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

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

Dear Valued Lions Volunteers,

As the festive season approaches, we extend our heartfelt gratitude to each one of you who have dedicated your time, energy, and compassion to make a difference in our community. Your unwavering commitment to service embodies the true spirit of the season.

This festive season, let us come together as a community to spread joy, kindness, and warmth. Your selfless contributions have not only touched the lives of those in need but have also created a sense of unity and togetherness that defines the true essence of the holidays.

May this season be a time of reflection, gratitude, and shared moments of joy. Your generosity has made a significant impact, and we are profoundly grateful for your continued support. Wishing you and your loved ones a festive season filled with love, laughter, and the fulfillment that comes from making a positive difference in the lives of others.

With heartfelt appreciation,

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



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



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Greetings, fellow Lions!

Thank you to all the fellow Lions and Clubs for your continuing support to the District. I am incredibly happy with the progress of our District and would like to congratulate you all on the remarkable achievements. Please keep continue doing all the good works; here is our summary progress status for the first five months:

**Membership:** Our District has chartered three new clubs with over 75 charter members. We added 153 net new members (added 232 and dropped 79) over the past five months. We are in the process of converting one family branch club to the full traditional club; thank you to the Grand Parie Lions Club for this conversion. Please note that LCI has recently announced to honor the sponsors of new Lion members by different awards (distinct types of pins/plaques), so I encourage all Lions to sponsor new Lion members and win the awards.

**Service:** So far our District has served 205,590 people, has done 1,276 activities, and 89 percent of the clubs are reporting activities. These are very motivating numbers and please continue reporting your club's service activities.

**Training:** So far 100 percent of the Zone Chairs and 55 percent of the Club Officers in our District have been trained. Another training session for Club Officers is scheduled for December 9<sup>th</sup>. Our District has already achieved all the District Leadership/Training Goals, and I am extremely happy for these incredible achievements.

**Donation:** So far 32 Clubs and 47 Individual Lions from our district have donated \$11,857 to the LCIF. Our District LCIF Team is optimistic in achieving the LCIF donation target, \$47,952, this year. 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:

<https://www.lionsclubs.org/en/donate>. Please note that your donation may be counted for the Malvin Jones Fellowship award.

Based on the past five months' progress status, I am confident that our District will achieve all the District Goals of the year 2023-2024. Let us work together and achieve the best in serving the people in need.



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



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As in the past, I attended a few service projects done by different Clubs, a couple of Zone Chairs meetings, Executive Committee meeting, and the Council of Governors meeting. It was wonderful hearing all good things about our District's progress at the COG meeting in San Angelo, TX. Thank you to each one of you for your dedication and contribution in making our District one of the leading Districts in MD-2!

The Holiday Season is approaching; Lion Sunita and I would like to extend our best wishes to you and your family all the blessings and joys of Christmas and a bright year ahead!

With Best Regards,  
Lion Prakash Gautam



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

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

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

**December 2023**

**Greetings and Merry Christmas to all!**

**Fellow Lions,**

Hope you all had a wonderful Thanksgiving!

Your efforts are instrumental in the progress toward achieving district goals, and we take pride in these achievements. Please continue to move forward and engage your members in service activities and events.

**Member Satisfaction:**

Satisfied members will keep coming back, maintaining the health and vitality of your club within the community. To ensure this, every club should utilize and apply member satisfaction tools. Here are some straightforward tips for your consideration.

**Seek input from members:**

Actively involve your members by seeking their opinions. Ask questions such as:

Why does the club exist?

Do our activities align with our purpose?

If a non-Lion observed our events over a year, what would they identify as essential to our club?

**Explore the reasons for members leaving:**

Understand the reasons behind past members leaving the club. While certain themes may be universal, it's valuable to reach out to former members for insights. Consider dedicating time during a club meeting or organizing a special meeting to discuss member satisfaction.

**Evaluate club objectives, goals, and activities:**

Carefully assess whether your club's stated objectives, goals, and mission statement align with the desires of your current members. Ensure that the club's mission and service activities reflect what members envision for the club.

Implementing these strategies will provide valuable insights into member satisfaction, fostering a club environment that meets the needs and aspirations of its members.



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

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

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

#### **Major Activity Involvements in November 2023**

My primary focus currently revolves around supporting DG Prakash and the overall goals of the district. Additionally, I've been diligently working on fulfilling the necessary classes through LCI's learning materials. I actively participate in meetings with my multinational FVDG/DG Elect group, engage with my Council of Governors, and collaborate with a multi-state GAT group. There is still much more to complete in terms of various tasks and fulfilling my responsibilities.

I actively participated in the **2nd Council of Governors' meeting** held in San Angelo, TX from November 3rd to 5th, 2023.

Contributed to the success of the **District 2-X1 Diabetes Expo** and Community Wellness-DAWN Project on the afternoon of November 18th, 2023. Later that same evening, participated in the fundraising event organized by the **Coppell Lions Club**.

Actively participated in the **Lions Blood Drive** on November 19th, 2023, organized by Dallas Everest and Blood Donors of America, in collaboration with other Lions clubs.

Participated in various other meetings and events in November 2023, including the DG Team-**Executive Committee Meeting**, **2nd Executive Council Meeting** led by SVDG Dr. Pamela, **District Booth at the Indonesian Community Event** coordinated by ZC Dr. Nia, and my home Club's Fellowship Program **DELIC Poetics Symposium**.

Consistently remained actively engaged in various Lions service activities and interaction programs, including regular participation in FVDG's training sessions and MD2 GMA Round Table sessions.

#### **Announcements:**

#### **January 20, Saturday, 2024: Mid-Winter Conference and 3rd Cabinet Meeting**

Save the Date for our upcoming event, relocated to **2505 W Northgate Dr, Irving, TX 75062**, due to a price increase at the previous venue. (Please disregard the previous location mentioned in the district directory).

We will promptly share the registration form, along with details and a flyer, with all clubs.



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

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

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

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**Your club is invited to join as an organizer and volunteer for this event,** providing an excellent opportunity to showcase your commitment to service. Several clubs have already shown interest, and we have space for a few more. Your involvement will significantly contribute to the event's success, offering a platform to highlight your club activities. If interested in volunteering,  
**please reach out to me by the first week of December 2023.**

***"You can't get very far until you start doing something for somebody else."***  
**- LCI Founder Melvin Jones**

**Yours in service,**  
1<sup>st</sup> VDG Radha K. Kaphle  
[rkkafle@yahoo.com](mailto:rkkafle@yahoo.com)  
Dallas Everest

# GLOBAL MEMBERSHIP APPROACH GMA

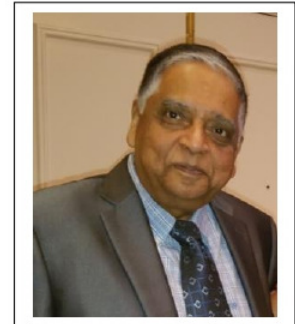
## District 2-X1, November 30, 2023

*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 (31 members) and Irving DFW Independent Campus (24 members). Congratulations and welcome to the new club members and club sponsors.

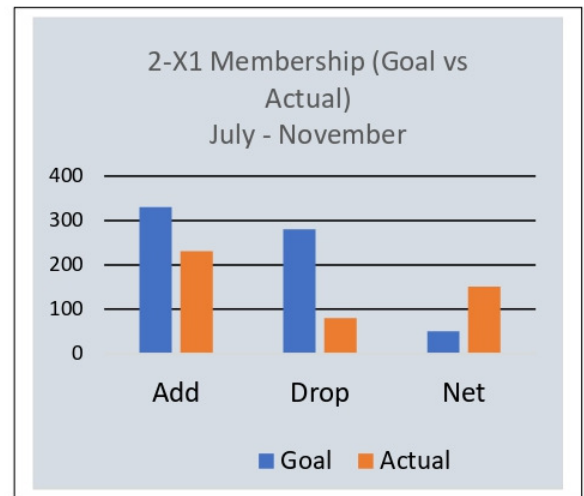
**2-X1 Membership Status:** (Nov 30, 2023)

	This Month	This Year
Opening Balance .....	1905	1758
Added members.....	9	231
Dropped Members.....	5	80
NetGain/Loss.....	4	151
Closing Balance.....	1909	1909

MD-2 Membership Status	
Added members.....	1703
Dropped Members...	1304
Closing Balance.....	22,033
Net Gain/Loss.....	399

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 five months, we have surpassed that goal with +151. 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 80 members and added 231. 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. 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. A GMA workshop will be held in January for Club Presidents. 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 – November, 208,779 people have been served in 1297 service activities with 41,490 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. A GMA training session will be organized around MW Conference, especially for Club Presidents and Zone Chairs.

**LCIF Contributions:** District 2-X1 has collected \$9,436 towards our foundation during the five 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 PIP Brian Sheehan as our guest speaker who gave an inspiring presentation. There will be no Round Table in December because of the holidays.

Happy Holidays!

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



Faith at Work Ministries is a local 501c3 designed to feed those in need. The Mabank Cedar Creek Area Lions Club have been working with them since 2021.

Food is picked up 7 days a week and then redistributed at the Mabank Pavilion every Sunday Afternoon and then on to other food pantries throughout the week. We were able to apply for an LCIF Grant to add a used 72 foot freezer truck/trailer and a 25 foot refrigeration truck. In addition, we purchased a storage trailer for non refrigerated staples.


Our distribution radius is 100-miles around Kaufman County; however, we serve anyone, from any area if they come to our distribution locations located in Kaufman County.

We are feeding an average of around 3,000 people a week based on registrations taken at just at the FAWM distribution point at the Mabank Pavilion, on a weekly basis, averaging 764 boxes of food weighing approximately 65-85 pounds. These numbers are from the FAWM food share alone.



Help us raise \$100,000

Spaghetti Dinner & Auction at St. Peter Lutheran Church - Sponsored by Mabank Cedar Creek Area Lions Club  
130 Luther Lane, Gun Barrel City Texas  
May 27, 4-7pm



Faith at Work Ministries, is a 501c3, expanding their Food Ministry with a 2<sup>nd</sup> Truck to better serve the Cedar Creek Lake Area





## ***Fred's Findings***

### ***IPDG Fred Conger***

### ***Coppell Lions Club***



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

### **Fellow 2-X1 Lions!**

Congratulations! As of Nov. 26<sup>th</sup>, our district membership is up by 153 to 1911 members! Your district is leading MD-2 (Texas) and the entire US in membership growth! You are making District Governor Prakash goals happen and supporting our 2023-2024 International President Dr. Patti Hill's "**Mission 1.5**" plan to grow our Lion membership to 1.5 million within three years. For more information go to:

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

*Club leaders and Lion Sponsors, watch out for members who are not participating in service or attending club meetings. They may be getting ready to drop out of your club. You CAN intercede and encourage them to remain Lions. Discover the issue and address it. Your club and Lions International needs them to help in our humanitarian service.*

If your club officers have not yet received training (a requirement for the Club Excellence Award) there will be officer training and important informative sessions at the upcoming Mid-Winter Conference on the morning of January 20<sup>th</sup>. Make sure they mark their calendars and attend this event.

Your club should set goals and action plans for this Lion year. If you haven't, it isn't too late. Every club should develop club SMART goals for this Lion year. They should include the following areas: **Membership Growth, Service Projects, Leadership Development, Financial Support for our foundation LCIF (including both individual and club participation goals) and any other specific club goals.** These goals can then serve as the starting point for setting your next year's goals.

Next you need to develop plans for how to achieve those 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 regarding this process 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 Planning to Fail".



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



**fred.conger@verizon.net**

Lions, if every Lion in our district contributed only \$35 to LCIF we would exceed the district's contribution result from last year! And considering that several clubs and individuals give more than that amount, District 2-X1 would be a real standout in our support of OUR Lion Foundation. Please consider your personal 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 – 1<sup>st</sup> 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](mailto: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. 14<sup>th</sup> 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](mailto: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.

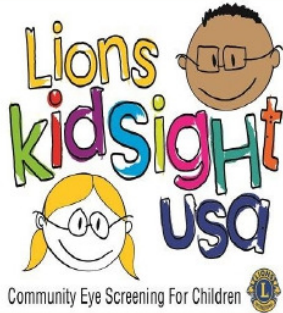
For more information contact:

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





# *DISTRICT 2-X1 LIONS KIDSIGHT*

## *SPOT for Vision Screening.*

### **Training and Re-Certification** (State Certification)

**Learn how to use SPOT  
device and save a child from  
Vision Problems and Amblyopia**

*Vision screening is a great service project.*

*District 2-X1 has five Spot devices  
for use by its clubs and members .*

**Reserve your seat**

**Training is free, but seats are limited to 20.**

**First come first served.**



**WHEN:** Friday January 12, 2024, 9:00 AM - 1 PM

**WHERE:** City of Irving, George Farrow Rec Center

530 Davis Dr

Irving, TX 75061

**For Reservation:**

**CONTACT:** Lion Gloria Mathur

[gmathur120@gmail.com](mailto:gmathur120@gmail.com)

972-896-9953

## DAWN Project Completed: Mission Accomplished

Lion Gloria Mathur- DAWN Project Coordinator  
District 2X1 & MD2 Chair of Diabetes Awareness

We did it ! Mission accomplished !

Our final DAWN event together with Diabetes EXPO was held at Georgia Farrow Recreational Center in Irving last Nov. 18<sup>th</sup> in celebration of World Diabetes Day and Diabetes Awareness month. This event is in collaboration with UTSW Medical Center, American Diabetes Association, National Kidney Foundation, American Cancer Society, Carter BloodCare, Asian Breast Health Outreach, Walmart , MEED Center, Oakcliff Veggie Project to name a few.

Our goal is to increase diabetes awareness through education, information, care & treatment and to have as many health and wellness resources to better support our community especially for people with diabetes, those at risk of developing diabetes, the uninsured, new immigrants and refugees who do not have access to care.

The Expo together with the DAWN project, featured Free Flu shots and Covid 19 vaccination, as well as free vision , health and diabetes screenings for everyone. The diabetes screening include A1C test, Kidney Function Test (ACR) , Blood Pressure and BMI Check . Those who were screened got a free bag of farm produce ( assorted vegetables and fruits ). The event was highly successful and meaningful. We achieved our goal of providing 500 diabetes screening!

Success of the DAWN project (in partnership with BSWHWC) would not have been achieved without the support and contribution from the 15 participating clubs of District 2X1. ( Dallas Filipino LC, Dallas Bangladeshi LC, Oakcliff LC, Garland Evening LC, Coppell LC, Dallas Indian LC, Plano Evening LC, Grand Prairie Host LC, Trinity Industrial LC, Duncanville LC, Midlothian LC, Lancaster LC, Ennis LC, Red Oak LC, Dallas South LC, Dallas Founder LC. These participating clubs collaborative efforts contributed immensely to the seamless execution of our events.

Volunteers from the participating clubs unwavering support played a significant role in making our events remarkably successful. They are the reason we are able to fulfill our commitments to the community. Lions from Irving Noon Day LC, & Plano Collins Nepalese LC also had volunteered.

Nothing liberates our greatness like the desire to help, the desire to serve and most importantly to help those in need in our community .



## Lions District 2-X1 at KMI DFW Indonesian's Bazaar

Lion Nia MacKay, Dallas Founder Lions Club



On Saturday, Oct. 21, 2023 Lions District 2-X1 staffed our booth at the 2023 KMI (Indonesian Community Association) DFW Bazaar at Andrew Brown Park East, Coppell, TX. The cultural event was well attended by over 200 people from the DFW area. Various traditional dishes and dessert, as well as clothings were sold at this event.

One of the attendance, Mr. Rico Barata, was the President of a Lions Club in Jakarta. What a small world! He's amazed on Lions District 2-X1 accomplishments in state level MD-2 and international, namely #1 in net members recruited (153, over 3 times than projected goal), and 77% (5% exceed the projected goal). Lions we are doing DG Prakash Gautam always said, this success was

well and we even not 1/2 into the fiscal year! As possible due to our great team work. We are Lions, we serve and we keep moving .

We attended this event to promote Lions District 2-X1, and as an effort for membership growth. Attending the event was 1st Vice District Governor Radha Kaphle, 2nd VDG Dr. Pamela Baker, and Lions Ani MacKay, Sheryll McKay and Nia MacKay from Dallas Founder Lions Club.



## 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/>



## 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



## PCT Tom Garriss

5208 Cornerstone Drive  
McKinney, TX 75070  
[tomgarriss@gmail.com](mailto:tomgarriss@gmail.com)  
Cell: 972-670-6175



Lions Clubs International  
**FOUNDATION**

### LCIF FOUNDATION UPDATE – OCTOBER 2023

#### **Focus on Childhood Cancer Every 2 minutes, a child is diagnosed with cancer**

No child deserves cancer. Yet lymphomas, leukemias, and other forms of the disease common in children are the stark reality for many youth – and their families. There is both heartache and hope.

In the United States 1 in 285 children will be diagnosed with cancer before age 20. In 2020 there were 11,050 new cases of childhood cancer with a 90% cure rate. One in Ten will die from their disease. For the rest of the world cancer is the leading cause of death in children, with 300,000 new cases annually. In the lesser developed countries less than 20% survive.

**“Your child has cancer”** are four gut-wrenching words no parent ever wants to hear. In 2009 my wife and I learned that our daughter had thyroid cancer. We were fortunate that we had a network of people that had been through a similar experience and provided support as we navigated the treatment options. She has been cancer free for 14 years now.

More recently, my brother sent me a text that his wife’s grand-nephew Mason (age 7) was losing his battle with brain cancer. After 8 months at St. Jude’s, they were unable to do any more and were sending him home by air ambulance to be in hospice care. Three weeks ago, I received another text that little Mason had transitioned from life on earth to his forever home in heaven. Mason’s legacy will be to remind all those that his short life touched to carry on the fight for a cure.

**WHAT CAN WE DO?** LCIF has invested more than \$2M in a partnership with Global Hope (a program of Texas Children’s Hospital) to help improve cancer outcomes in developing countries. For our district, know that Childhood Cancer Grants, Matching Grants, and District & Club Community Impact (DCG) grants are available to assist with childhood cancer projects. From constructing recreation and patient-family rooms at a major hospital to passing out lion dolls to patients, there is a way for Lions to help. **More information, including project ideas, is available at [lionsclubs.org/grantstoolkit](https://lionsclubs.org/grantstoolkit).**

**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.



# 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.