



# Lions District 2-A2 Newsletter



Issue 10 – April 2021

## 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)

*Literature is my Utopia. Here I am not disenfranchised. No barrier of the senses shuts me out from the sweet, gracious discourses of my book friends. They talk to me without embarrassment or awkwardness.*

**Helen Keller**

Good Morning Lions!

April is here, the Bluebonnets are blooming, and the oak pollen is wafting on the breeze. It must be spring. I hope that you and your club members are finding great service opportunities in your communities and that you're getting back into the rhythm of taking care of all the folks that count on Lions for help.

### District 2-A2 Virtual Training Seminars – One left on April 5th

We've had two great virtual leadership seminars and will broadcast our final one of this Lion's year on Monday April 5. If you missed earlier sessions just go to [district2a2.org](http://district2a2.org) and click on “Programs”. You'll find recordings of all sessions and you can sign up for our April 5 program as well. We look forward to visiting with you Monday evening.



## **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

### **Zone 10**

**Nanette Patton**

[gi.janelea@gmail.net](mailto:gi.janelea@gmail.net)

SA Windcrest Lions Club

**Meetings** – As you think about meeting in person again take a few minutes to visit with your club members about how you can safely enjoy your fellowship, what service and fundraising projects you can pursue, and what next year will look like. We're here in election season and with some thoughtful reflection we can make next year an outstanding one for all our clubs and communities.

**Service** – Thank you again to all the clubs serving your communities and documenting and reporting service on *MyLion* at the Lions Clubs International website. This past month we had the same **20** clubs report service on *MyLion*, or 29% of our clubs district wide. Now that things are loosening up, I hope that more of you will be able to increase your service and report it on *MyLion*. If you're not sure or need a refresher, just call on your Zone Chair or any of the clubs listed below. Once you get started it will quickly become a habit, and a good one. District wide we have reported serving 57,607 people through 5,922 hours of service. Here are the reporting clubs so far:

**Bandera**

**Centerpoint**

**Comfort**

**Converse**

**Del Rio San Felipe**

**Devine**

**Eagle Pass Border**

**Floresville**

**Kerrville Heart O' Hills**

**Kerrville Host**

**Kerrville Sunrise**

**Leakey**

**SA Alamo Heights**

**SA Edgewood**

**SA First Ladies**

**SA Founder**

**SA Hill Country**

**Retreat**

**SA Northside**

**SA Northwest**

**SA Windcrest**

**Membership** – Our club membership keeps declining but now we have the opportunity to be visible in our communities with more service we have a chance to recruit more helping hands. Right now, we are -91 for the year and, unfortunately, every district in Texas has a net loss. Spring is a time for renewal so let's find more new members with hearts for service.

The following clubs continue to have positive membership growth for the year:

**Bandera +4**

**Eagle Pass Border +1**

**Floresville +2**

**Kerrville Sunrise +2**

**Poteet +1**

**SA Alamo Heights +1**

**Stockdale +2**

Congratulations to each of these clubs and to all clubs that added members since July. **We still need the help of every club and every club member to recruit at least one new member and retain our current members during this fourth quarter..**

**District Convention** – Registration forms are posted on the District 2-A2 website. <https://lionsregistration.org>

**NOTE: We extended the regular registration window – and price. The regular registration price deadline is now April 15. Lucky you!!**

**WHEN:** Friday evening May 7 and Saturday May 8, 2021

**WHERE:** Embassy Suites by Hilton San Antonio Brooks Hotel & Spa  
7610 S New Braunfels Ave, San Antonio, TX 78235, USA

**District Convention Delegates** – Club presidents and secretaries please send your list of official delegates and alternates to our Credentials and Certification Chairpersons, PDG Cal and Lion Joyce Lawson ([jawson6@satx.rr.com](mailto:jawson6@satx.rr.com)) as soon as possible. Make your vote count.

**First Annual District 2-A2 Lions Club Tournament On Friday Evening**

Start training your varsity corn hole tossers today. We'll have the first annual District 2-A2 Lions Club tournament on Friday evening. The tournament will be limited to the first 16 two-person teams to register. For a nominal registration fee of \$10 per team you'll compete in the single elimination tournament, otherwise known as **May Madness**.

Teams will compete for a second-place cash prize of \$50 and first place prize of \$100. Teams must include certified Lions Club members from your club only.

**Sign up on the District website:** <https://district2a2.org/cornhole-tournament/>

**International Convention** – Please review the flash bulletin from MD-2 Texas regarding registration for the International Convention, designation of club delegates and registration fee reimbursement. We need **every** District 2-A2 club to register your maximum allowable delegates.

We have an opportunity to elect one of our own, **PCC Ernesto “TJ” Tijerina**, as International Director. We haven’t had an International Director from our district since 1986. That’s 35 years. **Let’s make every vote count for TJ!**

## **Reminders**

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

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

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

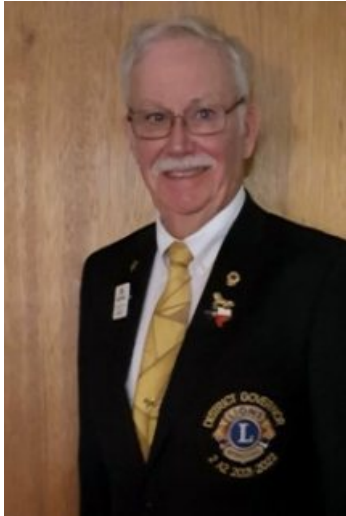
Stay hydrated,

*Lion David*

Governor Dave Splitek

*PS I tried to come up with a carpentry pun that woodwork. I thought I nailed it, but nobody saw it*

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Dear Fellow Lions,

On March 20 we experienced the spring equinox, one of the two days during the year that we have equal amounts of daylight and darkness. In spring the weather usually turns warmer, trees begin to grow their leaves, plants start to flower, and bluebonnets start to appear. We begin to get outside more because temperatures are more moderate. In spring the earth's axis is at an angle in between our closest and farthest position from the sun. People can say goodbye to the frigid weather and enjoy the transition before the hot summer kicks in.

The arrival of spring brings more daylight, and the increased light triggers the release of serotonin, a brain chemical that helps us feel happier. Spring is the season of new beginnings – fresh bud bloom, animal awakening, and the earth seems to come to life again.

That seems especially true this year as the creation of COVID 19 vaccines are allowing us more opportunities to interact with one another. We still need to practice safety protocols of wearing masks, social distancing, and washing our hands often but I am excited to see such things as more clubs are meeting in person and our District Convention being held in person rather than virtual. Be sure that you are signed up for the cornhole tournament Friday night and the business meeting and awards banquet on Saturday. At the banquet we will honor our Herb C. Petry Hall of Fame inductees and announce the M. P. “Mike” Butler Ambassador of Service Award recipients. The speaker that night will be Dr. Stephen Ponder, the diabetic doctor for Texas Lions Camp.

Spring is also the time we prepare to send campers to Texas Lions Camp. Because of the pandemic things we be a little different at camp. Many of the counselors that would be there cannot come because of the pandemic so that the camp has changed plan for this summer. Whole families will be signing up instead of individuals campers. Go to [lionscamp.com](http://lionscamp.com) to see the qualifications and other specific information about these camps. Next year I am hoping that we will be able to have our normal camping season.

Get outside and enjoy the lengthening days. Let the governor and me know when you are meeting in person so that we can come visit. Stay healthy and be safe.

I hope to see you soon.

*Lion Doug*

1VDG Doug Thomas

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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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## 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. **Happy Anniversary** for the month of March.

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!

### April:

Club	Charter Date	Years
LA VERNIA	04/13/1971	50
CENTERPOINT	04/14/1949	72
DEL RIO SAN FELIPE	04/22/1949	72
DEVINE	04/24/1952	69
KERRVILLE HEART 'O THE HILLS	04/24/1967	54

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## Calendar of Upcoming Events:

### Cabinet and Convention Dates:

District Convention	May 7-8th	San Antonio, TX
State Convention	May 20-22nd	Waco, TX
International Convention – Virtual	June 25-29th	Montreal, Canada

### Club and Other Events:

Fredericksburg Lions Club Pancake and Sausage Breakfast	April 3rd	Kinder Halle on Marketplatz Fredericksburg, TX
District 2A-2 Virtual Leadership Training	April 5th	Virtual
28th Annual Harry Wickersham Golf Tournament	August 5th	Lady Bird Johnson GC Fredericksburg, TX

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## 28th Annual Harry Wickersham Golf Tournament



**LET'S PLAY GOLF this Summer and support TEXAS LIONS CAMP!**

Texas Lions Camp invites you to participate in 2021 and join us for the **28<sup>th</sup> Annual Harry Wickersham Golf Tournament, which is scheduled for Thursday, August 5, 2021** at the **Lady Bird Johnson Golf Course in Fredericksburg.**

The Harry Wickersham Golf Tournament is one of the primary fundraisers which supports annual operations for Texas Lions Camp. Each year, hundreds of children with special medical conditions attend TLC thanks to the financial gifts from the Lions of Texas and community friends.

**For Golfers**, the 2021 Golf Tournament is open to men and women and the event will consist of four-person teams (limited to 31 teams) and formatted as a Florida Scramble/Best Ball with a shotgun start at 8 AM. The Entry Fee is \$110 per golfer and a team of four golfers is \$440 (before July 1, 2021) or \$125 per person or a team of four golfers is \$500 (after July 1, 2021). Following the round of golf, a CATERED MEAL will be provided by our host club, Fredericksburg Lions Club, followed by an AWARDS PROGRAM both of which will be appropriately socially distanced.

**If you do not play golf**, then consider becoming a **HOLE SPONSOR** by sending in a check for \$100 or more. Your Club name/individual name will be listed and recognized at Lady Bird Johnson Golf Course on the Day of the Tournament on a District Hole Sponsor poster. A copy of the **HOLE SPONSOR form** follows or you can go to our website to **REGISTER ONLINE** and/or and download the **Hole Sponsor and/or Player-Team forms** at <http://lionscamp.com/Wickersham.html>

A FACEBOOK page has been continued for the event in 2021 and may be found at Harry Wickersham Memorial Golf Tournament ([facebook.com/wickershamgolf/](https://www.facebook.com/wickershamgolf/)). Check it out and watch for updates, information on the tournament, and exciting event photos.

Those who are interested in learning more about and/or contributing to the work of Texas Lions Camp are invited to visit [www.lionscamp.com](http://www.lionscamp.com) or by emailing Milton L. Dare at [mdare@lionscamp.com](mailto:mdare@lionscamp.com). If preferred, you may also call 830-896-8500 for more information.



# 28th Annual Texas Lions Camp

## Harry Wickersham Golf Tournament

### ALL PROCEEDS BENEFIT TEXAS LIONS CAMP

TLC is tax exempt under 501(c)(3) of the I.R.S.—Donations are tax deductible—see your tax professional for details.



Sofia Elder, Camper 2020

*Children Can...With TLC™*

### Come Play and Make a Kid's Day!

For more information or to download  
player registration forms go to  
[www.lionscamp.com](http://www.lionscamp.com)

## August 5, 2021

8:00 am Shotgun Start

### Lady Bird Johnson Golf Course

Fredericksburg, TX

### Sponsor One or More Holes

For a one time donation of \$100 per hole, individuals, clubs  
associations and corporations may sponsor a hole(s).

All sponsors of the tournament will be recognized in  
publications on location and on the Texas Lions Camp  
website: [www.lionscamp.com](http://www.lionscamp.com)

**Please make checks payable to Texas Lions Camp.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City / State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_

Club \_\_\_\_\_ District \_\_\_\_\_

Email: \_\_\_\_\_

Credit Card: MC \_\_\_ Visa \_\_\_ Discover \_\_\_

Amount: \_\_\_\_\_ Date: \_\_\_\_\_

CC#: \_\_\_\_\_

Expiration: \_\_\_ / \_\_\_ CVC \_\_\_

Signature: \_\_\_\_\_

**MAIL TO: TEXAS LIONS CAMP**  
**PO Box 290247 Kerrville, TX 78029**

## 2020/2021 District 2A-2 Convention



Attention District 2-A2 Lions!

### CONVENTION NEWS:

- **Date:** Friday evening May 7, Saturday May 8
- **Location:** Embassy Suites by Hilton at Brooks City Base
- New Hotel, spacious meeting rooms, free breakfast for hotel guests
- Friday night Lions Clubs corn hole tournament – bring your best "tossers"
- **Saturday awards banquet:**
  - OFY Contest Winners
  - District 2-A2 Hall of Fame
  - Butler Awards
- Delegate voting for District and Board Officers and Constitution update
- Pass the Gavel to welcome DGE
- Early Bird prices until March 1

[Registration and More Information](#)



**San Antonio Founder Lions Club**

**50/50 Raffle**

**Drawing to be held on**

**Saturday, May 8, 2021**

**@ District 2-A2 Convention**



**Tickets are \$5.00 each or 3 for \$10.00  
contact our office at 210-225-1164 to purchase some raffle tickets**

**Benefiting Lions Charities that include:**



## 2021 Texas State Lions Convention

**WACO 2021**  
TEXAS LIONS STATE CONVENTION • MAY 20-22

*Leave the driving to us! Free shuttle bus to & from the Hilton to event.*  
**DON'T FORGET YOUR BOOTS!**

PLEASE JOIN US FOR A  
**KICK-OFF WELCOME CELEBRATION**

**BARBECUE**  
*on the Brazos*

*Free!*

**THURSDAY, MAY 20**  
**6:30 P.M.**

YOU'LL ENJOY WACO HOSPITALITY AT THE HISTORIC TEXAS RANGER HALL OF FAME AND MUSEUM (FREE MUSEUM TOURS BEFORE 7:00 P.M. TOO!)

LIVE MUSIC FROM TEXAS COUNTRY MUSIC ASSOCIATION'S 2019 FEMALE ENTERTAINER OF THE YEAR **HOLLY TUCKER**

VITEK'S WORLD-FAMOUS BBQ & SIDES

DR PEPPER & BIG RED ICE CREAM FLOATS (SUGAR-FREE AVAILABLE)

GREAT FELLOWSHIP & FUN WITH LOTS O' TEXAS LIONS!

*You won't want to miss this lively start to our 2021 state convention! Register online at [TexasLions.org](http://TexasLions.org) or by mail before February 12 to get the Early Bird rate!*

QUESTIONS? SEND AN EMAIL TO [TEXASLIONS2021@GMAIL.COM](mailto:TEXASLIONS2021@GMAIL.COM)

The Lions of District 2-X3 continue working hard to plan a wonderful Texas State Lions Convention for you to enjoy in Waco in May 2021! Unless we are not allowed to host our gathering due to Covid-19, convention plans are still in full swing and we look forward to seeing you in May!

Waco's history is rich—with numerous Native American settlements and Chisholm Trail cattle drives across the Brazos, not to mention plenty of cowboy and Texas Ranger history. It's also the birthplace of Dr Pepper and Big Red, Baylor University, the Waco Mammoth National Monument and the world class Cameron Park Zoo. Waco is home to plenty of antique shops and unique shopping venues, too (including Chip and Joanna Gaines' growing Magnolia empire. There is plenty to see and do in Waco for all ages and interests.

In addition to events to be held at the beautiful and spacious Waco Convention Center, you'll have plenty of time to enjoy Waco's history, dining scene, shopping and warm hospitality on the banks of the Brazos River. Register now for what promises to be an enjoyable Texas Lions State Convention!

Don't hesitate to contact us via email [TexasLions2021@gmail.com](mailto:TexasLions2021@gmail.com) if you have questions or need more information. For the latest on convention plans, be sure to like and visit our Facebook page often (Facebook/Texas Lions 2021)

Updated information will be posted on the MD-2 website: <https://texaslions.org/stateconvention-2021/>

[Register Online](#)

[Download Convention Registration Packet](#)

## **Lions Clubs International Convention Will Be Virtual**

Due to the continuing concerns about the coronavirus (COVID-19) pandemic, the Board of Directors voted to transition the 2021 Montreal Lions Clubs International Convention to a virtual event that will be delivered totally online. This decision was made with the health and safety of our Lions, staff and vendors in mind as limiting international travel and large gatherings is key to global containment strategies.

Here are some important details about the 2021 convention we would like to share with you now:

- Our 2021 convention will be a virtual event that's open to all Lions and Leos around the world.
- The registration fee will be US\$50 until March 31, then US\$75 beginning April 1. The registration fee for Leos will be US\$30 regardless of date. Convention is currently scheduled for June 25-29. Additional event and registration details will be provided soon.
- The registration fee will be US\$50 until March 31, then US\$75 beginning April 1. The registration fee for Leos will be US\$30 regardless of date. Convention is currently scheduled for June 25-29. Additional event and registration details will be provided soon.
- Lions who are currently registered for convention will receive an email soon with more information about their registration options.
- Executive officer and international director elections will be conducted electronically and voting procedures will be forthcoming.
- Convention updates and details will be posted here at [lcon.lionsclubs.org](http://lcon.lionsclubs.org) as they become available.

This global health pandemic has forced us all to make decisions and changes that place health and safety first. However, we are optimistic that with each new day there is hope, and as Lions, we continue to find new ways to stay connected, safely serve our communities and continue our global mission of service.

[LCIcon Website](http://lcon.lionsclubs.org)



# The International Association of Lions Clubs

(Lions Clubs International ®)

ERNESTO "T.J." TIJERINA  
COUNCIL CHAIRMAN MD – 2 TEXAS, U.S.A.  
2016 – 2017  
10407 TIMBER COUNTRY  
SAN ANTONIO, TEXAS 78254

**MD-2 Texas Endorsed Candidate for International Director**  
**Lion PCC Ernesto "T.J." Tijerina**

[www.tjforid.com](http://www.tjforid.com)

**The Opportunity of a lifetime for all Texas Lions is upon us.**

Lions Clubs International has changed the traditional in-person International Convention that was scheduled for June 25-29, 2021 in Montreal, Canada to a Virtual International Convention. For the first time ever, this gives all Texas Lions the opportunity to participate and experience the FELLOWSHIP THAT ALL LIONS FEEL WHEN WE GATHER ANNUALLY DURING THE INTERNATIONAL CONVENTION, WITHOUT THE EXPENSE OF THE TRAVEL.

As your MD-2 Texas Endorsed Candidate for International Director, I am asking ALL OF THE LIONS OF MD-2 TEXAS to show the Lions of the world the strength of our voice and our service commitment. We urgently need every club in every district to register their full allotment of Texas Lion Delegates for the virtual Lions International Convention. By doing this, Texas Lions have the opportunity to showcase our Strength, our Club Leadership and continued commitment to service that makes us proud Texas Lions living our motto "We Serve." We are the largest Multiple District in North America. Now is the time to show the world the strength and leadership that we have always provided to our Association.

***"Team Týerina"* serves our needs and needs our commitment to be elected.**

**To show your support for our Candidate, here are steps we ask each club to take:**

1. Encourage as many Texas Lions as possible to register to participate in the Virtual International Convention. Lions can register online by going to:

[\*\*lciicon.lionsclubs.org\*\*](https://lciicon.lionsclubs.org)

and register right now for the Virtual International Convention. The cost for registration is \$50 from now to March 31, 2021. The registration will increase to \$75 on April 1, 2021.

2. Determine the number of delegates for your club\*
3. Once your delegates are registered to attend the virtual International Convention, the Secretary, Administrative Assistant, or President of the club must log on to MyLCI and designate each Delegate for the club. LCI will then ensure that they are allowed to vote during the voting time at the virtual convention.

Each chartered club in good standing shall be entitled, in any convention of this association, to one (1) delegate and one (1) alternate for every twenty-five (25), or major fraction thereof, of its members as shown by the records of the International office on the first day of the month last preceding that month during which the convention is held, PROVIDED, however, that each such club shall be entitled to at least one (1) delegate and one (1) alternate, The major fraction referred to in this Section shall be thirteen (13) or more members. The selection of each such delegate and alternate shall be evidenced by a certificate signed by the President or Secretary or any other duly authorized club officer.

**Club Voting Strength \***

- 1-25 members = 1 delegate
- 25 +13 members = 2 delegates
- 50 + 13 members = 3 delegates
- 75 + 13 members = 4 delegates
- 100 + 13 members = 5 delegates
- 125 + 13 members = 6 delegates
- 150 + 13 members = 7 delegates
- 175 + 13 members = 8 delegates
- 275 + 13 members = 12 delegates

## **Registration – is now open**

Multiple District 2 Texas will reimburse Texas delegates for their convention registration expense once they have voted at the Virtual Lions Clubs International Convention if the individual Lion Delegate needs financial assistance with the registration fee.

If you have questions about any part of the process, please email me at [tijerina@gmail.com](mailto:tijerina@gmail.com) or call me at 210-414-3319. For additional information or assistance, you may also contact your District Governor, First Vice District Governor or Second Vice District Governor, and District Campaign Coordinator.

**Let us show the world that the Leadership of our Association still runs through Texas just as we did in 1917 when our Association was formed.**



**PCC Ernesto TJ Tijerina**

## Fredericksburg Lions Club

The Fredericksburg Lions Club invites everyone to the Kinder Halle on Marketplatz for our Annual Pancake and Sausage Breakfast! The tickets for this All-You-Can-Eat event at \$6.00 and are available at the event. We will be cooking up our famous pancakes on Saturday, April 3rd from 7AM to 11AM. Come join us for fellowship, great food, and the opportunity to support the Texas Lions Camp. See you there!



## Alamo Heights Lions Club

The club enjoys doing Stuff the Trunk projects for the charities in San Antonio. For March, we went to the VFW Post 76 on the Riverwalk and donated items to the Broken Warrior Angels program. We had used blankets and a variety of supplies including wipes, face masks, cleaning supplies and food.

While there, Fred Alvarado talked with us about upcoming projects. There are several events on the calendar at the post in April. We were invited to help or just come enjoy the events. For fundraising, we had a raffle for a rifle. We met our goal.

We have a new member, Rena Doty. We will induct her officially in June, when we have our installation of officers for the 2021-2022 Lion Year.

We had a good month.



## San Antonio First Lady Lions Club

We the SA First Lady Lions Club are very proud to have provided much needed luggage to the children at the CASA (Child Advocates of San Antonio). "WE SERVE"



We the SA First Lady Lions Club organized a special “Capirotada Raffle Bingo” to raise money to continue providing service.



San Antonio First Lady Lions (Gloria, Martha, Julie and Alice) doing our "Service" by volunteering at the Diaper Bank







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

**ARE YOU AT RISK FOR DIABETES?**

**WE ARE LOOKING FOR CANDIDATES WHO ARE:**

- 18 TO 65 YEARS OF AGE
- HAVE BEEN DIAGNOSED WITH PRE-DIABETES, OR
- ARE OVERWEIGHT WITH FAMILY HISTORY OF TYPE 2 DIABETES, OR
- HAD DIABETES DURING PREGNANCY

UT Health San Antonio

FOR MORE INFORMATION, PLEASE CALL:  
DIABETES RESEARCH CENTER TEXAS DIABETES INSTITUTE  
**(210) 358-7200**  
PRINCIPAL INVESTIGATOR: RALPH A. DEFRONZO, MD

# Prediabetes Risk Test

NATIONAL DIABETES PREVENTION PROGRAM

**1. How old are you?**

- Younger than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

Write your score in the boxes below

**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)

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)

Total score:

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>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.

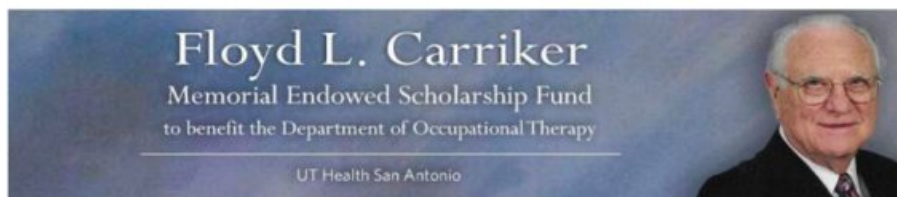
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## ***A MATTER of LEGACY***

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

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