



District-N

North Carolina Lions



July, 1, 2022
Volume 1, Issue 1

Look What Our District is Doing



Check out the stories on the inside. Great Job Lions!

Mayra McCloud
District Governor
Fayetteville Community LC

Carlie Metts
1st Vice District Governor
New Bern Twin Rivers LC

Ana Elliott
2nd Vice District Governor
Western Harnett LC

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CLUB NEWS

- Beaufort Lions Club Project
- Lumberton Lion Named Teacher of the Week
- New Membership Winner!!!
- Kinston Host News
- Past District Governors Meeting
- New Bern Lions Club
- Western Harnett Lions Club
- New Bern & Twin Rivers Lions Clubs Golf Tournament

DISTRICT GOVERNOR GOALS

Here are a few things that I would like to emphasized:

1. Membership... We must encourage more folks to join Lions! I will go anywhere to help talk to folks if needed. Everyone, invite one person that will join... or have an "exclusive" membership party, it's very important to get Lions to get excited again enough to share Lionism with others!
2. Those that evaluate children's eyesight, whether with spot machines or Vision Van's, please test for color blindness. We can provide free tests for adults or children, paperwork for teachers and parents, and help thru Lions, schools, foundations to help people see color again! Also... a great "aha!" Moment to get folks excited again!
3. Turn in Lion hours!!! There are many reasons to do it and will help individual clubs ultimately!

Call if you need me to explain reasons.

4. I would like to have a "State Lion day," I am collaborating with other governors to get it done. I want to thank Lions for working thankless hours, it will be a food service day or food drive or other food related service. Every Lions club should be involved, the service should end September 24th. It would be great for marketing, membership, and for letting folks see Lions do things on a grand scale.

5. Start Brighter Visions early!

6. Let folks know about the "organ Donor" guys and other Chairs for talking about their respective interests.

I am there if needed.

Together We Can!

DISTRICT GOVERNOR'S MESSAGE

Greetings Lions!

We had an incredible Brighter Visions Kick Off! Over 40 folks there in attendance, so that tells me that more folks are getting out and getting back to work in Lionism. I had 3 and 1/2 donuts at the beginning... so I was vibrating from the sugar and excitement! Great briefings given by the wonderful folks from Camp Dogwood. They helped me and others to understand the importance of giving to Brighter Visions so that many folks are helped... and probably from your community, too! Because of the pandemic, funding has been rather low and sporadic... but as soon as I started opening envelopes, I started tearing up! The Lions of 31N are back with a vengeance, and we are roaring... loud and proud!

Lion Gene Goetz... Brighter Visions chair, gave me these numbers. Please keep in mind that they are "unofficial" until turned in...

Checks turned in were for \$18,180... largest one is showed in pic... not just in size (grin!) but in amount for \$7,000 from the Western Harnett Lions whose president is Lion Joe Poth. Thanks go out to ALL the clubs that donated! You are all making a MAJOR difference in so many people's lives!

We had a raffle this year too, thanks to Lion Gene! That added an additional \$1,020 to the pot for a total of \$19,200. That's pretty good for a day's work! I am trying to see if other money was sent in directly to Camp Dogwood, so that number can also be added in. I'll let you know what happens!

I just noticed that I "seem" to be the shortest one in the picture... just letting everyone know it's a special optical illusion. I'll explain how it works one day!

Don't forget Lion's Day in September! I want everyone knowing who we are and what do! Please be "visible" on 24 September... vests, shirts, pins... whatever it takes! Contact media about what you do... and let me pass on my thanks for all you have done for NC, and its people!

1ST VICE DISTRICT GOVERNOR'S MESSAGE

Greetings Fellow Lions!

I know everyone has been watching and listening about the flooding in Kentucky that is happening again in the great state of Kentucky. Our very own Lions Club International Foundation has been working very closely with the District Governors in Kentucky. I would like to take a moment and talk about Lions Club International Foundation better known as LCIF. The foundation's mission is 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.

At the International Convention it the Campaign 100 figures were announced at \$324 million exceeding the goal that was set. It is because of Lions like you that we are able to raise the funds that will help those in need. Past International President Douglas Alexander is the chairperson this year and is looking forward to what accomplishment will happen this year. With that being said your LCIF Coordinator is PDG Rahim Shamori and is willing to meet your club. Remember LCIF has done a lot for our district with disaster relief grants, a grant for our disaster relief trailer and a grant for diabetes in the past few years. So we have received more from LCIF that what we have given.

I know you a lot of you are wondering what we can do. One is you can donate to LCIF for the flooding that is happening in Kentucky. Also, our District Governor Mayra is in communication with the District Governors in Kentucky to see how our district can help. More information will be available soon.

Along with receiving more that what we give to LCIF is also Brighter Visions. Did you know that your county receives at least double the amount that your club donates to the Brighter Visions Campaign. As Lions we should get behind this program to help out our citizens in the state. Our Brighter Visions Campaign Kick-off is August 27th at 10 am at the Lions Industries for the Blind, Inc. in Kinston. We need every club there represented as our NCLI representatives will be there presenting the campaign along with information on the Camp Dogwood raffle. As all of you have seen, Lion Gene has been busy with his newsletters. I also know he is beginning to set up visitations to clubs. District Governor Mayra has a goal of \$90,000 this year. I would love to see our district to reach the Governors goal.

Last, I have set up most of my club visitation schedule and I am looking forward to my visits. I am also planning to make as many Zone meetings as I possibly can. I would like to leave you with this - 2 Serve and Have Fun!

Yours in Lionism,

1st VDG Carlie & Lion Dawn Metts
New Bern Twin Rivers Lions Club



District Governor Carlton Metts II
District 31N
2023-2024

1st VDG Visitation Schedule

September 13—Beaufort

September 13—Mount Olive

September 22—Goldsboro Host

September 26—Jacksonville New River

October 3—Grifton

October 5—Aurora

October 11—Jones County

October 13—Kinston Host

October 17-20—VIP Fishing Tournament

October 24—Pikeville

October 27—Farmville

2ND VICE DISTRICT GOVERNOR'S MESSAGE

Good Day Lions

When we talk about diabetes, we typically talk about two versions of the condition: Type 1 or Type 2. It's important to distinguish between the two, because the type determines the treatment. But what if there's a new type of diabetes — one that has important consequences for the brain?

Diabetes researcher (and Lion) Dr. Marco Songini believes he has made a connection between what he is calling Type 3 diabetes and dementia. It's a discovery that could revolutionize how we approach the prevention and treatment of cognitive (brain) dysfunction.

Some may say Songini was destined to be a diabetes researcher. As a young man, he had a promising future as a swimmer and water polo goalkeeper, but those dreams were thwarted after an accident injured his leg. He shifted his goals and set his sights on becoming an engineer. But just one year after his accident Songini was diagnosed with diabetes.

In Type 1 diabetes, the body's immune system destroys the cells that make insulin — the hormone that processes sugar. People with Type 1 diabetes require regular insulin injections to maintain a safe blood glucose level.

In Type 2 diabetes, persistent high levels of sugar in the blood make the body less able to use the hormone properly. Type 2 diabetes is typically associated with poor diet and insufficient exercise, though family history can play a role as well. Eating better, getting in a fitness routine, and taking medications can all help control high blood sugar in people with Type 2 diabetes.

Previously it was thought that the central nervous system (which the brain is part of) was not affected by diabetes. But recent research has been indicating that there is indeed a connection between high blood sugar, insulin, and brain function. And patients with diabetes who develop dementia have a unique form of the disease. Based on these findings, Songini and his team have been investigating the possibility of a third type of diabetes related to Alzheimer's.

If proven true, by connecting diabetes and dementia, healthcare professionals may be able to treat — or even head off — the devastating consequences of cognitive decline. What's especially interesting about Songini's research is that it shows that only slightly elevated levels of blood sugar can cause the devastating effects of cognitive dysfunction. Now more than ever Lions should "keep doing the good job to prevent diabetes," says Songini. There may be even more benefits to a healthy lifestyle than we knew.

[Blood Sugar on the Brain – Lion Magazine](#)

Ana Elliot

2nd Vice District Governor

GLOBAL LEADERSHIP TEAM

Dates to Remember

October 24th	2nd Cabinet Meeting; Time & Location TBA
January 14th	3rd Cabinet Meeting; during Mid-Winter Convention
April 22nd	4th Cabinet Meeting; during State Convention

2022—2023 GLT PDG Ray



Lions Club International President's Theme:
"Together We Can"
It's so simple, so fundamental, and so true.

GLOBAL SERVICE TEAM

Dates to Remember

September 24 2022	NC Lions Day Food Drive
October—December	Lions Toys Drive
January—March	31N Service with Boy and Girl Home
March	Camp Dogwood Volunteer Week
April 2023	Earth Day Events

2022—2023 GST Lion Patricia Jackson

GLOBAL MEMBERSHIP TEAM

Dates to Remember

December	New Members Competition
June	New Members Competition

2022—2023 GMT PDG DeAngelo Jackson

September is Color Blind Awareness Month

John Dalton was a scientist who was born on 6th September 1766. He was the first person known to realize color blindness exists. As a scientist he became aware that neither he nor his brother saw colors the same way as everyone else. He thought this was because they had blue

People with red/green CVD may not be able to tell the difference between green and red tomatoes, ripe and unripe bananas, or ketchup and chocolate sauce.

liquid in their eyes and Dalton left his eyes to science so that people could find out when he died. They didn't! However, Dalton did understand that because both he and his brother were affected that their condition must be hereditary. Over

150 years later DNA proved he had inherited color blindness. His observations contributed to the discovery of what we now call color vision deficiency (CVD) or more commonly known as color blindness. Color blindness is also known as Daltonism in his memory

*Some alternate terms for Color Blindness: Daltonism, Achromatic Vision, Achromatopsia, Dichromatic Vision, and **Color Vision Deficiency (CVD)**.*

Some interesting facts about color blindness:

Babies are born with Color Vision Deficiency (CVD)! As they grow, their color vision improves and is typically fully developed by the age of 6 months. Overall color discrimination capability reaches its peak by age 20, and then starts to decline again.

Contrary to popular belief, dogs don't actually see in black and white. Dogs are dichromats, which means they have two types of cone cells, and see in mostly blue and yellow.

To the normally sighted person, a rainbow features all the colors of the rainbow. For many people with CVD, however, a rainbow only appears to have 2 bands of color: blue and yellow.

To a person with CVD, the green light on a stoplight may appear white

Opposing sports teams' colors may be hard to tell apart. Cricket and hockey balls can disappear against a green background, and snooker balls may all look the same.

or even blue, while the red and yellow lights may look similar to each other.

People who are red-green color blind are often surprised to find out that peanut butter is NOT green!

Electrical goods that have red/green/orange LED displays can be frustrating, as all the colors often look the same.

Types of color blindness:

Deuteranomaly

A reduced sensitivity to green light. This is the most common form of color vision deficiency, and is thought to affect about 60 per cent of people with [CVD](#).

Protanomaly

A reduced sensitivity to red light. People with deuteranomaly and protanomaly generally have difficulty distinguishing between red, green, brown and orange hues.

Tritanomaly

A reduced sensitivity to blue light, and much rarer than the other two types. This makes it difficult to tell the difference between blue and yellow, violet and red, and blue and green.

How does color blindness affect students learning:

Researchers found that color-deficient students are slower to follow instructions and appear hesitant when faced with color-related decisions. They also struggle in school subjects such as chemistry, biology, physics, mathematics, and natural sciences in general.

Primary school students (aged seven to 12) with congenital [color vision deficiency](#) are found to be very sensitive, prefer to be alone, and have short attention spans.

Secondary school students (aged 13 to 17) with color vision deficiency are found to have internalizing behavior problems, low self-confidence, lack of class participation, and inability to concentrate.

Students with congenital color vision deficiency are embarrassed when they fail to identify colors correctly, which leads to them being misunderstood as slow learners and ridiculed by teachers and peers. This makes for a challenging educational and learning environment for them.

The most common symptoms are difficulty in distinguishing and identifying colors, inability to concentrate for long periods, particularly when coloring, taking a long time to complete a color-related assignment, making a mistake while coloring, and frequently selecting food.

Coming soon; our new KidSight mobile screening unit (KSU) will be screening for color vision deficiency (CVD).



Passing of Lion Cathy Delaney

Last Month, we lost a true Lion at heart. Lion Cathy Delaney exhibited the spirit of our Lions motto "We Serve"!

When there was a need, you could always count on Lion Cathy to be there. She will be missed by all that she came to contact with. She had the heart of a Lion!

She joined the Calabash Lions Club in 2010. Served the Calabash Lions Club for several years as Club Secretary and Chair of various positions except Treasurer. Also, serving as Club President. Recently she transferred to the Shallotte Lions Club.

She served as an active Zone Chair for many years. During Hurricanes here on the Coast, she was actively involved in relief efforts. After Hurricane Florence, she went, with others, to Leland to help clean up the aftermath of Hurricane Florence.

At one point, she felt we had not gotten enough money to help out after the Hurricane and she put together, by herself, a Grant proposal for \$15k, which was approved, while several helped her buy necessities, she did 85% of the work needed to get the items to the people who needed them.

Lion Cathy was involved with vision screening of the children in Brunswick County. She assisted the District with Spot Machine screenings. Assisting the school aged children in our District held a special place in Lion Cathy's heart.

The KidSight Screening Units (KSU) vehicles are here and will soon be ready for deployment to all five districts in North Carolina.



Under a new exciting program each district will be assigned a Chevrolet Equinox SUV, which will be equipped with at least two PlusOptix S12R Vision Screening devices and an Earscan 3 audiometer for hearing screenings. Since some schools require the old fashion method of screening; Snellen eye charts and Ishihara Color Vision Books will be included for back-up. Vehicles are equipped with GM/INSIGHT maintenance monitoring system. Each of these five units will be available to conduct vision and hearing screenings at your local daycare, preschools, schools, and any other location where children may be screened.

Since we have a North Carolina SCIF (State Capital and Infrastructure Funds) Grant we will need to report screening results to the state. Clubs conducting their own screenings and screenings conducted by the KSU will be required to report screenings to the NCLI KidSight state coordinator.

Training held at Camp Dogwood on August 17 and 18 was well attended with more than 40 Lions attending from all 5 districts. After an introduction by Camp Dogwood director Carlton Metts, training on Wednesday was continued by Rene Regnat, CEO of PlusOptix. Rene gave an in-depth description of the PlusOptix screener and all attendees had an opportunity to use the device and ask questions. Later that afternoon a KidSight lecture was presented by Dr. Edward V. Cordes, PID via zoom. Dr. Cordes is chair of Lions KidSight USA Foundation. Training continued that afternoon with a demonstration of the Earscan 3 audiometer. On Thursday morning Carlton Metts and Bryan Hoover gave a description of MSU/KidSight policies and procedures, scheduling process.

KidSight Screening Unit (KSU) Program Details:

For clubs doing your own screenings this program is **not intended to compete or replace your club screening efforts**. Because the KSU will be equipped with three PlusOptix screening devices we will be able to screen larger groups.

The KSU will be available to come to your location for a total fee of \$150. We can screen multiple schools or your club could organize a community screening event.

Each KidSight Unit will need dedicated Lions to help during the screening event. Being a “Certified KidSight Screener” will be required. Becoming a certified can be done on line; go to www.lionskidsightusa.org and click on “Get Certified”.

Children from 6 months to 12 years old can be screened.

We are looking forward to this new program and are excited to offer eye screening to all children from 6 months to 12 years of age.

Lion Gene Goetz

MSU/Kidsight district chairperson



MCLEANSVILLE LIONS CLUB
&
GCWC LIONS CLUB

PRESENT THE
21st ANNUAL



**LION JAMES DELBERT PHILLIPS
TRACTOR SHOW & FALL FESTIVAL**

Saturday, October 1, 2022

7 am to 2 pm

Crafters - Silent Auction – Bake Sale – Yard Sales
Entertainment – Food – Cars – Tractors - RAFFLES

1124 Mount Hope Church Road
(Corner of Mt. Hope Church Road & Hwy. 70)

EVENT INFO: Tammy Phillips 336-987-6323 or Susie Dailey 704-439-6278

-or- Message on FB McLeansville Lions Club

WESTERN HARNETT LIONS CLUB NEWS

Western Harnett Lions Supporting the Blind

By Lions Joe Poth and Vince Schimmoller

Photos by Lion Cailee Poth

At our June Membership meeting, Western Harnett Lions presented a check for \$31,000 to Mr. Richard Chatham of the MIRA Foundation, USA. The MIRA Foundation is the only organization in the US that provides guide dogs to teenagers. In 2017, the club initiated a project to raise money to help procure a guide dog for a teenager. Though the club was able to raise the money in only a few years and ahead of schedule, it was confronted with a significant delay. All of the MIRA dogs and teenagers selected for the program are trained in Canada. Because of the covid pandemic, that country shut down its borders and the guide dog training practically ceased. All of our efforts were put on hold and for a time we considered donating to another worthy cause. We were notified just a couple of months ago, that if we still wanted to sponsor a blind teenager, the MIRA foundation was ready to make a recommendation and provide the training. MIRA recommended Ella Shae Maddox, a 16-year old from Lawrenceville, GA. In a letter to our club, Ella Shae said she is a straight A student and described herself as a typical teen who loves fashion, music and going to the mall. She told us that having a dog would be so much better than the stigma of a walking cane, and it would give her the confidence to navigate effectively in public. Some of our Lions, who were involved with the project from the beginning, made the presentation to Mr. Chatham from MIRA. The club then heard a short video presentation from Ella Shae Maddox and she was so thrilled that we were going to support her! This simple thank you, and the exhilaration that this young girl showed, made our years of planning and saving well worth it. Ella Shae attended the formal training in Canada in late July and received her guide dog sometime in August. We wish her the best in life and we are hoping our club can establish a long-term relationship with her and her family. We are so honored, blessed and humbled to truly help this young girl in need. We Serve!



**Presenting \$31K to
MIRA Foundation**



**16-year old Ella
Shae Maddox
from
Lawrenceville,
GA**



Hampstead Lions Club Raffle



\$500.00 Gift Card

Only 500 tickets will be sold!!

Tickets: \$5ea or 3/\$10.00

Call: Val 910-231-2474, Elaine 201-704-5604

Drawing will be held: Saturday, November 19th 2022

FAYETTEVILLE MASSEY HILL LIONS CLUB

The Massey Hill Lion's Club of Fayetteville, NC recently completed their monthly feeding of the homeless in downtown Fayetteville. More than 60 individuals and families were fed a dinner of chicken wings, green beans, sweet potatoes, rolls, desert, and a beverage. While the club sets up a stationary location within the city each month to help attend to the needs of a growing homeless community, the club members also prepare plates and delivers meals to various homeless sites within the city to ensure those desiring a hot meal are attended to.





ANGIER LIONS CLUB

Vendors Resale Stop & Shop



Angier Depot
19 West Depot Street
October 8, 2022
10:00 am until 6:00pm

OUTSIDE TABLES \$20.00 INSIDE TABLES \$30.00
Email: m5djack@yahoo.com to Reserve a Space No later
than October 1, 2022

NEW BERN & TWIN RIVERS LIONS CLUBS

Invite Individuals or Teams to play in their

11TH  ANNUAL

CHARITY GOLF

First 72 Spots Guaranteed

TOURNAMENT

FOUR PERSON SUPER BALL

Benefits the visually impaired in our community

September 17, 2022

Rain Date: To Be Determined

Tee Time: 1:00 p.m.



ENTRY FEE: \$75 per person/\$300 per team

Includes: Green Fee & Cart, Meal

Prizes & Refreshment Cart

Call Robert Block, 252-259-5099

Carlie Metts, 252-259-4827

Deadline for Sign-up is September 10, 2022

twinriverslionsclub@gmail.com

252-259-4827



We Serve

Tournament Registration

PLAYER #1

Name: _____
Address: _____
Phone #: _____
Email: _____
Club Affiliation: _____
Handicap Index: _____

PLAYER #2

Name: _____
Address: _____
Phone #: _____
Email: _____
Club Affiliation: _____
Handicap Index: _____

PLAYER #3

Name: _____
Address: _____
Phone #: _____
Email: _____
Club Affiliation: _____
Handicap Index: _____

PLAYER #4

Name: _____
Address: _____
Phone #: _____
Email: _____
Club Affiliation: _____
Handicap Index: _____

DEADLINE:

September 10, 2022

Tournament Information

LOCATION

The Emerald Golf Club
5000 Clubhouse Drive
New Bern, NC 28562
252-633-4440 ext 228

DATE

September 17, 2022

CHECK IN

11:45 AM - 12:30 PM

Includes Meal
Awards and Prizes

FORMAT: Four Person Superball
MODIFIED BY TEAM HANDICAP

MULLIGANS & POT-OF-GOLD

For Sale at Check-In

ENTRY FEES

\$75.00 per person / \$300.00 per team

*Includes: Entry Fee, Green Fees, Cart
Fees and Meal*

MAKE CHECK PAYABLE TO:

Twin Rivers Lions Club

MAIL CHECK/FORM TO:

Anne Metts
2001 Williamson Drive
New Bern, NC 28562

NEW BERN & TWIN RIVERS
LIONS CLUBS



SATURDAY, September 17, 2022

Rain Date: To Be Determined

TEE OFF

1:00 PM SHOTGUN

HOLE-IN-ONE PRIZE

\$14,000

Disney Vacation for Four



The Emerald Golf Club

5000 CLUBHOUSE DRIVE,

NEW BERN, NC 28562

(252) 633-4440 ext 228

Prizes

- Prizes for the top teams
- Closest to the pin!
- Longest Drive!
- Pot-of-Gold!



From the Lions Club Presidents,

The funds raised at this event will benefit the needy and visually impaired residents of New Bern and nearby communities.

Beth Nelson
President, New Bern Lions Club

Melanie A. Rust
President, Twin Rivers Lions Club

LIONS CLUB

Beneficiary

The net proceeds will be used to assist the visually impaired with

Eye Exams

Eye Glasses

Special Reading Equipment

Assistance with Eye Surgeries

Summer camp for visually impaired/blind at Camp Dogwood on Lake Norman

Participation in
NC Lions VIP Fishing Tournament

Mobile Eye Screening

In School KidSight Vision Screening

Diabetes Awareness

For More information call

LION ROBERT BLOCK
252-229-5099

LION CARLIE METTS
252-259-4827

twinriverslionsclub@gmail.com
252-259-4827

RICKY STOUT
The Emerald Golf Club
252-633-4440 ext 228



We Serve

Lions Industries for the Blind, Inc.

(252) 523-1019



Independence Through Employment

Providing Quality Products & Services for Over 40 Years

**Now offering
LIONS CLUB
apparel!**



Lions Industries for the Blind, Inc.

(252) 527-3499 ★ (919) 252-5050

Kinston, NC

