



# Lions District 2-A2 Newsletter



Issue 6 - December 2020

## Collaborative and Compassionate Service Builds Communities

### District 2-A2 Cabinet

#### District Governor

David Splitek  
210-279-1183  
[d.splitek@gmail.com](mailto:d.splitek@gmail.com)  
SA Founder Lions Club

#### 1<sup>st</sup> Vice-District Governor

Doug Thomas  
[dthomas1225@hotmail.com](mailto:dthomas1225@hotmail.com)  
SA Alamo Heights Lions Club

#### 2<sup>nd</sup> Vice-District Governor

Steve Mays  
[texasdays@gmail.com](mailto:texasdays@gmail.com)  
La Vernia Lions Club

#### District 2-A2 Secretary

Rose Ann Barajas  
[barajasr@uthscsa.edu](mailto:barajasr@uthscsa.edu)  
SA Edgewood Lions Club

#### District 2-A2 Treasurer

Irene Guzman  
[treasurer@district2a2.org](mailto:treasurer@district2a2.org)  
SA Founder Lions Club

#### Immediate Past District Governor

Juanita "Janie" Garza  
210-643-3217  
[jgarza070@gmail.com](mailto:jgarza070@gmail.com)

*When all you can feel are the shadows,  
turn your face towards the sun.*

**Helen Keller**

Good Morning Fellow Lions!

I hope that you had a safe and happy Thanksgiving as we continue to persevere through this pandemic. Along with the winter solstice and Christmas we're also getting closer to the Polar Bear Plunge on January 1st at Mo Ranch. Don't forget to send your club or individual donation to the Texas Lions Camp via our district treasurer, Lion Irene Guzman, so we can send 1DVG Doug Thomas down that slide and into the Guadalupe River and raise much needed funding for new TLC bunkhouses.

### Midwinter Conference

This January 15 and 16, 2021 we'll hold our District 2-A2 midwinter conference in Uvalde, Texas, hosted by the Uvalde Noon Lions Club. Registration information and links are located on our district website. Please plan to attend and support our district.



## **Zone Chairpersons**

### **Zone 1**

**PDG Don Kirchhoff**

[drkhek@hctc.net](mailto:drkhek@hctc.net)

Comfort Lions Club

### **Zone 2**

**Matt Wyatt**

[matthewcwyatt@yahoo.com](mailto:matthewcwyatt@yahoo.com)

Uvalde Lions Club

### **Zone 3**

**Jeff Chicoine**

[Jeff.chicoine.f261@statefarm.com](mailto:Jeff.chicoine.f261@statefarm.com)

Pleasanton Lions Club

### **Zone 4**

**Kenneth Duncan**

[duncan@bluetopcompanies.com](mailto:duncan@bluetopcompanies.com)

Laredo Noon Lions Club

### **Zone 5**

**Josh Overfelt**

[Josh.overfelt@gmail.com](mailto:Josh.overfelt@gmail.com)

Del Rio San Felipe Lions Club

### **Zone 6**

**Jeffrey Almoney**

[lionjeffrey@att.net](mailto:lionjeffrey@att.net)

SA Hill Country Retreat Lions Club

### **Zone 7**

**Steve Medina**

[smedina@fcbtxlaw.com](mailto:smedina@fcbtxlaw.com)

SA West Side Lions Club

### **Zone 8**

**Earnest Hamilton**

[earnest.hamilton@gmail.com](mailto:earnest.hamilton@gmail.com)

SA Alamo City Lions Club

### **Zone 9**

**Norman Fulkerson**

[nfulkerson@satx.rr.com](mailto:nfulkerson@satx.rr.com)

SA Alamo Heights Lions Club

**Meetings** - (I've said this before and it's worth repeating) Individual club meetings continue to challenge Lions all over the state. If your club is concerned about meeting in person, please consider meeting virtually as an alternative. It's not the same as enjoying fellowship face to face but it does give us an opportunity to communicate, coordinate, and make plans for service and fund-raising projects.

If you need help or technical support to set up or conduct a virtual meeting please contact our Information Technology Director/Wizard, Lion Floyd Daigle ([lionfloyd@district2a2.org](mailto:lionfloyd@district2a2.org)). Lion Floyd can help you set up the meeting and give you practical advice to make it work well. Should you choose to meet virtually please send me a link and I'll be happy to join you as well.

**Service** - Once again it's great to see that our clubs are finding ways to serve their communities, either in person or through fundraising efforts. Thanks to all of you for lending helping hands to those less fortunate. We will have even more opportunities during December. Where there's a need, there is a District 2-A2 Lion.

Congratulations to all the clubs documenting and reporting service on *MyLion* at the Lions Clubs International website. This past month 15 clubs reported service on *MyLion*, which is 21% of our clubs' district wide. (one more than last month). Join the process; let's see if we can reach 50% by the end of 2020.

Here are the reporting clubs so far:

**Bandera  
Centerpoint**

**SA Alamo Heights  
SA First Ladies**

**Board Chairpersons**

**Children's Services Board**

**Chair: Ken Book**

[Kbook0@hotmail.com](mailto:Kbook0@hotmail.com)

SA Region 20 Lions Club

**Human Needs Board**

**Chair: Joseph Guerra**

[Joemg3@yahoo.com](mailto:Joemg3@yahoo.com)

SA Edgewood Lions Club

**Lions Sight Research  
Foundation**

**Chair: PDG Rod**

**Chisholm**

[ccclancy@sbcglobal.net](mailto:ccclancy@sbcglobal.net)

SA Founder Lions Club

**Del Rio San Felipe**

**Devine**

**Eagle Pass Border**

**Kerrville Heart O' the  
Hills**

**Kerrville Host**

**Leakey**

**SA Founder**

**SA Hill Country Retreat**

**SA Northside**

**SA Northwest**

**SA Windcrest**

**Fundraising** – District 2-A2 has pledged/raised \$53,500 toward a goal of \$125,000 in just a few months. Thanks for all contributions to this worthy cause. Let's finish our state museum!

The Texas Lions Camp still needs our support and we can all lend a hand through the ***Polar Bear Challenge*** that will take place at Mo Ranch on the Guadalupe

River on January 1, 2021.

***Here's my challenge to our clubs and individual Lions:***

- **Raise \$10,000 by December 15, 2020**
  - **Individual donations of \$25**
  - **Club donations of \$250**
- *A Twofer! Yes, your donations will ensure that two of our district leaders, yours truly and 1<sup>st</sup> Vice District Governor Doug "Kid Dynamite" Thomas slide down the two-story chute at Mo Ranch on January 1 and into the hot springs (NOT) of the Guadalupe River.*
- **Please help District 2-A2 lead the way by sending your donations to the TLC Polar Bear Challenge to our Treasurer, Lion Irene Guzman. Don't wait, do it today! Donations needed by December 15!**

**Membership** – Our club membership dropped again this month as we went from -30 to -37 as November ended. Our district ranks 14th among 16 districts in net growth/loss through November. We added 4 new Lions but lost 11.

The following clubs have positive membership growth for the year:

- **Bandera +3**
- **Eagle Pass Border +1**
- **Floresville +1**
- **Kerrville Sunrise +3**
- **SA Windcrest +1**
- **Stockdale +2**

Congratulations to each of these clubs and to our other clubs that added members since July. We have thirty-one (31) clubs that are even, no losses and no growth, and seventeen (17) clubs with a net loss of one or more members. **We need the help of every club and every club member to recruit at least one new member and retain our current members during this second quarter.**

## **Reminders**

### **Lions Global Causes**

Let's continue to identify and recruit new members and join with other clubs and organizations to serve. Our global causes need our helping hands:

- Vision
- Diabetes awareness
- Hunger
- Environment
- Disaster Relief
- Childhood Cancer

### **Report Your Club Service – Newsletter and MyLion**

When you serve let us know. We want to celebrate your stories in our monthly newsletters and on our district website. Send pictures, pictures, pictures!

### **When Can I visit?**

I'm looking forward to meeting with your club as soon as you're ready. Please let me now when you have an open date and I'll do my best to join you.

Enjoy your family and community, stay healthy, reach out to those in need in your community, enjoy your service and persevere.

Stay hydrated,

*Lion David*

Governor Dave Splitek

*PS I went bald but I still kept my comb. I just can't part with it.*

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Dear Fellow Lions,

As you may know Texas Lions Camp was heavily damaged last March by two major storms - the first one damaged the roof on bunkhouse two and the second did more damage to that bunkhouse and damaged the 3 more buildings. On February 7, following the Council of Governors meeting in Kerrville, the camp board met and voted to take money out of the reserve fund to replace the buildings. The camp has the policy of not building until funds are in hand to cover the cost so they will use reserve funds, but the funds will need to be replaced so

that we have reserve funds when needed.

Texas Lions Camp needs our support right now to replace those funds and one way to do that is to donate to the Polar Bear Plunge which will take place at Mo Ranch on the Guadalupe River on January 1. As you saw in the last newsletter two of your district leaders will be participating in the plunge. DG David Splitek and yours truly, 1VDG Doug Thomas will be going down the 35' slide into the Guadalupe River. The governor has challenged our clubs and individuals to raise \$10,000 by December 15. The Alamo Heights club has pledged \$1,000, The governor has challenged individuals to give \$25.00 each and clubs to give \$250,00 each. You can go to the web site [www.loinscamp.com](http://www.loinscamp.com) for more information on the PBP.

Please help District 2A2 lead the way raising donations by sending your contribution for the Polar Bear Challenge to our District Treasurer Lion Irene Guzman at:

District 2A2 Lions  
P.O. Box 790944  
San Antonio, Texas 78279

Don't wait, do it today! Donations are needed by December 15. And plan to be at Mo Ranch on January 1 to root for our 2A2 team.

Have a blessed Christmas and I will see you in the new year.

*Lion Doug*

1VDG Doug Thomas

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Hello Fellow Lions and Friends,

Leadership is critical to the overall success of any organization and leadership development is one of the most pressing issues facing our Lions organizations today. So, why is leadership development so important?

An effective leadership team can provide the vision, the guidance and the motivation that is necessary for our association to continue to fulfill its mission of providing quality, relevant service to our communities.

Where can we start?

Here are some online resources that you may find helpful.

- LCI Lions Learning Center (<https://lionslearningcenter.litmos.com>) – Free online courses and leadership tools can be accessed with your Lions member login through your Lion account.
- Lions University (<https://lionsuniversity.org>) – Year-round training provided by the USA/Canada Leadership Forum for leadership and development of Club and District leaders.
- District Training (<https://district2a2.org/it-corner>) – District oriented officer training videos and documents.

*"The single biggest way to impact an organization is to focus on leadership development. There is almost no limit to the potential of an organization that recruits good people, raises them up as leaders and continually develops them." - John Maxwell*

If your club is looking for an easy and inexpensive way to meet virtually, you may want to consider Zoom. Our District Information Technology Chairman Lion Floyd Daigle is more than happy to assist you. If you have any questions, please feel free to contact him at [lionfloyd@district2a2.org](mailto:lionfloyd@district2a2.org) for more information.

I hope you had a wonderful and safe Thanksgiving holiday. December is upon us and Christmas is just around the corner. Remember to wear your masks, keep your distance, and wash your hands frequently.

If I can be of service to you or your club, please let me know.

*Lion Steve,*

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

(210) 380-6572

2VG Steve Mays

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## Celebrating Club Anniversaries

We continue to recognize the heritage of our Lions Clubs in District 2-A2, countless hours of service, fellowship and community support. It's important to acknowledge the many years of contributions our clubs have made to our communities. Here is the **Happy Anniversary** for the month of December.

Congratulations to our clubs on their anniversaries, young and old. Keep up the great work. Your communities are counting on you and our district appreciates the way you continue to stay the course!

### December:

Club	Charter Date	Years
Sabinal (50070)	12/30/1989	31

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## Tell Us What You Are Doing

We want our District newsletter to feature more of the wonderful work being done by each of the Lions Clubs in District 2-A2. Please send in articles about your service projects, fundraisers, installations and member recognitions for inclusion in the monthly newsletter to [newsletter@district2a2.org](mailto:newsletter@district2a2.org). Articles must be submitted by the 25th of the month to be included in the following month's newsletter.

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## Calendar of Upcoming Events:

### Cabinet and Convention Dates:

Mid-Winter Conference	Jan 15-16th	Uvalde TX
District Convention	Apr 9-10th	San Antonio, TX
State Convention	May 20-22nd	Waco, TX
International Convention	June 25-29th	Montreal, Canada

### Club and Other Events:

TLC Polar Bear Plunge	Jan 1st	Mo Ranch Hunt TX
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## UPDATE: 2020 -2021 Polar Bear Plunge

Last month we discussed our Texas Lions Camp Vision 2020 (rebuilding) Plan, the severe damage to our buildings by spring storms, how COVID has hurt our Capital Campaign, & how a little “angel”, the MoRanch, tapped us on the shoulder, choosing us to be the Polar Bear Challenge recipient this year. The Challenge is giving us the fundraising impetus we needed.

**Well now: IT'S ON! .... or as Sherlock Holmes would have said, “the game is afoot!** At an historic special Board Meeting in Kerrville on November 7, the Board unanimously approved the actual building of the 1<sup>st</sup> Quad of new bunkhouses to replace those damaged. Now we, the Lions of Texas, have to get out and get it done. Buildings will be built & we need to raise the money to get it done. The Polar Bear Challenge is a fun way to get going. The game **is** afoot.....will your Club get in the game?

### **It's raining.....**

The Lions Clubs in MD2 are sitting on hundreds of thousands of dollars; that we have been saving up for years. When you ask why, the old Monarchs will only say- it's for a Rainy Day. **Well, fellow Lions it's now raining at the gem of Texas Lionism, Texas Lions Camp.** Maybe now is the time to make a big statement and let “God's Special Children” know that we have an umbrella that should keep the rain out for another 70+ years.

**The gauntlet has already been thrown down by the San Antonio Founders Club (\$10,000) and the Midland Downtown Lions (\$5000) and you are being challenged to dig into your savings and do the BEST your Club can do.** Huge thanks to these 2 clubs for getting the ball rolling. But it doesn't stop with your clubs. In addition, I hope that those of you, who have been blessed with the ability to do so, will make a meaningful donation.

**So how does this work?** Simple: you donate and/or raise money from family, friends and patrons in the name of someone, whom you would really LOVE to see – you can pick **ME** – take a **freezing plunge** down a long slide into the extremely frigid Guadalupe River next January 1<sup>st</sup>. Donate now at [www.lionscamp.com](http://www.lionscamp.com). Questions? Call me: PCC Tom (325-315-7060).

Anyone is welcome to come and watch on January 1<sup>st</sup> or better yet, anyone can take the plunge by raising their own funds (or paying \$25). Those brave souls, who want to do that, can register to make the slide by getting the forms from the camp website ([www.lionscamp.com](http://www.lionscamp.com)). **There will also be an open house and fireworks at TLC on December 31<sup>st</sup>.** Hope to see you there.

**Yours in Service**

**PCC Tom Blase, 3<sup>rd</sup> Vice-Chairman Texas Lions Camp**

**Help us start our CAMPAIGN.....with a BIG Cold Splash!**

# 2020-2021 Mid-Winter Conference



**Uvalde, TX 78801  
248 FM 3447  
Herby Ham Activity Center  
Hosted by Uvalde Noon Lions Club  
January 15, & 16, 2021**

**Arranged Group Hotel Reservations: Day's Inn Uvalde. Group Room Rates for Friday January 15, 2021. \$75.00 + Tax per Night. Room Total is \$84.75 **Bookings by Phone only not online** – 830-278-4511.**

**Friday - 6:00pm – 7:30pm  
Informal meet the District 2-A2 Candidates at the Days Inn refreshments provided**

**Saturday - 8:30am – 1:00pm  
Midwinter Conference at the Herby Ham Activity Center**

[Register Online](#)

[Download and Mail Registration Form](#)



The International Association of Lions Clubs  
**DISTRICT 2-A2 Lions Sight Research Foundation**  
4502 Centerview Dr., Suite 120 --- San Antonio, Tx 78228 ---- (210) 326 3915

November 10, 2020

Fellow Lions

### ***2020 Qualified Charitable Distributions***

If you are over age 70 ½ and have an IRA from which you are required to take a withdrawal, we would like to share with you a way of supporting charities that are special to you while reducing your Federal Income Tax.

A Qualified Charitable Distribution is an IRA withdrawal that is paid directly from your IRA to a qualifying charity. While income tax is normally due on each traditional IRA distributions, taxes do not need to be paid on amounts transferred to a charity. Your IRA Plan Administrator needs to make the distribution checks directly payable to your charities.

You can donate part of your required distribution to one or more charities and withdraw the rest of it as retirement income to meet your minimum distribution requirement by end of the calendar year.

You do not need to itemize your taxes to make an IRA Charitable Distribution. Your donation simply is not counted as income. Your tax savings will depend on your tax rate. For a retiree in the 24% bracket, an IRA Qualified Charitable Distribution of \$5,000 could reduce their income tax bill by \$1,200.

If you believe this giving strategy is appropriate for you, contact your IRA Administrator for their procedures for making a Qualified Charitable Distribution.

We would hope that the Lions Sight Research Foundation may be one of those charities that would be high in your considerations. Your IRA Administrator can contact our President and Chief Operations Officer, PDG Sam Pantusa, for 501( C )3 documentation and other information that may be required.

Phone: 210 326 3915      Email: [lsrf.sam@gmail.com](mailto:lsrf.sam@gmail.com)      Website: [www.lionssightresearch.org](http://www.lionssightresearch.org)

We would invite you to share this information with Fellow Club Members, friends, and family.

Thank you

Lions Sight Research Foundation Endowment Fund Growth Committee

PDG Rod Chisholm, Board Chairman  
Lion John Douglas, Board Treasurer  
PCC Michael Rourke, Trustee Emeritus

## Alamo Heights Lions Club

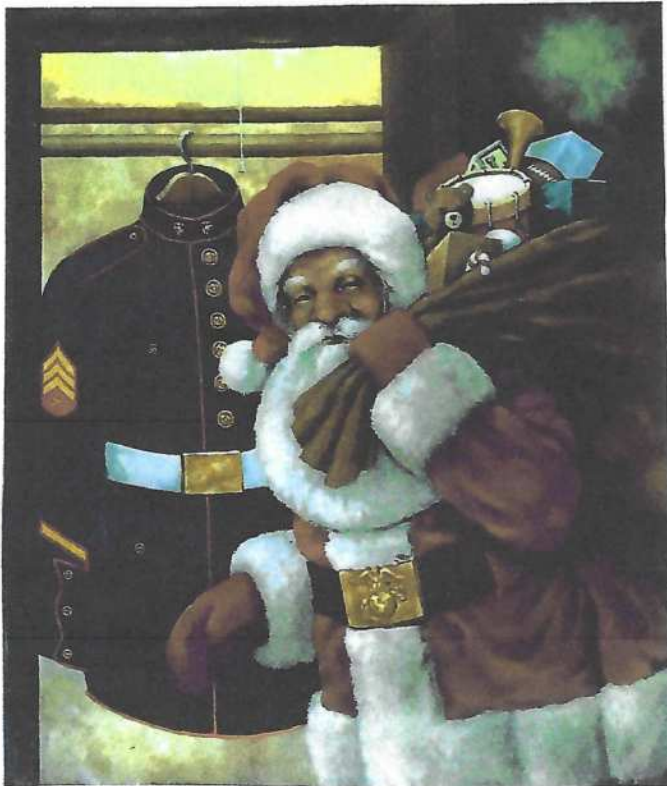
### The Ronald McDonald House

Normally, there would be a dinner, snacks and a Clown performance, or a check. Realizing that we had some supplies leftover from last year's donation, we decided to donate the items this year.

The presentation was on November 13. It ended up being a Stuff the Trunk event. The Lions were generous. Ronald McDonald House Staff were thrilled with the variety of items from a dinner casserole for families staying over the weekend to household bleach. We hope to add several more Stuff the Trunk events this year.



## TOYS FOR TOTS



**U.S. MARINE CORPS**

### The U.S. Marine Corps Toys for Tots

We are continuing our Toys for Tots Christmas. Our collection boxes will be at our charitable bingo halls. If you would like to contribute, call or text 210-385-3161 or let one of the other Lions know that you would like to donate a new toy and need more information. The UIW Campus Lions are collecting toys on campus. The Toy collection will end December 9<sup>th</sup>.

## Central Park Lions Club

The Central Park Lions Club participated in a Habitat for Humanity build in October 2020 in Von Ormy, TX. Pictured are Lions Lisa Werkowitch, Jack Dugas, and Pat Maguire.



Lions Lisa and Pat prepare to do some soffit work.



## WINDCREST LIONS CLUB NEWS

If you've been watching our website, you've noticed some big changes recently. The Online Auction site is up and running. This is the perfect way to do your Christmas shopping and support your local Lions Club at the same time!

Just go to [www.windcrestlionsclub.org](http://www.windcrestlionsclub.org) and click the "Auctions" link.

San Antonio Windcrest Lions Club  
Windcrest, Texas - United States  
District 2-A2

[Home](#)  
[Auctions](#)

[Admin Application](#)

Connect with Us Online  
[Facebook](#) [Twitter](#) [Instagram](#) [YouTube](#)

[Lions Clubs International](#)  
[LCIF](#)  
[Resource Center](#)  
[Lions Clubs](#)  
[Be A Lion](#)

You can help support the us by shopping [AmazonSmile](#).

Support us with **amazon smile**  
You shop, Amazon gives.

When you shop at AmazonSmile, Amazon will donate to the San Antonio Windcrest Lions Club.

Item	# of Bids	Current Bid	Time Left
<a href="#">Biconic Bluetooth Powerhouse Speaker</a> This Bytech Portable Speaker is fashionable and stylish. A Bluetooth speaker with universal compatibility for tablets, smartphones...	0	No bids	8d 21h 26m
<a href="#">Cuisinart Deluxe 4 Burner Gas Grill</a> Cook everyone's grilled favorites with the Cuisinart Deluxe 4-Burner Gas Grill. It offers two generously sized cooking areas for a...	0	No bids	8d 21h 26m

[MORE INFO](#)

If this website interests you, you will be interested to know that our developer coded this site to allow other Lions Clubs to easily config the site so it is specific to YOUR Lions Club with no code changes required.

Email our president at [tkflick@gmail.com](mailto:tkflick@gmail.com) for more information.

Every holiday season, the Windcrest Lions have our greenery fundraiser. These scented, festive decorations are the perfect way to brighten up the house for the holidays. If you missed the deadline and are interested in obtaining some greenery, we do have extra!

Drop us a line to find what we still have available!

## San Antonio Founder Lions Club

### SAFLC Donates Brady Buggy® Wagon to BAMC

Founder Lions President Lion David Silva and Lion Stella Silva delivered a Lion Brady Buggy® Wagon to Brooke Army Medical Center (BAMC). This Brady wagon will be used with child cancer patients at the medical center.

Sheila J. Marquez was instrumental in our donation to BAMC. She provided all the documentation to us so that BAMC could receive the wagon. Also, she was our point of contact to coordinate and get the approval for us to be there and deliver the wagon. This was especially challenging due to COVID restrictions.



Dr. Javier Padiol (Pediatric Hematology/Oncology) BAMC, Lion Stella Silva, Sheila J. Marquez, LCSW, Licensed Clinical Social Worker, Pediatric Subspecialties BAMC and Sabrina Saenz, Pediatric Nurse for Hematology/Oncology BAMC



**ANNOUNCING: THE PID M.P. MIKE BUTLER  
AMBASSADOR OF SERVICE AWARD**

*The District 2-A2 Past District Governors Association recently approved a means to both recognize the many years of dedicated service of numerous long-serving Members of Clubs throughout District 2-A2 while also initiating a long overdue and very significant measure to honor our own*

**Past International Director, M. P. "Lion Mike" Butler.**

***The District PDG's invite District Clubs to nominate their very special, eligible, Members to receive the PID M.P. MIKE BUTLER AMBASSADOR OF SERVICE AWARD***

**CRITERIA FOR NOMINATION AND SELECTION:**

1. A member must have been a member in good standing for a minimum of 15 years.
2. The member may not have been inducted into the District 2-A2 Herb Petry Hall of Fame
3. The member may not have served as District Governor.
4. The member must be nominated by his/her club and voted as an awardee by a majority of PDG Association members.
5. A Club may nominate one member per year using Resolution format on Club letterhead. That nomination may remain current for a three year period. The Club may not nominate another member until the prior nominee has been awarded, three year term has run out, or the member has expired. Nomination is to be submitted following announcement of the opening of nominations each November and shall be submitted no later than the close of the Annual Mid- Winter Conference in January.

**Other Stated Qualifications:** ( Enumerated, and accompanying Nomination Resolution )

- PROVEN LEADERSHIP AS A CLUB OFFICER AND CLUB PROJECT LEADER
- DEDICATED TO THE GROWTH OF THEIR CLUB THROUGH THEIR SPONSORSHIP AND GUIDING OF OTHER CLUB MEMBERS TOWARD THEIR OWN PERSONAL SUCCESS AS LIONS
- RECOGNITION FOR ETHICS ABOVE REPROACH AND AS AN INDIVIDUAL OF HIGH MORAL CHARACTER
- RECOGNIZED SERVICE BEYOND THE CLUB ENVIRONMENT THAT MAY INCLUDE MILITARY OR OTHER PUBLIC SERVICE OR LIONISTIC SERVICE BEYOND THE CLUB LEVEL

**NOTE:** The elements of these criteria have been endorsed by PID Butler and are based on his personal strong beliefs that District 2-A2 should always make great efforts to uplift and remember the long serving "Grass Roots" members that sacrifice and serve through their Clubs.

**OTHER:**

No more than a total of four awards may be presented each year, the exception would be the inaugural (Charter) year of award when ten awardees may be recognized.

The award will be an appropriately designed medal with pin and ribbon and an accompanying congratulatory letter.

The cost of the awards will be borne by the PDG Association and they will be presented at the District Convention at the same ceremony as the Herb Petry Hall of Fame Induction.

Mail Club Nominations to PDG Sam Pantusa 4502 Centerview, Suite 120 San Antonio Tx 78228  
For Information—PDG Sam Pantusa (210) 326 3915 or Email: spantusa@yahoo.com



Please pass this along to family and friends that may benefit.

I'll bet you know someone who should know about this.

The Lions Sight Research Foundation and Lions Club Members throughout our area are working with Texas Diabetes Institute to invite individuals who have been diagnosed with Pre-Diabetes or are not yet diagnosed but may have genetic or other indicators (high blood pressure, weight issues...) that may lead to a diagnosis, to join a study.

Candidates for the study would be between 18 and 65 years of age.

See the flyer and Pre-Diabetes Risk Test, below, to determine if you could be a candidate.

For more information call TDI at (210)358 7200.

Those who are Pre-Diabetic, have the potential to be diagnosed with Diabetes within a few years without taking proper steps

# Prediabetes Risk Test



**1. How old are you?** Write your score in the boxes below

Younger than 40 years (0 points)

40–49 years (1 point)

50–59 years (2 points)

60 years or older (3 points)

**2. Are you a man or a woman?**

Man (1 point)  Woman (0 points)

**3. If you are a woman, have you ever been diagnosed with gestational diabetes?**

Yes (1 point)  No (0 points)

**4. Do you have a mother, father, sister, or brother with diabetes?**

Yes (1 point)  No (0 points)

**5. Have you ever been diagnosed with high blood pressure?**

Yes (1 point)  No (0 points)

**6. Are you physically active?**

Yes (0 points)  No (1 point)

**7. What is your weight category?**

(See chart at right)

**Total score:**

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	<b>1 Point</b>	<b>2 Points</b>	<b>3 Points</b>

*You weigh less than the 1 Point column (0 points)*

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

**If you scored 5 or higher**

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

*If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.*

**You can reduce your risk for type 2 diabetes**

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

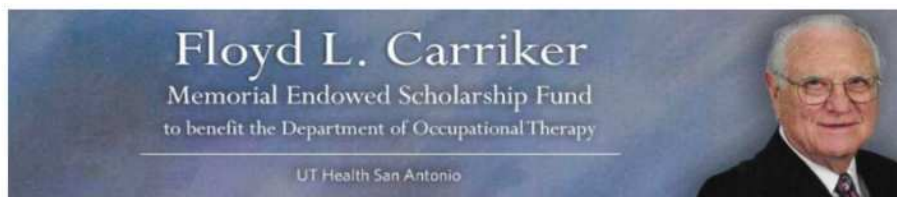




## ***A MATTER of LEGACY***

As Lions, all of us have been able to demonstrate our desire to serve others both in individual ways and collectively with fellow Club members. Many of us have proudly worn our vests for decades. What follows is an example of how one fellow Lion who wore his vest for over 50 years felt that his passion for helping others need not end with his passing. As a true “Knight of the Blind”, he set aside a generous gift to be used by the **District 2-A2 Lions Sight Research Foundation** to continue the 40 year Foundation tradition of service to the visually impaired of our community.

The following will soon begin to appear as a notification to UT Health San Antonio faculty and students:



The **Floyd L. Carriker Memorial Endowed Scholarship Fund** was established in August 2020 to honor Lion **Floyd’s memory** by fellow Lions Club members in South Central Texas through their Lions Sight Research Foundation.

Funds distributed from the endowment will directly support scholarships for second- and third-year students enrolled in the Doctor of Occupational Therapy (OTD) program who possess a strong interest in and/or demonstrate clinical involvement with patients in the area of low vision rehabilitation.

Floyd L. Carriker was born on July 16, 1914, in Mineral Wells, Texas. He attended schools in Lubbock, San Angelo, and Mineral Wells. During his time in high school, he worked in drug stores, which spurred his interest in eventually opening his own pharmacy. He attended Capital College of Pharmacy and passed the certification exam on the first attempt.

During World War II, Carriker volunteered for the United States Navy and served as a Pharmacist Mate First Class. He was stationed at Naval Air Station Jacksonville and later served in the Pacific and Asiatic seas as part of the Sixth Fleet. After an honorable discharge, Carriker returned to Houston, Texas, and launched his career in the pharmacy business. After moving to Kerrville, Texas, Carriker was a dedicated member of the Kerrville Sunrise Lions Club, where he faithfully served for over five decades. Lion Floyd volunteered countless hours on behalf of others. His service covered myriad community needs, but aiding the visually impaired and disabled children were chief among his passions.

Floyd was married to Mary Alice Henderson in 1940 until her passing in 1992; he married Lynn DeVille in 2001 and was widowed in 2018. He had two sons, George and Robert Carriker, and many nieces, nephews, and stepchildren. Carriker passed away peacefully on December 21, 2019. The Floyd L. Carriker Memorial Endowed Scholarship Fund will last in perpetuity as a reflection of his community-driven spirit and dedication to serving those within the low vision community.

We would ask that you consider how a Planned Giving gift can continue your Legacy of Service. No gift is too small.

**Lions Sight Research Foundation** – Contact PDG Sam Pantusa (210) 326 3915 email: [lsrf.sam@gmail.com](mailto:lsrf.sam@gmail.com)  
4502 Centerview, Suite 120 San Antonio, Tx 78228

**“Serving God’s Special Children” Lions Camp Face Masks  
Special for 2020-2021**

*All profits will go to the Texas Lions Camp*

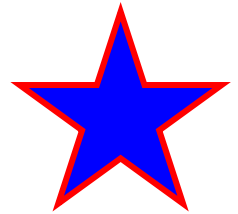
**Mask sales will end on November 6<sup>th</sup>. All orders received in the mail or given to me at the Council meeting in Kerrville will be filled as soon as possible. Orders after that date will sadly be returned to sender.**

\_\_\_\_\_ Quantity ----- (\$10 + \$1.00 Mailing = \$11 each) Total Purchase: \$ \_\_\_\_\_

**Make Checks out to Tom Blase, NOT to Texas Lions Camp**

Purchaser Name (Please Print): \_\_\_\_\_  
Mailing Address Street Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
email: \_\_\_\_\_

Mail Order form to: **PCC Tom Blase, 40 Antelope Trail, Kerrville, Tx 78028**



There are literally millions of specialty masks being made, therefore, due to a shortage of material manufacturers have not been able to provide masks to the suppliers on a regular basis. As a result my mask printer has to get masks as they become available. **I have been able to supply most requests within 2-3 weeks, however, please understand you order may take 4-5 weeks or longer to fill.** My phone is 325-315-7060 (email is [tomblasesr@gmail.com](mailto:tomblasesr@gmail.com)), if you need to contact me.



# amazon smile

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