



Lions District 2-A2

Stepping Up Our Service



Issue 8 ~ February 2020

“A man who dares to waste one hour of time has not discovered the value of life”.

Charles Darwin



My Fellow Lions:

I would like to thank the Eagle Pass Border Lions Club for hosting the Mid-Winter Conference on January 17& 18, 2020. They did a GREAT Job!! I would also like to thank everyone for coming out to Eagle Pass for the Conference. I hope someone won the money that I had left at the casino. Congratulations to the winners of the District raffle; Lion Jeanette Lawrence (complimentary hotel stay) and to Lion Harriet Kirchhoff (complimentary Convention registration).

I had the honor of attending the Poteet Lions Club 50th Anniversary Celebration. Congratulations to the Poteet Lions Club for being the largest Club in our District with 123 members. They have inducted 17 new members this half of the Lion year. They also chartered a Leo Club with 62 members. WAY TO GO POTEET!!! Let's keep this momentum going with growing ALL our club's membership and moving our District forward.



There are a lot of things coming up for the District Convention on April 4, 2020 at the Inn of the Hills in Kerrville. If your club will be sending a Delegate, please make sure your club is in good standing with Lions Club International and District 2-A2. This means that your LCI and District dues **must be** paid 30 days prior to the District Convention.

Let's start with Board and Cabinet positions. There is one 2nd Vice District Governor position open; there has been 1 Resolution received. There is 1 Texas Lions Camp Director (2-year term) position open; there has been 1 Resolution received. The Human Needs Board (2-year term) has 6 positions open; there have been 3

Resolutions received. The Lions Sight Research Foundation (3-year term) has 6 positions open; there have been 2 Resolutions received. If you are interested in a position on the Human Needs Board or Lions Sight Research Foundation, you must submit your Resolution to Lion Nancy Hosek at nhosek1@felpsis.net and to me at jgarza070@gmail.com. The deadline to submit your resolution is **March 3, 2020**. No resolutions will be accepted after this date. Don't forget to purchase an ad for your Board Candidates in the Convention Book.

The next items will need to be **voted on** at the District Convention. The following items will be emailed to each Club President, Club Secretary and Club Administers by February 15, 2020.

1. Human Needs Board – Revised Constitution and by-Laws and reduction of their District dues of \$1.00;
2. Lions Children Services Program of District 2-A2 Board – Approval of Board, Constitution and By-Laws and District dues of \$1.00;
3. Revised District Constitution and By-Laws;
4. VDG's Travel – Increase of District dues of \$1.00;

Note: Lions Clubs International will increase dues to \$3.00 per member beginning July 1, 2020.

As you can see, there is a lot to be voted on at the District Convention in April. Please make sure you are paid up and to send your delegates to vote on these important items.

There is still time to enter a student in the Opportunities for Youth Contests. The Contest will be held on April 4, 2020 at the District Convention at the Inn of the Hills Resort in Kerrville. The deadline for applications and ad sales is **March 15, 2020**. The applications along with the essays need to be mailed or emailed to the contest Coordinators. All ad sales along with payment must be mailed to **Lion Abel Martinez, 412 San Manuel, San Antonio, Texas 78237**. Please read the contest rules carefully along with the Clubs responsibilities. 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. You will need to send your ad to Lion Abel as well. You need to mention that your club is sponsoring a 1st or 2nd Place Scholarship and which contest you will be sponsoring.

Go to our District Website at district2a2.org to find information on our Opportunities for Youth Contest and upcoming Calendar events. You can find information about the District Convention and also register. If your club has an event, please go to our website and enter your event under the Calendar tab. Also, do not forget to enter your service projects on MyLion. If you are still having trouble entering information, do not hesitate to contact me. I will try and walk you through the process.

I would like to wish everyone a Happy Valentine's Day!!!



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

Lion Janie Garza

District Governor 2-A2



"It is for us to pray not for tasks equal to our powers, but for powers equal to our tasks, to go forward with a great desire forever beating at the door of our hearts as we travel toward our distant goal."

Helen Keller

Fabulous February finds us frolicking as we forge forward, enjoying all that this Leap Year has to offer. Our mid-winter conference was enlightening. We had an interesting candidates forum Friday evening. Thanks and congratulations to each district Lion running for the Human Needs Board, the Lions Sight Research Foundation Board and to Lion Steven Mays who is running for 2nd District Vice Governor and Lion Doug Thomas, candidate for 1st District Vice Governor.

Special thanks to the Eagle Pass Border Lions for hosting our conference at the International Center for Trade. We enjoyed the hospitality, breakfast and lunch during our stay. Be sure to share your conference pictures with Lions Floyd Daigle lionfloyd@district2a2.org (District 2-A2 website) and Lion Kenny Duncan duncan@bluetopcompanies.com (newsletter).

Lions Eye Health Program/Stride for Sight

As of February 1, 2020, we're only 43 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 this newsletter and encourage each of you to support our Casino Night. The games and prize list is reaching the level of OUTRAGEOUS. This is an event not to be missed!

After you've won Big at Casino Night you can keep the streak going by participating in our Stride for Sight on March 21, 2020. We are still 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>. PCC Mike Rourke has announced that if you're having trouble signing up on line he will be happy to help for a small \$10 fee. Just give him a call

The Latest News

Since February is highlighted by Valentine's Day I found an interesting article about keeping our hearts full. It's all about gratitude and I predict that you'll find it appropriate.

<https://dailyhealthpost.com/gratitude-rewires-brain-happier/>

Neuroscience Reveals: Gratitude Literally Rewires Your Brain to be Happier by DailyHealthPost Editorial

July 21, 2019

When you say "thank you", do you really mean it or is it just politeness to which you give little attention? Neuroscientists have found that if you really feel it when you say it, you'll be happier and healthier. The regular practice of expressing gratitude is not a New Age fad; it's a facet of the human condition that reaps true benefits to those who mean it.

Psychologists Dr. Robert Emmons of the University of California at Davis and Dr. Michael McCullough of the University of Miami published a study in 2015 that looked at the physical outcomes of practicing gratitude. One third of the subjects in the study were asked to [keep a daily journal](#) of things that happened during the week for which they were grateful. Another third was asked to write down daily irritations or events that had displeased them.

The last third of the group was asked to write down daily situations and events with no emphasis on either positive or negative emotional attachment. At the end of the 10-week study, each group was asked to record how they felt physically and generally about life.

The gratitude group reported feeling more optimistic and positive about their lives than the other groups. In addition, the gratitude group was more physically active and reported fewer visits to a doctor than those who wrote only about their negative experiences. (1)

Better Physical Health

Other research into the physical effects of gratitude report even more tangible results. Focusing on the positive and feeling grateful can improve your sleep quality and reduce feelings of [anxiety](#) and depression. (2)

Furthermore, levels of gratitude correlate to better moods and less fatigue and [inflammation, reducing the risk of heart failure](#), even for those who are susceptible. (3)

Gratitude and Your Brain

The reasons why gratitude is so impactful to health and well-being begin in the brain. In a neurological experiment conducted by researchers at the University of California at Los Angeles, brain activity was measured using magnetic resonance imaging as subjects were induced to feel gratitude by receiving gifts. The areas of the brain showing increased activity were the anterior cingulate cortex and medial prefrontal cortex—those associated with moral and [social cognition](#), reward, empathy, and value judgment. This led to the conclusion that the emotion of gratitude supports a positive and supportive attitude toward others and a feeling of relief from stressors. (4)

Gratitude activates the hypothalamus as well, with downstream effects on metabolism, stress, and various behaviors. (5) The hypothalamus is located at the base of the brain and regulates hormones responsible for many critical functions, such as body temperature, [emotional responses](#), and survival functions like appetite and [sleep](#). One of the neurochemicals associated with the parts of the brain affected by gratitude is [dopamine](#), a pleasure hormone.

The positive influence of gratitude on mental health continues past a particular event if the emotion is relived:

“...a simple gratitude writing intervention was associated with significantly greater and lasting neural sensitivity to gratitude—subjects who participated in gratitude letter writing showed both behavioral increases in gratitude and significantly greater neural modulation by gratitude in the medial prefrontal cortex three months later.” (6)

In fact, this lasting effect is psychologically protective. In adolescents, feelings of gratitude have shown an inverse correlation with bullying victimization and suicide risk. (7) Gratitude affects brain function on a chemical level and its practice promotes feelings of self-worth and compassion for others.

We can perceive and experience gratitude and its many characteristics in a very broad spectrum. (8) Openness and willingness to experience gratitude affects not only the individual but her/his interpersonal relationships; a common strain in relationships is caused by repeated negative feedback by one or both partners without offsetting gratitude. (9)

3 Steps to Becoming More Grateful

In times of hardship or stress it might seem difficult to be grateful. But if you really think about it, we all have something to be grateful for. If you engage in only one prayer, let it be simply a heartfelt “thank you”. Here are three easy ways to put yourself in the [mindfulness](#) of gratitude.

1. Keep a daily journal of things you are grateful for—list at least three. The best times for writing in your journal are in the morning as your day begins or at night before sleep.
2. Make it a point to tell people in your life what you appreciate about them on a daily basis.
3. When you look in the mirror, give yourself a moment to think about a quality you like about yourself or something you have recently accomplished.

Through the power of gratitude, you can wire your brain to be optimistic and compassionate, making you feel good. The more you look, the more you can find to be grateful for. This positivity can extend to those around you, creating a virtuous cycle. ([10](#))

Membership

Our District 2-A2 Health Assessment from Lions International through December 2019 came out in mid January and we need everyone’s help to get us back into positive territory. Here’s the update:

●Active Clubs -		64
●Current total members -	1,673	
●Member Count 12 Months ago -	1709	
●YTD Adds -		92
●YTD Drops -		114
●YTD Net Growth		-22

We removed members from our rolls and need to add new helping hands. Let’s keep recruiting those candidates with hearts for service. We need them all.

Enjoy this Leap Year month and enjoy your service.

Stay hydrated,

1VDG Dave Splitek

PS If an English teacher is convicted of a crime and doesn’t complete the sentence..... is that a fragment?



Dear Lion friends,

First, Pam and I want to thank you for all the cards and messages of sympathy that you have sent us on the death of our daughter Rebecca. Please keep us in your prayers as we go through this difficult time. It is especially comforting to have such wonderful friends.

And now I would like to share with you an article from the District 2T2 newsletter that they shared from the District 2X1 newsletter in 1962-19663 (and something we need to be reminded of regularly):

The privilege of Lions membership entails definite obligations. Lions International is not a fraternal, social, or political organization. It is a group of persons banded together to do things which you and I cannot do as individuals.

It is a medium through which persons of good will can serve their fellow man. The motto of this great International organization is "WE SERVE." Your Lions Club serves the community including the blind, sick, stricken, and handicapped. This great humanitarian work would not be possible unless you give willingly of your time and effort to the causes.

This requires you to serve lionism in a cooperative effort in which every member shares the load so that the load of others less fortunate people will not be so heavy.

Your Lions Club cannot grow and prosper without securing new members. New members bring new ideas, new influences, new enthusiasm, and new fellowship.

In Lionism, you have a perfect easy-to-sell product: membership in the world's largest and most influential service organization. Offer your friends the privilege of belonging to the worldwide fellowship of Lions International. This includes the opportunity for group and individual service to your community and its people; the personal satisfaction of taking part in a great, heart-warming movement for aid to the poor, the blind, the handicapped, and those in need.

I thank District 2T2 for reminding us what a great organization we belong to and how we need to share our experience with others.

See you soon.
2VDG Doug

San Antonio Founder Lions Club

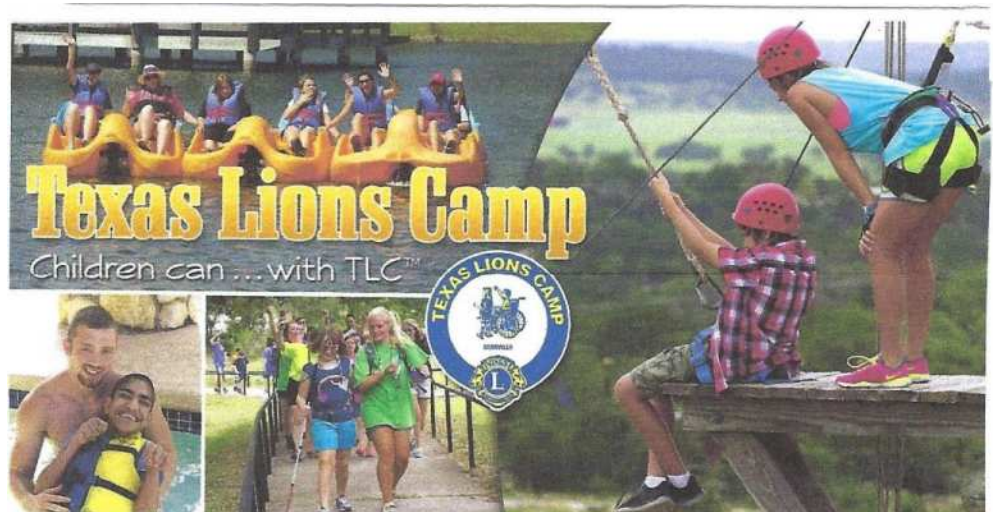
The San Antonio Founder Lions Club collected and was able to deliver 1,051 pairs of eyeglasses for the TLERC at the District 2-A2 Mid-Winter Conference on Saturday, January 18, 2020.

Lions Christopher Porras, Patrick Porras and Faith Porras from the San Antonio Founder Lions Club received their Welch Allyn SPOT VS 100 screening certification at the Mid-Winter Conference in Eagle Pass, Texas on Saturday, January 18, 2020.

Alamo Heights Lions Club

Alamo Heights Lions Club was busy in January 2020.

Sponsoring a Child with Disabilities to Texas Lions Camp for Summer 2020.



Inducting a New Lion into our Club. Meet our New Lion!

District 2-A2 Governor Janie Garza officiated.



Attending the District 2-A2
Mid-Winter Conference in
Eagle Pass. We held a
raffle and Fiesta Medals
Sale Fund Raiser.

Supporting our Alamo
Heights Lion 2Nd VDG Doug
Thomas for 1st VDG for
Lion Year 2020-2021.



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



Alamo Heights Lions Club

Fiesta Medals

Sale

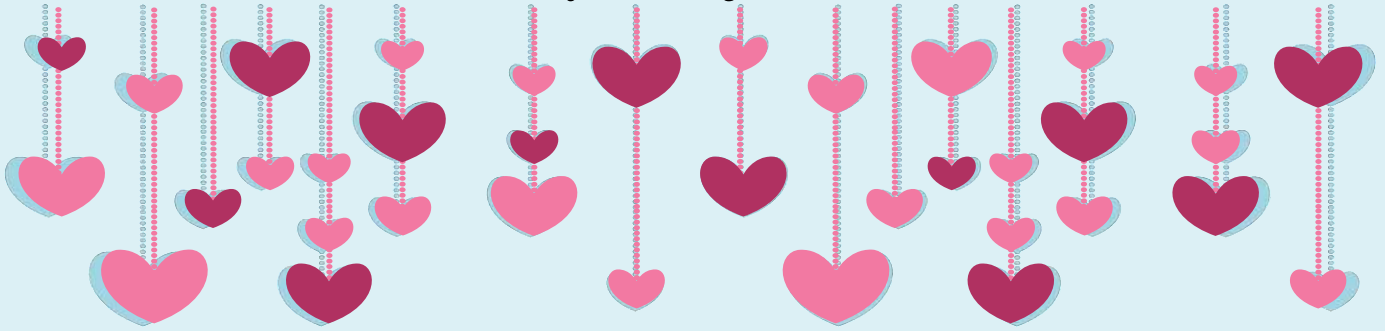


Fiesta Medals \$10.00 Each

Combination of a 2019 and a 2020 Medal \$15.00



The San Antonio First Ladies Lions Club
And
The Alamo City Lions Club
Invite you to join us for



Valentine Social and Governor's Visit

Event Date: February 10th, 2020

Event Place: Grady's on Fredericksburg Rd.

Event Time: 6 p.m.

Guest of Honor: District Governor Janie Garza

SAFLLC President: Alice Lopez

Alamo City President: Ernest Hamilton

Meal: \$15 per person

Cake and coffee available

Raffle

RSVP by February 7th

Call Mary G. at 210-683-8662 or Alice Lopez at 210-275-5926



Universal City Lions Club
3rd Annual Wine and Beer Tasting
March 6, 2020 7 PM-10 PM
Olympia Hills Golf and Event Center
12900 Mount Olympus, Universal City, Texas
[Click here to save on tickets](#)





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



