



Lions District 2-A2

Stepping Up Our Service



Issue 7 ~ January 2020

“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.” —Helen Keller



My Fellow Lions:

I would like to wish everyone a **Happy and Prosperous New Year**. It is hard to believe that we are heading into our 2nd half of our Lion Year. I would like to thank you for including me in your holiday service activities and your clubs holiday celebrations. I have enjoyed spending time with you and your club members. The work that you all have done in your communities this first half of the year, has made me proud to be a Lion in District 2-A2.

The Mid-Winter Conference will be held on **January 17 & 18, 2020** in Eagle Pass, Texas and hosted by the Eagle Pass Border Lions Club. The Mid-Winter Conference registration is on our district website at district2a2.org. The deadline for on-line registration is on January 15, 2020. You will still be able to pay at the door. On Friday, January 17, 2020 is the candidates social. This is where you meet the candidates for the upcoming new year. On Saturday, January 18, 2020, the meeting and sessions will be at the International Center for Trade (ICT), 3295 Bob Rogers Drive, Eagle Pass, Texas. The district is holding a district raffle. The winner will receive a two (2) night stay for two (2) at the Inn of the Hills in Kerrville, TX during the District Convention on April 3-4, 2020. The 2-night stay includes breakfast for 2 on both days. The ticket will be drawn at the Mid-Winter Conference on January 18, 2020. Tickets can be purchased at the Mid-Winter Conference or from our district website. Ticket donations are \$10.00 each or 3 for \$20.00.

The sessions for Mid-Winter are:

1. “How to start a Leo Club and the Club Responsibilities”;
2. My Lion (there were numerous requests to have this session again)
3. Spot Training

The Eagle Pass Border Lions Club has worked extremely hard in making the Mid-Winter Conference a fun and memorable experience. The deadline is fast approaching. I hope to see you all at the Mid-Winter Conference in Eagle Pass.

There are several openings on the Human Needs Board of Directors and the Lions Sight Research Foundation Board of Directors. If you are interested in serving on any of these Boards, you would need to submit your Resolutions 30 days prior to the District Convention on April 3, 2020, which puts the deadline on **March 2, 2020**. You can email your Resolution to Lion Nancy Hosek at nhosek1@felpsis.net and to myself at jgarza070@gmail.com. If you have any questions, do not hesitate to contact either of us.

The Opportunities for Youth Contests are on our District website at **district2a2.org**. The contest coordinators are listed as well. If you have any questions regarding any of these contests, do not hesitate to contact them. I hope each club will consider participating in each of these district contests. The contest will be held at the District Convention in Kerrville at the Inn of the Hills hotel on Saturday, April 4, 2020. If your club would like to sponsor one of the 4 Youth Contest Scholarships, contact Lion Abel and Lion Steve Mays (District Treasurer). The cost for the 1st Place Scholarship is \$1000.00 and \$500.00 for the 2nd Place Scholarship; per each of the contests. If your club sponsors a 1st place contest scholarship, your club will receive a complimentary full-page ad in the convention booklet. If your club sponsors a 2nd place contest scholarship, your club will receive a complimentary half-page ad in the convention booklet.

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



One can never consent to creep when one feels an impulse to soar.
Helen Keller

Happy New Year Lions! December was a great month and I hope your holiday service projects and parties were as successful as those I was privileged to attend. Be sure to share your stories and pictures with our District 2-A2 newsletter.

Lions Eye Health Program/Stride for Sight

As of January 1, 2020, a Leap Year, we're only 74 days away from our District 2-A2 Lions Sight Research Foundation Casino Night Fundraiser on Saturday evening March 14, 2020, benefiting our Lions Eye Health projects. We've again included an informative flyer with the newsletter and encourage each of you to support our Casino Night. This is an event not to be missed!

And don't forget to get in shape for our Stride for Sight March 21, 2020. We are enrolling **virtual runners** along with all those who can join us in person for the event. Let your running and jogging friends and relatives know that that can sign up on the LSRF website and run or jog a 5K on race day in support of our Lions Eye Health Program. How many virtual runners can you get to represent your club? Just a reminder that beginning this year we've gone digital. All registrations must be done online. It's easy as cake. I did mine in less than 2 minutes. Here's the link: <http://lionssightresearch.org/stride4sight-5k-forms.html>

The Latest News

Here are some great diabetes tips from the Centers for Disease Control [CDC Healthy Eating](#) (I know it's after the holidays but the advice is still sound):

5 Healthy Eating Tips for the Holidays

'Tis the season for family, festivity, and food—lots of food. Temptations are everywhere, and parties and travel disrupt daily routines. What's more, it all goes on for weeks.

How do you stick to your [diabetes meal plan](#) when everyone around you seems to be splurging? Here are 5 tips that can help:

1. Holiday-Proof Your Plan

You may not be able to control what food you're served, and you're going to see other people eating tempting treats. Meet the challenges armed with a plan:

- *Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.*
- *Invited to a party? Offer to bring a healthy dish along.*
- *If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.*
- *Don't skip meals to save up for a feast. It will be harder to manage your blood sugar, and you'll be really hungry and more likely to overeat.*
- *If you slip up, get right back to healthy eating with your next meal.*

Holiday Hacks

- *Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you'll cut calories and sugar by at least a third.*
- *Break physical activity up into smaller chunks so it's easier to schedule, like walking 10 minutes several times a day.*
- *Schedule some "me" time every day—a nap, dog walk, or hot bath to get your energy back for the next celebration.*

2. Outsmart the Buffet

When you face a spread of delicious holiday food, make healthy choices easier:

- *Have a small plate of the foods you like best and then move away from the buffet table.*
- *Start with vegetables to take the edge off your appetite.*
- *Eat slowly. It takes at least 20 minutes for your brain to realize you're full.*
- *Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetes medicines.*

Also plan to stay on top of your blood sugar. Check it more often during the holidays, and if you take medicine, ask your doctor if the amount needs to be adjusted.

3. Fit in Favorites

No food is on the naughty list. Choose the dishes you really love and can't get any other time of year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan.

If you plan for it, no food needs to be on the naughty list.

4. Keep Moving

You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

5. Get Your Zzz's

Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to manage your blood sugar, and when you're sleep deprived, you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

Most of all, remember what the season is about celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.

Membership

Our District 2-A2 Health Assessment from Lions International through November 2019 came out in mid-December. Here's the update:

- Active Clubs - 64
- Current total members - 1,713 Member Count 12 Months ago - 1729
- YTD Adds - 82
- YTD Drops - 68
- YTD Net Growth - 14

We're growing slowly and that's progress! Let's keep recruiting those helping hands with hearts for service. We need them all.

Enjoy the New Year and enjoy your service.

Stay hydrated,

1VDG Dave Splitek

PS *Over* the holidays I was kidnapped by a gang of mimes. They did unspeakable things to me.

San Antonio Hill Country Retreat Lions Club

As 2019 comes to an end, we honor and remember our freedom this month with the laying of wreaths at the Fort Sam Houston National Cemetery for the men, the women and their families that gave the ultimate sacrifice. The HCR Lions Club Foundation adopted Section 12A of the cemetery. Club Members and volunteers met the convoy that traveled here from Maine on December 13, the day before National Wreaths Across America Day, and helped unload the wreaths from trucks. On December 14, over 60,000 wreaths were laid.

As we laid the wreaths, we read aloud the names of the dead. This added a temporal extension, one moment of time when each name represented someone who once lived, loved, was loved and walked among us. As we do this, we remember our fallen, honor those who serve, and teach our children the value of Freedom.



Northside Lions Club

Northside Lions Club members spent the morning of Saturday, December 15 morning shopping for families who are supported by Any Baby Can. Twelve families with a total of 30 children will be treated to a surprise Christmas by these great Lions. Our appreciation to the Assistant Manager, Jeff at the Walmart located at Blanco Road for warmly welcoming our crew.



Alamo Heights Lions Club

December is one of the busiest months of our Lion Year. We volunteer to be Bell Ringers for the Salvation Army for a day. Usually, we bell ring at one door of a business; however, this year we rang bells at both front doors at a local Walmart. We volunteered to help the Marines with their collection of toys from the Little Italy Restaurant's Wine Tasting/Toy Drive, from a group of Lanier High School retired educators and administrators, from the Preceptor Alpha Kappa Chapter of Beta Sigma Phi, and from the UIW Campus Lions Club. All donated a boxed toy except for the UIW Campus Lions. They collected three full Toys for Tots boxes of toys during the drive on the UIW Campus. Along with donating our time and toys, Alamo Heights Lions Club donated a check to Toys for Tots and to the Madison High School Choir that joined us for our Toys for Tots Fundraiser.





San Antonio Founder Lions Club

San Antonio Founder Lions Club volunteering with the Elf Louise 2019 Santa Delivery Team Christmas Project. Elf Louise is dedicated to providing a little bit of joy to Bexar County's less fortunate children. The project began in 1969 when the founder, Louise Locker, was a student at Trinity University in San Antonio. She found that for many San Antonio families, Christmas just did not exist. Louise began to look for a way to provide a few Christmas presents to some of these children.

The following Founder Lions volunteered:

David Splitek (his wife – Janet & his son - Jeremy), David Silva, Stella Silva, Keith Mulkey (his wife – Tricia), Faith Porras, Patrick Porras and Christopher Porras.





San Antonio West Side Lions
PANCAKE BREAKFAST - \$7.00 per
plate

All You Can Eat Pancakes

Pancakes served with sausage, coffee and orange juice. Please let us know if you can attend, we need a head count.

Lion RoseMary – 210-341-1160

February 22, 2020 – Madonna Center – St. Joseph's Hall
1906 Castroville Road, San Antonio, TX 78237



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



DISTRICT 2-A2

MID-WINTER CONFERENCE

HOSTED BY

EAGLE PASS BORDER LIONS CLUB

FRIDAY, JANUARY 17 & SATURDAY, JANUARY 18

CITY OF EAGLE PASS (ICT) INTERNATIONAL CENTER FOR TRADE

3295 BOB ROGERS DRIVE

DISTRICT 2-A2 GOVERNOR

JANIE GARZA

**WELCOMES PAST DISTRICT GOVERNORS,
CLUB OFFICERS, AND MEMBERS**



HOST HOTEL



(830)757-3050
RATE \$94 + TAX
SUITE \$109 + TAX
CODE- LCIF

RESERVATION DEADLINE DECEMBER 31, 2019 .



(830) 757-0077



(830)757-5565
RATE- \$110 + TAX



(830)773-7000
RATE- \$60 + TAX

FOR INFORMATION CONTACT:

REWA SETH (830) 776-2603
ALMA MARTINEZ (830) 968-8723
MIREYA HERNANDEZ (830) 968-7249



DISTRICT 2-A2 CONVENTION RAFFLE

The winner will receive a two (2) night stay for two (2) at the Inn of the Hills in Kerrville, Texas during the District Convention on April 3-4, 2019. This includes breakfast for two (2) on both days.

The lucky ticket will be drawn at the Mid-Winter Conference in Eagle Pass, Texas on **Saturday, January 18, 2020**.

Tickets can be purchased at the Mid-Winter Conference and on our district website at **www.district2a2.org**.

Ticket donations:

\$10.00 each

or

3 for \$20.00



You do not have to be present to win





**DISTRICT 2-A2
MID-WINTER CONFERENCE**

January 17 & 18, 2020

Hosted by Eagle Pass Border Lions Club
EAGLE PASS INTERNATIONAL CENTER FOR TRADE
3295 Bob Rogers, Eagle Pass, Texas 78852

REGISTRATION FORM

Lion: _____ Position _____

Club _____ Phone # _____ E-mail _____

Lion: _____ Position _____

Club _____ Phone # _____ E-mail _____

Item/Event	Early Bird Registration Before 12/31/19	After 1/1/20	On 1/17/20	# Tickets	Total Cost
Package includes, Registration, Friday social, Saturday hot breakfast and lunch	\$25.00 Only early registration includes one free Raffle ticket	\$35.00	\$45.00		
Registration fee with no meals	\$5.00	\$5.00	\$5.00		

On line registration <https://lionsregistration.org/>

Please mail registration form with payment, payable to: Eagle Pass Border Lions Club
P. O. Box 7403, Eagle Pass, Texas 78853
Chairperson-Rewa Seth (830)776-2603, e-mail- scs2007@hotmail.com

Friday social – 7 p.m.

Saturday – Registration- 7:00 a.m. to 8:00 a.m.

Cabinet Meeting– 8:30 a.m. to 12:00 p.m.

Lunch- 12:00 p.m. to 1:00 p.m.

<p>A display table will be provided for the following: Texas Lions Camp Texas Lions Foundation LCIF LSRF</p>	<p>Tables: If you would like to sell raffle items, pins or club merchandise, the cost per table is \$15.00 Payment must be included with registration</p>
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Reserve your lodging directly with:

Host Hotel: Holiday Inn Express 2007 N. Veterans Blvd Phone: 830-757-3050 Rate: \$94 + tax per night Suite \$109+ tax per night Deadline: December 15, 2019 20 rooms only Code- LCI	
Hampton Inn 3301 Main St Phone: 830-757-5565 Rate: \$110 + tax	La Quinta 2525 E Main St Phone: 830-773-7000 Rate: \$60 + tax
Microtel 2352 El Indio Hwy Phone: 830-776-5673	Maverick Inn 1711 Main St. Phone: 830-757-1711
Quality Inn 1973 N. Veterans Blvd. Phone: 830-758-1234	Town Place Suites Marriot 2033 N. Veterans Blvd. Phone: 830-757-0077
Casino Hotel Bar & Grill 183 FM 2030 Phone: 830-758-0725 830-758-0744	Motel 6 Lakeside 2338 E. Main Phone: 830-757-8100
Kickapoo Lucky Eagle Casino Hotel 794 Lucky Rd Phone: 830-773-2255	Country Inn 2297 Del Rio Hwy Phone: 830-773-1811



JOIN US: CELEBRATE PUPPY INDUCTIONS & GRADUATIONS!

Saturday, January 11th, 2019

10:00AM-11:00AM

Guide Dogs of Texas

1503 Allena Dr.

San Antonio, TX 78213

RSVP TO OUTREACH@GUIDEDOGSOFTEXAS.ORG

Worldwide LCIF Week

3 Focus Areas:

Service
Fundraising
Social Media Presence

Worldwide LCIF Week:

- January 13th—17th, 2020
- Melvin Jones 141st Birthday-January 13th

Service: Implement a creative service activity based on one or more of our cause areas then log your service activity/hours in MyLCI. Some ideas include:

- ***Environment:*** Picking up trash in a park or beach, Grow seedlings indoors that can be donated to a community garden or sold in spring, Develop a Green Living Tip Sheet and share it your community
- ***Vision:*** Host a vision screening, Collect used eyeglasses and send to a Lions Eyeglass Recycling Center, create audio recordings of books and periodicals for people who are blind
- ***Childhood Cancer:*** Prepare healthy meals for families with children undergoing treatment, Write cards full of well-wishes and share them with a local cancer center, Prepare healthy meals for families with children undergoing treatment
- ***Diabetes:*** Host a screening, Invite a role model with diabetes to your community to talk about healthy lifestyle choices, Sponsor a healthy cooking demonstration for people with diabetes and pre-diabetes, Bring fresh fruits or vegetables to an elementary school classroom to encourage children to try a variety of healthy foods
- ***Hunger:*** Host a food drive to replenish a local food pantry, deliver meals to elderly citizens, serve at a soup kitchen or homeless shelter

Fundraising: Encourage Lions around the world to **host a birthday party** to fundraise for LCIF in honor of our founder, Melvin Jones' 141st birthday. Some ideas include:

- Mail a "Birthday Card" with messages and donations to Melvin Jones at LCIF Headquarters. Include a Multiple Donor Worksheet (attached).
- Send a card from your club with a \$141 donation
- Silent Auction
- Melvin Jones Fellowship Recognition in honor of LCIF Week
- Bake Sale
- After-the-Holidays "Re-gift" Party
- Encourage, highlight, and recognize Model Club Commitments (request a certificate from LCIF to present)
- *Personalize this Birthday Party to your Club



Social Media Presence:

January 6-10th – Campaign 100: Increasing Social Media Presence and Countdown to Melvin Jones’ Birthday

- Post pictures and stories from past service projects. Include impact and call to action
- Create a Facebook “event” and invite members to your party/fundraiser the following week
- Share targeted messages and videos posted by LCIF’s Facebook page, @LCIFLions
- Tag Lions and Non-Lions in posts to encourage participation
- Share you own quotes and anecdotes of our founder as well as messages from Lion Leaders around the world of what Melvin Jones meant to them

January 13 – 17: Launch Facebook Fundraiser and Perform Service Project*

LCIF will encourage donations to Campaign 100 in honor of our founder, Melvin Jones’ Birthday.

- What Melvin Jones means to them
- Why they should make a gift in honor of his birthday. Suggest a \$141 donation
- Share their Fundraising or Service activity by using the hashtag #LCIFWeek
- Showcase your service project on social media
- Host a birthday party and/or fundraising event

Overall Goals:

- Gather 141 unique ways Lions serve our world utilizing the hashtag #LCIFWeek
- Increase funds for LCIF
- Grow our social media following, membership, and service impact
- Build momentum of how clubs from around the world can celebrate Melvin Jones’ birthday every year

*In order to earn MJF credits for your Facebook Fundraiser, ask your supporters to email **their receipt** to donorassistance@lionsclubs.org and include your name as the recipient of the credit. See our FAQs here: <https://www.lionsclubs.org/en/give-how-to-give/donation-faq>

Multiple Donor Contribution Form



Lions Clubs International
FOUNDATION

Individual Completing this Form Name _____

Date _____ E-mail _____ Phone _____

Gift Type **Make donations via the web at www.lcif.org**

___ **US\$ Check Enclosed** (payable to LCIF, drawn on US bank)

___ **Wire/Bank Transfer** (please attach bank transfer receipt)

___ **Local LCI Deposit** (please attach bank deposit ticket)

___ **Cash** (Mail donations along with the Donor Contribution Form to address provided)

Total Amount US\$ _____ **(must total individual amounts below)**

Individual Donation Amount	*Areas of Giving	Donor First/ Given Name	Donor Last/ Family Name	Donor Member #	Donor Club Name	Donor Club #	Donor District	*Type of Recognition	Donor would like to receive a Contributing Membership Pin for their Donation
									<input type="checkbox"/> Yes
									<input type="checkbox"/> Yes
									<input type="checkbox"/> Yes
									<input type="checkbox"/> Yes
									<input type="checkbox"/> Yes
									<input type="checkbox"/> Yes

*Please choose one category for use of donation in second column:

*Please indicate in the appropriate column the type of recognition requested:

AREAS OF GIVING

- A- Area of Greatest Need
- M- Measles
- D- Disaster
- S- Sight
- Y- Youth

TYPES OF RECOGNITION

- MJF- Melvin Jones Fellowship
- PMJF- Progressive Melvin Jones Fellowship
- MD- Memorial Donation
- H- Honor Roll

Donors making personal donations towards MJF also receive credit as a Contributing Member! The Contributing Membership program is an annual program that recognizes three levels of support: US\$20 (Bronze), US\$50 (Silver) and US\$100 or above (Gold).

The Foundation has begun using a lock box service to receive and process all donations.

Lions Clubs International Foundation
Department 4547
Carol Stream, IL 60122-4547
USA

Tel: 630-203-3836 • Web site: www.lcif.org
E-mail: Donorassistance@lionsclubs.org
Fax: 630-571-5735