



District 26-M5 Lions

"We Serve"

District 26-M5 Lions,

Wow, we have almost successfully completed the first quarter of the year. Not much longer, and the Turkey feathers will be flying!!!

We will all be gathering with our families and friends for turkey dinner and give thanks to the GOOD LORD above, for all the blessings he has given us this past year.

I am most thankful that my sainted Mother, Dorothy Levy, is still with us. She is 96 years old, and lives at Meyer Care Center in Higginsville, Mo. I remember holidays at my house, my Mother would cook for days and everything tasted like it came from a restaurant. I teased her and called her "Martha Stewart Jr." My brother's wife Carol was just as good of a cook as Mom, so she was Martha Stewart the first, and my older sister Sandy was Martha Stewart the 2nd. (Her kiddos say she always burned something.)

And me---well, I am known as the Martha Stewart reject. 50 yrs. ago when we got married, I could NOT even boil water without it either boiling over or being so hot that you could not use it. I have learned a lot in 50 years, and I can get around the kitchen much much better. To make matters worse, my Mother-in-Law was an excellent cook as well.

So, as you gather this Thanksgiving holiday, enjoy your family, laugh at their jokes, and love them all the more. There will be many people who won't be with their loved ones for various reasons.

HAPPY THANKSGIVING to all of the Lions in District 26M5
Old ways will not open new doors!

Gov Pat

Gov Pat

816-694-5752

liompmsscott@gmail.com



Upcoming Events

November 14

World Diabetes Day

March 10 & 11, 2023

M-5 District Convention- TBA

Newsletter Reminder

If you have information that you would like to see in the newsletter or club events that you would like to publicize, please submit it by the end of each month to

mbeach1960@gmail.com.

The newsletter will be sent out on the 10th of each month.

Announcement

The Mid-Winter Rally for February 11 was cancelled after the directories were sent out. Please make that correction on the directory calendar.

Peace Posters

All Peace Poster entries must be postmarked by November 15th and should be mailed to:

Lion Mickey Beach
178 NE Basswood Circle
Lee's Summit, MO 64064

Focus on Service



DISTRICT SERVICE- HOT WHEELS! HOT WHEELS!

The Mercy Road Project to collect **Hot Wheels** cars for Children's Mercy Hospital launched with this year's theme: "4000 Smiles Campaign". The goal for this year is to make 4000 smiles by donating 4000 **Hot Wheels**. Your club is needed to help make this project a success. Contact Lion Karen Calvert, GST coordinator at kcalvert710@gmail.com, for information and donations.



How you can support **Alphapointe; Giving Tuesday**

Giving Tuesday is Tuesday, November 29! We would like to ask the Districts Lions clubs to consider a "Lions Club Challenge" This is an easy way to support Alphapointe in a meaningful way. Simply, go to Alphapointe.org/donate and make a meaningful gift which will support our rehabilitation programs which include all our Youth Programs!

In the section that asks if you wish to make a donation in honor of... simply put your Lions club name and we will track. The Lions Club that has the highest # of donors and the Lions Club that has the highest funded amount will receive an Alphapointe patch for your banner. We will promote this engagement and the winning Lions clubs on our social media which includes Facebook, Twitter, Instagram, Snapchat and in our monthly Newsletter. All funds received will support our programs!

Spring Service project- CCVI battery drive. Begin collecting and bring to district convention



Lion Janine Bell (KC Red Bridge Lions) presenting Kerry Boehm of CCVI the cash donations and batteries.



Mayview Lions partnered with Community Development on a walking trail.



Mayview Lions luncheon for the Mayview Fire Department and families.



Trick or Treat with Lion Joyce

1st Vice District Governor

Diabetes has become the 6th leading killer disease in the world and the leading cause of blindness.

Approximately **415 million adults** have diabetes; by 2040 this will rise to **642 million**

- **Prevalence in Seniors:** The percentage of Americans aged 65 and older remains high, at 25.2%, or 12.0 million seniors (diagnosed and undiagnosed).
- **New Cases:** 1.5 million Americans are diagnosed with diabetes every year.

The rates of diagnosed diabetes in adults by race/ethnic background are:

- 7.4% of non-Hispanic whites
- 8.0% of [Asian Americans](#)
- 12.1% of [Hispanics](#)
- 12.7% of [non-Hispanic blacks](#)
- 15.1% of [American Indians/Alaskan Natives](#)

Type 1 is juvenile onset & Type 2 is more common; either is devastating and changes lives.

86 million walk around with **Pre-Diabetes**...29 million Americans wake up to **Diabetes** every day...75 million people suffer from **High Blood Pressure**...6 Diabetic **deaths** happen per minute...And a **Stroke** every 40 seconds... Do you want to be one of these statistics?



Diabetes is the No. 1 cause of blindness in the U.S., says the American Diabetes Association (ADA). Fortunately, many eye problems are treatable if they are identified early.

Diabetes is a chronic disease that occurs when the pancreas is no longer able to make insulin, or when the body cannot make good use of the insulin it produces. Insulin is a hormone made by the pancreas, that acts like a key to let glucose from the food we eat pass from the blood stream into the cells in the body to produce energy.

A normal fasting blood glucose target range for diabetes is 70-100 mg/dL (3.9-5.6 mmol/L). The American Diabetes Association recommends a fasting plasma glucose level of 70-130 mg/dL (3.9-7.2 mmol/L) and after meals less than 180 mg/dL (10 mmol/L).

Source: **Know your blood glucose target range**, By [Nancy Klobassa Davidson, R.N.](#) and [Peggy Moreland, R.N., C.D.E.](#)

Prepared by 1st Vice District Governor & Diabetes Awareness chair Ron Ballard

Service Spotlight: Diabetes

One of the biggest ways we make a difference is by serving our global cause of diabetes. It only takes small steps to prevent millions from developing type 2 diabetes, and that's where Lions can be the difference. And with **World Diabetes Day on November 14**, there's no better time to start planning a great project. And don't forget to share your story using the hashtags #WeServe and #LCIFLions.



2nd Vice District Governor

Two Heads are Better Than One

Greetings Fellow Lions,

The District Governor Team recently attended the Council of Governors meeting. While the business portion of the meeting can get long and tedious, I left somewhat encouraged. PID Don Noland requested that everyone stay afterwards for a brainstorming session about membership. There were several great ideas thrown out, some of them the typical ones we hear all the time, but others that were outside the box. Here are a few suggestions put forth:

- If your club's average age is 60 years old, consider working to invite more members that are around age 50.
- Make your club attractive to younger members- service interests that matter to them and being aware of their hectic schedules and communication preferences.
- Allow young new members to offer perspectives that can help identify additional service needs, both locally and globally.
- Recruit young Lions through service, not through meetings.
- People join Lions clubs because they are passionate about service, so it's important to ensure service is your club's central focus — even in meetings.
- Have meetings that are kid friendly, young adult friendly and let them get involved.

These are just a few of the ideas I came away with. Change is not always easy, but remember, if you're not changing, you're not growing!

2VDG Mickey Beach

Greetings Fellow Lions,

While I have not been able to make as many club visits as I would like, I have also not received any requests for assistance or information from clubs in the district about membership. The District membership numbers are as follows:

	This Month	This Year	
Opening Balance		0	918
Added Members		0	38
Dropped Members		0	46
Closing Balance		0	910
Net Gain/Loss		0	-8

Worldwide

1,399,604

The bad news is that this number is below the magic number needed to keep our District from Lions Club International possible redistricting. The Good news is we see 38 new members. Congratulations to those new members and the clubs that sponsored them.

Membership is not as hard as it seems. Many times all you need to ask a potential members are these two questions. First: what have you done for someone lately? Second: What have you done for your community today?

There are many resources online that can help and the District GMT team is available for assistance.

We are all getting closer to celebrating the holidays with our clubs and our families, now is a great time to invite one of your friends, family, or someone you don't know to your celebration and discuss what it means to serve and what it means to be a LION.

We are all in this together. We can make a difference but we need new members to keep us fresh and roaring along.

If you don't see me at one of your meetings then please contact me at 816-863-4887 or kclionrb1962@gmail.com and I will be happy to schedule a time to come and visit.

Lion Duane Ball- Membership Chair (GMT)

WE ARE TEAM LIONS



Hello, Lions!

There's one thing better than watching a great team in action—being *on* the team! There are few things I love more than pulling on a jersey, grabbing a glove, and taking my place on the field. It's hard work, it requires dedication, but it's also just so much fun.

Of course, I'm talking about Team Lions. When my club goes out to serve, we do it as a unit. We wear our club shirts, we take our positions, and we use our individual strengths to help our team be successful.

We aren't just a club. We're a group of caring people who are dedicated to the same mission. We all work hard and use our talents in different ways to achieve a common goal. And when we want to have a bigger impact, we grow our team. We do this by recruiting more members, and also, importantly, by partnering with other clubs and organizations.

There is no real way to have the impact we want to have if we go it alone. Don't be afraid to reach out to others and encourage them to join us. We accomplish big things by working together. Through hard work, dedication, and teamwork. Oh, and didn't I mention...fun!

Go team, Lions.

Make a great day,

Brian E. Sheehan **Brian E. Sheehan**

International President, Lions Clubs International

From LCIF Chairperson Douglas X. Alexander

Greetings Lions and Leos!

The last several weeks, I have had the opportunity to visit with many of you around the world, and enjoy hearing your stories of service made possible by LCIF grants. Our foundation truly empowers us to make a difference in the world, thanks to the continued support of Lions and Leos – like YOU – and many others who generously give to LCIF. In this month's newsletter, we reflect on the successes of Campaign 100 through a special video message, share a story of LCIF's impact, and offer resources for you to explore the grants LCIF offers. I also hope you will learn more about ways to support LCIF and opportunities to share what it means to you to be a Lion or a Leo. Thank you for continuing to be an ambassador for our global foundation.



A message from:

Jerome Thompson

**Past International Director,
GAT Constitutional Area 1 Leader**

Dear Lion Leaders,

Can you believe that we have completed the first quarter of the fiscal year. The Lions of Constitutional Area 1 (USA and Affiliated Countries) have gotten off to a slower than usual start. However, as a Club Leader, I am confident that you will help us reach greater success.

Membership in the first 3 months was down 59 members. However, as of October 9th, year-to-date, we have recorded membership growth of 161. However, dropped members are showing that we have lost 5% less than this time last year. There is hope for a better tomorrow. Service reporting has been submitted by 38% of our clubs. **Will you please report just one service activity that has been completed since July 1, 2022? Can we double that number in the next 20 days?**

It is time to review your club goals. If your club has not set goals, you can find great resources on the [Lionsclubs.org](https://lionsclubs.org) website.

IT'S ALL ABOUT THE SERVICE WE PROVIDE

Service Reporting – Benefits

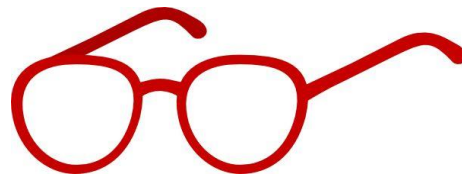


For our clubs, reporting service is the final step in our service journey. Reporting service can be a point of pride that can be celebrated and creates a database of the great projects done in each community. Plus, clubs that report service become eligible for service awards and other forms of recognition.

Reporting Service Helps:

- Accurately measure our global impact
- Identify the best ways to work together
- Bring attention to the great work of Lions
- Ensure clubs' service is supported in the best ways possible

Recycle Eyeglasses



Usable Glasses Give New Life

Refractive errors can be easily corrected with eyeglasses, yet millions living in low and middle income countries lack access to basic eye care services. Lions have recognized the urgent need for corrective lenses and collect usable glasses in their communities to support the Lions Recycle For Sight Program.

Get Started Today

Set up Collection Locations with Local Partners: Invite community partners such as local businesses, schools, optical shops, libraries, places of worship, city administrative centers and eye care professionals to host eyeglass collection boxes. Maintain contact with these partners and schedule regular pick-ups.



DIABETES

ENVIRONMENT

HUNGER

VISION

CHILDHOOD CANCER

Our Global Causes

While each Lions club has its own service focus, there are five global causes of particular interest around the world. These are areas of need identified, and voted on, by members and supported by our association and foundation.

Events around the District/State

BOWL OVER BLINDNESS WITH THE KANSAS CITY RED BRIDGE LIONS



Saturday, November 19th
Bowling starts at 10:00 AM

Ward Parkway Lanes 1523 W. 89th Street
Between State Line & Ward Parkway
Prizes – 50/50 Raffle

EACH TEAM WILL CONSIST OF 5 BOWLERS
\$25.00 minimum donation per bowler
(3 games and shoes provided)

All Proceeds will support the blind and visually impaired
For information call or text Mickey Beach 660-853-9655
Register by November 12th
Make checks payable to Kansas City Red Bridge Lions Club



Lake Winnebago Lions Pancake Breakfast

Date: Saturday November 12th, 2022

Time: 8 am – 11 am

**Location: Arrowhead Yacht Club,
396 Winnebago Dr.,**

Lake Winnebago, MO 64034

Cost: Free Will Offering

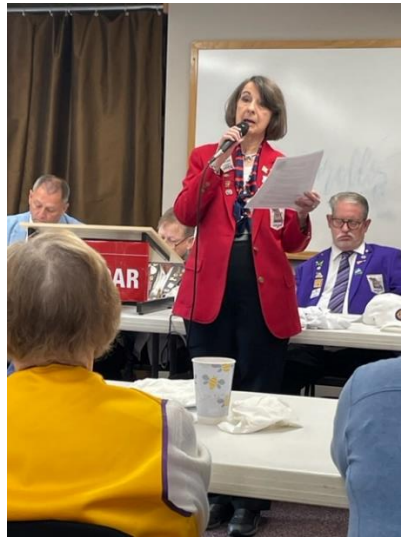
Menu: The best Pancakes, Sausage Patties, Coffee, & Orange Juice
All proceeds will help support Lions Club Projects



District Cabinet Meeting – November 5th Warrensburg



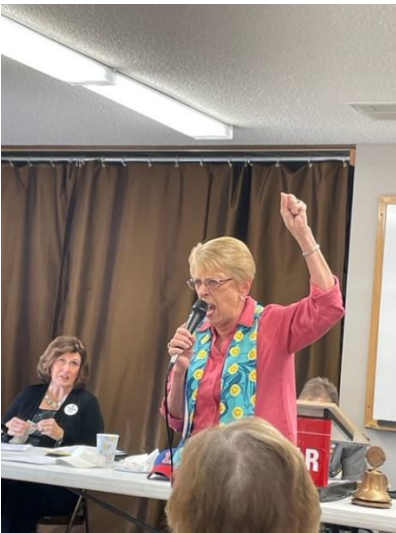
DG Pat led.....



IPDG Jene explained.....



Lion Karen pleaded.....



Lion Karen demanded.....



Lions listened.....



Lions responded!!!!!!

It was great to see so many Lions at the District Cabinet meeting in Warrensburg. Thanks to the Warrensburg Lions for their hospitality and preparations. It was great to fellowship with other Lions, to learn about their clubs, and how they serve in their communities. Much information was shared about what is going on in the district and state.

We were able to collect over \$200 for LCIF from our Tail Twister fund. Our quarterly service project for the Veterans Village in South Kansas City collected 143 food items and \$120 cash donations. Our District service project of 4000 Smiles for Children's Mercy collected 231 Hot Wheels and \$292 cash donations.

"We Serve"