



# Lions District 2-A2 Newsletter



"It's Great To Be A Lion"

Issue 12 ~ June 2019



## ***My Fellow Lions,***

We are excited as we are finishing our year! We are working on a New Club in Our District through PCC TJ and some other Lions helping out. ... Thanks!

**Thank you** for your support and hard work throughout Our District. Congratulations to the Lion Clubs that are having a Positive Year in our District in Membership Growth, Retention and Recruiting. I appreciate it so much!

## ***Zone Chairperson, I encourage you to have your Lion Clubs in your zone to check out Our District***

**Membership Incentive program!** The more members we have, the more helping hands we will have doing service and helping the less fortunate in our communities. Invite your friends, fellow employees etc.... to be part of this Great

Service Association. Membership and Retention = Growth!

## ***Reminder: ALWAYS TO HAVE FUN IN LIONISM!***

Also, keep in mind that you can use these awards to recognize a fellow lion from your club.

Lion Zone Chairs, Thank you all for your unconditional support. I cannot have had the year I am having without your HELP!

**Reminder:** Keep in mind that we have Great Speakers that you can invite for club meetings as a guest. We have **TLC:** Lions Allie Thomas & Jorge Villalpando, **LSRF:** PDG Sam Pantusa, **MESU & LEOS:** PDG Chris Lloyd, **LCIF:** PDG Howie Marbach, **TLF:** PCC Don Peppard, and **IT:** Lion Floyd Daigle.

***Our District Globe Action Team*** is willing to visit our clubs to encourage and promote Leadership Development, Membership Growth and Service. They are a phone call or email or text away... Let us together meet our goals!

Let our new members learn more of what we do in Our Great District. Invite these Great Lions that have the knowledge for each of these programs to encourage others to grow.

**Let us finish strong that it might carry over into next year administration!**

I encourage you to keep checking for our updates in our websites for Great information. Check out Our District Directory online at [district2a2.org](http://district2a2.org).

Our [district2a2.org](http://district2a2.org) website page has links to others Lion's websites.

BEYOND THE HORIZON! ... International President Gudrun Yngvadottir

IT'S GREAT TO BE A LION,

**Lion Roberto Castillo**

District Governor 2018 – 2019



My Fellow Lions,

I would like to thank the Zone Chairs for attending the Zone Chair seminar and the Lions Club Officers for coming out to the 3 officer trainings that was provided this past month. It was very encouraging to see so many Lions in attendance. The last officer training will be in Comfort on June 15, 2019 at the Comfort Library. Don't forget to RSVP. If you are not connected to getting the newsletters, go to [district2a2.org](http://district2a2.org) to sign up.

We have been preparing to do Spot vision screening on all the campers that will be attending the Texas Lions Camp this summer. The Texas Lions Camp will be celebrating **70 years** of service and in encouraging children with disabilities that they CAN DO anything they set their mind too. It is really fitting that we take on this huge service project on such a momentous occasion.

Thank you to the Clubs and Lions of this District for stepping up your service and signing up for one Sunday over the next 2 months. I am excited to see the full impact of this service, not only for the campers but for the Lions that have never attended the wonderful camp.

I am still trying to reach our goal of \$35,000 for Stride for Sight. If your club has not donated, please considering doing so before the end of the Lion year. The KidSight School Screening Team has almost a full schedule for the next school year. We have 4 working Spots right now and need to purchase new Spots soon.

Congratulations to the new club officers for the Lion year 2019-2020. Secretaries do not forget to enter the new officers with Lions Clubs International, If you need any assistance, do not hesitate to call me.

I look forward to seeing some of you at your Officer Installation.

**GOOD LUCK** to PCC TJ and Lion Juanita at the State Convention in Waxahachie on May 30-June 1, 2019. We know you will be our TEXAS endorsed candidate for International Director.

Yours in Service,

**Lion Janie Garza**

*First Vice District Governor 2-A2*



*Just because a man lacks the use of his eyes doesn't mean he lacks vision.*  
- Stevie Wonder

It's been a great Lions year and we're in the home stretch, so many things accomplished and many more to plan for next year. I hope that you and your club enjoyed serving your community this year, that you're pleased with all you've done, and that you've set a high bar for yourselves for 2019-2020.

### **Lions Eye Health Program**

As we conclude our 2018-2019 year and look forward to next year, I encourage you to keep in mind our District Lions Eye Health Program and one of its major components, the Stride for Sight. This year we are still stretching to meet our fundraising/budget needs. If you have unallocated charity funds our Stride for Sight will be deeply grateful for any donation you can make. Please give

to the Stride for Sight by June 30, 2019 in care of our Lions Sight Research Foundation.

### **Stride for Sight Club Fundraiser**

As you make plans for 2019-2020 please consider a designated fundraising activity or project that you can dedicate to the Stride for Sight. Our vision screenings for children and adults continue to enjoy popularity in communities around the District and we need to add and replace equipment, particularly our Spot vision camera systems in order to serve all those who look to us for vision screening. Working together we can keep our Lions Eye Health Program strong and responsive to our communities.

HEALTHY LIONS CAN ENCOURAGE HEALTHY COMMUNITIES. NUTRITION AND DIET INFLUENCE DIABETES AND DIABETES AFFECTS VISION, AMONG MANY OTHER THINGS. HERE'S ANOTHER GOOD ARTICLE FROM THE MAYO CLINIC STAFF ABOUT A DIET THAT CAN IMPROVE HEALTH AND DECREASE THE EFFECTS OF DIABETES: [MEDITERRANEAN DIET: A HEART-HEALTHY EATING PLAN](https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801) YOU CAN FIND IT ON THE MAY CLINIC WEBSITE:

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801> - <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801>

### **BENEFITS OF THE MEDITERRANEAN DIET**

Research has shown that the traditional Mediterranean diet reduces the risk of heart disease. The diet has been associated with a lower level of oxidized low-density lipoprotein (LDL) cholesterol — the "bad" cholesterol that's more likely to build up deposits in your arteries. In fact, a meta-analysis of more than 1.5 million healthy adults demonstrated that following a Mediterranean diet was associated with a reduced risk of cardiovascular mortality as well as overall mortality.

The Mediterranean diet is also associated with a reduced incidence of cancer, and Parkinson's and Alzheimer's diseases. Women who eat a Mediterranean diet supplemented with extra-virgin olive oil and mixed nuts may have a reduced risk of breast cancer. For these reasons, most if not all major scientific organizations encourage healthy adults to adapt a style of eating like that of the Mediterranean diet for prevention of major chronic diseases.

### **KEY COMPONENTS OF THE MEDITERRANEAN DIET**

- Eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts
- Replacing butter with healthy fats such as olive oil and canola oil
- Using herbs and spices instead of salt to flavor foods

- Limiting red meat to no more than a few times a month
  - Eating fish and poultry at least twice a week
  - Enjoying meals with family and friends
  - Drinking red wine in moderation (optional)
  - Getting plenty of exercise
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#### FRUITS, VEGETABLES, NUTS AND GRAINS

The Mediterranean diet traditionally includes fruits, vegetables, pasta and rice. For example, residents of Greece eat very little red meat and average nine servings a day of antioxidant-rich fruits and vegetables. Grains in the Mediterranean region are typically whole grain and usually contain very few unhealthy trans fats, and bread is an important part of the diet there. However, throughout the Mediterranean region, bread is eaten plain or dipped in olive oil — not eaten with butter or margarines, which contain saturated or trans fats. Nuts are another part of a healthy Mediterranean diet. Nuts are high in fat (approximately 80 percent of their calories come from fat), but most of the fat is not saturated. Because nuts are high in calories, they should not be eaten in large amounts — generally no more than a handful a day. *Avoid candied or honey-roasted and heavily salted nuts.*

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#### HEALTHY FATS

The focus of the Mediterranean diet also includes making wise choices about the types of fat you eat. The Mediterranean diet discourages saturated fats and hydrogenated oils (trans fats), both of which contribute to heart disease. The Mediterranean diet features olive oil as the primary source of fat. Olive oil provides monounsaturated fat — a type of fat that can help reduce LDL cholesterol levels when used in place of saturated or trans fats. "Extra-virgin" and "virgin" olive oils — the least processed forms — also contain the highest levels of the protective plant compounds that provide antioxidant effects.

Monounsaturated fats and polyunsaturated fats, such as canola oil and some nuts, contain the beneficial linoleic acid (a type of omega-3 fatty acid). Omega-3 fatty acids lower triglycerides, decrease blood clotting, are associated with decreased sudden heart attack, improve the health of your blood vessels, and help moderate blood pressure.

Fatty fish — such as mackerel, lake trout, herring, sardines, albacore tuna and salmon — are rich sources of omega-3 fatty acids. Fish is eaten on a regular basis in the Mediterranean diet.

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#### WINE

The health effects of alcohol have been debated for many years, and some doctors are reluctant to encourage alcohol consumption because of the health consequences of excessive drinking. However, alcohol — in moderation — has been associated with a reduced risk of heart disease in some research studies. The Mediterranean diet typically includes a moderate amount of wine. This means no more than 5 ounces (148 milliliters) of wine daily for women (or men over age 65), and no more than 10 ounces (296 milliliters) of wine daily for men under age 65.

If you're unable to limit your alcohol intake to the amounts defined above, if you have a personal or family history of alcohol abuse, or if you have heart or liver disease, refrain from drinking wine or any other alcohol.

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#### PUTTING IT ALL TOGETHER

The Mediterranean diet is a delicious and healthy way to eat. Many people who switch to this style of eating say they'll never eat any other way. Here are some specific steps to get you started:

- **Eat your veggies and fruits — and switch to whole grains.** An abundance and variety of plant foods should make up the majority of your meals. Strive for seven to 10 servings a day of veggies and fruits. Switch to whole-grain bread and cereal, and begin to eat more whole-grain rice and pasta products.
- **Go nuts.** Keep almonds, cashews, pistachios and walnuts on hand for a quick snack. Choose natural peanut butter, rather than the kind with hydrogenated fat added. Try tahini (blended sesame seeds) as a dip or spread for bread.
- **Pass on the butter.** Try olive or canola oil as a healthy replacement for butter or margarine. Use it in cooking. Dip bread in flavored olive oil or lightly spread it on whole-grain bread for a tasty alternative to butter. Or try tahini as a dip or spread.
- **Spice it up.** Herbs and spices make food tasty and are also rich in health-promoting substances. Season your meals with herbs and spices rather than salt.

- **Go fish.** Eat fish once or twice a week. Fresh or water-packed tuna, salmon, trout, mackerel and herring are healthy choices. Grilled fish tastes good and requires little cleanup. Avoid fried fish, unless it's sautéed in a small amount of canola oil.
- **Rein in the red meat.** Substitute fish and poultry for red meat. When eaten, make sure it's lean and keep portions small (about the size of a deck of cards). Also avoid sausage, bacon and other high-fat meats.
- **Choose low-fat dairy.** Limit higher fat dairy products such as whole or 2 percent milk, cheese and ice cream. Switch to skim milk, fat-free yogurt and low-fat cheese.
- **Raise a glass to healthy eating.** If it's OK with your doctor, have a glass of wine at dinner. If you don't drink alcohol, you don't need to start. Drinking purple grape juice may be an alternative to wine.

It's still true: like exercise, good diet is beneficial to your health, and can improve the prospects for individuals with diabetes. Thanks for listening and stay healthy Lions!

Stay hydrated,  
**2VDG Dave Splitek**

## 2019 Club Officer and Leaders Training & Orientation

Please RSVP below and you will need to bring a laptop, tablet or your smartphone to these trainings. Trainings are for Club Presidents, Secretaries, Club Administrators and Treasurers.

June 15, 2019 9:00 am- 12:00 p.m.

Comfort Library

701 High St.

Comfort, TX 78013

Please contact VDG Lion Janie if you have any questions.

Click [HERE](#) to RSVP

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## BENVENUTO A MILANO!



Wholeheartedly we say with pride “Welcome Lions of the World”. These simple words are in our minds and hearts since March 2014 when Milan was awarded the International Convention of 2019. Milan is the Italian capital of solidarity and the cradle of Lionism in Italy: the first Italian Lions club was founded in Milan in May 1951, sponsored by the Swiss club “Lugano Host (Dean)”. The name was “Lions club Milano”, presently “Lions club Milano Host”.

Milan is a bustling city, full of attractions, a hub for food, fashion and design.

In 2015 Milan hosted EXPO whose theme was “feeding the planet, energy for life” and more than 20 million people visited the city. A natural geographic and almost geometric center with three international airports wherefrom you can easily be connected with many European, Middle-Eastern and North-African towns in one or two hours. The high speed trains will take you to many Italian cities, including Florence, Rome and Venice, in a short time: a daily roundtrip is possible. Matera, a very special small town nestled in the south of Italy, will be the European capital of culture in 2019 together with the Bulgarian city of Plovdiv.

Click [HERE](#) for More Information

## Poteet Lions Club

The Poteet Lions Club - Zone 3 is committed in serving our community whether it be actively through our own programs or by partnering with other local nonprofit organizations for the common goal. The Poteet Lions Club has been a long-time annual participant at the Poteet Strawberry Festival Association's Strawberry and Taste of Texas auctions where all monies raised at both events go back into our community as scholarships for our youth and supporting our local strawberry farmers. This year at the 72nd annual Poteet Strawberry Festival held on April 5th – 7th Ms. Lisa Sanchez and Mr. David Reyes of 4G Reyes Farms won Grand Champion with their strawberries, the bids for their berries totaled a record breaking \$16,300. Both Lisa and David are also proud members of the Poteet Lions Club and David is the current elected club president. Another first this year for the Poteet Lions Club was adding a Court of Honor to represent the club at the festival and awarding a young lady in our community a scholarship for her continued education upon graduating from high school. Congratulations to the first ever 2019 Miss Lions Rachelle Casias, Miss 1st Runner Up Tahis Ramirez, and the first ever Little Miss Lions Beulah Domsch and Little Miss Lions Miranda Solis for an outstanding job representing the club at this year's festival.



**Lisa Sanchez – Poteet Lions Club Member and the 72nd Annual Poteet Strawberry Festival Grand Champion**



**Grand Champion with Court (L-R): 2019 Miss Lions Rachelle Casias, Miss 1st Runner Up Tahis Ramirez, Little Miss Lions Miranda Solis and PLC Member and Grand Champion Lisa Sanchez**



**Group picture of the Grand Champion with all auction purchasers**



**1st ever Court of Honor (L-R) Little Miss Lions Beulah Domsch, Miss Lions Rachelle Casias, Miss 1st Runner Up Tahis Ramirez and Little Miss Lions Miranda Solis**

## SA Central Park Lions Club



On Wednesday, May 1, 2019 the Central Park Lions Club enjoyed a tour of Owl Radio. Owl Radio's volunteer readers provide news, sports, commentary, and many other subjects to those in Bexar and surrounding counties who have low or no vision. Lion Bob Nixon, club secretary, presented a \$500 check to Executive Director Lisa Meile. Pictured, left to right, are Jack Dugas, Cynthia Duvall, member of the Owl Radio board of directors, Lisa Meile, Bob Nixon, Leo Ortiz, Nina Tannenbaum, Dave Hall, Shelby Violante, and Bob Wooster.



On May 4, 2019 several Lions from the Central Park Lions Club participated in a workday at the Texas Lions Camp. Pictured from left to right are Lions Jack Dugas, Dave Hall, Bob Nixon, and Lisa Werkowitch. Not pictured are Lion Mike Countryman and spouse Pam Countryman. Mike and Pam toted a kayak on this trip to donate to the Camp.

## Guide Dogs of Texas and West Side Lions Clubs

Lion Sandy from Guide Dogs of Texas introduced us to their new puppy in training. They named him Ray in honor of our beloved Lion Ray Castillo that passed away April 2, 2019. West Side Lions Club hosted a reception after the service. Want to thank all the Lions that came to honor and remember our great friend. Ginger Castillo was introduced to Ray the puppy and it looks like love at first sight.



## Eagle Pass Border Lions

Eagle Pass Border Lions and President Lion Sarrah Flores volunteered to help serve food and donating some of the food to the city of Eagle Pass to help out during El Dia De Los Ninos on April 30 celebration.



## San Antonio Founder Lions Club

San Antonio Founder Lions Club members and potential future club members planting and cleaning up @ Lion Field Rose Garden (Broadway and Mulberry) in San Antonio, Texas.



## San Antonio Northside Lions Club

San Antonio Northside Lions Club held the 21st Annual Charity Golf Tournament on Monday, May 13th. Over 70 players helped fundraise and enjoyed beautiful weather at Silverhorn Golf Club. Amongst the participating teams were a group of Wounded Warriors, sponsored by ESI and a group of San Antonio Firefighters, sponsored by Jazzy J's Dance and Fitness. The club would like to thank the following fellow Lions clubs for their support - Central Park Lions, Alamo City Lions, Converse Lions and Alamo Heights Lions.







### **Eagle Pass Border Lions**

**On May 10th Eagle Pass Border Lions, President Sarrah Flores Vice President Liz Gonzalez along with past president Monsi Marquez, Rewa Seth and 2nd vice President Alma Martinez stopped by Blanquitas Adult Day Care center and gifted handmade corsages made by club to all the mothers and grandmothers and great grandmothers.**





**Scholarship Award Night was held on May 15-16 for both High Schools CC Winn and Eagle Pass High School. 4 young men were awarded \$500.00 each. Eagle Pass Border Lions. President Sarrah Flores along with treasurer Diana Jimenez and Lion Rewa Seth, Asalia Casares, Marcela Madera, Cathy Mallen.**





### Zone 3

A special “shout out” for the last newsletter of this year to my home club in Zone 3 of District 2a2. This has been a crazy busy month for the Floresville Lions and as busy as it was it paled in comparison to all the good works done in so much activity by so many! Way to go Floresville Lions! The month began with our 6th Annual Car Show on the Floresville Square with an outstanding array of vehicles of so many makes, models, colors, and jovial owners. The MESU was in plain sight of the crowd and did very well for Floresville. Thanks to PDG Chris Lloyd and his willingness to instruct and train those learning anew and newly experiencing the joy in helping those who have need of our services! The weather was truly cooperative, and the event was a huge success! Our Lions have been focusing on wearing our vests and serving the community in more visible way recently to the point of being subject to a fine each lunch time if not “in-vested” or wearing a Lion’s logo shirt! The fines collected each month then becomes an award to an attending member by the luck of the draw! It is of little wonder that we are drawing attention to our local Lions and have acquired 3 new members this month, due to that awareness! We have also taken part in the Senior Olympics amongst the local nursing homes and assisted living homes, helped with the

Memorial Day presentation for our Veterans in the Tejada Nursing Home, attended Spot training, had a Lions Informational table at the local Home & Garden Show, awarded our Scholarship recipients with their certificates to the tune of \$4,600.00, honored the Students of the Month from Floresville High School with their lunch and gifted with a \$5 Whataburger gift card and congratulatory card signed by all of the Lions. Many Lions received Pins for outstanding achievements of our members from LCI. The Floresville Lions Club is looking forward to another great Lions year in finishing up 2018-2019 under the able leadership of District Governor Lion Roberto Castillo and Boss Lion Sylvia Madero and looking forward to beginning another year anew after our Installation banquet in July.

Cheers! Lion LaJuana, Chairman Zone 3



Pictures each week of Lions at Lunch wearing our vests. You get fined if you forget or don't wear a shirt with a Lion logo on it!! Fines are collected all month and a drawing that final week goes to the drawee!

Lion President Sylvia Madero, Gloria Duron, and new Lions Gary and Carol Dean at the Tejada Nursing Home Memorial Day activities.





Tired pride of Lions upon completion of very successful car show at Trail Riders Café with MESU guru PDG Chris Lloyd! Great day...



Always a blessing to pass out Scholarship Awards end of each year and this year's Heart of the Lion recipient was Rachel Newnam, granddaughter of Lion LaJuana, holding the red rose! Total of \$4,600.00 awarded this year Way to go Lions!



Lion Ollie Thomas makes it down to Floresville to help our Lions inform the community of all of our available services at the 2019 Home & Garden Show at the Floresville Event Center.

# Reporting on Leo's for District 2-A2

Dear Lions and Leo's,



Just some notes to let you all know what I have been doing as your District Leo advisor this year.

Attended 2 Leo club installations, visited all but 1 Leo club in District 2-A2.

Have made presentations to Leo clubs in 2-A2, and Leo's of Texas in Temple and will be at State convention in Waxahachie on youth

Exchange, and our Lions MESU program.

Here's a look at the Leo numbers for District 2-A2 as of 5/27/2019: Clubs: 7 Members: 126

Activities Reported: Food collections-Park Clean up-Fence Mural painting-Work day at TLC- Fill the boot 4 Relay for Life.

Please call on me at any time I may be of assistance.

Thanks

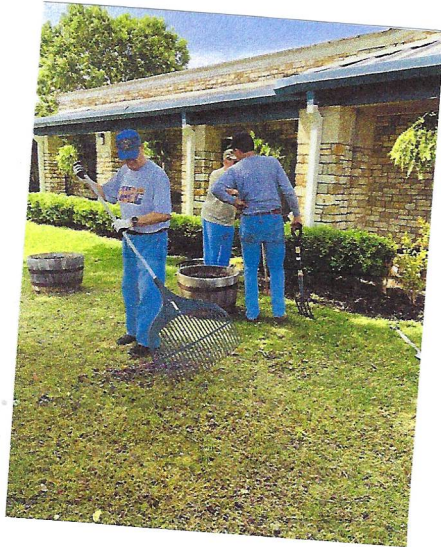
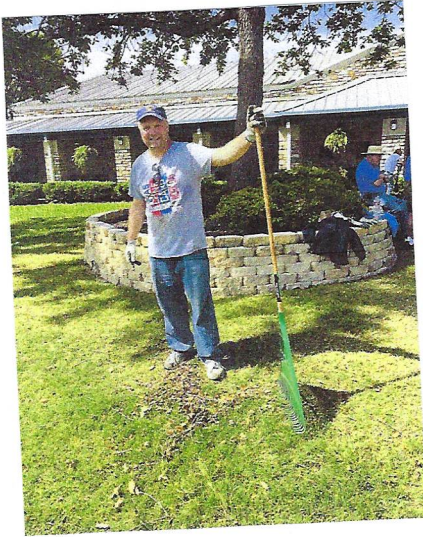
Chris Lloyd - 210-275-4425

District 2-A2 Leo advisor 2018/ 2019

[lionsmum@earthlink.net](mailto:lionsmum@earthlink.net)

# Alamo Heights Lions Club

Tx Lions Camp Workday on May 4<sup>th</sup>.  
The Alamo Heights Lions worked with other Lions Clubs and a Leo Club to clean up around the Camp Administrative Building.



A large collage of photos showing various camp activities. At the top, a girl in a blue helmet and orange shirt is ziplining. Below that, two boys are posing together, one in a blue shirt and the other in a camouflage shirt. Further down, two girls are sitting at a table, possibly working on a craft. Below that, a group of people are in a pool, some wearing life jackets. Another photo shows a group of people, some with their arms raised in excitement. At the bottom, two people are in a canoe on the water. The collage is set against a background of blue and yellow text listing various activities like swimming, photography, music, boating, horsemanship, studies, sports, theater, camping, fishing, basketball, soccer, Western, chery, green, camp-out, pes course, painting, camp, songs, climbing, marshmallow, ro, activit, boating, canoeing, arch, s - ceramics - (unclear). There is also a QR code and social media icons for Twitter, Facebook, YouTube, RSS, and Instagram.

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- Lions Sight Research Foundation by starting your shopping at



**CLICK HERE**

For more information about the L.S.R.F. please visit our website at: [LionsSightResearch.org](http://LionsSightResearch.org)

# Owl Radio listeners shout a resounding **YES!**

Day and night,  
7 days a week.

And it's  
**FREE!**

## HOW TO LISTEN:

- Apply to receive an Owl Radio
- Listen by phone:  
(605) 468-5722
- Live stream from website:  
[www.owlradio.org](http://www.owlradio.org)



— HOME OF OWL RADIO — Reading for those who cannot see —

**The Low Vision Resource Center** was established in 1997 and is a 501(c)3 non-profit organization. It is home to Owl Radio and the Low Vision Club. For over 20 years, our mission has been to foster hope, offer help, and promote independence for those who are blind, visually impaired, or print impaired. When our founder, Bonnie Truax, was diagnosed with macular degeneration, she found herself feeling lost and disconnected from the community she had been a part of for so many years. The Low Vision Club was formed followed by the radio reading service, Owl Radio.

### The Low Vision Club offers:

- Monthly meetings, which include presentations about the latest in medical research on eye disease and information about helpful local resources.
- Opportunities to talk with others who share the same challenges.
- A variety of social events.
- A directory of local and national resources.
- An annual Low Vision EXPO showcasing the latest technology, adaptive devices and resources for the visually impaired.



Did you  
**hear**  
the  
**latest**  
**news?**



## What is Owl Radio?

Owl Radio is “The Eyes of San Antonio, reading for those who cannot see”. We serve individuals who cannot read the printed word. Many of our listeners are completely blind, while others are experiencing low vision due to macular degeneration, cataracts, diabetic retinopathy, glaucoma or other trauma. There are also listeners who are unable to read due to complications of a stroke, Parkinson’s or other diseases.

## How we began:

In the words of Bonnie Truax, “It is hard to adjust to vision loss and not being able to read is one of the biggest deficits in my life. I felt disconnected and isolated from my community by not being able to read the newspaper.”

Instead of giving up, Truax started Owl Radio in 2002 to provide access of the written word to those who were visually impaired.

- Each day, volunteers read the *San Antonio Express-News* and other publications from the Owl Radio Studio.

- 24 hours a day, 7 days per week, 365 days per year, our listeners can hear our local live broadcast followed by pre-recorded publications.
- Samples of publications include: *Readers Digest, Sports Illustrated, the New York Times, People Magazine, AARP, National Geographic, San Antonio Business Journal*, and even the Sunday Comics and our local grocery store ads.



- Owl Radio is broadcast on a subcarrier channel provided by Texas Public Radio. A specially tuned radio is available free of charge to those who cannot read standard print due to visual, physical or reading disability. You can also hear us via telephone and from our website.

## You can reach us at:

1250 N.E. Loop 410, Suite 630

San Antonio Texas 78209

(210) 829-4223

[www.owlradio.org](http://www.owlradio.org) • [www.lowvisionclub.org](http://www.lowvisionclub.org)



## GET INVOLVED!

- There is no charge for our receivers and the broadcast is free to our listeners. We rely on charitable grants, many volunteers and individual donations to provide this valuable service to those who need it in our community.
- Without the generosity of our community, none of this would be possible. Your help can bring those with vision loss the gift of the written word. Donate today!
- The Low Vision Resource Center is a 501(c)3 non-profit organization.
- “I want you to know my little Owl Radio is my constant companion. I especially like the daily newspaper, plus all the other wonderful informative programs. I would like to extend my deepest heartfelt appreciation to all of you at Owl Radio, the Low Vision Club and the *San Antonio Express-News* for providing this enjoyment to my life.”  
— T.M., Owl Radio Listener



We continue to change more lives and achieve our club goals to promote **Service, Membership Growth, and Leadership Development**. It's going to take great leaders to reach our goal to increase service in our community and worldwide.

**The development of the Global Action Team unifies the three key areas of Lions—Leadership, Membership and Service—to** strengthen our clubs, districts and association. It's a bottom-up approach to supporting and encouraging the one thing that unites all Lions: **service**.

The Global Action Team empowers clubs and especially lion members with the Power of Action. The Power of Action is the vision for lion members to have the opportunity to serve every need. Clubs will experience growth in membership creating the energy for clubs to grow and serve. Providing strong service projects will allow for our current members to re-engage in the work of lions. Potential new members will see the work we do in our local communities. **Membership will grow with Service creating strong Leadership in our lions clubs.**

**At the end of the day, it's all about service!**



## **District 2-A2 Global Action Plan Membership Contest 2018-2019**

**Enhance Service, Membership Development, and Effective  
Leadership Development.**

### **Lion Membership Contest**

**Top three (3) Highest Lion Members that sponsor New  
Members for 2018-2019 (July 1, 2018 to June 30, 2019)**

**Award: your choice -----**

**Texas Lions Foundation Silver Plate Award**

**Texas Lions Camp Life Membership Award**

**District 2-A2 Lions Sight Research**

**Foundation Special Recognition Award**



## **Zone Chairperson Membership Contest**

**Top two (2) Highest Zone Chairperson(s) that have the highest membership net gain in their Zone for 2018-2019 (July 1, 2018 to June 30, 2019)**

**Award: your choice -----**

**Texas Lions Foundation Silver Plate Award**

**Texas Lions Camp Life Membership Award**

**District 2-A2 Lions Sight Research**

**Foundation Special Recognition Award**



## **Lions Club Membership Contest**

**Top three (3) Highest Lions Club(s) with the highest membership net gain for 2018-2019 (July 1, 2018 to June 30, 2019)**

**Award: Club Membership Banner Patch  
Award**

## **Lions Club Retention Contest**

**Top three (3) Highest Lions Club(s) with the highest Retention of Club Members for 2018-2019 (July 1, 2018 to June 30, 2019) (Beginning number of members minus the total drops for the year equals retention).**

**Award: Club Retention Banner Patch  
Award**

# S.A.'s visually impaired get news on Owl Radio

The coffee is always brewing by the time I get to the Low Vision Resource Center off Loop 410 near Nacogdoches Road on Friday mornings.

A few minutes later, my reading partner Jennie Sheppard Badger arrives.

For the next half-hour, over news gossip, we cut up the pages of the San Antonio Express-News. I take the odd-numbered pages; she takes the even.

The neatly-clipped stacks add up. By 9 a.m. we're on Owl Radio, a reading service for the blind and visually impaired. Some are homebound. Owl Radio connects them to the world with a specially tuned radio it provides.

It is a labor of love for both of us.

Some of the station's volunteer readers are news junkies and would-be radio personalities. Others are teachers and retirees. Together, we deliver two hours of live radio each day from 9 to 11 a.m. The first hour consists of local, state, national and international news, as well as business and sports.

The second hour consists of

ELAINE AYALA  
*Commentary*



commentary, obituaries and features. Owl Radio even has people who read H-E-B ads and comic strips.

Those two hours are rebroadcast from 7 to 9 p.m. each night, along with 20 other hours of syndicated programming from sources such as USA Today, the New York Times and Readers Digest. The content is delivered by both real people and synthetic, or computerized, voices.

Volunteers get thanked a lot, every time we come in. But we're the lucky ones. Not only do we have the gift of sight and of gab, I know I'm not alone in feeling privileged to connect with people on the other side of each radio.

The nonprofit center says 15,000 people in Bexar County, more in the surrounding area,

have difficulty reading or are unable to read newspaper print.

Some of us have special reasons for volunteering, like Steve Sellers, who's KONO-AM morning-drive host and a ukulele recording artist (I'm not kidding).

His approach is friendly and conversational. Like the rest of us, he reads the news without editorializing. If there's any difficulty in the job, it's in correctly pronouncing the names of foreign leaders, spies and the newest Spurs player.

Sellers' work is a tribute to his late father, F.W. Sellers, a pharmacist who "typed up thousands upon thousands" of prescription labels but later in life suffered from macular degeneration. His father always missed "that quiet time with a newspaper," he says.

That's one of the reasons Owl Radio was founded by the late Bonnie Truax, an educator and librarian who loved newspapers. She lost her sight late in life. Her friend Sally Wiskemann, who trains Owl Radio volunteers, recalled Truax didn't find out about Congressman Henry B.

Gonzalez's death until several days after.

The radio reading service grew out of Truax's Low Vision Club, whose members told her they most missed reading the paper. Wiskemann says Truax "would be so impressed with what Lisa is doing."

Lisa is Lisa Miele, executive director of the Low Vision Resource Center, who says there are about 3,600 specially tuned radios in use locally. Other listeners dial-in via phone or stream the station online.

Owl Radio is one of more than 100 such stations nationwide and one of three in Texas. It uses a Texas Public Radio sub-channel and can be heard within a radius of 40 to 50 miles from TPR's Helotes tower. Owl Radio is also part of TuneIn, a free internet radio channel that can be heard bedside at three Methodist Hospitals.

Miele says Owl Radio is positioning itself to grow in different ways to serve new generations of blind and visually impaired Central Texans. It hopes to someday broadcast on cable channels.

The small nonprofit agency offers other services with only one full-time and two part-time employees. Volunteers put in about 7,400 hours a year that "help us in our mission to foster hope, offer help and promote independence for people with vision loss," Miele says.

Emily Holder, 81, who was born with congenital cataracts, has two radios at home now; one stays on at night.

"They have some very good stories from about 1:30 to 4 a.m.," she says. "I'm not always awake, but I've got it on."

Longtime listener Larry Roser tunes in at home, at his volunteer job at the American Red Cross and when he travels.

He calls in sometimes, just after Jennie and I get off the air at 10 a.m. He always thanks us profusely, and we've connected over our love of newspapers.

He also says what the folks at Owl Radio most love to hear: That listening in gives its community "a sense of independence."

eyayala@express-news.net |  
@ElaineAyala

**SAVE THE DATE!**

**The La Vernia Lions Club  
Is sponsoring a Dinner / Fund Raiser**

**June 11th, 2019**

**At 6:30 p.m.**

Located at

**Witte's Restaurant**

**\$15.00/ea**

*There will be a Raffle, Live Auction, and other  
Fun events*

For questions or to RSVP:



**Please Contact**  
**Mary Ann Mays, [mamays@gmail.com](mailto:mamays@gmail.com)**  
**(830) 779-3825**



*Proceeds benefit the La Vernia Lions charitable giving funds*  
[www.lavernialions.org](http://www.lavernialions.org)

# Kerrville Host Lions Club selects Mills, Poole for scholarships

Two Tivy High School seniors and two former Tivy High School graduates will share \$7,500 in scholarships awarded by the Kerrville Host Lions Club.

Cameron Poole and Makelley Mills, 2019 Tivy High School graduates, have been selected to receive scholarships of \$1,000 each.

Poole will attend Angelo State University in San Angelo and plans to major in animal science to pursue a career in veterinary medicine.

Mills has been accepted to Texas State University in San Marcos where she will concentrate on obtaining a degree in nursing.

Scholarship winners were selected based on academic achievement, demonstrated leadership and participation in school and community activities, goals

and aspirations stated in the application, and unusual personal or family circumstances.



**Mills**



**Poole**

The KHLC scholarships may be renewable for an additional three years contingent upon the recipient maintaining a 3.0 GPA in a full-time course of study at an accredited public or private college or university in Texas.

Additionally, two 2015 Tivy graduates recently completed their senior years. Josue Jaramilo attended St. Mary's University in San Antonio where he received his bachelors of science degree in biology. Jaramilo has accepted a PhD candidate position at Tulane

University in New Orleans, La. and will begin this summer.

Patricia Randal attended Texas A&M University in College Station and majored in animal science. Randal has been accepted in the Texas A&M Veterinary School. Jaramillo and Randal each received \$2,750 towards their senior year.

Members of KHLC are active in numerous community projects and volunteer their time and services raising money to provide these scholarships each year.

In addition to the scholarships, the club also supports the Texas Lions Camp as well as numerous local non-profit organizations including Families and Literarcy, Christian Assistance Ministry, the Salvation Army, Special Opportunities Center, Big Brothers Big Sisters, Habitat for Humanity, Art2Heart, Hill Country Crisis Council and Christian Mens Job Corp, as well as many others.

The Host Lions Club meets each Tuesday at Noon at the Ray and Joan Kroc Community Center at 201 Holdsworth Drive. They welcome guests to join them for lunch. For information on joining, contact John Lee at (830) 370-3156 or email Lee at lee.papajohn@gmail.com.

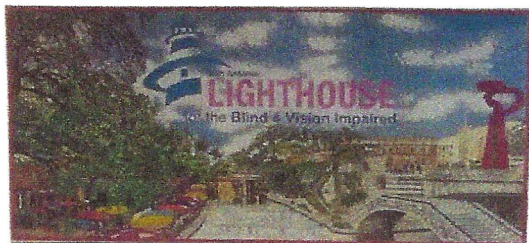
# Alamo Heights Lions

Went to The 2019 District 2-A2 Club Officer Training

There is one more Training for Club Presidents, Secretaries, Club Administrators and Treasurers.

June 15, 2019, 9:00 am – 12:00 pm at the Comfort Library, 701 High Street, Comfort, TX 78013.

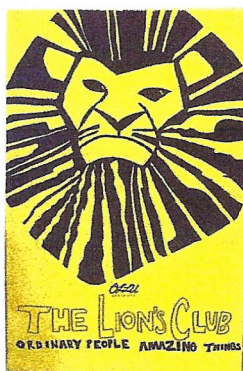
May 18 at the SA Lighthouse for the Blind



May 21 at the Our Lady of the Lake University



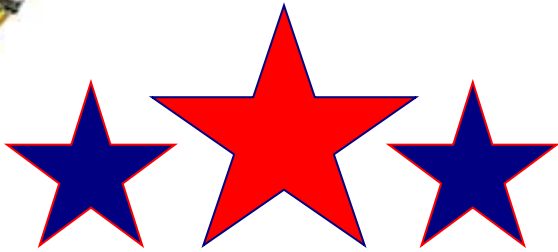
e-Books





# Lion Ernesto "T.J." Tijerina

## Your Candidate for International Director



### "Team Tijerina"



## Leadership Development

- ❖ Empowering Lions and promoting Dynamic Leaders!
- ❖ Develop opportunities for Lions to be Active and Participate!

## Membership Growth

- ❖ Adding Helping Hands will promote Lions Programs!
- ❖ Having Fun and Fellowship will lead to Retention of the Lions!

## Service

- ❖ Serving Communities with Innovative Programs!
- ❖ Focusing on Vision, Diabetes, Hunger, Environment, and Pediatric Cancer!
- ❖ Changing Lives and improving Communities!

Serving You



Serving the World

Lion "T.J." is committed to making sure that the future of our International Association remains strong and that the Lions continue to lead the way in our world as the largest and best service organization. With your helping hands together with Lion Juanita, his wife of 45 years, *"Team Tijerina"* is prepared to serve you, the Lions of Texas and the world as your International Director. Lion "T.J." can always be counted on to see that any job that is worth doing is "worth doing well" and that it is always done with integrity and compassion.

**With your support for our "Team Tijerina" and your vote for Lion "T.J.", you are sure to have the strongest and best representation for International Director**

Texas Lions Camp Picnic  
June 23, 2019

6:00 pm Evening Meal

*Calling All Clubs. Come and join us  
for day of Fun, Fellowship & Service*

Proposed to leave San Antonio at 3:00 pm and arrive at the Camp by 4:00 pm. For those who would like to, I have arranged to have a tour of the Camp and the facilities. This will take approximately 45 – 60 minutes.

Each club will have to notify me of the number of members and/or guests who would like to take the tour so we can make the necessary arrangements.

Clubs Scheduled to participate in the Picnic and what they will be responsible for serving. If there are any problems, please notify me immediately.

San Antonio Edgewood	Hot Dogs, & Cheese
Kerrville Heart 'O the Hills	Chili
Stockdale	Condiments
La Vernia	\$ Donation
Bexar County China Grove	\$ Donation
San Antonio Alamo Heights	Mac 'n Cheese
San Antonio Alamo City	Assorted Chips
S.A. North San Antonio Hills	Plates & Paper Products
San Antonio Region 20	Nachos
San Antonio Highland Hills	Sodas – Regular & Diet, Water
San Antonio West Side	Raspas
San Antonio Northwest	Cookies
S.A. Hill Country Retreat	Ice Cream Cups
San Antonio Windcrest	Volunteer Manpower
San Antonio OLLU Campus	Volunteer Manpower
Stockdale LEO's	Volunteer Manpower

*See you there,  
Lion Mike*



**Contact: Milton L. Dare, FACHE**  
**Director of Development & Major Gifts**  
**830-896-8500/mdare@lionscamp.com**

## **James Avery Artisan Jewelry® offers \$100,000 Challenge in honor of 70<sup>th</sup> Anniversary of Texas Lions Camp**

Named Title Sponsor for 26<sup>th</sup> Annual Harry Wickersham Golf Tournament

*Kerrville, Texas - James Avery Artisan Jewelry® has issued a \$100,000 challenge grant in honor of the 70<sup>th</sup> Anniversary year of Texas Lions Camp in 2019 and in support of the 26th Annual Harry Wickersham Golf Tournament to be held in August 2019. Every gift designated for the event will be matched dollar for dollar up to \$100,000. With this challenge, James Avery Artisan Jewelry® has also been named the **Title Sponsor** for the 2019 tournament.*

“Texas Lions Camp is honored that *James Avery Artisan Jewelry®* has again honored our organization and mission by offering this challenging and generous opportunity as well as taking a leadership role as the Title Sponsor for this event, said Chief Executive Officer of TLC Stephen S. Mabry, CAE.

President & CEO of *James Avery Artisan Jewelry®* Chris Avery stated, “Texas Lions Camp helps children from across Texas share in a unique summer camp experience where they learn about dealing with their respective disabilities. Our organization is pleased to offer this \$100,000 challenge grant in recognition of the unique work being accomplished which impacts the lives of children with physical disabilities, Down syndrome, cancer and Type 1 diabetes. In addition, it is our hope that this incentive will also encourage Lions, friends of TLC, corporations and foundations to provide charitable support during this anniversary year.”

Mabry added, “For 70 years, the Lions of Texas and TLC have introduced over 74,000 children to the ‘CAN DO’ philosophy and encouraged them to reach for new horizons and celebrate exciting, first-time experiences. Corporate sponsorships with special friends allow us to help some of the most amazing children share in the best summers of their lives.”

**About James Avery Artisan Jewelry®**– James Avery is a vertically integrated, family owned company located in the heart of the Texas Hill Country. We offer finely crafted jewelry designs for men and women in sterling silver, 14K and 18K gold, gemstones and leather wallets – designed by our own skilled artisans in Kerrville, Texas. We are a multi-channel retailer with 83 James Avery stores in five states. Our jewelry is also available in more than 215 Dillard’s stores in Texas and in 28 additional states; and nationwide through JamesAvery.com. James Avery crafts jewelry in four Texas workshops— one each in Comfort, Fredericksburg, Hondo and Kerrville. For more information, visit [JamesAvery.com](http://JamesAvery.com) or [facebook.com/JamesAvery](https://facebook.com/JamesAvery).

**About Texas Lions Camp, Inc.**- Texas Lions Camp, Inc., provides, without charge, a camp for children with special medical conditions from the State of Texas, regardless of race, religion, or national origin.

The organization was chartered as a nonprofit corporation on April 4, 1949 by the Lions Clubs of Texas and is recognized as a non-profit corporation, under section 501 (c)(3) of the Internal Revenue Service Code. The Camp is accredited by the American Camp Association and is licensed by the Texas Department of State Health Services. In addition, the organization is recognized with a Four-Star rating for Accountability and Transparency from Charity Navigator and as a Gold-level participant on GuideStar.

Those who are interested in learning more about and/or contributing to the work of Texas Lions Camp are invited to visit [www.lionscamp.com](http://www.lionscamp.com) or by emailing Milton L. Dare at [mdare@lionscamp.com](mailto:mdare@lionscamp.com). If preferred, you may also call 830-896-8500 for more information.

###



# 26th Annual Texas Lions Camp

## Harry Wickersham Golf Tournament

Sponsored by

# James Avery Artisan Jewelry®

### ALL PROCEEDS BENEFIT TEXAS LIONS CAMP

TLC is tax exempt under 501(c)(3) of the I.R.S.—Donations are tax deductible—see your tax professional for details.



Elizabeth Gustafson, Camper 2018

*Children Can... With TLC™*

## Come Play and Make a Kid's Day!

For more information or to download player registration forms go to [www.lionscamp.com](http://www.lionscamp.com)

## August 1, 2019

### 8:00 am Shotgun Start

## Lady Bird Johnson Golf Course Fredericksburg, TX

Join **James Avery Artisan Jewelry®** in supporting TLC Campers with your donation. Find more information: [www.lionscamp.com](http://www.lionscamp.com).

### Sponsor One or More Holes

For a one time donation of \$100 per hole, individuals, clubs, associations and corporations may sponsor a hole(s). All sponsors of the tournament will be recognized in publications on location and on the Texas Lions Camp website: [www.lionscamp.com](http://www.lionscamp.com)

**Please make checks payable to Texas Lions Camp.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City / State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Club \_\_\_\_\_ District \_\_\_\_\_

Email: \_\_\_\_\_

Credit Card: MC \_\_\_\_ Visa \_\_\_\_ Discover \_\_\_\_ Amount: \_\_\_\_\_

CC#: \_\_\_\_\_ Expiration: \_\_\_\_ / \_\_\_\_ CVC: \_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## MAIL TO: TEXAS LIONS CAMP PO Box 290247 Kerrville, TX 78029

## 2019 Texas Lions Camp Harry Wickersham Golf Tournament Hole Sponsorship Camper – Elizabeth Gustafson

The 2019 Texas Lions Camp Harry Wickersham Golf Tournament Camper Ambassador is Elizabeth Gustafson. “Peepers”, as she is known to her family and close friends because of her big beautiful brown eyes, calls Waco home. Elizabeth has attended TLC for the past 4 summers and talks about camp affectionately as “the best place on earth”. For Elizabeth, TLC is a camp for kids with special abilities just like her. She can do anything there, try new things, do everything other kids can do and have tons of fun while doing it.

Elizabeth loves school, especially reading, math and science. But helping others is really her favorite thing to do. At school, sometimes Elizabeth needs help traveling from one class to another. The students who help her, in turn she tutors them in whatever subjects they are having trouble. Outside of school she volunteers and raises resources and awareness for those in need. Her mother Michelle describes Elizabeth as the hardest working, most loving and kind, generous and thankful kid she knows.



Her mother, Michelle, tells of Elizabeth’s conditions, periventricular leukomalacia (PVL) and CP with spastic quadriplegia and how they do not define her daughter and her abilities. She said, “Elizabeth had a rough start to life. Born at 29 weeks and with complications at birth, she’s endured multiple surgeries and procedures throughout the twelve short years of her life. Lots of people rush through life, but not her. She enjoys life each day and takes time to smell the flowers. No matter what she has been through physically, surgeries, or therapy, she just keeps going. Even in times of struggle or pain, she still looks for ways to help others around her that are in need.



“TLC was amazing and perfect for Elizabeth from the very start. She loves riding the horses and going down the zip-line. But this past summer, she fell in love with Camp Scene Investigation (CSI). The mock crimes around campus gave her and her group opportunities to solve problems and work together to solve the crime. She loved every minute of it. She always feels included at TLC and things are adapted, and modified for her to participate. The support staff make the impossible possible and those international staff cause Elizabeth to speak in an English Accent all the time, even long after she goes home.

Elizabeth came home from camp her first summer and asked, “Mom, we need to get more kids to go to camp, and help them to get there. How can we do that?” Michelle responded with, “I guess me becoming a lion would be the best place to start, so I can help

sponsor kids.” “How long will that take?” Elizabeth asked. Two weeks later, Michelle had joined the Waco Women’s Lions Club and will be serving as their president next year. Her husband, Lynn, the only man in the club, serves as the treasurer. Through their love for Elizabeth and her drive to serve others, especially children just like her,

Michelle and Lynn have fought tirelessly to follow their daughter’s lead and do everything they can to help others as well. They are proud of the strong, compassionate young woman she has become and will continue to become because of places like TLC which helps her to grow.

Elizabeth and her entire family are excited about being a part of the 26th Annual Harry Wickersham Golf

Tournament. For more information on how you and your team can play in the Tournament, visit:

[www.lionscamp.com](http://www.lionscamp.com) and look for the Harry Wickersham Golf Tournament Tab. Texas Lions Camp is proud to have great campers, like Elizabeth, who attend our summer camping program and celebrate those like her who embody the TLC spirit of “Children Can...With TLC!”™ Remember to smell the flowers today!





**Please submit information about your Lions Club for the District 2-A2 Event Calendar, District Newsletter, District Facebook page or all those.**

**[newsletter@district2a2.org](mailto:newsletter@district2a2.org)**

**[events@district2a2.org](mailto:events@district2a2.org)**

**[facebook@district2a2.org](mailto:facebook@district2a2.org)**

**Newsletter articles submitted after the 28<sup>th</sup> of each month will be published the following month.**