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Insights Unveiled: Exploring the World Within Our Newsletter

Volunteering opportunity during holiday season :

The holiday season presents a unique opportunity to give back and make a meaningful impact through volunteering. As communities come together to celebrate, there are countless ways to spread joy and support those in need. Volunteering during the holidays can take various forms, from serving meals at shelters and organizing toy drives to participating in community clean-ups and visiting nursing homes.

These acts of service not only bring comfort to the less fortunate but also offer a sense of fulfillment and connection for volunteers. Many organizations and nonprofits seek extra hands during this time, providing a chance for individuals and families to contribute their time and skills. Amidst the festive cheer, it's crucial to remember those who may be struggling or lonely, and volunteering serves as a beacon of hope and kindness.

Whether it's a few hours of your time or a continuous commitment, holiday volunteering fosters a spirit of compassion and solidarity, emphasizing the true essence of the season—giving and spreading goodwill to all.

."We Serve." -Link Editorial Board

2023-2024 District 2-X1 Cabinet Officers	
District Governor Prakash Gautam 972-533-4801 pagu@hotmail.com	
1st Vice District Governor Radha K Kaphle 469-265-6559 rkkafle@yahoo.com	
2nd Vice District Governor Dr Pamela Baker ionpamela2020@gmail.com 972.765.8882	
Cabinet Secretary Tami Kraus 214.642.5756 tamijkraus@verizon.com	
PCT Danny Fletcher(PDG Kathy) 214-662-4549 heavybelly2@aol.com	



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



Greetings, fellow Lions!

Thank you to all the fellow Lions and Clubs for your continuing support to the District, especially on membership growth and added service activities. I am incredibly happy with the progress of our District and would like to congratulate you all for the job well done!

Over the past four months our District added 144 net members (added 216 and dropped 72 members), served 150K people, completed 1041 activities. With this trend we will surpass the membership and service goals of the year 2023-2024 well ahead of June 2024. As well our District is doing great in Leadership/Training; our District has already met the yearly training goals of 2023-2024. Likewise, our District is progressing towards the LCIF contribution goal. So far 25 Clubs and 37 individual Lions have donated almost 10K to the LCIF. If a Club or an Individual Lion member would like to donate, please visit the Lions Clubs International Foundation's website. Please feel free to contact District LCIF Chair Lion Tom Garriss if you have any questions or if you need any help donating to LCIF.

Based on the past four months' progress trend, I am confident that our District will achieve all the District Goals of the year 2023-2024 by June 2023. The credit of this success will go to each and every Clubs and Individual Lions of District 2-X1. Please keep doing all the excellent work!

I attended the Dallas Founders Club's 107 anniversary dinner; visited Coppell Lions Club; attended the Indonesian Community association sports event with 1VDG Radha Kaphle and ZC Nia MacKay and met ICA President Dr. Restu Sunarto and other ICA members and talked about possibility of chartering a new Lions Club in the Indonesian Community; attended the District Sports Extravaganza event; attended the Executive Committee zoom meeting; attended the Charities zoom meeting, and participated in several service projects organized by various clubs in October.



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



The District had its Second Cabinet Meeting on October 28 th which was hosted by Central Region Zones and Clubs; despite the inclement weather approximately 100 Lions/Leos attended the meeting. Thank you to all who could make it despite the severe weather. My special thanks to the Coppell Lions Club President Tim Decker and his team for the excellent support and making the venue available for the cabinet meeting. Also, hats off to ZC Nia MacKay, ZC Raju Kattady, and ZC Judge Valencia Nash for covering Region Chair George Joseph in his absence. Kudos to all the Central Region Clubs for coordinating the cabinet meeting successfully – Example of a great Teamwork!

One last think before I wrap-up, my heartfelt thanks to GST Chair Virginia Lamb, District Environment Team Chair Surya Bhandari, and all the team members for successfully collecting substantial electronic recyclable items and donating it to the DFW Goodwill Electronics Recycling Center.

In Summary our District and Clubs were remarkably busy in October adding new members and doing several service activities; we had a very productive October.

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

Best Regards,
Lion Prakash Gautam



Radha's Thoughts

1st VDG Radha Krishna Kaphle

Dallas Everest Lions Club

November 2023

Fellow Lions,

Greetings and Happy Thanksgiving to all!

Under the collective efforts of DG Prakash Gautam, and you all, our district has achieved a significant addition of new members and the establishment of three new clubs during this period. We are extremely proud of these achievements and are committed to continuing our success in achieving all of our district's goals.

"Global Membership Approach" (GMA) at the club level.

As part of International President Patti Hills's plan of action, one of the most important elements of Mission 1.5 is to apply effectively the **"Global Membership Approach" (GMA) at the club level**. To support you in this endeavor, our District and MD-2 GMA Champion- PDG Vinod Mathur, IPDG GLT-Coordinator Fred Conger, and our district officers will be your great resource persons. Please apply in your club and involve your club officers and club members in this matter, which gives you a clear picture of the strengths, weaknesses, opportunities, and threats as well as the correct action plan and goals in your club.

Also, to help with that, GAT Area-1A is offering a GMA for Clubs educational opportunity for Zone Chairpersons and Club Presidents on Saturday, November 18, 2023, from 10:00 to 11:30 a.m.

Caring for the new members:

Another important part for the new members is to properly train and engage them in the club for this purpose, these are some points we need to follow.

New Member Orientation: Kick off the new members' journey with a comprehensive orientation session. Cover topics like the global impact of Lions Clubs, our organizational structure, the significance of our Global Causes, the vital role of the Lions Clubs International Foundation (LCIF), your club's local and broader impact, and the importance of club dues.

Immediate Involvement: Get new members actively engaged from the get-go. Assign them to service projects or entrust them with project management responsibilities. This hands-on approach ensures they feel like valuable contributors to the club's mission right from the start.



Radha's Thoughts

1st VDG Radha Krishna Kaphle

Dallas Everest Lions Club

Mentorship:

Effective mentorship not only helps new members understand the club better but also significantly improves their chances of long-term retention.

Every member should know they are valued and cared for. Regularly check in with those who may have been absent or feeling disconnected.

Recognition: Recognizing and appreciating new members for their contributions is key. Whether through awards, certificates, or heartfelt words of appreciation, acknowledging their efforts boosts their morale and commitment to the club's mission.

Major Activity Involvements:

I participated in the **State Fair Parade** on the morning of September 29, 2023, and attended the **107th Anniversary function of the Dallas Founder Lions Club** in the evening.

In October, in addition to regular district meetings, I also participated in the valuable **training session in Kerrville, TX** with the 1st VDG team of MD2 from October 20-22, 2023.

On October 28, 2023, I attended the **District 2-X1 2nd Cabinet Meeting** in Coppell.

Besides that, I remained actively involved in the various Lions meetings and served in the service activities on a regular basis.

Upcoming Major Events:

November 3-4, 2023: **2nd Council of Governors meeting in San Angelo, TX.**

November is the month of **Diabetes Awareness.**

On November 18, 2023, there will be a Diabetes Awareness and Wellness Now (**COMMUNITY WELLNESS & DIABETES EXPO**) at 530 Davis Dr, Irving, TX 75061, from 10 am to 2 pm.

January 20, 2024: **Mid-winter Conference and the 3rd Cabinet Meeting** at Northgate United Methodist Church, 3700 W. Northgate Dr, Irving, TX 75062 (**Please plan to attend and be a part of it**).



Radha's Thoughts

1st VDG Radha Krishna Kaphle

Dallas Everest Lions Club

"A real decision is measured by the fact you have taken a new action. If there is no action, you have not truly decided. "

- By Tony Robbins

Yours in service,
1st VDG Radha K. Kaphle
rkkafle@yahoo.com
Dallas Everest



Pamela's Pulse

2nd VDG Lion Pamela Baker

Wylie Evening Lions Club

lionpamela2020@gmail.com

972.765.8882

WE'VE BEEN BLESSED! 24/7 365

The 2023 year is almost over and we continue to see monthly and daily the impact of Lions District 2-X1 on our communities. This month our role of Thanksgiving will continue to promote our public spiritedness. Check out this fun words puzzle.

THANKSGIVING

OCTUMZASWKJZOYT
 LVOCAEMCCGSAOZC
 IDGHGMMZTAZTMAX
 OLEAWEIBJDDPLUF
 NCTRFXNSEYOPHGA
 SIHIUFLESRFEDQM
 NFETNBZGRISNCBI
 MBRYEECKOOARNL
 DANQCTJRBNSNNCY
 LBEZQMFAYGHI ZBQ
 ENSYAFRIENDSTGA
 OESSDVSFOLZJSYD
 GDONATIONSONSRKR
 QGFMSKZSVDUVAXQ
 AIJQJPOZXAYIEBC

Togetherness

Charity

LIONS

Family

Generosity

Friends

Mission

Donations

Members

Love

LCIF

LEO

Fun



Pamela's Pulse

2nd VDG Lion Pamela Baker

Wylie Evening Lions Club

lionpamela2020@gmail.com

972.765.8882

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 October 28th we had our 2nd District Cabinet meeting. Several awards were given in recognition to individuals and clubs. There were a variety of charities and programs that provided information.

SAVE THE DATE! November 15th, 2023 at 6:30pm thru Zoom.

Our 2nd Executive Council Meeting will be online only. Our meetings will stay true to the executive council purpose which is to bring club officers 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. On our zoom, please have a type of light available. It could be a flashlight, light bulb (doesn't have to be on), candle (it doesn't have to be lit). We will let our light shine.

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

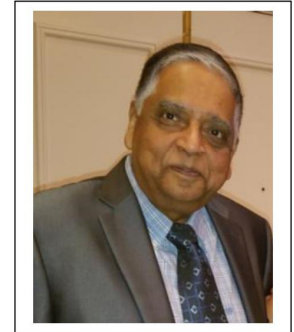
District 2-X1, October 30, 2023

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.

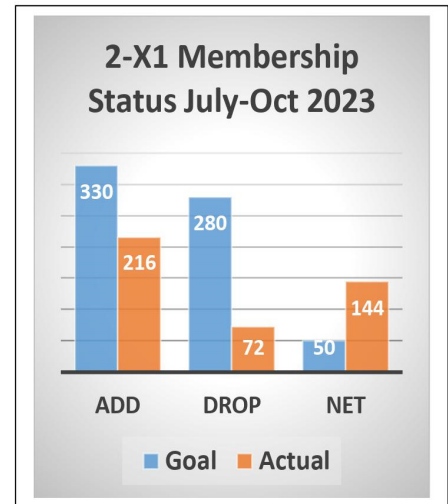
2-X1 Membership Status: (Oct 30, 2023)

	This Month	This Year
Opening Balance	1888	1758
Added members.....	32	216
Dropped Members.....	18	72
NetGain/Loss.....	14	144
Closing Balance.....	1902	1902

MD-2 Membership Status	
Added members.....	1450
Dropped Members...	1026
Closing Balance.....	22,061
Net Gain/Loss.....	424

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 four months, we have surpassed that goal with +144. Let us keep the positive momentum going. The key to growth is member retention and 2-X1 has maintained a modest attrition of members. We have dropped 72 members and added 216. 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 it 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 bringing in new members towards achieving that goal.



Service: In the period July – October, 149,923 people have been served in 1031 service activities with 31,482 volunteer hours. Over 74% 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 \$7,491 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 Monday we had 2IVP AP Singh as our guest speaker who gave an inspiring presentation. Next meeting will be on November 28 and IPIP Brian Sheehan 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. 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.





Fred's Findings
IPDG Fred Conger
Coppell Lions Club



fred.conger@verizon.net

Hello Fellow District Lions!

A third of the 2023-2024 Lion year is over! Your District Governor Prakash is working hard to grow the district with new clubs and new club members. District 2-X1 is doing our part in support of International President Dr. Patti Hill's "**Mission 1.5**" plan to grow our Lion membership to 1.5 million within three years. For details go to:

<https://www.lionsclubs.org/en/resources-for-members/mission-to-grow>

As of Oct. 26th, our membership is up 134 at 1892 members! *Club leaders and Lion Sponsors, keep an eye out for members who are not participating in service or attending club meetings. They may be getting ready to drop from your club. You CAN intercede and encourage them to remain in your club. Find out the issue and address it so they will stay.*

We still have several clubs whose primary officers (President, Secretary, and Treasurer) have not received training for this Lion year. And we have new clubs whose leaders have had no training. **There will be officer training and important informative sessions at the upcoming Mid-Winter Conference on the morning of January 20th.** Make sure to mark your calendars to attend this event.

Has your club set goals and action plans for this Lion year? If not, it isn't too late. Every club should develop 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, select Resources for Members, Global Membership Approach. If you need a club presentation on GMA or have questions you can contact PDG Vinod Mathur or myself. Once established, monitor your club's plans to adjust them as needed. This information will be presented at the Mid-Winter Conference event. As they say, failure to plan is a plan to fail.



Fred's Findings
IPDG Fred Conger
Coppell Lions Club



fred.conger@verizon.net

And mentioning LCIF donations as a goal, consider this. If every Lion in our district contributed only \$35 to LCIF we would match the contribution result from last year! And considering that several clubs give more than that amount, District 2-X1 would become a real standout in our support of OUR Lion Foundation. Please consider your contribution and give at <https://www.lionsclubs.org/en/discover-our-foundation/mission>.

Lions. Thank you and keep serving others, touching people's lives, being a force for good, and making the world a better place for all of us.

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"



DISTRICT 2-X1 LIONS CLUBS



2023-2024 Diabetes Awareness Essay Contest Rules

Essay Subject:

Diabetes is a growing concern in the USA and around the world. One of the reasons why the incidence of diabetes is rising is because of unawareness. As a society, we should promote awareness, and one way to do this is to educate young people about diabetes. What is diabetes, signs, and symptoms, and how can diabetes be prevented and managed?

In this essay, contestants are asked to define and write about the various types of diabetes, identify the symptoms and health issues related to diabetes as well as medical treatments available to people with diabetes. The essay should include information about healthy meals and lifestyle changes that can help individuals manage their diabetes or blood sugar. Contestants are encouraged to interview and include personal stories from individuals with diabetes, medical practitioners or diet nutritionists caring for individuals with diabetes. The essay must be well organized, have good vocabulary and conform to required length.

Basic Rules and Qualifications (Eligibility)

- Contestant **must** be sponsored by a Lions Club from District 2-X1
- A Club may sponsor only one contestant for every contest by submitting contest entry application, associated documents, and the entry fee to the District Contest Chair.
- Application fee is **\$100 per contestant**, provided by the sponsoring Lions Club, payable to '2-x1 Charities Inc.'
- A false statement on the entry application or associated document causes disqualification with the entry fee being forfeited. There shall be no refund on any entry fee.
- A contestant can apply for multiple contests at both District 2X1 and MD-2 state LOFY contest.
- Contestant **must** be Junior or Senior high school enrolled in a secondary educational institution (public or private school) or comparable educational program in District 2X1
- The title of the contestant's essay doesn't have to be the same as the subject for the essay, however, the essay should analyze the problem given in the subject and present a solution or solutions to the problem
- The essay should not exceed 1,500 words, exclude cited bibliography.
- Award and monetary award (TBD) will be given to 1st and 2nd place winners .
A Club may sponsor only one contestant for every contest by submitting contest entry application, associated documents, and the entry fee to the District Contest Chair.
- Only the First place winner will advance to participate in the State level competition to be held on line on May 4, 2024.

Responsibility of the Contestants

- Each contestant **shall** submit the following to the sponsoring Lions Club, all in the application packet :- Completed District 2X1 Contest Application , can be found on this link:
<https://lionsdistrict2X1.org/forms/>
 - Four (4) copies of typed, double-spaced essay, including Bibliography. Essay changes are not permitted once received by the District Contest Coordinator
 - Two (2) high quality wallet size/passport photographs , , head and shoulder, glossy and in color. Photos not meeting this requirement will not be included in the contest souvenir booklet.
 - Signed copy of Code of Conduct* and Chaperone Guidelines*.
 - Signed Medical Power of Attorney* designating contestants Chaperones as Primary Responsible Party* and the State Contest chair as the Secondary Responsible Party.
 - Failure to send **ALL** items above will result in *disqualification*
- **All contestants must be able to participate in the contest using online live audio and video communication via ZOOM on Saturday March 23, 2024 starting at 9:00 AM**
- * Copies of State's LOFY contest rules/ forms are available at MD-2 website at :
<https://texaslions.org/diabetesessay-contest/>
- **Prior to the contest, contestants and club sponsors will be provided with additional instruction for the on-line contest to be use by the contest chair on Friday March 15, 2024**

Responsibility of the Sponsoring Club:

- Where do we find contestant(s)?
 - School principals, counselors, and/or Science/English teachers.
 - Youth Groups and Youth Programs.
 - Family, friends or colleague
- Application fee is **\$100 per contestant**, provided by the sponsoring Lions Club, payable to '**2-x1 Charities Inc, attached to application packet.**
- Sponsoring Club must ensure **all** documents listed above (see Responsibility of the Contestant documents) are completed and signed for each contestant to be sent to the Contest Chair listed in the Contest Rules (last Page).
Deadline post mark will be Wednesday Mar. 1, 2024
- Complete the "Contestant Checklist " and place it on top of the completed application packet.
- At the State level contest, chaperone/sponsoring Club must comply with the requirements set forth in the MD-2 Texas Lions LOFY contest Chaperone Guidelines

Contest Rules

- a. The Title of the Contestant's essay is not required to be the same as the Subject for the essay. Contestants should be creative in the selection of an essay title and set the tone for their presentation with the title they choose.
- b. The essay should analyze the problem given in the subject and present a solution or solutions to the problem.
- c. The topic is broad and allows the contestants considerable leeway in the selection of their solution or solutions.
- d. Creative, innovative, practical and reasonable ideas are welcome.
- e. Each Contestant shall personally research, write and read his/her contest essay.

- f.* Research for this topic can be conducted by interviewing physicians, nurses, medical professionals, community organizations and by using the internet and library. *The essay shall be a written article, to be read by the Contestant, to be judged by a panel of judges in competition with other Contestants.*
- g.* The essay shall not exceed 1500 words.
1. All words in the essay are counted including articles, conjunctives and pronouns.
Examples: "I," "a," "the," "and" and "an." Provide word count on last page of essay.
 2. The essay must include a bibliography of alphabetized sources used in its composition.
- Note: the bibliography is not included in the 1500 word count.
3. Essay should be typed in double space format
- h.* All contest must be conducted in English
- i.* Criteria for judging
1. Sixty percent (60%) –based on the authenticity, current information and an application of the assigned essay topic
 2. Twenty five percent (25%) understandability of the essay through presentation techniques
 3. Fifteen percent (15%) grammar, spelling, sentence structure, pronunciation, enunciation, correct word usage and relationship to the assigned essay topic
- j.* All judges should be knowledgeable of the subject

Awards:

- Certificate will be awarded to all participants. Scholarship award (TBD) will be given to 1st and 2nd place winners
- When there is only one applicant , no monetary award will be given , however applicant will be eligible to advance to the State level contest.
- To collect District scholarship award , the contestant winner must send a request to 2X1 Charities Inc. Treasurer via email with proof of registration information from the university/college or educational institution the contestant winner is enrolling along with any supplemental information needed by the institution .
- Contestant winner and/or runner-up must complete the Scholarship Request Form available on our District's website ([https://lionsdistrict2x1.org/ forms/](https://lionsdistrict2x1.org/forms/)) along with proof of registration information from a university, college, junior college, or vocational school. The information should be sent along with any supplemental information needed by the institution (i.e., scholarship forms, etc).
- Send request for payment to: 2-X1 Charity Inc.
Treasurer PDG Keith Murray 8524 Ranchview Dr. #3096 Irving, TX 75063
(979) 492-7310
kd.murray@tx.rr.com
- Scholarship award will be paid by 2X1 Charities Inc, directly to scholarship/financial aid/bursars office of the designated school.
- The scholarship award must be collected no later than two years following the recipients graduation from High school.

ONLINE CONTEST: Basic Guidelines

The following are some basic guidelines for the online contest. Prior to the Contest, Contestants and their Club sponsors will be provided with additional instruction for the online contests to be used by the LOFY Chair.

- i. Contestants must have a computer or access to a computer with a wi-fi connection, video capability (webcam) and microphone to ensure that contestants' gestures and facial expressions will be captured by their camera and their voice will be clearly captured by the microphone while delivering their essay or speech.
- ii. Contestants will be sent an email invitation by the Diabetes Awareness Essay Chair and/or LOFY Chair to participate in the contest and be ready at their designated time.
- iii. Contestants must wear business attire for the online contest.
- iv. Contestants' speaking area must be free of distractions, noise and if necessary, the LOFY Chair will advise contestants on additional lighting needs.
- v. Contestants' speaking area should allow for maximum view of contestants without sacrificing audio quality while presenting his or her essay or speech.
- vi. Once a contestant presents their essay or speech, he or she may be placed in a waiting room until the conclusion of the contest.
- vii. After the conclusion of the contest and the results have been determined, all contestants will be readmitted to rejoin the online contest room, at which time the winners will be announced by the LOFY Contest chairs.
- viii. First Place Winner may be asked to present his or her essay or speech in person at **District 2X1 Convention on Saturday, April 13, 2024** and will advance to the state level contest
- ix. All contestants will be recognized and receive a certificate of participation. In addition to scholarship awards, winning contestants will receive an award and a winner's certificate.
- x. If technology fails during the contest and the LOFY Contest Chair determines that the contest can no longer continue, the LOFY Contest Chair may pause the contest until the technology issue is resolved. A contestant may resume their speech or essay at the point at which the technology failed.
- xi. If the 1st placed winner contestant is unable to participate in the MD-2 Contest, District 2-X1 LOFY Chair-with MD-2 State OFY Contest Chairman approval, will advance the 2nd Place winner to MD-2 Contest instead.
- xii. Contestant who will advance to MD-2 State Contest (as stated in items ix and x above) will be contacted by MD-2 Contest Coordinator regarding detail information for:
 - Virtual Contest Orientation on Saturday, April 27, 2024.
 - Virtual MD-2 State OFY Contest on Saturday, May 4, 2024.
- xiii. Contestant who win 1st Place at State Contest level must agree to attend MD-2 Opportunity for Youth Luncheon, Saturday, May 18, 2024 in Amarillo, TX and participate in Lions of Texas MD-2 events and activities during the period immediately after the contest until the end of the following year's contest. If this contestant is unable to attend, unless there is a medical or family emergency, the State Convention will forfeit their scholarship award. High school graduation or any school trip do not qualify as an emergency.

Important dates:**District 2X1**

- Mar. 1, 2024- Submission deadline for the Essay.
- Mar. 15, 2024- Essays sent to judges
- Mar. 23, 2024– Essay presentation judging done by ZOOM. Winner announcement
- April 13, 2024 – 1st Place winner essay presentation at the District 2-X1 Convention, TBA

MD-2 Lions of Texas

- Deadline to postmark all applications for the State LOFY Contests – April 15, 2024
- Sat. May 4, 2024 – MD -2 LOFY State Contest (On Line)
- Saturday May 18, 2024 Saturday MD-2 Convention – LOFY State first place winners presents winning essay, speech at the LOFY luncheon in Amarillo, TX

For more information please contact: District 2X1 Chair of Diabetes Awareness Essay Contest

**Lion Gloria Mathur
8705 Baltusrol Dr.
Flower Mound, TX 75022**

Email: gmathur120@gmail.com

Ph: (972) 896-9953

Submit completed application, all required documents, and payment (check payable to ‘2X1 Charities’), to Lion Gloria’s address above.



Striding for Healthy Living

MD-2 Lions of Texas invites you to participate on a virtual stride (walk, run, bike, dance, swim and etc,) at your own pace and place, in observance of the World Diabetes Day (Nov. 14th and November as World Diabetes Month

Due to the success of this event last 2 years, we are continuing the virtual “Striding for Healthy Living” Program.

Many of us have taken advantage of the COVID shutdowns to walk, run, bike, dance,swim etc, as a way to get out of the house and exercise, so we are encouraging Lions to exercise during the month and to keep track of the exercise/s of their choice. We want to encourage and involve our communities to exercise as a means of creating healthy living, and one of the controlling factors that can reduce your risk in developing Type 2 Diabetes. This is a great way to support Diabetes Awareness and get the much needed exercise .

From November 1 through November 30, we are asking Lions to record how far you walk, run, bike or dance during the month. ***JUST DO WHAT YOU DO, BUT RECORD IT!!*** If you do it with your spouse, children, or friends, include them as well. **Lions should report their results no later than December 31 to their Lions Club Sec. or Diabetes Chair**, who should collect the results and report them to your District Diabetes Awareness Chair. Let’s challenge what we have done last year! Please note new member/s recruited this time as a result of this initiative.

Participating Clubs will be noted in the District Newsletter, and recognition will be given to most miles walk, run and or bike on a per-Club basis, highest average miles per participant on a per-Club basis, and highest average miles per Lion on a per-Club basis. District winners will be announced at the Mid Winter Conference Jan. 2024 and will automatically compete for the state. Winners for the MD2 will be announced at the Feb. CoG meeting in Kerrville, TX.

If you have any questions, please contact your District Diabetes Awareness Chair OR

Lion Gloria Mathur
MD 2 Chair Diabetes Awareness
972-896-9953
gmathur120@gmail.com

Striding for Healthy Living

Please report the following (and address questions) to your District Diabetes Chair by December 31, 2023

1. Name of Club: _____
2. Number of Club Members participating: _____
3. Number of total participants (including non-Lions): _____
4. Total miles (Club _____) for each of the categories and Participant’s Name of the highest # of miles for each categories

a. Walking _____	d. Swimming _____
b. Running _____	e. Dancing _____
c. Biking _____	f. Pickle Ball _____

Number of new member/s recruited _____

**If you have any questions , please contact your District Diabetes Awareness Chair or
Lion Gloria Mathur- MD-2 Chair of Diabetes Awareness - Ph: 972-896-9953 (c) Email: gmathur120@gmail.com**



Diabetes Awareness & Wellness Now (DAWN)

COMMUNITY WELLNESS & DIABETES EXPO

When: Saturday, Nov 18, 2023

Time : 10 AM—2 PM

Where: City of Irving, Georgia Farrow Rec Center
530 Davis Dr, Irving, TX 75061

FEATURING:

Free Health Screenings:

- A1c testing
- Blood Pressure
- Kidney Function
- Vision Screening
- Lipid Screening
- Foot Screening
- Gum Screening
- Physical Fitness
- (Massage Therapy, Zumba, Yoga)
- Cholesterol

Free Covid 19 vaccination , Flu Shots (limited supply)

- Free bag of fresh farm produce to those screened

Exhibitors: UT Southwest Medical Center, American Diabetes Association, Carter BloodCare, National Kidney Foundation, Oak Cliff Veggie Project , American Cancer Society and more.

For more information contact:

Lion Gloria Mathur, Project Coordinator
District 2-X1 972.896.9953

Participating Lions Clubs in DAWN Project:

Coppell, Dallas Filipino, Dallas Founders, Dallas Indian, Dallas South, Dallas Trinity, Duncanville, Ennis, Garland Evening, Grand Prairie, Lancaster, Midlothian, Oak Cliff, Plano Evening, Red Oak

UT Southwestern
Medical Center



Empowering Children through Vision-Free Vision Screening using SPOT

Dallas Filipino Lions Club has been conducting vision screenings since 2014, and were first in the district to introduce Spot device for vision screening pre-school children. They have an alliance with Headstart schools of Dallas to conduct vision screenings

The purpose of the screenings is to notify the parents that our screening tests have indicated an abnormality and we recommend that the child be taken to an eye specialist for further evaluation or they have passed the screening test. They do this on a volunteer basis, free of charge each year.. DFCL feels blessed, they are able to identify vision problems in hundreds of pre-school children in Dallas, at a very early age and necessary steps taken. Healthy vision in children can contribute to improved school readiness, ability to learn, a child's self-esteem and confidence. The goal is to give every child the opportunity to reach their full potential and not be held back because of vision problems.

Every year when the school starts between August and October the DFCL Lions get busy with vision screening. In these three months this year they have screened over 1,000 children. Overall since its inception over 10,000 children have been screened. An important finding of their work is, when they started there were an average of 10-12% of children with vision problems. But today, it has gone up to 25% of kids with vision problems at such an early stage. This is probably attributed to increased usage of hand held electronic devices, watching too much TV, etc.

This is a signature service project of Dallas Filipino Lions Club that continues to make a major impact in our community.



Overcoming Obstacles, Achieving Dreams—Sports Extravaganza for Blind and Physically Disabled Children

Each year the Blind and disabled children look forward to the annual Sports Extravaganza, and so are the Dallas Filipino Lions look forward to volunteering and helping during this major event.

The Sports Extravaganza for the visually impaired and handicapped children started 15 years ago with the goal of providing opportunities for students with visual impairments to experience a variety of activities that encourage a more active lifestyle and lead to participating in recreation and competitive sports. In collaboration with Region 10, the two day event was held on October 21, 22, held at Nimitz High School in Irving. with over 100 visually impaired students participating. Sport activities included track and field, Goal ball, beep baseball, etc. Dallas Filipino Lions Club volunteers helped in the sports activities and presentation of awards. All participating kids received medals that brought a smile on their faces. Kudos to Lions Emma Ramos, Elsa Lusk, Charlie Moffatt, Sailesh Kumar, Rajendra Kunwar and Vinod and Gloria Mathur.



Sinatra Knights

Fighting Hunger



THANK YOU, LIONS, FOR FIGHTING HUNGER
PDG Wayne Meachum

The Sinatra Tribute Concert was a great success in that it accomplished what we were hoping it would. We had over 320 people in attendance and we raised over a ton (literally) of food for those in need. Many people are still bringing food, so we expect the food total to keep rising. We couldn't be happier with the response and now we know to set our goal higher next time.

For all of you who have supported this effort, thank you very much. Our fight to defeat hunger and make sure everyone is nutritionally secure is one of the most important efforts of Lions International – and of District 2-X1. We are very grateful to PDG Bill Smotherman for his leadership in this cause and for all that is being achieved in our district.

With Lions engaged in the fight, we will win. THANK YOU!!

We gained more members— now what?

Lion Nia MacKay

Membership retention is key, yet it's certainly one of the greatest challenges for most membership-based organizations like Lions Clubs. It begins at the forefront of your club's activities: focus on finding a target audience who will become long-term advocates for the club.

Many clubs in our District recruited new members during service activities. People who become Lions from these events joined because they liked what they saw and experienced. Some of our clubs recruited members after inviting them to attend regular Club Meetings, allowing them to feel the camaraderie and enjoy the fellowship members have for one another.

Engaging new members is essential to retaining them. Members who feel connected to the club are more likely to stay. Clubs should have a variety of activities and events that cater to different interests and ages. Assess members' interests, needs, and goals to know their expectations by conducting 'Members Satisfaction' or 'Feedback' survey. Educating new members about the different ways they can get 'value' from being a Lion can also be beneficial. This education may include networking, training, or volunteering sessions guided by more experienced members.

Communication is also an important key in retaining members. Monthly newsletters and personalized emails or cards (for any occasion) are not only effective as member retention strategies (keep members engaged), but also enhance your club's image. It is also beneficial to make personal calls to remind them of upcoming club meetings, if possible. Show new members that you care and that their presence is very important to the Club.

Finally, don't forget to recognize member(s) who have worked hard and volunteered every time they get a chance. Show your love and appreciation to what they've done to make your Club shine. A certificate of appreciation, a gift card to a grocery store or coffee shop, or even simply praising their work at club meetings would certainly be appreciated and continue to motivate them to keep serving and remain Lions Members. Retention, in the end, is a simple matter of educating, assessing, and engaging new members however you can in order to ensure they feel welcome, needed, and appreciated.



Sources:

<https://www.bookingninjas.com/blog/club-membership-retention-strategies:-best-practices#:~:text=Engage Members,social events, and educational seminars.>

<https://www.glueup.com/blog/membership-retention-strategies>

<https://joinit.com/membership-retention-guide>

<https://www.thinkific.com/blog/membership-retention-strategies/>

Dallas Founder Lions Club's 107th Anniversary Celebration

Lion Nia MacKay

Attended by over 50 Lions and guests, Dallas Founder Lions Club celebrated its 107th Anniversary on Saturday, Sep. 30, 2023 at Celebration Restaurant Banquet Room from 4:30 to 7 PM. Jason Whitley, Senior Reporter WFAA Channel 8 MC-ed the program with Guest Speaker Past International President Joe Preston (Arizona). On this event PIP Preston inspired attendees by praising how they manage to keep the Club alive and prosperous, and encourage us to keep building Lionism going forward.



At this special event, Club President, PDG Keith Murray, presented Lion Carol Donovan, Club Membership Chair, with certificate of appreciation for her efforts in recruiting new members. Lion Keith also presented Past President Bryan Sorens and Past Club Secretary Carol Owen with service plaques for their services.

We are now at 47 members and 7 associate members and still growing. We would not be able to achieve the goal that we do without the works of our amazing volunteers. Thank you for all the time, energy and love that you have contributed to our Lions pride. Additional special thank you to the volunteers who have organized this memorable event.

Esmeralda's Express News

PDG Esmeralda Rodriguez

Grand Prairie Host Lions Cub

Ph: 972-891-4678 email: Lionesme01@gmail.com



As we get closer to the end of this 2023 year, I find myself reflecting on how fast this year is going and what we have accomplished. A great accomplishment is that we are number one in the state with positive membership growth at +144 members. However, this month we did drop 18 members. Let's not get complacent- instead let's all step up together to the challenge Mission 1.5! Let's go, Let's grow!

We need to check in with all our members in order to avoid the big drop of members we usually have in our district and across the state in December!

Another great accomplishment is that our district is also doing outstanding with 246,000 service hours provided.

In order to keep up with momentum- we need to focus on the following:

- 1) doing new member inductions;
- 2) doing new member orientations as we welcome our new lion members;
- 3) doing engaging activities that include fun and service;
- 4) providing varied leadership, learning and networking opportunities for our members;
- 5) just asking and inviting family, extended family, friends, colleagues, business associates, church acquaintances, neighbors, employers, schools, professional organizations, community partners that we see that have a servant heart to join our lions clubs; and
- 6) focusing on starting club branches and/or new clubs.

Please remember that our Global Action Team is available via text, email, zoom or a phone call if any support is needed. Please do not hesitate to contact us:

Global Leadership Chair
IPDG Fred Conger
(972) 462-1590

Global Service Chair
Virginia Lamb
(972) 533-9357

Global Extension Team Chair- PDG Wayne Meachum
(469) 939-9403

Esmeralda's Express News

PDG Esmeralda Rodriguez

Grand Prairie Host Lions Cub

Ph: 972-891-4678 email: Lionesme01@gmail.com



Global Member Chair
 PDG Esmeralda Rodriguez
 (972)-891-4678

Way to go Zone Chair Joseph Kyle for spearheading and to DG Prakash Gautam and PIS Lion Sunita, PCC John EADS, Lion Rajendra, Zone Chair Nia MacKay, and so many other lion leaders for volunteering at the 2x1 food distribution on Sunday, October 8th, 2023 from noon to 4 pm. The goal was to help serve 250 families; 1000 persons! The Address was 214 Mabank Pavillion, Easley Parkway, Mabank, Texas in partnership with Faith at Work Ministries that serves about 1,000 persons every Sunday! We will have another 2x1 food distribution in Mabank in collaboration with Faith at Works in the Spring.

It sure has been busy for me traveling all over Texas! I had a great time attending the 2-A3 cabinet meeting in Mission, Texas while I was visiting and taking care of my mother in law out of town and got to visit and hear guest speaker IPID Ernesto TJ Tijerina on October 14th. I attended the San Benito Lions Club meeting on October 17th and presented about membership to their members due to invite by their President Hector Rendon to be their speaker since I was in town.

I had a great time participating in a focus group with the Grand Prairie Host Lions Family Club Branch on October 24th with the City of Grand Prairie Parks PlayGrand Adventures Board and several Community partners to provide input for a hands on mural for children and adults with different abilities.

I enjoyed volunteering at the Sports Extravaganza Goal Ball event on Friday evening, October 27th and then traveling to Albany, Texas on Saturday, October 28th to be the guest speaker at the cabinet meeting for 2-E1 district due to invite from PDG Darla Flatt. Big thanks to zone chair Joseph Kyle for inviting me to enjoy the fun and see the great partnership with Toy for Tots at their in Mabank on Saturday, October 28th at La Finca. Big thanks to all our lion leaders and volunteers for an amazing 2023 Sports Extravaganza

I have also been traveling out of the district due to my mother in law's illness and then dealing with her funeral arrangements. I will be back in town around November 16th. However, I will be available via text, email or zoom to provide support as needed.

Respectfully Submitted,

Esmeralda's Express News

PDG Esmeralda Rodriguez

Grand Prairie Host Lions Cub

Ph: 972-891-4678 email: Lionesme01@gmail.com





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: 1st 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: 1st 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

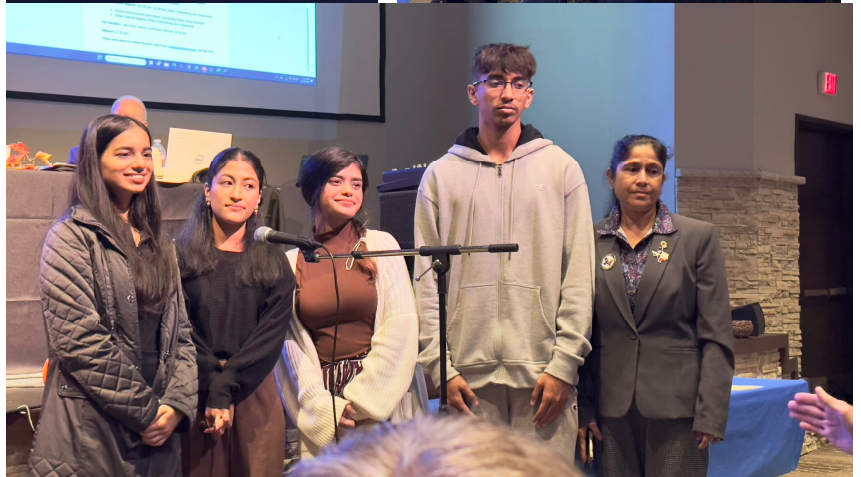
- Evaluated based on: high school GPA, 750-1000 word essays on “The Impact of Climate Change: A Complex Issue,” Letters of Recommendation, biographical statement, and a personal interview.
- Qualification: Junior and Senior high school student
- Scholarship Awards at District 2-X1: 1st \$1,000; 2nd \$500
- **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



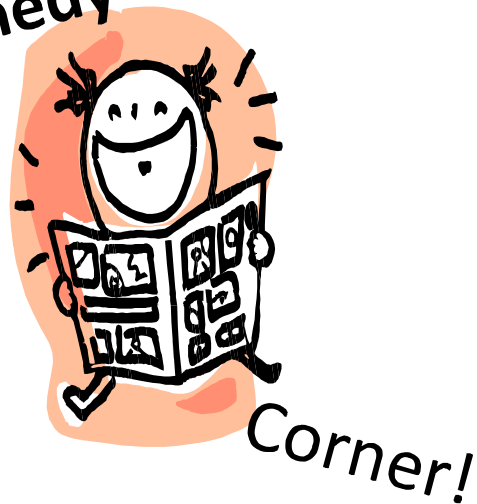
For contests rules, application, and other related forms, place your camera on top of the QR code above.

*)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

Highlights of District 2X-1 Cabinet Meeting 10/28/2023



Comedy



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.