



Lions District 2-A2

"Stepping Up Our Service"



Issue 3 ~ September 2019

"Make it Happen. Shock Everyone" Have a great month!!!!



My Fellow Lions,

I would like to officially welcome the San Antonio Lady Lions Club to our Lion Family. They were chartered in June and held their Charter Night on August 29, 2019. IPDG Roberto Castillo inducted the new members and I had the honor of installing the club officers. PDG Sam Pantusa presented the club President, Lion Sam Lamboy-Vasquez with their club banner and Founder Club President, Lion Eric Flores, presented the bell and gavel to club President, Lion Sam Lamboy -Vasquez.

It is that time of year again, the Lions in District 2-A2 are geared up and ready to start doing vision and hearing screenings in the school districts. An update on the equipment that we had requested through the Stride for Sight; the 3 new Spots have been ordered. We received a good deal on the Spots. The cost for the Spots were \$6500.00 each with a 5 year warranty and an exchange of our 3 oldest Spot units. We also received a good deal on the Rebio Blinq device. This device has not been ordered as of yet. Through the District 2-A2 Lions Children's Service, the Pearsall Lions, Hill Country Retreat Lions and other Club contributions, we were able to purchase 8 new audiometers. Thank you all for your support and contributions in sustaining our vision and hearing program. Also, if you are Spot, vision and/or hearing certified and would like to assist our KidSight team, you can contact Lion Ken Book at kbook0@hotmail.com. The screening teams are fully booked for the rest of this year.

I would like to congratulate Lion Nanette Patton, Zone 10 Chair, and Lion Jeffrey Almone, Zone 6 Chair, for having a successful Zone meeting. Lion Harriett Kirchoff, Zone 1 Chair, will be having the Zone 1 meeting on September 9, 2019 at the IHOP in Kerrville. Lion Steve Medina, Zone 7 Chair, is in the process of scheduling their first Zone meeting. The first Zone meeting should be scheduled in August or September and before the 2nd Cabinet meeting. If you need assistance in scheduling your zone meeting, contact your Region Chairs; Region 1 Chair, Lion Faye Evans and Region 2 Chair, Lion LaJuana Newnam-Leus.

The Opportunities for Youth Contest information will be sent out in the next few weeks. There will be more information at the 2nd Cabinet meeting on October 5, 2019 at the Our Lady of the Lake University Chapel Auditorium. The Peace Poster contest is underway. This contest is for children 11-13 years of age. This year's Peace Poster Contest theme is "Journey of Peace". The deadline for ordering your peace poster kit is October 1, 2019. Each kit cost \$11.95 plus shipping and handling. The deadline for submitting your clubs winning poster is

November 15, 2019. Posters should be submitted to Lion Steve Medina. More information will be available at the 2nd Cabinet meeting.

The 2nd Cabinet meeting is fast approaching. It will be held at Our Lady of the Lake Chapel Auditorium on October 5, 2019. You are now able to register on our website at district2a2.org. We are trying something new this year. We will be having breakout sessions on different topics. At the 2nd Cabinet meeting, the topics will be Member Orientation, Guiding Lion Training and How to Build a Club Website and Social Media page. The deadline for the reduced rate is September 20, 2019. I am currently working on breakout sessions for the Mid-Winter Conference, if there is a topic that you think will interest Lions in our District, please contact me with your ideas.

If your club has an upcoming service project or fundraiser, please go to our website and submit your event on the district calendar. This gives the Lions in our District the opportunity to come out and support your club.

I look forward to visiting you and your clubs. If I can be of any assistance, do not hesitate to contact me.

Yours in Service,

Lion Janie Garza

District Governor 2-A2



No pessimist ever discovered the secret of the stars or sailed an uncharted land or opened a new doorway for the human spirit.

Helen Keller

It's already September and only 115 shopping days until Christmas. I hope your club officers are taking advantage of the zone meetings that are coming quickly now. They're a great venue to share ideas for community service projects and there are plenty of opportunities to carry them out with schools back in session.

I found another great article relating to health with implications for diabetes prevention and general wellbeing that I must share with you. The article is titled:

Why Stress is Dangerous – And How to Avoid It's Effects by Mithu Storoni 14 August 2019 (MITHU STORONI TRAINED AS AN EYE SURGEON AND STUDIED DISEASES AFFECTING THE VISUAL BRAIN BEFORE WRITING STRESS-PROOF: THE ULTIMATE GUIDE TO LIVING A STRESS-FREE LIFE (HODDER/YELLOW KITE)).

THE ARTICLE APPEARED IN THE BBC.COM FEATURES NEWSLETTER:
<http://www.bbc.com/future/story/20190813-burnout-anxiety-stress-proof-relief>

You can read the entire article at the link above. Here are some highlights to peak your interest.

In November 2017, two eye surgeons from a hospital in Beirut reported an intriguing case of visual loss in a colleague. A specialist in the retina, the colleague had suddenly developed a patch of blurry vision in one eye just a day or two after an intensely stressful day in the operating room. This was not the first time it had happened. The surgeon had experienced four such episodes in just a year, each preceded by a stressful day of operating.

The retinal surgeon was diagnosed with central serous chorioretinopathy (CSCR). A small amount of fluid had collected beneath a tiny region of the surgeon's retina, causing it to temporarily detach. The condition resolved after a few weeks, and a strict stress-management plan prevented another episode from happening again.

CSCR has been tentatively linked to stress ever since World War Two, when several cases were reported in military personnel.

Reflecting on what had made their colleague vulnerable to stress, the surgeons noted new surgical techniques made possible with better technology had stretched the physical limits of what a surgeon is able to do. While this progress had expanded the scope of surgery, operating at these limits placed immense mental strain on the surgeon.

As technology improves, it transmutes the physical skill of the surgeon's hands into the mental skills of analysis and concentration.

The evolving nature of work demands less from the body and more from the mind – meaning the mind is becoming a greater victim of occupational hazards

An eye surgery operating room is to some degree a microcosm of today's global workplace, where the evolving nature of work demands less from the body and more from the mind. Consequently, the mind is becoming a greater victim of occupational hazards.

According to the Health and Safety Executive (HSE) of the United Kingdom, stress, depression or anxiety accounted for 57% of all "sick days" in 2017/2018. The mind's rising leverage over productivity is prompting interest in what might be impeding its performance. The focus has fallen on stress.

János Selye, a Canadian-Hungarian physician, coined the first definition of "stress" in the 1930s. Research since Selye's time revealed an acute stress reaction is built upon a rich tapestry of processes. We know today that bungee jumpers become insulin resistant immediately following a bungee jump, and the stress of lecturing 200 students raises markers of inflammation in college professors. These processes offer a survival advantage under threat. The temporary insulin resistance, for instance, ensures sugar reaches a brain under duress, while inflammation holds a protective shield against unwelcome visitors entering through battle wounds.

The effects of a healthy, acute stress reaction are mostly temporary, ceasing when a stressful experience is over, and any lasting effects can sometimes leave us better than we were before. Studies on rats, for instance, found that the stress from being restrained for a few hours may increase the number of "newborn" brain cells in a part of the rat's brain, which can correspond to better performance in certain kinds of memory tests.

Stress that is too frequent, too intense or constantly present, however, puts us under prolonged strain. As a result, chronic stress induces a gradual, persistent shift in psychological and physiological parameters that tips the scales towards disorder along different pathways.

During times of fear or anger, sympathetic activity (responsible for the “fight-or-flight” response) temporarily rises and parasympathetic activity (underlining “rest-and-digest” responses) falls. If this pattern of activity persists in the absence of stress, however, it can tilt us towards hypertension and other illnesses. Similarly, while temporary emotional reactivity in acute stress helps us predict danger, a sustained change in the dynamics of emotion regulation can tilt us towards mood disorders.

Structural change

Chronic stress is suspected of playing a role in the rising global burden of hypertension and type 2 diabetes, and pushes rats into major depression. Corroborating observations from animal studies and early human studies suggest chronic stress may even change the structure of the brain.

In the first study of its kind, Ivanka Savic and colleagues at Sweden’s Karolinska Institute and Stockholm University recently compared the brains of people suffering from work-related chronic stress to those of healthy, less stressed counterparts using structural magnetic resonance imaging techniques. They found a difference in regions active in attention allocation, decision-making, memory and emotion processing. In the stressed subjects, the prefrontal cortex appeared thinner, the amygdala appeared thicker and the caudate nucleus was smaller. The thinning in the prefrontal cortex correlated with worse emotion regulation.

The researchers scanned their brains again after a three month-long stress-rehabilitation program based on cognitive therapy and breathing exercises. The thinning in the prefrontal cortex was reversed. While the study had limitations (there was no “untreated stressed” control group), this reversal hinted at the possibility that chronic stress might have caused the thinning. Other studies have found that high circulating levels of the hormone cortisol correlates with worse memory and thinning in parts of the brain, even at a relatively young age.

These changes may partly be the consequence of the plastic nature of our brains, a manifestation of the brain’s extraordinary talent of adapting to whatever is demanded of it. In the middle of combat, for example, heightened emotional reactivity is a survival advantage, while higher cognitive functions become redundant. Recalibrating the brain’s baseline state to increase efficiency in this way can save a combat soldier’s life. In the setting of a workplace that relies on focus and complex decision-making, however, compromised emotion regulation and a decline in working memory will limit productivity. The change in the brain’s structure is maladaptive.

Chronic stress often strikes through a psychosocial route and is influenced by perception. While this makes the empirical study of chronic stress challenging, it also uncovers a potential path for managing chronic stress: one’s perceptual experience.

One example is the effect of rumination. Replaying the memory of a stressful experience after it is over can activate similar pathways in the brain as the actual experience. This can keep the stress reaction “switched on” even if a stressor is no longer there and cause the experience to be perceived as more distressing than it actually was.

Preventing people from ruminating lowers their blood pressure faster after acute stress. Chronic stress has been linked to hypertension and in a small, randomized trial, US researchers, including Lynn Clemow at Columbia University Medical Center, used stress management training (based on a cognitive-behavioral group workshop) to effectively lower systolic blood pressure in patients with hypertension. The decline in pressure correlated with a decline in depressive rumination.

The perceptual element of stress may be the reason some mind-body interventions such as yoga, breathing techniques and focused-attention meditation can benefit stress management through effects on improving emotional regulation, reducing stress reactivity and speeding up recovery after stress.

Status and control

In some ways, the brain mimics a prediction machine that actively infers its environment to create a perceived representation of reality. A perception of uncertainty, unpredictability or a lack of control can signal there is a flaw in its model of reality and promote stress.

In a predictable world over which you have perfect control, a cause should lead to a predictable effect. A frequent mismatch between the effort you put in and the reward you receive for your effort frustrates this sense of perceived control. Consequently, an “effort-reward imbalance” is a source of chronic stress in the workplace.

- It is associated with a raised blood pressure in female Las Vegas hotel room cleaners, with burnout in police officers in Buffalo, New York, and
- with metabolic syndrome in fit, state police workers in Genoa, Italy.

The effort of having to deal with a mismatch between effort and reward at work every day is emotionally exhausting and takes a toll on mental performance. In a study on Australian horse jockeys, experiencing high levels of effort-reward imbalance during times of intense stress correlated with an impairment in decision-making comparable to that associated with a blood alcohol concentration of 0.08%.

It's not just the nature of our social interactions that exacerbate stress. The impact of some parts of urbanized life on stress reactivity may have also been underestimated.

- An apparently “soft” factor like exposure to nature can hasten recovery following stress and lower markers of stress.
- Bright light or blue night exposure late in the evening from the use of LED screens can delay the release of melatonin, a hormone that has been shown to reduce anxiety.

Urbanization is increasing the consumption of processed food and an ultra-processed diet has been linked to the incidence of depressive symptoms in at least two large cohorts. Our dietary habits modify the microorganisms living in the digestive tract and these microorganisms, through cross-talk with immune cells and other routes, can influence how the mind reacts to stress.

Mental strain is a performance-limiting factor in an age where physical load is increasingly converted into mental load. As we transition further into the information age, it is time for the enigma of chronic stress to finally move into the spotlight.

Lions Eye Health Program/Stride for Sight

JUST ANOTHER FRIENDLY REQUEST – AS YOU PLAN YOUR SERVICE AND FUNDRAISING ACTIVITIES FOR THE YEAR PLEASE CONSIDER A FUNDRAISER DEDICATED TO OUR LIONS EYE HEALTH PROGRAM. WE NEED THE HELP OF ALL OUR DISTRICT 2-A2 CLUBS TO KEEP OUR PROGRAM STRONG FOR ALL OUR COMMUNITIES.

How goes your club membership? Are you retaining your current members? Adding new ones? Don't let your Lions Club be the best-kept secret in town. Keep your service front and center and invite non-Lions to join you. They may just get caught up in our "We Serve" and camaraderie and put on that Lions vest too.

Have a great September strengthening your community.

Stay hydrated,

1VDG Dave Splitek

***PS** At the end of the day, a cliché walks into a bar -- fresh as a daisy, cute as a button, and sharp as a tack.*



Dear friends,

During a World War II bombing raid, a French village lost a beloved statue of Christ. The villagers painstakingly sifted through the rubble and managed to rebuild the statue, except for the hands. They searched and searched, but the pieces were never found. Finally, the villagers placed a plaque on the statue with the inscription: **"I have no hands but yours."**

As I thought about this story I thought that this might be a good motto for our Lions Clubs - "I have no hands but yours." Why do we put a big emphasis on membership and the need to grow - because with more hands we can do more service. With more hands, we can become more visible. We can do more eye screening. Contact PDG Chris Lloyd about sponsoring the MESU. Get qualified to use the SPOT. Invite PDG Sam Pantusa, COO of LSRF to speak to your club about future plans for LSRF. We can make more people aware of our Texas Lions Camp. We can do more to support our Human Needs Board. And on and on. It was good to see so many Lions at Milberger's Nursery on August 31 in our yellow vests making Lionism more visible and telling people who we are and what we do.

Lions Club International has created a Global Action Team to encourage membership growth, leadership development, and service. We see much emphasis on membership but all three are important. Yes, the more members we have the more hands there are to do our work to live into our motto of "We Serve." But growth is just the beginning. Healthy clubs are bringing in new members, developing leaders and doing service in their communities. We cannot be stagnant. We need to continue to grow. I like the symbol of Lions Clubs International with the Lion looking forward and backward. We have a past we can be proud of. But the future is ours. We can make this a better place - our communities, our state, the nation and the world. But to make this happen we need all hands sharing in the endeavor.

2VDG Doug Thomas

Stepping Up Our Service

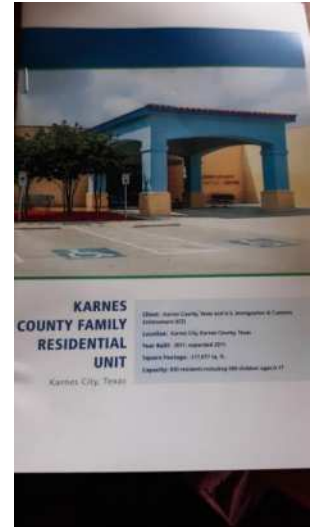
SA First Lady Lions 🐾 donated more than 100 sock 🧦, Chap Sticks, and about 400 Band-Aids Flex to the students at Margie Academy. They were so thankful, and we were so blessed to know that "We Serve".



The San Antonio Founder Lions Club was pleased to donate \$1,000.00 to Christian Assistance Ministry to purchase socks and undergarments for the clients they serve in our community.



The San Antonio Founder Lions Club was pleased to be able to donate the following to the Karnes County Family Residential Unit - 972 pairs of reading glasses and 600 eyeglass cases.



The San Antonio Founder Lions Club was pleased to be able to donate the following school supplies to Esparza Elementary for their back to school needs in order to serve our community: 300 spiral notebooks, 300 composition books, 100 bottle of glue, 100 scissors, 1,000 pencils and 1,000 markers.



SA First Lady Lions 🦁 donated some much-needed items to the Salvation Army Citadel Boys Club. Both Major Ross and Major Linda Keeney we're very appreciative. We felt blessed that "We Served".



August 17, 2019: Lions from District 2-A2 conducted vision screenings at the Back To School Bash using the Welch Allen SPOT Screener camera. A total of eighty-eight people signed up and had their vision screened. Of the twenty-one adults, four were referred for further evaluation by an eye doctor. Of the sixty-seven children, seventeen were referred. Thirteen Lions contributed a combined total of fifty-eight and a half volunteer hours. Participating Lions were David and Stella Silva from the Founders Lion's Club; Ken and Debbie Book from Region 20 Lion's Club; Ernesto Castro; Sylvia Castro; Nick and Angie Garcia; George Prado; Steven and Jeanette Medina from the West Side Lion's Club. Also, volunteering was District Governor Janie Garza.

Councilwoman Ana Sandoval, State Representative Ray Lopez, and County Commissioner Justin Rodriguez teamed up to promote school readiness with the Back to School Bash.





INFORMATION AND UP AND COMING EVENTS

Please submit all information for newsletter no later than the 25th of each month. You may also submit information to me via email to duncan@bluetopcompanies.com or duncan956@gmail.com. I would also ask to limit the number of photos to a total of 6 please and thank you,

Lion Kenneth Duncan

MD-2A2 DIABETES AWARENESS SERVICE PROJECTS

Lions International has set forth 5 global causes. **DIABETES** is one of these global issues. MD-2A2, in keeping with the priorities of LCI, recognizes the importance of bringing awareness of this disease in our district and impacting our communities, for the better, thru organized activities.

As the MD-2A2 Chairperson for DIABETES AWARENESS & ACTIVITIES, please find attached a proposal to host two signature events/activities on the **two** specific days of the year when **DIABETES** has local and global attention.

If the dates of Thursday, November 14th and Tuesday, March 24th do not conflict with any significant MD-2A2t business and district cabinet approves, I will begin to organize the following events:

(please see attached document for specific details)

- World Diabetes Day, November 14, 2019 is a date designated by the United Nations for raising awareness of diabetes and promote the importance of preventing and managing the disease.
- Diabetes Alert Day, March 24, 20120 is a date nationally promoted to provide information on a local level of diabetes prevention and pre-diabetes screening.

While the WDD event proposed is located in San Antonio, lions clubs in neighboring zones can host a similar “physical activity” event in their area. I will work with any club wishing to host a similar walk and will coordinate with all clubs on hosting an informational table at their local HEB or Walmart.

I will be presenting this information at the upcoming Cabinet meeting. In addition, I will have a packet of diabetes educational materials for each club president to take back to their membership.

If you wish further information or have any questions, please do not hesitate to contact me at this email or at RABrunner64@gmail.com or on my cell phone listed below.

Rose Ann Barajas, Research Coordinator

UT Health San Antonio

7703 Floyd Curl Drive, 78229

210-358-7393 (Office); 210-358-7595 (Fax)

210-216-2340 Cell

November 14, 2019 World Diabetes Day

2019 Diabetes Walk and Balloon Release @ Woodlawn Lake San Antonio

Organizing a diabetes walk to mark **World Diabetes Day** is a great way to raise awareness of diabetes and promote the importance of regular exercise to help prevent type 2 diabetes and manage all type of diabetes.

This November join the Global Diabetes Walk, an initiative created by the World Diabetes Foundation (WDF) in support of World Diabetes Day. Since 2004, more than four million people of all ages have joined WDF's effort to raise awareness and encourage more people to take steps towards achieving a healthier future.



March 24, 2020

Diabetes Alert Day

2020 Diabetes Information Distribution @ your local HEB or Walmart

Observed annually on the fourth Tuesday in March, Diabetes Alert Day is a one-day “wake-up call” that focuses on the seriousness of diabetes and the importance of PREVENTION. We encourage your local Lions Club to setup an information table at your local HEB or Walmart to bring awareness of the risks for type 2 diabetes. The sooner your community knows they're at risk, the sooner they can take steps to prevent or manage diabetes.



INFORMATION AND UP AND COMING EVENTS

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Lion Kenneth Duncan

Please join Owl Radio on
Saturday, September 28, 2019, 9 to 1 pm
TOPGOLF and Silent Auction Fundraiser

Player—\$ 60.00

Ticket includes:

- Lifetime membership to Top Golf
- Buffet Breakfast
- 3 hours of Top Golf
- 5 raffle tickets

Non-Player—\$ 30.00

Ticket includes:

- Lifetime membership to Top Golf
- Buffet Breakfast
- 5 raffle tickets

**Corporate Sponsorship for a private
bay —\$ 500.00 includes:**

- 6 regular player tickets
- Buffet Breakfast
- Announcement recognition throughout the event and broadcast on Owl Radio
- 20 additional raffle tickets
- Listing on Owl Radio website
- Advertising with your logo on event t-shirts
- 6 event t-shirts



Schedule

9:00 am to 10:00 am — Registration and Breakfast

9:00 to 12:00 — 3 hours of Top Golf

12:00 to 1:00 pm — Raffle of auction items

Early Bird Special—Register and Pay by August 27, 2018 and receive
an event T-shirt at event

To Register:

Go to www.owlradio.org or contact Cynthia Garcia at 210-829-4223 or
lowvisionresourcecenter@yahoo.com

Benefiting the Low Vision Resource Center & Owl Radio

Owl Radio Top Golf Fundraiser
Sponsorship Opportunities
September 28, 2019, 9:00 am—1:00 pm

Hole in One Sponsor \$ 2,000

- Admission for 12 players
- 2 reserved bays - Buffet Brunch
- Advertisement on event tv screens
- Name/Logo on social media, webpage and on reserved bays
- Name/Logo on back of event T-Shirt
- Name displayed prominently on our website's "Giving" page for 2019
- Underwriting recognition on Owl Radio for your choice of Sports Illustrated or National Geographic for six months
- 12 Event T-Shirts



Eagle Sponsor \$1,500

- Admission for 9 players
- 1.5 reserved bays—Buffet Brunch
- Advertisement on event tv screens
- Name/Logo on social media, webpage and on reserved bays
- Name/Logo on back of event T-Shirt
- Name displayed prominently on our website's "Giving" page for 2019
- Underwriting recognition on Owl Radio for your choice of The SA Business Journal or Fortune for three months
- 9 event T-shirts

Birdie Sponsor \$ 1,000

- Admission for 6 players
- 1 reserved bay—Buffet Brunch
- Advertisement on event tv screens
- Name/Logo on social media, webpage and on reserved bays
- Name/Logo on back of event T-Shirt
- Name displayed prominently on our website's "Giving" page for 2019
- Underwriting recognition on Owl Radio for your choice of AARP or Prevention magazine for one month.
- 6 event T-shirts



5th Annual TOPGOLF Fundraiser

5539 N. Loop 1604

Join and support the

San Antonio Founder Lions Club

on

Saturday, October 12, 2019

Player - \$55.00

Ticket Includes:

Lifetime membership to Top Golf
Buffet
2 hours of Top Golf
5 Raffle Tickets

OR

Non-Player - \$30.00

Ticket Includes:

Lifetime membership to Top Golf
Buffet
5 raffle tickets

CORPORATE SPONSORSHIP FOR A PRIVATE BAY - \$500.00 INCLUDES:

- ✓ 6 regular player tickets
- ✓ 20 additional raffle tickets
- ✓ 6 event t-shirts in bay
- ✓ 6 swag bags in your bay
- ✓ Announcement recognition throughout the event
- ✓ Advertising in the SAFLC Newsletter, SAFLC website & SAFLC Facebook page
- ✓ Advertising with your company name on event t-shirts

9:00am to 10:00am – Registration & Buffet

10:00am to 12 – 2 hours of Top Golf

12:05pm to 1:00pm – Raffle & Live Auction

~Silent Auction throughout the event by Tyson Fundraising~

Deadline to register is October 4, 2019 – contact our office at 210-225-1164 to register or if you have any questions.

Benefiting Lions Charities that include:





19th Annual La Vernia Lions Club Golf Tournament



Date: Sunday, October 13, 2019
Place: River Bend Golf Club (Floresville)
Time: 1:00PM Registration, 1:30PM Shotgun Start
Fee: \$60.00 per player
Format: Four-person Scramble (w/ handicap system)
(pick your own team or we can pair you)

Team Prizes

1st-\$300, 2nd-\$200, 3rd-Free Round of Golf

Individual Hole Prizes

Longest Drive, Closest to the Pin

Optional \$30 Players Pool

There will be a free meal following the golf tournament for all participants

Sponsorship Levels

Gold: \$750 (2 – 4 person teams and 2-hole sponsors)

Silver: \$500 (1 – 4 person team and 2-hole sponsors)

Bronze: \$300 (1 – 4 person team and 1-hole sponsor)

Shared Hole Sponsor: 1-hole \$50, 2-holes \$100

For More Info:

Frank Pruski (210) 260-1241
Mary Ann Mays (830) 779-3825

golf@lavernialions.org

or go to:

www.LaVerniaLions.org

All funds raised will go to the La Vernia Lions Club Charitable Giving Fund



DISTRICT 2-A2
2ND CABINET MEETING
Our Lady of the Lake University
Chapel Auditorium
515 SW 24th Street, San Antonio, Texas



October 5, 2019

Lion: _____ Club: _____

Email: _____ Phone: _____

Lion: _____ Club: _____

Email: _____ Phone: _____

	BEFORE September 20, 2019	AFTER September 20, 2019	# of Tickets	Total Cost
Early Bird Package – Includes <u>Registration</u> and <u>Lunch</u>	\$22.00	XXXXXXXXXXXX		
Registration Only (no lunch) <i>All attendee's pay registration</i>	\$5.00	\$10.00		
Lunch	XXXXXXXXXXXX	\$20.00		
Table	\$15.00			

Make checks payable to Lions District 2-A2

Mail checks and registration form to:

Lion Janie Garza
District Governor 2-A2
P. O. Box 816
Sutherland Springs, TX 78161

7:30 a.m. – 8:30 a.m. Continental Breakfast
7:30 a.m. – 8:45 a.m. Registration
9:00 a.m. – 10:30 a.m. Meeting
10:45 a.m. – 11:45 a.m. Session
12:00 p.m. – 1:30 p.m. Lunch

TABLES

The district must pay extra for tables at this venue.

Display Tables

A display table will be provided for the following District Programs:

- *Texas Lions Camp
- *Texas Lions Foundation
- *LCIF
- *LSRF

Raffle Tables:

If you would like to sell raffle items, pins or club merchandise, the cost per table is **\$15.00**. Payment for table must be included with registration.

Session Options:

- _____ Member Orientation
- _____ How to create a Club website
- _____ Guiding Lion Training

_____ Yes _____ No

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to the L.S.R.F.**



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Help the L.S.R.F

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- AmazonSmile is the same Amazon you know. Same products, same prices, same service.
- Lions Sight Research Foundation by starting your shopping at smile.amazon.com/ch/74-2471313



For more information about the L.S.R.F. please visit our website at: LionsSightResearch.org