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# *Insights Unveiled: Exploring the World Within Our Newsletter*

## **2023-2024 District 2-X1 Cabinet Officers**

<p><b>District Governor</b>                      Prakash Gautam                      972-533-4801                      pagu@hotmail.com</p>
<p><b>1st Vice District Governor</b>                      Radha K Kaphle                      469-265-6559                      rkkafle@yahoo.com</p>
<p><b>2nd Vice District Governor</b>                      Dr Pamela Baker                      ionpamela2020@gmail.com                      972.765.8882</p>
<p><b>Cabinet Secretary</b>                      Tami Kraus                      214.642.5756                      tamijkraus@verizon.com</p>
<p><b>PCT Danny Fletcher(PDG Kathy)</b>                      214-662-4549                      heavybelly2@aol.com</p>

### **Health Benefit of Volunteering :**

Engaging in community service not only benefits the community but also has a profound impact on individual health and well-being. Scientific studies have consistently shown that volunteering can improve mental and physical health.

Firstly, community service fosters a sense of purpose and fulfillment, reducing stress and promoting mental well-being. It can combat depression and boost self-esteem as individuals see the positive impact of their efforts on others.

Secondly, volunteering often involves physical activity, which contributes to better physical health. It promotes an active lifestyle, reducing the risk of chronic diseases.

Lastly, the social connections formed during community service can combat loneliness and enhance emotional resilience. Overall, participating in community service positively influences mental, emotional, and physical health, making it a win-win for both individuals and communities.

*."We Serve." -Link Editorial Board*



***Prakash's View***  
***DG Prakash Gautam***  
***Plano Collin Nepalese Lions***  
***Club***



Greetings, fellow Lions!

As in the past month, I am excited to share our District's progress for the first quarter (July – September) of Lion Year 2023-2024. I am incredibly happy with the progress and would like to congratulate you all for the job well done. Here are some of the key achievements:

**Membership:** Our District has chartered three new clubs with 68 Chartered Members so far. We added 128 net new members (added 179 and dropped 51 ) in the first quarter.

**Service:** Currently 50 out of 63 clubs are reporting in the Lions Portal; overall 80% of clubs reporting in the first three months is an exceptionally good percentage. Zone Chairs, please follow up with the clubs, if any of your clubs have not reported any service activities/meetings. So far, our District is doing well in other areas of service goals.

**Training:** So far 88 percent of the Zone Chairs and 54 percent of the Club Officers in our District have been trained. We still have plans to do more training sessions this year. I am happy with our achievements, and I would like to extend my sincere thanks to GLT Chair IPDG Fred Conger and his team for conducting several training sessions in the past couple of months.

**Donation:** The District has appealed to all the Clubs and Individual Lions to donate to LCIF by visiting the LCIF donation link: <https://www.lionsclubs.org/en/donate>. I, personally and on behalf of the District, request all Clubs and Individual Lions to donate any amount of your choice by visiting the LCIF donation link noted above. Please note that your donation may be counted for the Malvin Jones Fellowship award. So far 19 Clubs and 24 Lions from our District have donated to the LCIF, and I am sure this number will go up in the coming months.

Based on the first quarter's progress status, I am confident that our District will achieve all the District Goals of the year 2023-2024 by June 2023. The credit for this success will go to all the District 2-X1 Lions and Lions Clubs. Please keep doing all



*Prakash's View*  
***DG Prakash Gautam***  
***Plano Collin Nepalese Lions Club***



The excellent work!

September was an extremely busy month for the entire DG team; I had opportunities of doing officers installation and new member inductions of Dallas Buddha and Dallas Pokhara Lions Clubs. I visited Dallas Indian and Dallas Pokhara Lions Clubs and shared our goals and achievements. I participated in a couple of Clubs' service activities, including the much-awaited Build Beds for Kids service project in Waxahachie, TX and will be attending the 107<sup>th</sup> anniversary celebration of Dallas Founder Club on September 30th. I briefly attended the Zone Chair meetings of Zone 8 and Zone 9. I spent several hours in the chartering process of the two new clubs in September. Overall, it was a very busy but remarkably successful month. Thank you Plano Collin Nepalese and Dallas Everest Lions Clubs for sponsoring these two clubs. I am happy to mention that, although it is in the preliminary stage, some of the Lions Clubs in District 2-X1 are collaborating with the Lions in Nepal to send 220 mobility carts to the mobility impaired people in need in Nepal. I will update the progress of this project in the coming months.

As per my request, PCC John Eads visited Seagoville LC, Terrell LC, Midlothian LC, and Cedar Hill LC in September. Also, on my behalf, IPDG Fred Conger visited Maypearl LC, Dallas South LC, and Allen Community Lions Clubs. PDG Esmeralda Rodriguez revisited Irving Noon LC and Garland Evening Lions Clubs. A great Teamwork! Thank you PCC John Eads, IPDG Fred Conger and PDG Esmeralda Rodriguez for supporting me on club visits!

Some of our Zone Chairs have successfully completed their zone meetings and I am very satisfied with the Zone Chairs' reports, which are posted on the District 2-X1 website (home page tab). Some Zones will be conducting their first zone Meetings in October. I argue all the Zone Chairs to submit the zone meeting report to CS Tami Kraus, ITT Chair PDG Billy Ketner and me, after the meeting. I encourage all District 2-X1 Lions to visit our website on a regular basis to get informed about our Lions Clubs and District activities. Thank you ITT Chair PDG Billy Ketner for timely updating the website.

Our District GMA Champion, also the MD-2 GMA Champion, PDG Vinod Mathur has been publishing the monthly MD-2 GMA bulletin on a regular basis. I find this bulletin highly informative as it summarizes the important achievements of all Districts in



**Prakash's View**  
**DG Prakash Gautam**  
**Plano Collin Nepalese Lions Club**



MD-2. You may visit the MD-2 (Texas Lions) website to read this bulletin.

The Mabank Cedar Creek Area Lions Club will be leading the District 2-X1 food distribution service project at the 214 Mabank Pavilion in Mabank, Texas, on October 8 (Noon to 4 PM). I plan to attend and encourage all Lions to join us in this wonderful service project. Please see the flyer at the District 2-X1 website (event tab) for detailed information.

We have our Second Cabinet Meeting on October 28<sup>th</sup> in Irving Texas. I invite all the fellow Lions to attend the meeting. Our District Environmental Team will be collecting electronics recyclables at that time, so bring your electronics recyclables with you. Please feel free to contact District Environmental Chair Surya Bhandari or GST Chair Virginia Lamb, if you have any questions about it.

To sum it up, our District Team was remarkably busy in September in adding members, chartering clubs, and doing several service activities; we had a very productive September.

I wish you all a very pleasant and memorable October 2023.

Best Regards,  
Lion Prakash Gautam





## ***Radha's Thoughts***

### ***1st VDG Radha Krishna Kaphle***

### ***Dallas Everest Lions Club***

#### **October 2023**

#### **Greetings to all fellow Lions!**

Our district has achieved a significant milestone with the addition of new members and the establishment of three new clubs in the first quarter. A warm welcome to all the new Lions and charter members of the Lions' family.

In September 2023, several major events proved to be incredibly valuable for all of us and filled me with pride to serve and participate. Some of these noteworthy events included:

On September 9th, 2023, we successfully concluded the district project **"Build a Bed for Kids"** under the leadership of PCC John Eads and John Landrum, alongside our fellow district Lions. We extend our gratitude to all those who generously volunteered their time and provided financial support.

#### **"Leader Dogs for the Blind"**

On September 15-16, 2023, in Metro Detroit, Michigan, I had the privilege of visiting and participating in the "Leader Dog for the Blind" program, organized by the Leaders Dog for the Blind. Leader Dogs for the Blind, founded in 1939, receives unwavering support from Lions worldwide. More than 4,900 Lions clubs contribute generously to support Leader Dog's mission. Lions play a crucial role in identifying individuals who can benefit from Leader Dog's services, assisting our clients, and spreading awareness about our programs in their communities. Which is one of the 100% District-supported charities in our District as well.

Lions Clubs International is a leading global organization dedicated to serving the blind and visually impaired. They are valued partners in the Leader Dog mission, and we deeply appreciate our enduring partnership.

#### **"USA/Canada Lions Leadership Forum-2023"**

I also had the opportunity to attend the "USA/Canada Lions Leadership Forum-2023" in Reno, Nevada from September 20-24, 2023. It was a highly informative and memorable event with valuable sessions, speakers, entertainment, and fellowship among fellow leaders.

#### **Membership Dues and Member Engagements:**

Fellow Lions, as we've discussed in our various meetings, it's crucial that we actively involve our Lions members in service activities and extend a warm welcome to those



## ***Radha's Thoughts***

### ***1st VDG Radha Krishna Kaphle***

### ***Dallas Everest Lions Club***

in the community who want to join Lions clubs and serve according to their interests. Without their engagements, members may not be active and, consequently, less effective in fulfilling their roles within the club. This initiative aligns with our broader objectives, which include membership targets and ensuring timely dues payments to both the district and international levels. Kindly take note of clubs that are already more than 60 days overdue with their dues and promptly make the necessary payments.

#### **Participations:**

September also turned out to be the busiest month, filled with a multitude of club activities, district meetings, and additional events. Here are some notable events, in addition to the ones mentioned earlier, such as 'Leader Dog for the Blind' and 'the USA/Canada Lions Leadership Forum-2023.'

1. I actively took part in the Executive Committee (DG team) meeting, volunteered for the Build a Bed for Kids project, and engaged in various club service activities.
2. On September 10th, I participated in the installation of officers and the induction of new members at the Dallas Buddha Lions Club.
3. On September 11th, 2023, I had a meeting and a valuable discussion with the 1st VDG Group-28th team for future planning. Additionally, I joined the MD-2 GMA round table and took part in meetings for Zone 8 and 9, hosted by ZC Suresh and Meena, among other various activities.
4. Also, I've also been engaged few meetings in initial-stage discussions regarding a service project aimed at supporting disabled individuals in Nepal. District 2-X1 is collaborating with the Lions of Nepal to provide 220 mobility carts to those in need of mobility assistance, and this initiative is being conducted in partnership with "Mobility Worldwide, USA."
5. Looking ahead, I am planning to attend the **State Fair Parade on September 29th, 2023, at 9:00 a.m.**, as well as the **107th Anniversary celebration of the Dallas Founder Lions Clubs on September 30th, 2023.**



## ***Radha's Thoughts***

### ***1st VDG Radha Krishna Kaphle***

### ***Dallas Everest Lions Club***

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#### **Upcoming major events:**

October 21st, 2023 - The **"Sports Extravaganza"** at 8 AM, Nimitz High School, Irving

October 28th, 2023 – **Second Cabinet Meeting**, 8:30 AM-Noon, 1St. United Methodist Church, 420 S. Hertz Rd., Coppell, TX 75019

***"The best way to find yourself is to lose yourself in the services of others. "***  
***By Mahatma Gandhi***

**Yours in service,**

1<sup>st</sup> VDG Radha K. Kaphle

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

Dallas Everest



# Pamela's Pulse



**2nd VDG Lion Pamela Baker**

*Wylie Evening Lions Club*

lionpamela2020@gmail.com

972.765.8882

## ***"Happy Fall Y'all!"***

What a beautiful time of the year even when it gets darker sooner and leaves are falling off the trees, there is a newness and hopefulness that comes. With the change of the season comes change of clothes and cozy gatherings. And someone said that this may be quite possibly the first season "after covid," that provides a time for us to reflect, remember and reconsider how to move forward.

Our district had an informative **Executive Committee** meeting led by DG Prakash on Wednesday, September 13th. The presentations helped us to stay up with all of the International, District, and Club information and data.

On Thursday, September 14<sup>th</sup> I heard the New Voices Workshops/Symposiums for Membership Growth. This session highlighted a few Lions Club that used service activities for increasing membership.

## **Celebrate good times!**

What do you do when you turn 107 years old? You throw a celebration. Dallas Founders Lions Club was the first chartered Lions Club in Texas. There was plenty of fellowship and a variety of food. Guest speaker was the Past International President Joe Preston. What a beautiful celebration!

Then at the Westin Hotel Galleria there was an orchestra, vocalists and an outstanding performance by PDG Wayne Meachum in his tribute to Frank Sinatra. The concert was pretty much packed and brought back memories. The concert was a fundraiser for Metrocrest Services to feed the hungry in the Dallas area.

**SAVE THE DATE!** November 15<sup>th</sup>, 2023 at 6:30pm thru Zoom.

Our 2<sup>nd</sup> **Executive Council Meeting** will be online only. Our meetings stay true to the executive council purpose which is to *bring club officers*





# Pamela's Pulse



**2nd VDG Lion Pamela Baker**

*Wylie Evening Lions Club*

lionpamela2020@gmail.com

972.765.8882

*“together to act as a coordinating council, and to create opportunities for the exchange of ideas between the Clubs in the promotion of Lionism. These meetings are intended as a platform for club Presidents, Secretaries and Club Membership/Service/Leadership Chairs to share club information and learn about and discuss issues important to their club. We want to make sure that every club has a voice. PS. Please make sure your service activities are recorded in MyLion. If you need assistance, please contact your zone chair or any district cabinet chair.*

## **Remember our theme: We Serve and We Smile**

This year's most important goal is membership growth. 2023-2024-The 2VDG will support the district goals with information, training, and support. Major goals for the year 2023-2024:

1. Charter at least two new Clubs.
2. Increase Lion members by at least 50 members.
3. Increase individual participation to LCIF donation by twenty-five percent and Club participation by ten percent.
4. Exceed eighty percent (49 Clubs) of Club reporting in Lions Portal.
5. Serve at least 190,000 people.
6. Ensure ninety percent of the Zone Chairs and 55 percent of the club officers are trained.

## GLOBAL MEMBERSHIP APPROACH GMA

### District 2-X1, September 30, 2023

*We are on a journey to more service!*

District 2-X1 is participating in Global Membership Approach to maximize our membership thereby maximizing our service to the community.

**District 2-X1 Goals:** Following are the district goals:

- Charter 2 new clubs
- Recruit 330 new members
- Drops to be below 280
- Net membership gain 50
- Serve 190,000 needy people in our community



### How are we doing ?

**Clubs:** We have chartered three new clubs ‘Dallas Denton Nepalese’ Club with 20 members. Collin Athena Alliance (28 members) and Irving DFW Independent Campus (20 members). Congratulations and welcome to the new club members and club sponsors.

**2-X1 Membership Status:** (Sep 30, 2023)

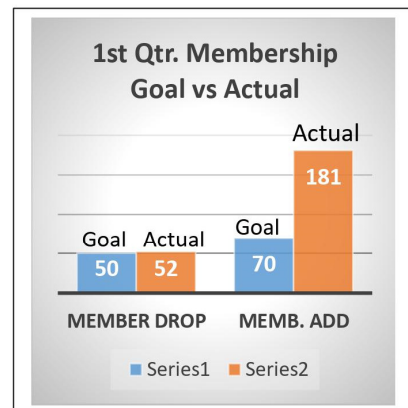
	This Month	This Year
Opening Balance .....	1828	1758
Added members.....	73	181
Dropped Members.....	15	52
NetGain/Loss	58	129
Closing Balance.....	1886	1887

**MD-2 Membership Status**

Added members.....	1096
Dropped Members...	796
Closing Balance.....	21,937
Net Gain/Loss.....	300

2-X1 goals for this year, is to recruit 330 new members with the drops limited to 280 for a net membership increase of 50. In three months we have surpassed that goal with +129. Let us keep the positive momentum going. The key to growth is member retention and 2-X1 has maintained a modest attrition of members. The chart shows 2-X1 goals vs actual. We have done extremely well in new clubs and member recruitment.

GMA focus this year will be on clubs, so they will embrace the GMA process. The 4 step process is simple. I have developed a one page form that can be used to do the process, which should not take more than 1-2 hours. It has been passed to zone chairs, so they can disseminate these to club presidents. Please use this useful tool to better understand your club and how to recruit and retain new members. This will serve as a road map for the club. I will be happy to visit your club or zone meeting and go over in detail. Mission 1.5 is in full swing as the challenge has been accepted by most districts. Let us do our part by chartering new clubs and bring in new members towards achieving that goal.



**Service:** In the first quarter 102,486 people have been served in 712 service activities with 21,308 volunteer hours. Over 70% of the clubs have reported their activities on MyLion. LCI goal is to serve over a Billion people and every service activity needs to be counted to help achieve that goal.

**Leadership Training:** Club officers training was already held in June, including Zone Chairs and LCIF. Over 80% zone chairs have attended the training. In addition, training is offered for Club President, Secretary and Treasurer. Approximately 50% of club officers have been trained. A trained Lion makes a better Lion.

**LCIF Contributions:** District 2-X1 has collected \$6,011 towards our foundation during the three months . Please donate generously so the foundation can help more people around the world.

GMA Round Table is held on last Tuesday of the month from 6-7 PM. The purpose of this is to educate and to make aware to the participants about the GMA process, have an open and engaging discussion and to get input from Lions across MD-2. Last Tuesday we had PID Jerome Thompson as our guest speaker. Next meeting will be on October 24 and 2IVP AP Singh will be our guest speaker (to be confirmed). Please mark your calendars and plan on attending.

**PDG Vinod Mathur, 2-X1 and MD-2 GMA Champion**

# IT'S FOOTBALL SEASON

# GO COWBOYS GO!



## Cowboy Football Season 2023/2024

The Lions Sight & Tissue Foundation is having a Football Pool. \$50 a square. First come first serve. You can pick the Square that you want (like Row 1 column 2 or Row 6 Column 6). If you want to request a Square, please send your request in as soon as possible.

The square is good for all 17 games (that's about \$3 a game).

The numbers are assigned to each square will change each week, but you keep the same square all season.

The payout will be \$25 per quarter. That's 68 chances to win.

We hope to fill up 1 square board, that's 100 squares to get sold.

The first game is 9/10 so all squares need to be filled by 9/8. If we don't fill the board for the first game, players can be added at the next game.

This is for Lions, friends, family, co-workers, members from your church, school, etc. to participate.

Send requests to PDG Kathy Fletcher at [ktbartdoor@aol.com](mailto:ktbartdoor@aol.com). Payment can be made with check made out to LS&TF & mailed to P.O. Box 191121, Dallas 75219. We are working on other forms of payment but they are not complete. Will advise later.







**Please note the Date Change from Oct. 21st to Oct. 28th.**

## **2nd Cabinet Meeting: October 28, 2023**

**8:30 am to Noon (Please Save the Date: October 28th)**

1st. United Methodist Church, 420 S. Hartz Rd., Coppell, TX 75019

Meeting Host: Central Region Zones and Clubs

### **Central Region Chairperson Lion George Joseph**

#### **Zone 5: Zone Chair Judge Valencia Nash**

*Allen Community, President Jennifer Rodriguez  
Balch Springs, President Jeanne Burrige  
Dallas White Rock, President Gerald Meredith  
Garland Evening, President Bernard Wilcox  
Mesquite Host, President Gary Danaher  
UTD Infinity*

#### **Zone 6: Zone Chair Raju Kattady**

*Carrollton Evening, President Jay Finlinson  
Carrollton Host, President Jim Moen  
Dallas Bangladeshi, President Tony Bhuiya  
Irving DFW Indian, President Anju Bijili  
Dallas Frisco Indian, President Gurrapu Srikanth  
Plano Early, President Tom Seibert  
Plano Evening, President PDG Carolyn Dorman*

#### **Zone 7: Zone Chair Dr. Nia MacKay**

*Coppell, President Tim Decker  
Dallas Founder, President PDG Keith Murray  
Dallas Indian, President Rajendra Vankawala  
Dallas North Indo C., President Sreenivas Kurri  
Dallas Park Cities, President Patrick Winter  
Richardson Host, President John Wicker  
Richardson Middy, President Jenny Wood*

***Continental Breakfast  
will be served.***

## **SPORTS EXTRAVAGANZA**

**Please Save the Date:**

**October 21, 2023**

**NIMITZ HIGH SCHOOL**

**IRVING, TEXAS**

**All Lions on Deck: 8:00  
am Sign in Time.**



**We need Lions to help set  
up on October 20th too.**



# 2023 Sports Extravaganza

For Students with Visual Impairments

## WHO

Any school aged student 5-22 with an identifiable visual impairment and youngsters ages 3 & 4 with a visual impairment

## WHEN

OCTOBER  
20-21

**FREE**  
for  
Students &  
Family

**Lunch is  
provided!**

(Friday Eve: Goalball)  
Nimitz High School  
100 West Oakdale  
Irving, TX 75060

Saturday  
Nimitz High School  
100 West Oakdale  
Irving, TX 75060

## EVENTS OFFERED

Track & Field, Beep Baseball Skills, Goalball Skills & Tournament, Archery, Soccer Skills and Demonstration

## ATHLETE REGISTRATION

Must preregister for interested events by going to this link: [bit.ly/R10SportsExtra23](https://bit.ly/R10SportsExtra23)

## VOLUNTEER REGISTRATION

To register to be a volunteer go to this link: [bit.ly/SpExtraVol23](https://bit.ly/SpExtraVol23)

## MORE INFORMATION

For more information, go to the Sports Extravaganza Website:  
[bit.ly/R10SportsExtra](https://bit.ly/R10SportsExtra)



## Contact

Vicki Foederer | 214-729-1768  
[vicki22ape@sbcglobal.net](mailto:vicki22ape@sbcglobal.net)







***Fred's Findings***  
***IPDG Fred Conger***  
***Coppell Lions Club***



[fred.conger@verizon.net](mailto:fred.conger@verizon.net)

**Hello Fellow District Lions!**

I can't believe that September is over! The October Cabinet meeting is coming up on the 28<sup>th</sup> should be attended by club Presidents and Secretaries, Other club officers, District Officers, Zone Chairs, PDGs, and all interested Lions. I still have some 2022-2023 awards to hand out as I missed the July Cabinet meeting due to having a case of Covid.

In September over 200 Lions built 150 beds for Sleep in Heavenly Peace and 25 additional beds for the Texas Lions Camp. Thanks to all the District Lions who helped!!

I finally had a week off for a visit to my birthplace in Indiana. I visited the Shelbyville Lions Club. Not one in attendance (other than me) had any Lion markings! Don't be that kind of a club. Be proud of your Lion membership. Wear your Lions pin in public.

Congratulations to the Dallas Founder Lions Club for 107 years of service! Formed even before our Association of Lion clubs. They are revived and going strong again.

It is important for all clubs to do the following. As Chartered Lions Clubs your club has agreed to a set of obligations. Among those obligations are:

To hold regularly scheduled Meetings or events.

To encourage regular participation by club members.

To collect dues from members enough to cover all club expenses.

To conduct activities to advance the communities welfare.

To report information requested by LCI. The requested reports include:

Your Club's Monthly Membership Report or MMR.

Your club Activities which include Club Meetings, Club Fund Raisers, Club Donations (to LCIF and other charities), and your Club Service Projects shortly after they happen.

Your next year Club Officer Election Results by April 15<sup>th</sup>.



***Fred's Findings***  
***IPDG Fred Conger***  
***Coppell Lions Club***



[fred.conger@verizon.net](mailto:fred.conger@verizon.net)

Make prompt payment of both your club's LCI dues, District/State Dues, items purchased from the LCI Store, and all other bills and invoices from club purchases or donations.

Grow your club membership.

To follow the LCI Purposes and Lions Code of Ethics. Check them out.

Every club should have developed or be developing club SMART goals for this Lion year. They should include the following: **Membership Growth, Service Projects, Leadership Development, Financial Support for our foundation (LCIF) and any other specific club goals.**

Then clubs need to develop plans defining how they will achieve these goals. LCI's Global Membership Approach (GMA) can help. You can find all the information needed on the LCI web site [www.lionsclubs.org](http://www.lionsclubs.org), select Resources for Members, Global Membership Approach. If you need a club presentation on GMA or have questions you can contact me or PDG Vinod Mathur. Then monitor your club's plans to adjust them as needed.

As they say, failure to plan is a plan to fail.

Lions. Keep serving others, touching people's lives, being a force for good, and making the world a better place.

**LCI Mission Statement.**

*"To empower Lions clubs, volunteers, and partners to improve health and well-being, strengthen communities, and support those in need through humanitarian services and grants that impact lives globally, and encourage peace and international understanding."*

**"Let's Change the World"**



## Dallas Founder Lions Club at Eye Clinics

Lion Nia MacKay

On Wednesday, Sep. 20, 2023 Dallas Founder LC sponsored their first eye clinic this year at C. F. Elementary, 1952 Bayside St, Dallas, TX 75212, from 8:30 AM to 1 PM. With the assistance of Nurse Gloria, 15 students grade KG-5 were examined by Dr. Joel Elster, OD. This clinic was staffed by two LSTF directors (Lion Eva Richardson and Charlene Vezina) and ambassador (Lion Pete Anderson), volunteered by 5 DFCL Lions: Carol Donovan, Senada Rustic, Hanna Rustic, Sheryll McKay and Nia MacKay. We held this clinic twice in the past year. Most students from this school were examined on the prior year.



DFLC Lions (Sheryll and Nia MacKay) also volunteered at the Community Eye Clinic program, a collaborative service sponsored by Red Oak Lions Club and Dal-Cliff Wynnewood Lions Club held on Saturday, Sep. 23, 2023 at LifePoint Community Church, 201 Louise Ritter Rd, Red Oak, TX 75154 from 8:30 AM to 1 PM. At this clinic 35 adults and children being screened, 26 in need of glasses.

Together We Can. Changing The World.





## LIONS DISTRICT 2-X1



### 2023-2024 Lions Opportunity for Youth Quick Reference Sheet

Visit <https://lionsdistrict2x1.org/forms/> or place your smartphone camera on QR code below

#### LCI Peace Poster Contest

- Topic: “Dare to Dream”
- Qualification: Student, 11–13 years old, as of Nov. 15, 2023
- Artwork poster: 13”x20” to 20”x24”
- Cash Awards: 1<sup>st</sup> place \$250
- **Deadline entry: Nov. 15, 2023**, submitted to the District
- **Contact person: Lion Karen Murray**  
(972) 255-8858  
gizmo\_747@yahoo.com

#### LCI Peace Essay for Visually Impaired

- Topic: “Dare to Dream”
- Qualification: Student, 11–13 years old, as of Nov. 15, 2023
- Essay not to exceed 500 words
- Cash Awards: 1<sup>st</sup> place \$250
- **Deadline entry: Nov. 15, 2023**, submitted to the District
- **Contact person: Lion Karen Murray**  
(972) 255-8858  
gizmo\_747@yahoo.com

#### MD-2 Diabetes Awareness Essay Contest

- Topic: “Knowing Diabetes is Fighting Diabetes”
- Qualification: Junior and Senior high school
- Essay not to exceed 1,500 words
- Scholarship Awards: 1st \$1,000; 2nd \$500
- **Deadline entry: March 1, 2024**, submitted to the District
- **Judging: Saturday, March 23, 2024 via Zoom**
- **Presentation (1st Place winner): Saturday, April 13, 2024 at District 2-X1 Convention\*)**
- **Contact person:**  
Lion Gloria Mathur  
(972) 896-9953  
gmathur120@gmail.com

#### MD-2 Drug Awareness Speech Contest

- Topic: “An ‘Odlie’ Yet New Drug in Town: Xylazine”
- Qualification: Junior and Senior high school
- 5 to 7 minutes speech
- Scholarship Awards: 1st \$1,000; 2nd \$500
- **Deadline entry: March 1, 2024**, submitted to the District
- **Judging: Saturday, March 23, 2024 via Zoom**
- **Presentation (1st Place Winner): Saturday, April 13, 2024 at District 2-X1 Convention\*)**
- **Contact person:**  
Lion Nia MacKay, PhD  
(972) 697-3521  
nia.mackay@icloud.com

#### MD-2 Outstanding Youth Award Contest

- Evaluated based on: high school GPA, 750-1000 word essays on “**The Impact of Climate Change: A Complex Issue**,” Letters of Recommendation, biographical statement, and a personal interview.
- Qualification: Junior and Senior high school student
- Scholarship Awards at District 2-X1: 1st \$1,000; 2nd \$500
- **Deadline entry: March 1, 2024**, submitted to the District
- **Contest Interview/Judging: Saturday, March 23, 2024 via Zoom**
- **Presentations (1st Place winner): Saturday, April 13, 2024 at District 2-X1 Convention\*)**
- **Contact person: Lion Nia MacKay, PhD**  
(972) 697-3521  
nia.mackay@icloud.com



**For contests rules, application, and other related forms, place your camera on top of the QR code above.**

\*)District 2-X1 Convention, Saturday, April 13, 2023 at Hilton Richardson, 701 E Campbell Rd, Richardson, TX 75081  
District’s 1st Place winners will advance to **MD-2 Texas Lions Contests, Saturday, May 4, 2024 (ZOOM)**  
MD-2 1st Place Winners will present their speech at Texas Lions Convention, Sat., May 18, 2023 in Amarillo, TX



**TLC Chairman's Chatter**  
 TLC a place on a hill  
 Where "All Can Do",  
 A magical place  
 Where my dreams come true!




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*Did you know that we Lions are dreamcatchers? Have you ever been "Dreamcatching"?*

*Over 82,000 children have been through the magical gates of Texas Lions Camp and virtually every one of them had some sort of dream that they hoped would come true at camp.....and thousands of those dreams have come true at TLC. While that may make TLC seem magical to the kids, their dreams come true because you, me, WE – the Lions of Texas- are dreamcatchers for these campers.*

*According to Indian lore, a dreamcatcher is hung over a child's bed while they sleep. At night the bad dreams get caught up in the webbing, while the good dreams go through the holes, coming true on the other side. When a dream comes true, a coup feather is hung from the bottom of the dreamcatcher. We the Lions are the webbing that trap all the bad dreams by building a camp that accommodates their special needs, so they can be successful in reaching their goals & dreams; and thus, what's on the other side is Texas Lions Camp, where the good dreams can come true.*

*In order for us to be good dreamcatchers for our children, we have 2 main jobs. We have to find and recruit the kids, so they get the opportunity to go to Camp. Secondly, we have to continue to raise the money so they can go at no cost to the family, because if we didn't do that most of them would not be able to afford the cost.*

*This year for the first time in 3 years (due to COVID) we were able to have kids on campus again, which was so great to see again. However, we must have forgotten how to recruit the kids, because we could have handled many more campers than we had. This is why one of my challenges for us this year is to make a "sizeable" increase in the number of campers you or your club sent last summer. You decide what is "sizeable", but for example, if you had none, go for one. If your club sent 3, maybe shoot for 5. You get the idea.*





## PCT Tom Garriss

5208 Cornerstone Drive  
McKinney, TX 75070  
[tomgarriss@gmail.com](mailto:tomgarriss@gmail.com)



Lions Clubs International  
**FOUNDATION**

Cell:

### LCIF FOUNDATION UPDATE – OCTOBER 2023

#### **Recognizing individual generosity**

To honor the generosity of our individual donors who contribute in support of our mission, we are thrilled to introduce the Presidential LCIF Supporter program.

By participating in the annual program, you become one of our honored supporters. Melvin Jones Fellowship (MJF) credits will be earned based on your donation. Your generosity not only earns you well-deserved recognition but also helps us make a lasting difference in the lives of those in need.

#### **LEVELS OF RECOGNITION:**

Bronze Pin - \$50 to \$99.99  
Silver Pin - \$100 to \$199.99  
Gold Pin - \$200 and above

#### **Recognizing your club's generosity**

The Presidential Club Giving Award recognizes clubs that have demonstrated outstanding commitment and support by contributing to our cause on a per-member average basis throughout the fiscal year.

By participating in this recognition program, your club has the opportunity to join a prestigious circle of dedicated supporters. are as follows:

#### **RECOGNITION LEVELS** (for contributions within a fiscal year):

Bronze Level - \$50 per member

Silver Level - \$100 per member

Gold Level - \$250 per member

Platinum Level - \$500 per member

Diamond Level - \$1,000 per member

**CLUB PROGRAMS:** To learn more, contact me to schedule a presentation at one of your club meetings. I look forward to meeting my fellow Lions to discuss LCIF.

**DONATIONS:** Use the QR code to support our global causes.

**LCIF is proud to allocate 100% of your donation to life-changing grants and programs.**





# 100 Ideas to Recruit New Lions

1. Ask someone. Ask One!
2. Bring a guest to meetings
3. Advertise in newspapers & cable TV
4. Have a clear club goal & a strategic plan
5. Letters or personal contact with local businesses
6. Contact with Chamber of Commerce
7. Place customized bookmarks in library books
8. Have public meetings at malls, outdoors, etc.
9. Have a booth at malls, fairs, festivals etc.
10. Place pamphlets in doctors' offices, hospitals, cafeterias, libraries, etc.
11. Create videos of your events and promote your Club on YouTube
12. Host an Open House
13. Hold a club assembly only on membership
14. Ask former Leos, Effective Speaking Contestants, Lions Quest grads, Vision Screening school contact, etc.
15. Make the membership chair an active Club Officer that reports at each meeting
16. Put together guest information packets (see [Family recruitment Brochure](#) / [Campus Club recruitment brochure](#) / [Standard recruitment brochure](#) / [Club recruitment brochure template](#))
17. Service projects that serve a need in the community
18. Invite family members to join
19. Send letters to people in the news with an invitation to visit the club
20. Print club business cards with club meeting location and time
21. Distribute extra copies of LION magazine and attached information about your club in waiting rooms, etc.
22. Hold high-profile meetings (all candidates meetings, special guests, etc.)
23. Hold wine and cheese receptions for prospective members
24. Ask for help from your Region Chairperson/Zone Chairperson/GMT Coordinator/DG Team
25. Have a special guest day
26. Send club members to a district membership seminar
27. Make prospective members feel important
28. Honour outstanding community members with awards like Melvin Jones, Awards by Club (certificates), etc.
29. Don't take age into consideration
30. Make some meetings social events
31. Build a club web site and a social media presence
32. Use email contacts to promote your club
33. Put posters in public areas (see "[We are Lions](#)" [club recruitment poster](#) / look at posters other Lions created [Pinterest page of posters](#) / or be inspired by [Our Global Causes](#))
34. Ask corporations and employers to sponsor or subsidize membership
35. Have a reward/recognition program for those who bring in new members at Club level
36. Create more fun
37. Give a money-back guarantee—if after 3 months a new member does not want to stay, return their fees
38. Invite the media to cover well-known speakers
39. Use word of mouth
40. Network with coworkers, friends, and family
41. Follow up with guests
42. Place a coloured dot on the watch of every member to remind them to bring a guest
43. Lead by example—how many members have you recruited?
44. Have members give talks at other organizations
45. Provide guests with free meals
46. Update your club's satisfaction surveys. Your Club Your Way / Know your Ratings / CQI
47. Look for members in ethnic groups not represented in your club
48. Provide brochures for new employee packets in local companies with approval from HR/owner
49. Advertise at sports events
50. Ask the district for help



51. Hold joint meetings with other groups
52. Share your club experience with others
53. Participate in community events
54. Write letters to the newspaper about the campaigns your club is working on
55. If a prospect can't join because of your meeting day & time, suggest other nearby clubs
56. Publicize club successes, elections, events, in local newspapers
57. Circulate the club newsletter widely
58. Design a club brochure [Club recruitment brochure template](#)
59. Hold recruiting events with two or more clubs
60. Form/join a speakers' bureau or organize a pool of speakers to be available for presentations outside Club
61. Wear your Lions pin at ALL times
62. Mention your club at meetings of other organizations during announcements
63. Send newsletter to guests
64. When asked about your leadership skills or career success, tell them about your club
65. Ask the DG, VDGs, or GMT to attend a board meeting to talk about membership
66. Ask every member to submit 3 prospects to the membership chair
67. Always make it FUN
68. Give every member a club decal or bumper stickers for their car
69. Give testimonials about your club while guests are at the meeting
70. Repeatedly invite prospective members
71. Practice selling your club at Club meetings—have a one minute elevator speech ready
72. Conduct a Membership Satisfaction Survey – see [How Are Your Ratings](#) and the [Member Satisfaction Guide](#)
73. The club president asks three club members as a personal favour to each recruit one new member
74. Bring your boss to a club meeting
75. Make contact with women's business associations
76. Bring your co-workers to a club meeting
77. Bring your subordinates to a club meeting
78. Have new member kits available at every meeting
79. Use books, brochures, videos, posters and other resources from LCI
80. Hand out invitation cards for a "free" lunch (breakfast, dinner)
81. Have members constantly promote and rave about your club
82. Meet at a good location
83. Assign members to five-person recruitment teams—each team brings in a new member every six months
84. Develop a strategic membership plan as a year-round priority – growth needs to be planned
85. Have incentives for recruitment
86. Have a large poster that lists all the members who have sponsored a new member in the past year
87. Select a missing career or other classification in the membership and work on filling it
88. Display a thermometer showing progress towards the club membership goal
89. Feature a member's "benefit of the month" in the club newsletter
90. Induct new members with pizzazz & invite their spouse/partner
91. Develop a welcome letter from the president for all new members
92. Contact all members who have resigned in the past 3 years
93. Use billboards at bus stops and roadside
94. Ask club members to put club ads on their commercial trucks
95. Recognize new members in newsletters
96. Regularly check the LCI website for ideas
97. Visit other Club, District, Multiple District websites and social media for ideas
98. Invite spouses to social functions
99. Ask recipients of your Lions Club service or donations (or LCIF) to speak for Lions or your Club
100. Pass out M & M candy to remind members that "Membership Matters" and that we need "More Members" to provide more service

*This information was originally found at <http://greatideastoshare.com/2011/10/11/100-ways-to-recruit-new-members>.  
It has been modified to include and refer to Lions Clubs International materials.*





# Enhanced Program

## Salute the Heritage... Reward the Effort



Membership Key Awards acknowledge the importance of effective recruitment in membership growth by recognizing the number of new members a Lion has sponsored.

Each of the 17 Membership Keys is designed to reflect the number of new members sponsored. Keys are automatically issued by International Headquarters, based on the Monthly Membership Report statistics submitted by club secretaries, with a sponsoring Lion appropriately credited after a new member has remained a Lion for a year and a day.

### Eligibility

1. A new member must remain a Lion for a year and a day before the name may be used as credit toward a key, to be issued the 13th month; except where the sponsored member dies, transfers or moves from the community before the expiration of a year and a day.
2. The name of the new member, with the sponsor's name, member number, and club number, must be reported on the club's Monthly Membership Report. (For existing clubs only.)
3. Charter, transfer, and reinstated members cannot be used as credit for a key.
4. Only one sponsor per new member can receive credit for a key.
5. No sponsor shall receive more than one key of the same type.

Each Key is a lapel pin with a clutch backing. For the Senior Master (recognizing 25 members) and above, the lapel pins are complemented by a distinctive medallion and presentation ribbon.

### For More Information:

Membership Operations Department  
Phone: 630.571.5466, ext. 6786  
Fax: 630.571.1691  
E-mail: memberops@lionsclubs.org



### ***DR Vishnu M Upadhyay***

DNP, APRN, MSN, WHCNP-C, FNP-BC, PMHNP-BC  
IPP Dallas Everest Lions Club

### ***3 Tips to Improve Family and Volunteer Life***

***The dream of efficiently taking care of family and volunteering has often been challenging for many women. Volunteers' participation is highly influenced by the equilibrium in family and work life. Here are 3 areas that I focus on to help me maximize this balance.***

***First, plan in advance. One example is using a daily planner to write down your important tasks that you want to accomplish. Weekends are good days to plan for weekly activities. Use all your resources (family and friends) to get as much help as you can. Allocate time for self care, cooking, cleaning, laundering, work assignments, and community projects.***

***What helps the most is lining up projects by the deadlines and dedicating un-interrupted 1-2 hours early on a daily basis. Strict time management, not procrastinating, and consistent routine have provided plenty of extra time that I spend traveling with my loved ones and planning fun activities as a family to cherish memories of time well spent together!***

***Second, invest in your health and wellbeing. Keeping your well visits and health screenings up to date are essential to keep up with the increasing demands of family, work and community. Use of down time during lunch breaks away from TV and social media to promote health by scheduling physical exams, mammograms, pap smears, colonoscopy, eye, and dental exams for the whole family. I have experienced many health benefits when I start my self-care routine upon awakening through 45-60 min of yoga and meditation, journaling, followed by sipping oat milk chai latte with my husband on the porch admiring the beauty of shrubs and flowers planted by us as a family!***



*Third, one must incorporate some form of physical activities to stay motivated mentally and physically. Most of my work related and volunteer meetings are conducted on the move during my walk time in nature. The use of airpods have been beneficial to provide a hands-free opportunity for planning upcoming projects. After 1-2 hours of daily productive walk, I return home feeling accomplished to check off my to-do checklist with a wide smile. I am able to focus and render boutique style individualized care at work and home with zero guilt. I highly encourage everyone not to undermine the benefits of spending your time walking, hiking, and cycling!*

*Good habits take time to sink in, once established they become the strong foundation for your journey to success. I emphasize starting small to stay motivated to achieve set goals in a timely fashion :-).*

# Comedy



# Corner!

*How does NASA organize a company party? They planet.*

If you have an item for the *Lions Link*, please email it to:

**biu101@yahoo.com**

**no later than 20th of the month  
inclusion in the next edition!**

Don't Miss the

**DEADLINE!**

**Visit Lions Clubs  
International online @**

**lionsclubs.org**

**texaslions.org**

**www.lions2-x1.org**



## Lions Code of Ethics

**TO SHOW** my faith in the worthiness of my vocation by industrious application to the end that I may merit a reputation for quality of service.

**TO SEEK** success and demand all fair remuneration or profit as my just due, but to accept no profit or success at the price of my own self-respect lost because of unfair advantage taken or because of questionable acts on my part.

**TO REMEMBER** that in building up my business it is not necessary to tear down another's; to be loyal to my clients or customers and true to myself.

**WHENEVER** a doubt arises as to the right or ethics of my position or action towards others, to resolve such doubt against myself.

**TO HOLD** friendship as an end and not a means. To hold that true friendship exists not on account of the service performed by one to another, but that true friendship demands nothing but accepts service in the spirit in which it is given.

**ALWAYS** to bear in mind my obligations as a citizen to my nation, my state and my community, and to give them my unswerving loyalty in word, act and deed. To give them freely of my time, labor and means.

**TO AID** others by giving my sympathy to those in distress, my aid to the weak, my substance to the needy.

**TO BE CAREFUL** with my criticism and liberal with my praise, to build up and not destroy.