND SERVICES**

**YOU CAN TOUCH THE ART
BUT NO PEEKING!**



*Jewelry Pottery
Music Raffle
Paintings
Sculptures
Silent Auction
Food & Beverages*

**GUESTS WILL HAVE THE
OPPORTUNITY TO BID ON
COVERED ART THROUGHOUT
THE EVENING.**

**TUESDAY,
SEPTEMBER**

La Villita Assembly Hall
401 Villita St.

21

2021

6:30-9PM

**Scan QR code to
purchase tickets
for \$60 each**



SCAN ME



Stride for Sight

Saving Sight, Changing Lives



Stride for Sight 5K Run/Walk
Saturday, August 7, 2021

Comanche County Park
Pavilion 2
2600 Rigsby Avenue
San Antonio, TX 78222

Register Online At:
bit.ly/SFSAUG7
or SolersSports.com

8am Opening Ceremony
8:30am Run/Walk



\$40 Virtual Runner/Walker
\$30 5K Runner/Walker
\$20 Sleep Walker
\$20 Teams* (*5 or more members required, all teams are walkers)

Free Breakfast Tacos
Music and Entertainment
Free Kid's Fun Run
And Much More!

Team promotional discounts available to affiliates and families of Partners In Vision (LSRF, SAEB & GDTX) Contact Lisa@SolersSports.com for discount code



SPONSORSHIP BENEFITS

Title Sponsor (\$5,000)

- Opportunity to speak for 2-3 minutes during open ceremony and officiate start of the race
- Your company banners, logos and/or products displayed prominently at event stage and at race start/finish line
- Your company logo featured on the front and back of event race T-shirt*
- Your company logo featured on 5k registration site and social media cover photos
- One 30-60 second video, featuring your representative in social media promotion leading up to the event & add'l filming of representative featured in commemorative event day video
- Your company name mentioned in event press release and in any day of event news TV or radio interviews
- 15 complimentary race registrations and T-shirts
- 5 or more mentions in social media promotion leading up to the event
- **Plus!** All the benefits from the sponsorship levels below.

Lionheart Sponsor (\$2,500)

- One 30-60 second video, featuring your representative in social media promotion leading up to the event & add'l filming of representative featured in commemorative event day video
- Your company name mentioned in event press release and in any day of event news TV or radio interviews
- 10 complimentary race registrations and T-shirts
- 5 or more mentions in social media promotion leading up to the event
- **Plus!** All the benefits from the sponsorship levels below.

*Deadline for logo inclusion on race T-shirt is July 24, 2021

**Deadline for logo inclusion on postcard is June 4, 2021

Hero Sponsor (\$1,000) or KidZone Area Sponsor

- One 30-60 second video, featuring your representative in social media promotion leading up to the event & add'l filming of representative featured in commemorative event day video
- Your company name mentioned in event press release and in any day of event news TV or radio interviews
- 5 complimentary race registrations and T-shirts
- Social media promotion leading up to the event
- **KidZone Area Sponsor** - signage prominently featured at Kid's Fun Run and activities area
- **Plus!** All the benefits from the sponsorship levels below.

Legacy Sponsor (\$500)

- Your company logo placed on the back of event race T-shirt*
- Your company logo placed on 2,000+ promotional postcards distributed to homes throughout Bexar County**
- Your company logo displayed at water station
- Exhibitor space at the event with the option to pass out flyers/ ads/ coupons
- 2 complimentary race registrations and T-shirts
- Opportunity to provide items for race bags or at registration area
- Company name mentioned in email blast to 16,000+ South Texas area runner's list through Solers Sports

Companion Sponsor (\$250)

- Your company name placed on the back of event race T-shirt*
- Opportunity to provide items for race bags or at registration area
- Company name mentioned in email blast to 16,000+ South Texas area runner's list through Soler Sports

Friend Sponsor (\$100)

- Your company name placed on the back of event race T-shirt*
- Opportunity to provide items for race bags or at registration area

In-Kind Donation Opportunities:

- Bottled Water (500)
- Breakfast Tacos (500)
- Sausages (500)
- Kid's Art Supplies
- And more!

For further information, please contact:
Sam Pantusa, COO - Lions Sight Research Foundation
lsrf.sam@gmail.com ■ (210) 326-3915

All checks should be made payable to:
Lions Sight Research Foundation
with notation 2021 Stride for Sight
Mail to: Lions Sight Research Foundation
4502 Centerview, Suite 120, San Antonio, TX 78228





Please pass this along to family and friends that may benefit.

I'll bet you know someone who should know about this.

The Lions Sight Research Foundation and Lions Club Members throughout our area are working with Texas Diabetes Institute to invite individuals who have been diagnosed with Pre-Diabetes or are not yet diagnosed but may have genetic or other indicators (high blood pressure, weight issues...) that may lead to a diagnosis, to join a study.

Candidates for the study would be between 18 and 65 years of age.

See the flyer and Pre-Diabetes Risk Test, below, to determine if you could be a candidate.

For more information call TDI at (210)358 7200.

Those who are Pre-Diabetic, have the potential to be diagnosed with Diabetes within a few years without taking proper steps

ARE YOU AT RISK FOR DIABETES?

WE ARE LOOKING FOR CANDIDATES WHO ARE:

- 18 TO 65 YEARS OF AGE
- HAVE BEEN DIAGNOSED WITH PRE-DIABETES, OR
- ARE OVERWEIGHT WITH FAMILY HISTORY OF TYPE 2 DIABETES, OR
- HAD DIABETES DURING PREGNANCY

UT Health San Antonio

FOR MORE INFORMATION, PLEASE CALL:
DIABETES RESEARCH CENTER TEXAS DIABETES INSTITUTE
(210) 358-7200
PRINCIPAL INVESTIGATOR: RALPH A. DEFONZO, MD

Prediabetes Risk Test

NATIONAL DIABETES PREVENTION PROGRAM

1. How old are you?

- Younger than 40 years (0 points)
- 40-49 years (1 point)
- 50-59 years (2 points)
- 60 years or older (3 points)

Write your score in the boxes below

2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point)
- No (0 points)

5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

6. Are you physically active?

- Yes (0 points)
- No (1 point)

7. What is your weight category?

(See chart at right)

Total score:

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
	You weigh less than the 1 Point column (0 points)		

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a CDC-recognized lifestyle change program at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

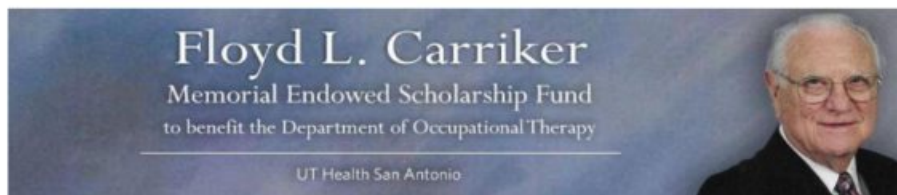




A MATTER of LEGACY

As Lions, all of us have been able to demonstrate our desire to serve others both in individual ways and collectively with fellow Club members. Many of us have proudly worn our vests for decades. What follows is an example of how one fellow Lion who wore his vest for over 50 years felt that his passion for helping others need not end with his passing. As a true “Knight of the Blind”, he set aside a generous gift to be used by the **District 2-A2 Lions Sight Research Foundation** to continue the 40 year Foundation tradition of service to the visually impaired of our community.

The following will soon begin to appear as a notification to UT Health San Antonio faculty and students:



The **Floyd L. Carriker Memorial Endowed Scholarship Fund** was established in August 2020 to honor Lion **Floyd's memory** by fellow Lions Club members in South Central Texas through their Lions Sight Research Foundation.

Funds distributed from the endowment will directly support scholarships for second- and third-year students enrolled in the Doctor of Occupational Therapy (OTD) program who possess a strong interest in and/or demonstrate clinical involvement with patients in the area of low vision rehabilitation.

Floyd L. Carriker was born on July 16, 1914, in Mineral Wells, Texas. He attended schools in Lubbock, San Angelo, and Mineral Wells. During his time in high school, he worked in drug stores, which spurred his interest in eventually opening his own pharmacy. He attended Capital College of Pharmacy and passed the certification exam on the first attempt.

During World War II, Carriker volunteered for the United States Navy and served as a Pharmacist Mate First Class. He was stationed at Naval Air Station Jacksonville and later served in the Pacific and Asiatic seas as part of the Sixth Fleet. After an honorable discharge, Carriker returned to Houston, Texas, and launched his career in the pharmacy business. After moving to Kerrville, Texas, Carriker was a dedicated member of the Kerrville Sunrise Lions Club, where he faithfully served for over five decades. Lion Floyd volunteered countless hours on behalf of others. His service covered myriad community needs, but aiding the visually impaired and disabled children were chief among his passions.

Floyd was married to Mary Alice Henderson in 1940 until her passing in 1992; he married Lynn DeVille in 2001 and was widowed in 2018. He had two sons, George and Robert Carriker, and many nieces, nephews, and stepchildren. Carriker passed away peacefully on December 21, 2019. The Floyd L. Carriker Memorial Endowed Scholarship Fund will last in perpetuity as a reflection of his community-driven spirit and dedication to serving those within the low vision community.

We would ask that you consider how a Planned Giving gift can continue your Legacy of Service. No gift is too small.

Lions Sight Research Foundation – Contact PDG Sam Pantusa (210) 326 3915 email: lsrf.sam@gmail.com
4502 Centerview, Suite 120 San Antonio, Tx 78228

amazon smile

**You shop. Amazon gives
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