



# Lions District 2-A2

## Stepping Up Our Service



Issue 1 ~ July 2019

### Stepping Up Our Service



My Fellow Lions.

It is truly an honor to service District 2-A2 as your District Governor. I am excited to visit your clubs, service projects and fundraising activities.

My goals for the district for this upcoming Lion year is to “Step up our service” in Membership, Leadership and Service.

In membership, I would like to see our District to continue to grow with new members and also, retain the members that we have. Retaining our current members seems to be more of a struggle then inviting new members into our Lion family.

In Leadership, we need more Lions to play an active leadership role to continue to build a strong District. We are needing more Guiding Lions to assist with the clubs that continue to struggle with membership and with service.

In service, there is really not much to say about your club’s service. You and your clubs continue to amaze me with your ideas and your club’s participation in the needs of your communities. We had a very unique opportunity this summer to do vision screenings on campers at the Texas Lions Camp. Thank you all for “Stepping Up” your service and for your support in making one of my dreams a successful reality. All I ask, is that each club report your clubs service activities on MyLion.

One of my goals is to further educate Lions in ways to improve your clubs by using social media and also improve your commitment to Lionism. As you sit in your meetings, do fundraising projects and assist your communities with much needed service projects; ask yourself “Why?” Why do you continue to pay club dues? Why are you out in the early morning hours doing service projects? Why are you up late in preparing and decorating for your fundraising projects? Why are you still a Lion? Once you remember on “why” you became and still remain a Lion, my hope is that you share your passion for Lionism with your club members, family, friends and your community.

At cabinet meetings we will have a very short meeting and then have breakout sessions on topics that you, as Lions, would like to know about.

Congratulations to all the new club officers. I am excited about this upcoming Lion year and to be working with you all in continuing to build and make our District strong in all aspects of Lionism.

The first cabinet meeting will be in Laredo, Texas at the Embassy Suites on July 20, 2019. Please look at the attached flyer for more details.

If I can be of assistance, do not hesitate to contact me. I am here to serve you in any way I can.

Thank you.

Yours in Service,

**Lion Janie Garza**  
**District Governor 2-A2**  
**2019-2020**



*Everything has its wonders, even darkness and silence, and I learn whatever state I am in, therein to be content.*

**Helen Keller**

And we're off! Our new Lions year began July 1, new club officers are installed, new club budgets are in place and goals for the year are ready for action. New beginnings are always exciting!

### **Lions Eye Health Program**

As I mentioned last month, I encourage you to keep our District Lions Eye Health Program and one of its major components, the Stride for Sight in your club plans and activities. We had a great surge to end the year and get close to our financial goals. Now 2019-20 is right in front of us. Please consider a specific fundraising activity or project that you can dedicate to the Stride for Sight, benefiting our Lions Sight

Research Foundation activities across District 2-A2. Our vision screenings for children and adults continue to be a hallmark of our Lions Clubs around the District and we know that the demand for our services is there and growing. And that means we'll need Lions volunteer time and financial support.

### **Healthy Lions**

**HEALTHY LIONS CAN ENCOURAGE HEALTHY COMMUNITIES. HERE'S A NEW STUDY WHOSE FOCUS AFFECTS ALL OF US: *SLEEP*.**

The study, published this May is by Tianyi Huang and Susan Redline and appeared in *Diabetes Care*, May 2019. It is titled: *Cross-sectional and Prospective Associations of Actigraphy-Assessed Sleep Regularity With Metabolic Abnormalities: The Multi-Ethnic Study of Atherosclerosis*

You can find a summary at this link: <https://care.diabetesjournals.org/content/early/2019/05/21/dc19-0596>

**Obesity, diabetes, high cholesterol more prevalent among irregular sleepers**

This study found that not sticking to a regular bedtime and wakeup schedule—and getting different amounts of sleep each night—can put a person at higher risk for obesity, high cholesterol, hypertension, high blood sugar and other metabolic disorders. In fact, for every hour of variability in time to bed and time asleep, a person may have up to a 27% greater chance of experiencing a metabolic abnormality.

“BIOLOGICAL NIGHT” IS DEFINED AS THE PERIOD BETWEEN THE ONSET AND CESSATION OF MELATONIN SECRETION. DURING THIS PERIOD, MELATONIN IS SECRETED, BLOOD CORTISOL LEVELS RISE, CORE BODY TEMPERATURE GOES DOWN, AND WE BECOME SLEEPY. MELATONIN IS PRODUCED ONLY DURING DARKNESS AND STOPS UPON OPTIC EXPOSURE TO BRIGHT LIGHT,

“Many previous studies have shown the link between insufficient sleep and higher risk of obesity, diabetes, and other metabolic disorders,” said study author Tianyi Huang, Sc.D., epidemiologist of the Channing Division of Network Medicine at Brigham and Women’s Hospital, Boston. “But we didn’t know much about the impact of irregular sleep, high day-to-day variability in sleep duration and timing. Our research shows that, even after considering the amount of sleep a person gets and other lifestyle factors, every one-hour night-to-night difference in the time to bed or the duration of a night’s sleep multiplies the adverse metabolic effect.”

Researchers followed 2,003 men and women, ages 45 to 84, participating in the NHLBI-funded [Multi-Ethnic Study of Atherosclerosis](#) (MESA). The participants were studied for a median of six years to find out the associations between sleep regularity and metabolic abnormalities. To ensure objective measurement of sleep duration and quality, participants wore actigraph wrist watches to closely track sleep schedules for seven consecutive days. They also kept a sleep diary and responded to standard questionnaires about sleep habits and other lifestyle and health factors.

Individuals with greater variations in their bedtimes and in the hours they slept had a higher prevalence of metabolic problems, and these associations persisted after adjusting for average sleep duration. This was also the case when they looked at the participants who developed metabolic disorders during the 6.3 years of follow up.

The prospective results showed that the variations in sleep duration and bedtimes preceded the development of metabolic dysfunction.

Participants whose sleep duration varied more than one hour were more likely to be African-Americans, work non-day shift schedules, smoke, and have shorter sleep duration. They also had higher depressive symptoms, total caloric intake, and index of [sleep apnea](#).

Increasing sleep duration or bedtime variability was strongly associated with multiple metabolic and simultaneous problems such as lower HDL cholesterol and higher waist circumference, [blood pressure](#), total [triglycerides](#), and fasting glucose.

“Our results suggest that maintaining a regular sleep schedule has beneficial metabolic effects,” said study coauthor Susan Redline, M.D., senior physician in the Division of Sleep and Circadian Disorders at Brigham and Women’s Hospital. “This message may enrich current prevention strategies for metabolic disease that primarily focus on promoting sufficient sleep and other healthy lifestyles.”

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

**Stay hydrated,  
1VDG Dave Splitek**



DIABETES



ENVIRONMENT



HUNGER



VISION



CHILDHOOD CANCER



Dear fellow Lions,

First, I want to thank you for electing me your 2nd Vice District Governor. I look forward to the next three years of service to this district.

I went to the Lions State Convention in Waxahachie a few weeks ago where I met with the other 2VDGEs from across the state. We have a fine group of 2VDGs, and I am looking forward to serving with them. Our team is made up of 10 guys and 6 ladies which makes a good group. We will be learning a lot about Lionism as we prepare to serve as District Governors in two years.

One big part of our discussions at the State Convention was about the Global Action Team which is developing the focus of Lionism on three key areas - Leadership, Membership, and Service. The question was raised as to which one of these is most important and I believe that they are of equal importance. I picture it as a 3-legged stool. Each one is just as important as the other two and you need all three to be successful.

We hear a lot about **membership**, and it is important because if we are not growing, we are dying. It is kind of like developing muscles. You must continue to exercise, or your muscles will atrophy. If we just keep the status quo in our clubs, we will become stagnant and die.

**Service** is important because it makes us visible and gives the club vitality. If you look around, the clubs that are the most successful are those that are seeing needs and fulfilling them in their community. It is important to identify needs and then develop service projects to fulfill those needs. Identifying needs helps keep the club focused and on target. You cannot plow a straight line unless you have a point ahead and aim for that point.

The third leg of our stool is **leadership**. We need to continually develop leaders who will give us fresh, new ideas. I quote from the Global Action Team: "Clubs will experience growth in membership creating the energy for clubs to grow and serve". The GAT puts it so well. Membership will grow with Service creating strong Leadership in our lions clubs. And they conclude with: **At the end of the day, it's all about service.**

Remember our motto is "**WE SERVE**".

**2VDG Doug**

## **San Antonio Founder Lions Club**

San Antonio Founder Lions Club members: Lion President David Splitek, Lion Faith Porras, Lion Michelle Trevino, Lion Joan Pace, Lion Thilo Herda & Lion Jimmy Iaia volunteered on the phones taking bids from callers and updating the auction board at the 53rd Annual KLRN Blazing Gavels Auction. The nights theme was "YeeHaw".



53rd Annual KLRN Blazing Gavels is the most ambitious live televised Auction staged annually in San Antonio. KLRN's biggest fundraiser takes place over 8 days and is broadcast from the KLRN studio.



Hundreds of businesses across the country donate goods and services to be auctioned off in support of public television. Now in its 53rd year, Blazing Gavels receives more than 3,000 items from hundreds of donors. Items are presented by guest auctioneers including local celebrities, civic leaders and representatives from local area businesses.



## Kerrville Host Lions Club

The new board of Directors for Kerrville host Lions Club.



Bottom row left to right:

Director Irene Peppard, Secretary Barb Flynn, 2nd VP Dawn Lee, Director Emily Curry, Treasurer Alice Whatley, Director GeorgeAnna Parker

Top row left to right:

Immediate Past President John Lee, Tail Twister Don Peppard, 1st VP Kendall Davison, President Ben Gardner, Membership Chair Mike Butler, Director Ron Curry

## Del Rio San Felipe Lions Club

On Saturday June 22, 2019 the San Felipe Lions Club held its installation ceremony to swear in the new officers and Board Members for 2019-2020.



Seated L-R: Immediate Past President Darrin Casillas, President Javier Esquivel, 1st VP Xavier Rodriguez, 2nd VP Roland Andrade and 3rd VP Juan D. Soriano.

Standing L-R: Josh Overfelt, TJ Ernesto Tijerina, Gilbert Vasquez, Juan Garcia, Roy Musquiz, Jr., Roy Musquiz, Sr., Fred Carranza, Abe Ramirez, and Roberto Castillo.

## Texas Lions Camp SPOT Screening

On June 16, 2019 thirteen (13) District 2-A2 Lions conducted a SPOT vision screening at the Texas Lions Camp in Kerrville, Texas. There were 31 campers screened with 5 campers being referred for a complete eye exam from an eye care professional. Lion Janie Garza, District Governor Elect for District 2-A2, arranged for the screening. Lions participating were Angie and Nick Garcia, Jodie Antonio, Sylvia Castro, Cecilia P. Nobles, Rose Mary Paletta, George Prado, Ernesto R. Castro from the West Side Lions club. From the Region 20 Lions Club were Lions Ken and Debbie Book. Lions Patrice Broderick, Mary Ann and Steve Mays participated from the LaVernia Lions Club. Each Lion contributed three and a half hours toward the event for a total of 45.5 volunteer hours. Texas Lions Camp Marketing Director, Trish Wilson documented the event in pictures.



## Eagle Pass Border Lions Club



On June 16, Eagle Pass Border Lions held their annual installation night on June 13, 2019. The club installed 6 new members, left to right we have Lion Mari Schuller sponsoring Maritza Rodriguez, Gloria de la Garza being sponsored by Lion Patty Moncada, Lapita Rodriguez also sponsored by Lion Patty Moncada, Marisela Rodriguez sponsored by Lion Marcela Madera, Denisse Avalos sponsored by past president Lion Sarrah Flores and also sponsoring Zaida Vanessa Flores. The installation done by our Governor, Janie Garza.

## San Antonio Central Park Lions Club



On June 2nd the San Antonio Central Park Lions Club gathered at the Barn Door Restaurant to celebrate the club's 50-year anniversary and to install new officers for the 2019-2020 year. The anniversary program included a look back at 1969, several songs by an award winning a cappella group called the Celebration Singers, and a video show of club pictures from past years. The video included the original charter letter with a roster of the 30 charter members and a picture of the charter members. District Governor-elect Janie Garza conducted the installation ceremony. Pictured left to right are Treasurer Lion Dave Hall, Immediate Past President Lion Jack Dugas, President Lion Sandy Rightmeyer, DG-elect Lion Janie Garza, 1st Vice President Lion Mike Countryman, 2nd Vice President Lion Bob Nixon, Membership Chairman Lion Alice Reyes, Bingo Chairman Lion Bob Taylor, and Directors Lions Lisa Werkowitch, Shelby Violante, Bob Wooster, and John Hohman.



On June 2th at San Antonio Central Park's installation dinner, the club gave a \$1000 donation to Stride for Sight for new SPOT devices. Pictured left to right are President Lion Sandy Rightmeyer, Immediate Past President Lion Jack Dugas, DG-elect Lion Janie Garza, and 1st Vice President Lion Mike Countryman.

### **Eagle Pass Evening Lions Club**

Congratulations to our New 2019-2020 Eagle Pass Evening Lions Club Board and newly installed members. Together as Lions we lead by example and humbly serve our community.



## MESU Eye Screening Unit

June 22, 2019. District 2-A2 Lions club members conducted visual screenings at the Saint Matthew Community Center Health Fair. Screenings consisted of visual acuity machine screening, eye pressure or glaucoma screening for the adults and Plus Optics Camera screening for children four to twelve years of age. Most of the persons screened had immigrated from Africa and Afghanistan and were in the process of relocating to the United States. Ninety people signed up. Ninety clients were screened (sixty-four adults and 24 children). Forty-seven clients were referred for further evaluation by an eye doctor as a result of the screening (forty-five adults and two children). Value to the community was estimated at \$4500.00 based on ninety exams at \$50.00 each. Five West Side Lions club members, Lions Rose Mary Paletta, Cecilia Nobles, Angie Garcia, Nick Garcia and Jeannette Medina volunteered four hours each for a total of twenty-five volunteer hours. Three UFS students volunteered conducting acuity screenings and eye pressure screenings for four hours each, a total of 12 volunteer hours. MESU director PDG Chris Lloyd also worked four hours and is credited with coordinating and executing the event.



## Leakey Lions Club

District Governor Janie Garza meets past District Governor, Lion Hugh Scott at Leakey Lions annual celebration of awards on June 20, 2019.



## Del Rio Host Lions Club



2019 - 2020 board of directors with PCC Mike & Lion Liz Rourke.



President Chris Ryan receiving the Melvin Jones award from PCC Mike Rourke.

## **Poteet Leo Club**

The Poteet Leo Club was formed with 50 founding members and an additional 7 prospective members at our last meeting held on Wed. June 19th.

Standing left to right are: Sub-Advisor – Lisa Sanchez, Co-Advisor – Valerie Reyes, PLC President – David Reyes, Leos Club Chief Advisor – Carlos De Leon, Co-Advisor – Giselle Sanchez and Sub-Advisor – Tina Elkins. Seated left to right are the elected Poteet Leos Club officers: Treasurer – Richelle Gutierrez, Secretary – Jazlyn Trevino, President – Derek Lozano, Vice President – Derek Scharmman, Director 1 – Kyra Garcia, Director 2 – Marcos Aguilar, and Director 3 – Emma Tellez.



## San Antonio Northside Lions Club

On the evening of June 20th, Lions club members, spouses and supporters of the San Antonio Northside Lions Club met at The Old San Francisco Steakhouse to celebrate the 2019-2020 Installation of Officers and Directors.

During the dinner celebration, special awards and recognition were presented, including to the spouses of members who've dedicated substantial volunteerism to the community.

The club is proud of its accomplishments under the Immediate Past President, Lion Sam Pantusa and pleased to have President, Lion Les Barnes now in the leadership position.



## Stockdale Lions Club

Our Installation, induction and Awards Dinner. Thank you PCC Ernesto Tijerina for speaking, installing our 2019-2020 Club Officers and Inducting our new member, Lion Fred Wilson.



Leo Angela and Leo Logan received Citizenship awards from the Stockdale Leo Club. PDG Chris Lloyd presented Leo Logan with awards from the State Leo Council.



Lion Janie Garza received the Lion of the year presented by Club President, Lion Doug Peterson.

## Floresville Lions Club

Lions meeting Thursday, June 13 at Jack's. Taking care of business and celebrating June birthdays- Lions LaJuana, Carol and Ben. Happy Birthday to all. Come and join us and find what we are about. Thursdays at Jack's at noon!!!!



## San Antonio Edgewood Lions Club

Thank you San Antonio Edgewood Lions Club for being the first team of Vision Screeners at the Texas Lions Camp.



Texas Lions Camp Picnic  
June 23, 2019

6:00 pm Evening Meal

Clubs participating in the Picnic and what they were responsible for.

San Antonio Edgewood	Hot Dogs, & Cheese	16
Kerrville Heart 'O the Hills	Chili	1
Kerrville Host Lions	Volunteer Manpower	2
Stockdale	Condiments	1
La Vernia	\$ Donation	2
Bexar County China Grove	\$ Donation	1
San Antonio Alamo Heights	Mac 'n Cheese	10
San Antonio Alamo City	Assorted Chips	2
S.A. North San Antonio Hills	Plates & Paper Products	2
San Antonio Region 20	Volunteer Manpower	2
San Antonio Highland Hills	Sodas & Water	5
San Antonio West Side	Raspas	8
San Antonio Northwest	Cookies	8
S.A. Hill Country Retreat	Ice Cream Cups	10
San Antonio UIW Campus	Volunteer Manpower	5

Thanks to everyone for making this one of the best Picnics we have ever served to the Campers in the more than 30 years that we have been doing this. For your records, we served approximately 400 individuals including 325 Campers and Counselors.

There were 15 Clubs participating in the picnic with 75 Lions and Guests serving the Campers. With all these Lions we probably could have held a District Cabinet Meeting especially considering that among the Lions present, we had our District Governor-Elect, 2 Past Council Chairman and 3 Past District Governors still living by their Lions Motto and serving the Campers.

I've always said that this one project is the perfect way to end a club year and at the same time re-energize our members for the new year ahead. By your presence and participation, and the reaction of the Campers and Counselors, you proved that long held feeling of mine to be true. I feel that we went back to our Lionistic roots by joining together to serve a need and to share fun and fellowship with each other.

I hope that you found this experience to be as positive as I did and we all hope that we can continue to serve the Campers of the Texas Lions Camp this same way next year and who knows, we might even make it larger.

Thanks for all that you do to make life a little easier for those less fortunate and as always, 'til we meet again, I remain,

In Service To You,

*Lion Mike*



The Sunrise Lions' Steve Hamilton Memorial

# Color Fun Run



HELP SEND KIDS TO CAMP!

Join the Kerrville Sunrise Lions club at Texas Lions Camp  
for the 2019 Color Fun 5k Run!

When: Saturday October 12<sup>th</sup> 2019

Time: Start time 8:30 a.m.; Kids fun run 8:00am

Registration/packet pick up starts at 7:00 a.m.

Where: Texas Lions Camp (Kerrville, TX)

Cost: Early registration starting at \$30

Check out our Facebook event page: The Sunrise Lions'  
Steve Hamilton Color Fun 5K Run or

<https://runsignup.com/Race/Events/TX/Kerrville/SunriseLionsColorFunRun>

\* Rain or shine

FRIO CANYON CHAMBER  
OF COMMERCE PRESENTS

SAT JULY 6TH  
SUN JULY 7TH

# 43rd annual JULY jubilee

Leakey Lions will be selling sausage wraps and homemade ice cream in their booth on the courthouse square on July 6!

 [friocanyonchamber.com](http://friocanyonchamber.com)  [contact@friocanyonchamber.com](mailto:contact@friocanyonchamber.com)

rodeo | parade | vendors

FRI & SAT  
8 PM

BULL RIDING  
LADIES BARRELS  
BRONC RIDING  
BAREBACK  
CALF ROPING  
TEAM ROPING  
BREAKAWAY

SAT | 10 AM

rope wyld

SAT | 2 PM

SAT | 8 AM - 8 PM  
SUN | 9 AM - 2 PM

FOOD | RETAIL | DIRECT  
SALES | COMMERCIAL |  
ARTS & CRAFTS

WIFI BY HCTC |  
SECURITY PROVIDED

DOWNTOWN SQUARE

 [friocanyonchamber](https://www.instagram.com/friocanyonchamber)

 [facebook.com/friocanyonchamber](https://www.facebook.com/friocanyonchamber)

## San Antonio Hill Country Retreat (HCR) Lions Club

The San Antonio Hill Country Retreat Lions Club supported the District 2-A2 Texas Lions Camp Picnic on Sunday, June 23. HCR Lions enjoyed serving up Blue Bell ice cream to the campers and staff.



HCR Lions Club Snack Bar provides snacks to the residents attending the Hill Country Retreat Bingo Night on Wednesday, June 26.



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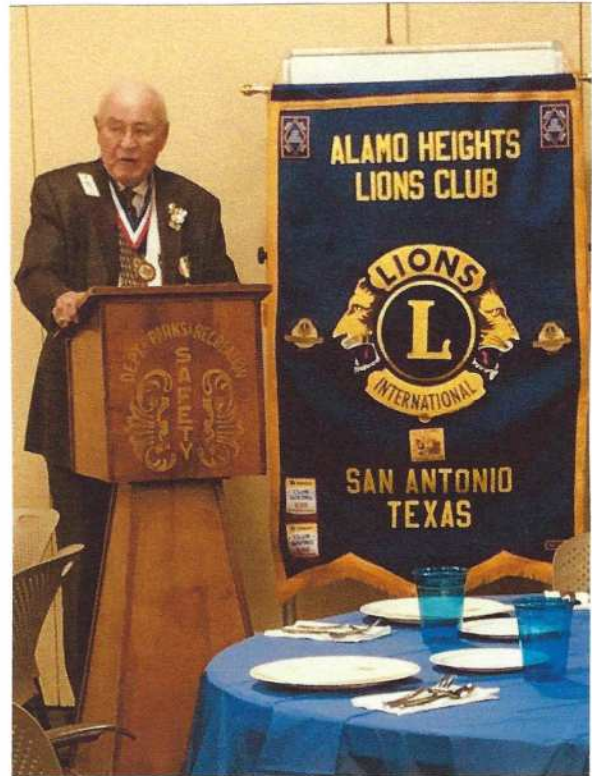
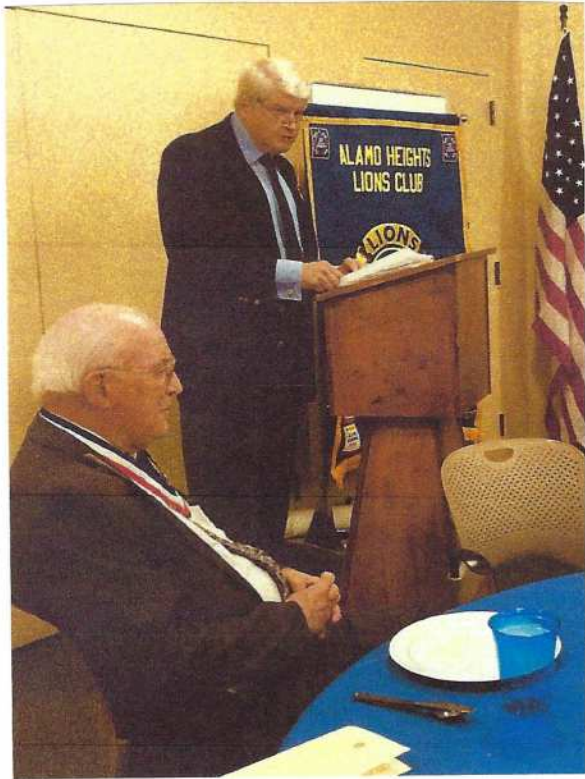
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- AmazonSmile is the same Amazon you know. Same products, same prices, same service.
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**[CLICK HERE](#)**

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

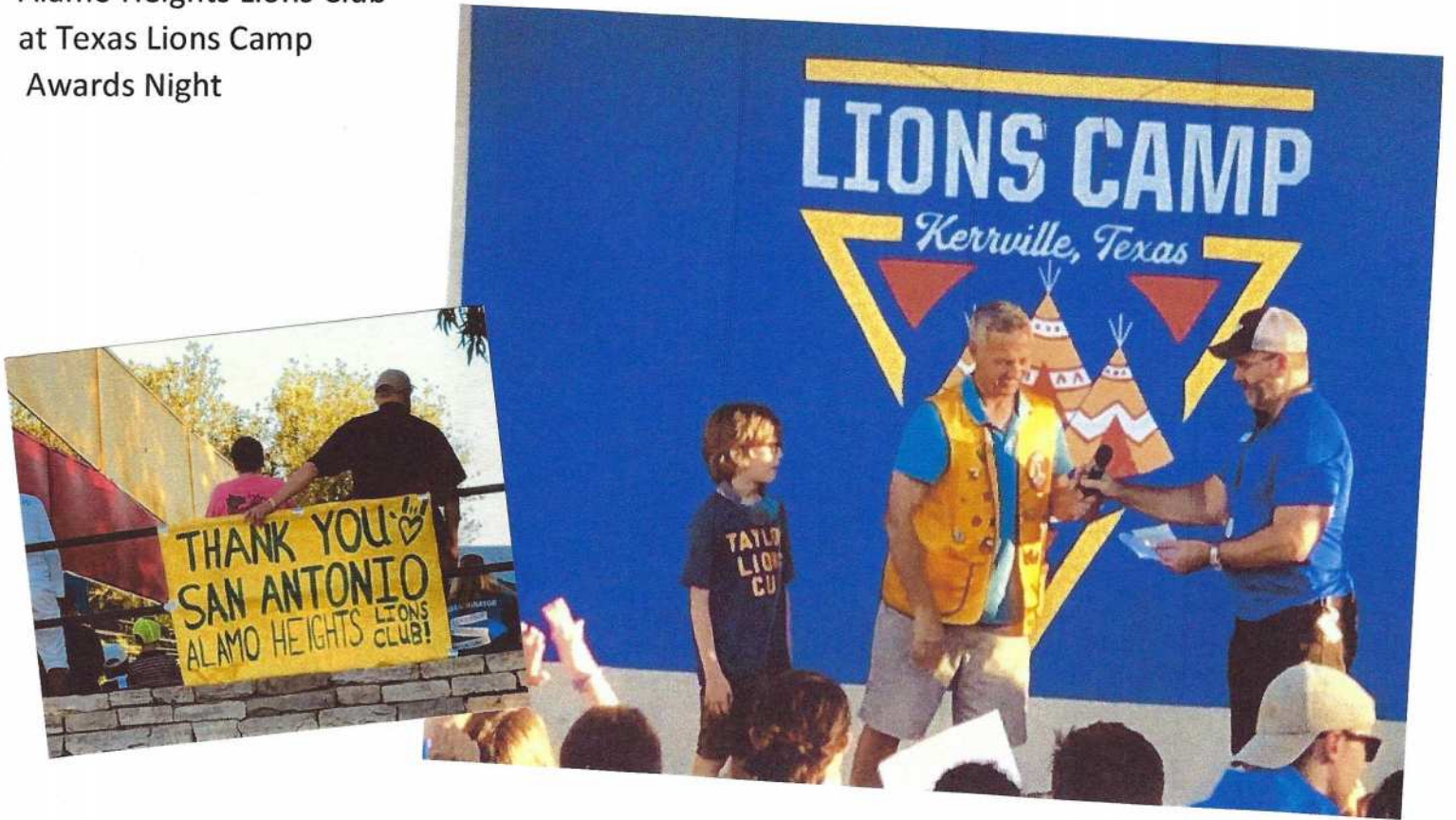
Alamo Heights Lions Club's Installation of Officers for 2019 - 2020



Alamo Heights  
Lions Club  
at Texas Lions  
Camp



Alamo Heights Lions Club  
at Texas Lions Camp  
Awards Night





You're Invited!

2019-2020



## *Floresville Lions Club*

Installation

Award Presentations

and

New Member Installation

Friday, July 12, 2019, 6:30 pm

Jack's Restaurant



507 10th St.(181 Hwy So.), Floresville



Installing Officer:

**PCC ERNESTO "TJ" TIJERINA**

Cost: \$15 per person

RSVP by Monday, July 8

To Lion LaJuana Newnam-Leus



Cell: 830-391-4625

[lajleus@gmail.com](mailto:lajleus@gmail.com)

