

Lions Roar



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District Convention Set for March 4-6

This year's District 1-F Convention will be Renaissance North Northbrook. A great is being provided by separate has been distributed so this Newsletter as additional information for everyone.



Lions Club held at the Shore Hotel in deal of information the District in a communication that I have attached it to

Another item of interest for some of you may be the fact that for the first time in 15 years, the Pin Traders are back! Here is a chance to trade your Lions pins and/or buy them. On Saturday March 5th, there will be 3-4 Pin Traders at convention from 8am - 4pm. Bring pins to trade. If you have any questions, please contact Lion Bob Surovitz at 847-438-4689 or LionBobZC@ATT.Net.



The District 1-F Lions Annual Bowling Tournament is scheduled to take place at Betrand Lanes in Waukegan on Sunday January 30th. I believe we are seeking one additional bowler to have 2 full teams. Contact Lion Amy (815/893-0686) if you can sign up to bowl and be a part of the event.

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SPECIAL NOTE:

A special 7 page District 1-F Convention Newsletter is being sent as an attachment to this Newsletter & provides a very detailed description of the event. Please refer to it for further info.



Lions News Briefs & Fast Facts

⇒ Lion Ralph Schroeder was recently presented with his 55 year Chevron and Certificate from Lions Clubs International signifying his membership in our great organization for all of these years. Thank you Lion Ralph for your dedication and participation with the Palatine Lions Club and to Lions Ev and Sherryl that went to present Ralph with this very special symbol of his accomplishment.

⇒ Lion Ray Maggi wanted to thank all the Club members and friends that were able to participate in our supporting Palatine Township’s Thanksgiving Basket program. Ray was able to collect enough food from donations to create 12 baskets that were donated to the Township along with an extra \$85 that was donated to the Needy Family Fund. This fund is used to assist people that do not qualify for other support programs. Another BIG thank you goes to Ray (and Sharon) for their efforts in organizing this and to Ray’s sons who he was able to persuade to help him at the Township during collection and distribution of the baskets by the general public.

⇒ Lion Sherryl Patton has volunteered to be the Club’s “Sunshine Chair” so please let Sherryl know if there is someone in the Club that you know is sick, not feeling well, or is celebrating the birth of a grandchild, etc. She will contact them on behalf of the Club and so we are all better informed about their situations. Thank you Lion Sherryl for volunteering to coordinate this important committee.

<u>Purple & Gold - January Winners</u>		
\$100	Lynn Marrin	Sold by: ?????
\$25	Jordan Grotenhuis	Sold by: Dick Brumm
\$25	Kelly Burns	Sold by: Phill Matthews
\$10	Don Johanson	Sold by: ?????
\$10	Edythe Barr	Sold by: Fred Barr
\$10	Linda Divito	Sold by: Phill Matthews
\$10	Jake VanWolvelear	Sold by: Marie Klanang
\$10	Sheri Piasecki	Sold by: Tony Cinquegrani

Story of the Week: Lions-Measles Initiative Pilot Program to Protect 41 Million Children from Measles

(News From Lions Clubs International Foundation)

As Lions, we've been committed to saving and restoring sight for more than 85 years. Now, as part of the [Lions-Measles Initiative pilot program](#), we're helping vaccinate 41 million children against measles, a leading cause of childhood blindness. In October, LCIF Chairperson Eberhard Wirfs traveled to Ethiopia and Madagascar with staff from international headquarters to vaccinate at-risk children.

In seven days, our effort reached 2.6 million people in Madagascar alone. Overall, we hope to reach at least 95 percent of children ages 9 to 47 months in Ethiopia, Mali, Madagascar and Nigeria by early 2011. This program was made possible by a US\$400,000 grant from the Bill and Melinda Gates Foundation, and a US\$300,000 LCIF contribution to the project.

Go to the following link (<http://lionsclub.org.wordpress.com/2010/12/03/story-of-the-week-lions-measles-initiative-pilot-program-to-protect-41-million-children-from-measles/>) to view a video of Chairperson Wirfs and other Lions taking part in an immunization clinic in Madagascar. The Minister of Health also provides his thoughts on the importance of this massive effort to eliminate measles by 2015.

A Message from the Lions International President

Dear Lions,

Traveling as your president I have visited some of our world's most beautiful places, as well as some of the most troubled. It has given me a renewed appreciation for the precious and fragile resources we have on our planet Earth. This is why I hope I can count on you to make the fourth and final Global Service Action Campaign -- Protecting our Environment -- an equal success. This last campaign may be the most important because it affects all of us no matter where we live.

Lions know that we cannot fulfill the bumper-sticker mandate to "Save the Planet," but we can do what Lions always do: make a difference. We can shine a light on the environmental challenges we see. We can educate others on solutions, and serve as an example for others to follow in solving these challenges related to our environment. If we are to ensure that our children and grandchildren inherit a healthy, sustainable environment, we must raise awareness and demonstrate on a local scale what must be done on a global scale.

Lions Protecting our Environment Global Service Action Campaign is scheduled for April 2011 in conjunction with the international observance of Earth Day. I urge all Lions clubs to plan an event and take part in this global effort. Be sure to record your efforts on the Service Activity Report.

Best wishes,
Sid L. Scruggs III



District 1-F L.I.P 'N Lunch
A Saturday TBD in April or May

Yes, Lions this event is back again and will provide some very interesting topics for the Lions in our District to attend and to learn a little more about what is involved in being a Lions Club member. For those of you that are not aware of what this event is all about it can be explained as a half-day event that begins with a Continental breakfast followed by three sessions of four seminars each that are about various topics. Possible topics this year include President, Secretary, Treasurer, Leadership/Team building, Lions Of Illinois Foundation, Lions Clubs International, Public Relations, Recycling, etc. At the conclusion of the seminars (12:00) the day will be recapped and lunch will be served. All of this for the amazingly low price of (usually) \$10/Lion and with 3 paid the 4th participant is FREE, besides the Club usually picks up the tab for anyone that is interesting in attending. Please ask Lion Marty or Paul if you are interested or have questions.

Additional News Briefs

- ⇒ The Board of Directors recently approved the donation to our Lions of Illinois Foundation (LIF) in the amount of \$1,940. This donation represents our commitment to LIF for our participation in the annual Candy Days. The required report was completed and sent to LIF in December.
- ⇒ Lions Secretary Amy and Lion Treasurer Mark have asked that if you have not paid your annual dues of \$75 that you do so immediately (if not sooner). Dues invoices were e-mailed and/or mailed several months ago so please return your payment as soon as possible. They have requested that dues payments be sent to Lion Amy's attention using the Club's Post Office box (441-Palatine, IL 60078). Thank you for your prompt reply.
- ⇒ Our newest Lion member, Debbie Bischoff, has graciously volunteered to be in charge of the Lions of Illinois Foundation Sight & Sound Sweepstakes ticket sales for our Club. Please contact Lion Debbie (847/934-8346) if you are interested in participating.
- ⇒ Lion BC has a new cellular telephone number that he would like to share with the Club members. It is 847/754-9495.
- ⇒ Gianna Guskey, the teacher that works with the sight impaired kids from District 15, sent me an e-mail to thank our Club for purchasing a subscription for a Children's Braille Book Club. We have done this in the past and the Board was glad to do it again. Gianna commented, "I can't thank the Lions enough. The kids will really enjoy the books."

Lions Members-The following from the *Lions Share* magazine are the reasons we recycle and whom we are able to assist in the process. Should we hold a Recycling Event in Palatine to raise awareness and be able to assist more people through our LIF programs noted below????

Lions Share

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Recycling Donations help fund the gift of sight, hearing, and hope

While we trust most Lions, Lioness, & Leos are all aware of the donations of glasses & hearing aids the LIF accept, we would like to remind you of the other "recycling" done to raise funds to continue the thirteen programs & services your LIF provides in Illinois.

Ink Cartridges - Yes, those pesky cartridges from your personal computers are worth something even when empty. While they can't provide the fluid to print, they do offer a chance to create cash when recycled. Funds raised all go to assist LIF programs & services in Illinois.

Aluminum pull tabs - Admittedly nearly every youth group and classroom in America has at one time requested you to save pull-tabs. We still would love to have yours! Every tab is recycled to add more monies to provide vision & hearing programs. Perhaps since so many youth are already familiar with this fund-raiser maybe you could recruit there help. That would give them a project to earn credit and help the LIF all at the same time.

Metal Keys - We all have keys that are lining a drawer somewhere. You know, ones you can't remember what they unlock. Or how about old car keys, skate keys, office machinery keys? Now they can be brought to the LIF for recycling. Any type, any metal, all keys are welcome.

Cell Phones- Donated cell phones are also a money maker for recycling. Every phone generates cash that could be used to fund a child for a hearing screening, or have their eyes tested, which can help them in their school work.

Please consider sending any of these items to the LIF to recycle. Each donation makes a difference. Plus with each donation you have taken another step to being "greener" in your own life.

Special note - If you do have a group, club, church, or business that wants to host a collection drive let us know. We can provide you with posters, news release forms, and labels for receptacles. This is an opportunity to connect with your community and network some new volunteers, maybe even new members!

NEED COLLECTION BOXES OR HAVE A LARGE AMOUNT THAT NEEDS A PICK-UP?

CALL 1-815-756-5633 EXT 224 & ASK FOR MARIO TO HELP YOU GO GREEN WITH THE LIF.



Send us your broken eyeglasses

You read it right, we now accept broken eyeglasses, too. We have aligned with a recycler who will accept broken plastic frames and give us money for our vision programs. Not only does this eliminate a large amount of waste for us, it will help place glasses on the face of needy kids and adults. No matter if they are broken, twisted, missing parts, we can still generate funds to provide eyewear for those in need.

Remember, this also applies to metal framed eyewear as well. We cannot ship metal overseas, so we recycle it & enrich our monies to provide the services to the visually impaired who request help in Illinois. Despite all the wagging tongues promoting the opposite, even Lions International recycles the metal frames donated to them! We use the same recycler as a matter of fact.

Please be aware we cannot accept eyeglass cases for redistribution as they present a health risk . Single loose lenses are also not recyclable, please dispose of them responsibly.

Understanding Diabetic Retinopathy

(Taken from the LIF Lions Share Newsletter.)

Facts Lions should know.

What is Diabetic Retinopathy?

The Lions of Illinois Foundation, in cooperation with the Illinois Retina Association provides a Diabetic Eye Screening. This screening has helped to preserve the eyesight of thousands of individuals merely by making them aware of conditions of their eye that could lead to Diabetic Retinopathy.

The following information, from the website for the National Eye Institute, may help you better understand the true nature of this very "secretive" condition.

What is diabetic retinopathy?

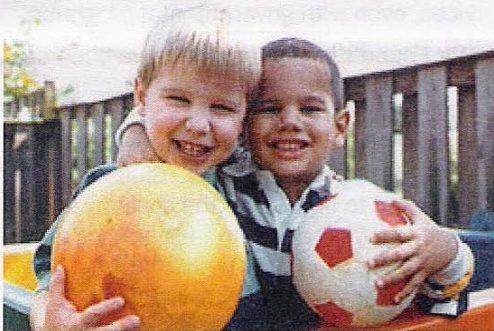
Diabetic retinopathy is the most common diabetic eye disease and a leading cause of blindness in American adults. It is caused by changes in the blood vessels of the retina. In some people with diabetic retinopathy, blood vessels may swell and leak fluid. In other people, abnormal new blood vessels grow 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 vision loss in two ways:

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. 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.



Normal vision



Same scene viewed by a person with diabetic retinopathy

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 I do to protect my vision?

If you have diabetes get a comprehensive dilated eye exam at least once a year and remember:

- * Proliferative retinopathy can develop without symptoms. At this advanced stage, you are at high risk for vision loss.
- * Macular edema can develop without symptoms at any of the four stages of diabetic retinopathy.
- * You can develop both proliferative retinopathy and macular edema and still see fine. However, you are at high risk for vision loss.
- * Your eye care professional can tell if you have macular edema or any stage of diabetic retinopathy. Whether or not you have symptoms, early detection and timely treatment can prevent vision loss.