



Governor Jim and Linda Strange

Lions District 1-L What's Happening... November 2011

Lions Club Activities In Our District



Hello fellow Lions, Lioness and Leo's!!

I have come upon the busy time of the year with several Club Visits, Holidays and the general happenings of life. I have really been enjoying meeting and visiting the many Lions and Lioness around the District. Several things are about to start so I would like to just mention them.

We just finished a very successful MD-1 Forum that was held on November 11 & 12. There were many great presentations about the following topics. Tax Laws, GLT, GMT, Leo's, The Illinois Eye Bank, Guiding Lions, Illinois Foundation, were some of the topics of interest. There was a spirited auction during the closing of the Forum. A good time was had by all. WE SERVE!!!!!!!

Please give a great big WELCOME to our new Zone Chairman!!!!!!!!!! Zone #32 is now Lion Duane Miller Jr., res.: 217-524-3231, cell: 217-827-9381, email:

Looking63good@yahoo.com

Zone #42 is now Lion David Hutton, cell: 217-521-3554, email: hutton2865@aol.com

They will be attending a meeting along with the other Zone Chairman on December 8, 2011. This will be held at "Linda's" on Rt. 16 in Pana.

As all of you know, I am pushing hard for new members and new clubs. There will be some type of reward at the District Convention in March for the top three clubs in 1-L with the **most new members** and also the top three clubs with the **largest percentage of new members**. Details will be forth coming in the near future. I want to have 100 new members!!!!!!!!!!!!!! This is going to take a lot of work from myself and the current Lions of 1-L.

It is time for our **2nd District Cabinet Meeting**. It will be held at the American Legion Hall locate at N. 1st St. in Oconee, Ill. Meeting time is at 10:00 a.m. with lunch at 11:30. Bring lots of information!!!!!! At this time I have not received any committee reports. Remember everyone is invited and one from each club is given a vote.

I wish to take this opportunity to say to all Lions Members:

***HAPPY
THANKSGIVING***

ENJOY YOUR HOLIDAY WITH FAMILY AND FRIENDS

Weldon Lions Club



The District Governor visited the Weldon Lions Club on October 24th along with Regional Zone Chairman PDG Jerry Miller. The discussion revolved around “The Weldon Fun Days” and new members. A few jokes were told and everyone had a good time. Keep up the good work and see you at the District Convention.

Maroa Lions Club



The Key Ambassador of Goodwill and GMT Chairperson PDG Lion Mary Truitt along with the District Governor made presentations to the Maroa Lions on October 26th. The discussion concerned membership, dues and community activities. There was also some spirited discussion concerning the Cardinals and the Cubs. It was decided to “Wait and see next year”. Great Job Maroa Lions!





ANNOUNCEMENT

Monticello Lions Club is heavy into their fall project; making and selling peanut brittle. They will make and sell at least 500 pounds this year.

Good Luck Monticello Lions

Altamont Lions



The Altamont Lions make a donation to the Altamont Community High School soccer team for all for their help with the Lions Youth Soccer program in Altamont. Presenting on the right, is Lion Charlie Niehaus giving the check to Lion Jeff Walton,



The Amazon Rainforest has been described as the "Lungs of our Planet" because it provides the essential environmental world service of continuously recycling carbon dioxide into oxygen. More than 20 percent of the world oxygen is produced in the Amazon Rainforest.

Altamont Lions

Lion Dave Corder



District 1-L Governor Jim Strange



Altamont Lions had Candy Day on Friday evening October 14 and Saturday morning October 15. The funds raised will support the Illinois Lions Foundation and local club activities.



Lion Cory Miller



Every 100 square feet of forest lowers noise by 70 decibels. That is equivalent to the difference between a normal conversation involving two people and a 747 airliner at take-off.

Oconee Lions



Front Row: Andy Brookman, Irene Schmitz, Ellen Menin, Chrissy Stalets, Don Vits.

Second Row: Mike Evrley, Clarence Schmitz, Jim Litz, Kenny Tedrick, Brian Sims, and Steve Hoehn.

Left Early: Crystal Oreskovich

The Oconee Lions Club is hosting the District 1-L's 2nd Cabinet Meeting on December 10, 2011 at 10:00 a.m. We will have lunch served at 11:30. We are meeting at the American Legion Hall on N. 1st St. All Clubs are invited with only one vote per club. Remember, *WE SERVE!!!!*** Hope to see everyone there!!**



We Serve



There are about 20,000 tree species in the world. The United States has one of the largest tree treasuries second only to India.

Athens Lions



Lion George Cerar, who helped form the Athens Lions Club and served as its first president, receives his 25 year award from District 1L governor Jim Strange.



District L Governor Jim Strange presents charter member Terry Brown with a Lion statue for his 25 years of service. Others receiving awards that evening include Bob Roberts, Don Ferricks, Richard Dennis, and George Cerar.



Lion Larry Buhr reads the proclamation from the City of Athens recognizing the community service by the Athens Lions Club

Left to right: Springfield Noon Lions Club member and key note speaker Paul Anthony O.D., president Larry Baughman, Governor Jim Strange, guest Amy Baughman



Lion Gene Frakes presents a box containing 40,000 aluminum pull tabs to PDG Mary Truitt

Left to Right: Lion Gene Frakes, PID Bob Maxey, Sr., president Larry Baughman, PDG Mary Truitt



Congratulations Athens Lions

Club president Larry Baughman, PID Bob Maxey, Sr., Club secretary Bill Rider, District 1L governor Jim Strange, Paul Anthony O.D.



Lions club members and spouses enjoying conversation before the program.

Left to right: PDG Jerry Miller, Athens president Larry Baughman, Athens secretary Bill Rider, PDG Jerry Curry



The Athens Lions Club is celebrating **25 years of service** to the Athens Community. A celebration dinner was held at Country Hills Golf Course on Saturday Nov. 5, 2011 with 36 people in attendance.

Honored guest included Past International Director Bob Maxey, Sr., Past District Governor and former Lions of Illinois Trustee Mary Truitt, Past District Governor Jerry Miller, Past District Governor Jerry Curry, current District 1L Governor Jim Strange, and key note speaker, Lion Paul Anthony O.D. The celebration was presided over by Athens Lions Club president Larry Baughman, who praised the members for giving back over \$170,000 and countless hours of volunteer work to the community of Athens. Awards were presented by Lion Bill Rider to Charter, and still active, members Terry Brown, Richard Dennis, Don Ferricks, Bob Roberts, and George Cerar (first Athens Lions Club president). The key note speaker, Paul Anthony O.D. gave a slide presentation on the work that is being done by VOSH (Volunteer Optometric Services to Humanity), of which Dr. Anthony is a member. VOSH members and its partners are optometrists, ophthalmologists, opticians, and lay volunteers dedicated to the provision of eye and vision care for those below poverty level and without access to local eye care. They provide service to over 100,000 people of all ages annually. Dr. Anthony spoke of his many rewarding experiences and ongoing work currently in Belize, Central America. Lions Clubs in the areas they provide service have been very helpful and supportive of the work of VOSH. The club enjoyed seeing what work is being done by such dedicated individuals to help those in need of vision care. [Lion Gene Frakes presented 40,000 aluminum pull tabs \(part of the Lions recycling program\) to PDG Mary Truitt.](#) Lion Larry Buhr presented a proclamation from the City of Athens, signed by Mayor Matt Duncheon, recognizing the community service provided by the Athens Lions Club. Lion Richard Dennis gave the necrology honoring deceased members James Muller and Harry Smith. Lion Jeff Lopian gave the invocation and benediction. Tailtwister Lion Don Porter provided some light humor to wrap up the evening.

What is Diabetic Retinopathy?

Diabetic retinopathy is the most common diabetic eye disease and a leading cause of blindness in American adults. It is caused by changes in the blood vessels of the retina. In some people with diabetic retinopathy, blood vessels may swell and leak fluid. In other people, abnormal new blood vessels grow on the surface of the retina. The retina is the light-sensitive tissue at the back of the eye. A healthy retina is necessary for good vision.

If you have diabetic retinopathy, at first you may not notice changes to your vision. But over time, diabetic retinopathy can get worse and cause vision loss. Diabetic retinopathy usually affects both eyes.

How does diabetic retinopathy cause vision loss?

Blood vessels damaged from diabetic retinopathy can cause loss in two ways:

First: Fragile, abnormal blood vessels can develop and leak blood into the center of the eye, blurring vision. This is proliferative retinopathy and is the fourth and most advanced stage of the disease.

Second: Fluid can leak into the center of the macula, the part of the eye where sharp, straight-ahead vision occurs. The fluid makes the macula swell, blurring vision. This condition is called macular edema. It can occur at any stage of diabetic retinopathy, although it is more likely to occur as the disease progresses. About half of the people with proliferative retinopathy also have macular edema.

Who is at risk for Diabetic Retinopathy?

All people with diabetes – both type 1 and type 2 – are at risk. That's why everyone with diabetes should get a comprehensive dilated eye exam at least once a year. The longer someone has diabetes, the more likely he or she will get diabetic retinopathy. Between 40 to 45 percent of Americans diagnosed with diabetes have some stage of diabetic retinopathy. If you have diabetic retinopathy, your doctor can recommend treatment to help prevent its progression.

What can Lions do?

By January of 2012 the new Diabetic Retinopathy mobile unit should be completed. By March of 2012 it will be ready to be on the road. We as Lions need to contact **OUR** Foundation to reserve the use of the new mobile unit to come to our community and serve our residents. Many people may not be aware they have diabetic retinopathy and many people may not realize they have the early onset of diabetes. This is a service provided by **OUR** Foundation and we need to take advantage of it just like we do for the hearing bus. Call now, don't wait!

