

District Governor

Francis Hensel (Christine) 582 N. Eighth Street Upper Sandusky, OH 43351 419-294-2918 fohensel@udata.com

Ist Vice District Gover

PCC/PDG Jeff Hillis (Joy) 1197 Sherwood Drive Bucyrus, OH 44820 419-562-4455 pccpdgjeff@gmail.com

2nd Vice District Gover nor

Carolyn Brook (Bill) 598 Alexander Rd W Bellville, OH 44813 (419) 886-4181 csbrooks@outlook.com

Cabinet Secretary

Becky Krock (John) 9527 C HWY III Upper Sandusky, OH 43351 419-294-5365 rkrock@woh.rr.com

Cabinet Treasurer

Daniel Stone (Jill) 444 US 250 East Ashland, OH 44805-9772 419-869-7614 419-709-0101 (cell) jdstone@bright.net

Newsletter Editor

Keith Cole (Connie) 166 E. County Road 16 Tiffin OH 44883 419-447-4975 district I 3blions@yahoo.com



Time Line

Ohio Lions District 13-B

VOLUME I ISSUE 8

MARCH 2014

Officers, Your Club Is Counting On You!

The most important single meeting of the year for club officers is coming up. You may think I am talking about the District 13B Convention (which is pretty darn important). However; I am talking about the annual District Leadership School.

Every club has by now prepared a slate of officers for next year. The single most important thing those incoming officers can do is to attend District Officer's School. Mark the date:

May 3, 2014 (Saturday)
District Leadership School
Trinity Lutheran Church
Ashland, OH

Your District runs one of the most successful and informative schools in all of Lionism. You, new officers, will learn about the best ways to carry out your duties and responsibilities. The school is an absolute must for Presidents-elect, Secretaries and Treasurers. Things change every year in Lions, and it is vital that you are informed. For the other officers, full programs will help them carry out their responsibilities from tail twisting to public relations, and all in between.

The entire school will take just one Saturday morning, and the benefits will show in your club all year long.

Lion Ann Miller, District Global Leadership Team Coordinator and her team put many hours into the programs and materials with the single goal of making you better as an officer.

Your club is depending on you to be a good leader. This is the first step. I hope to see every club's officer team in Ashland. Please be on the lookout for registration forms. We are counting on you!

Jeff

Jeff Hillis First Vice District Governor

DG Francis

I would like you, as the Lions of District 13 B, to do these three things as an ongoing program:



I. Inform your community of the things

you do as Lions. I know clubs don't have money for advertising in newspapers. 15 Why not use the original form of communication, word of mouth. Each of us can tell the community what our clubs do and the benefits the community receives. Tell them the amount of money the club provides in support of various programs and projects. Be knowledgeable in past major projects supported. Thank the community for supporting your fund raising projects.

- Be a cheer leader and thank other clubs and groups for the work they do for your community. Don't forget our volunteer firemen, sheriff auxiliary, VFW, AM- I am continuing my VETS, Moose lodge, Elk Lodge and other club visits and still organizations.
- 3. Ask the general public to think what the communities would do without these services. A good example of the cost of a volunteer for fire department labor is estimated at \$ 500,000.00 dollars. If people don't volunteer, how can these services be provided? The taxes one pays would have to be doubled.

Convention time for I3-B will be here soon and that means the district will vote on redistricting and supporting PID Steve Sherer for 2nd Vice President of LCI at our convention..

Francis O. Hensel Governor 13B

MARCH

- District 13 K Convention 1-2
- 3 Clyde
- 5 **leromesville**
- 6 Nevada
- 7-9 District 13 A Convention
- П Norwalk
- 14-15 District 13 F Convention
- 17 Bellevue
- 20 **Hayesville**
- 21-23 District I3 D Convention
- Perrysville

Rowsburg

28-30 District 13 B Convention

APRIL

- District 13 E Convention 4-5
- 8 **Bucyrus**
- 10 Ashland
- 12-13 District 13 G Convention
- Sycamore
- Mohawk Lioness
- **Firelands**
- 25-27 District 13 C Convention
- 26-27 District 13 | Convention
- 26-27 District I3 H Convention
- To reschedule: Green Springs and Nova

Ist VDG leff

2nd VDG Carolyn

having a good time. I am please to find that many clubs are conducting Pre-School Vision screening and many have decided to



be trained to complete the screening. It is very important for pre-schooler's to have eye exams for healthy eyes.

The District Bowling Tournament went well and everyone had a good time. The Bellville Lions Club was the host this year. Fourteen teams participated. from the Savannah Lions, team one took first place and Ontario Lions took second place. Ashland Evening Lions, team one came in third place. Many of the players had not bowled in several years, but still had a great time.

2ndVDG Carolyn



District 13 B Convention Holiday Inn

Westlake, OH March 28-30, 2014

District 13 B Leadership School

Trinity Lutheran Church May 3, 2014 Ashland, OH

Future International Conventions

97th Convention Toronto, Canada July 4-8, 2014

99th Convention Fukuoka, lapan June 24-28, 2016

37th Forum Overland Park, Kansas September 19-21, 2013

39th Forum Grand Rapids, MI September 17-19, 2015

98th Convention Honolulu, Hawaii June 26-30, 2015

100th Convention Chicago, Illinois June 30-July4

38th Forum San Juan, Puerto Rico September 11-13, 2014

40th Forum Omaha, Nebraska

2014 – 2015 LEADERSHIP DATA FORM

13-B Leadership Training: *Saturday, May 3, at Trinity Lutheran Church in Ashland.* Time: 9 am to 1:30 pm.

Registration needed by APRIL 22, 2014 to plan for handout materials and lunch.

Send or email forms to: Lion Ann Miller, 1514 Twp. Rd. 1173, Ashland OH 44805 419-289-0638 babba4ajm@gmail.com

Please enter information for ALL club officers, and then indicate which ones will attend on May 3. Also note names/positions for any additional members attending.

<u>A BANNER PATCH WILL BE AWARDED IF YOUR 2014-5 PRES/SECY/TREAS/</u> and <u>MEMBERSHIP CHAIR ARE ALL ATTEND.</u> (use back or additional sheet for other attendees)

| Club Name | | | | |
|---------------------------|--------|--------|-------|--------------|
| () President | | | | |
| Address | | | | |
| Phone | E-mail | | | |
| () 1 st VP | | | | |
| Address | | | | |
| Phone | E-mail | | | |
| () Secretary | | | | |
| Address | | | | |
| AddressPhone | E-mail | N | ewer? | Yes / No |
| () Treasurer | | | | |
| Address | | | | |
| Phone | E-mail | N | ew? | Yes / No |
| () Membership Chmn | | | | |
| Address | | | | |
| Phone | E-mail | | | |
| () Public Relations Chmn | | | | |
| Address | | | | |
| Phone | E-mail | | | |
| () Tail Twister | | E-mai | l | |
| Address | | Phone_ | | |



Here's your Lions District 13-B Convention Update

2014

We Serve

You are cordially invited to attend the Ohio Lions District 13-B Convention, which will be held March 28, 29, 30 2014 the Holiday Inn[®] Cleveland West in Westlake, Ohio.

Our special guest speaker will be JUDY HANKOM INTERNATIONAL DIRECTOR



Judy Hankom, from Hampton, Iowa, USA, was elected to serve a two-year term as a director of The International Association of Lions Clubs at the association's 95th International Convention, held in Busan, Korea, June 22-26, 2012.

Director Hankom is a retired assistant business manager for the Hampton-Dumont Community School District. A member of the Hampton Lions Club since 2001, she has held many offices within the association, including club president, zone chair, district governor, council chair, district and multiple district women's membership chair, and district extension chair. She has also served as chair of the First Lions Women's Symposium in Iowa, Great Plains Lions Leadership Institute faculty member, Club Excellence Process facilitator, Campaign SightFirst II Group coordinator, Iowa KidSight screening volunteer and Special Olympics Opening Eyes volunteer.

In recognition of her service to the association, she has received numerous awards, including the club Lion of the Year, Iowa Lions Foundation Warren Coleman Honorary Award, International President's Award, International President's Leadership Medal and five International President's Certificates of Appreciation. She is also a Melvin Jones Fellow.

In addition to her Lions activities, Director Hankom is active in numerous professional and community organizations, including former chair of the Trinity Lutheran parish board and past president of the Hampton Public Library board.

Director Hankom and her husband, Ron, also a Lion and Melvin Jones Fellow, have three children and two grandchildren.

- In addition to many of the regular Convention agenda items you've come to expect such as
 the Silent Auction and Euchre Tournament, we'll have some exciting new entertainment this
 year. There will also be Euchre and Corn Hole tournaments. Watch for more details
 when you arrive.
- SPOUSES PROGRAM: This year will feature portrayal of Helen Keller by
- Jackie Christensen. Along with a Ladies tea. Hope to see you there.
- Also this year, you'll receive up to two free Breakfast Buffets per day with your paid hotel
 room. The Holiday Inn is offering a discounted rate of \$74.00 per night plus tax for this
 year's Convention. To receive this rate, which includes the free Breakfast Buffet for up to
 two people, register by March 1st and be sure to mention that you're attending the Lions
 District 13-B Convention.

2014 Lions 13-B Convention Schedule Highlights*

Friday, March 28th

- Registration & Delegate Certification – 3:00-9:00 p.m.
- Silent Auction Donations Received – 3:30-5:30 p.m.
- Silent Auction Begins 6:00-10:30 p.m.
- Cabinet Dinner 6:00-8:00 p.m.
- Hospitality Rooms Open 8:00-11:00 p.m.
- Entertainment 9:00p.m.
- Euchre
- Registration 5:00-7:00
 p.m. / Tournaments 9:00-12:00 p.m.

Saturday, March 29th

- Registration & Delegate Certification – 8:30-11:00 a.m.
- First Session Seminars –
 9:00-10:00 a.m.
- Second Session Seminars 10:15-11:15 a.m.
- Awards Luncheon 11:30
 a.m.-1:00 p.m.
- Business Meeting 2:00-3:30 p.m.
- Spouse's Program 2:00-3:00 p.m.

- Grand Banquet 6:00-9:00 p.m
 Doors Open @ 5:30 p.m.
- Hospitality Rooms Open 9:00 11:00 p.m.
- Corn Hole 9:00p.m.

Sunday, March 30th

- Registration & Delegate Certification – 8:00-9:00 a.m.
- Worship & Necrology Services
 8:00- 9:00 a.m.
- Business Meeting & Elections -9:30 - 11:00 a.m.

^{*} All times and events are subject to change. Please refer to the Convention Booklet upon arrival for the final, complete schedule.

MULTIPLE DISTRICT 13-B CONVENTION REGISTRATION FORM MARCH 28th, 29th and 30th, 2014

Holiday Inn Cleveland West 1100 Crocker Road, Westlake, Ohio 44145

HOTEL RESERVATION

All room reservations should be made directly through Holiday Inn by calling (440) 871-6000. Room rates are \$74 per night plus tax. Be sure to mention that you are attending the Ohio Lions District 13-B Convention to obtain this special rate. You must be registered for the convention to receive this rate. Cut off is 03/01/14.

| CONVENTION REGISTRATION | MEALS Saturday Awards Luncheon – | - noeheon - | | Club Name: | ORMATION | PLEASE PRINT |
|--|--|--------------------------|-----------------------|--|--|--------------|
| 1 - Full Registration - 355 | l urkey croissant | = | | Club Name: | | |
| 2 - Conventions Activities City (NO Means) - 313 3 - Saturday Awards Luncheon - \$20 4 - Saturday Grand Banquet - \$35 | Saturday Grand Banquet – Salad and dessert Choice of: | inquet – Salad and | dessert | Contact Person: | | |
| 5 - Child Registration (12 and under) - \$15 | 1: Herb Chicken 2: Tilapia | cken | | Phone: | | |
| PRINT or TYPE Name as to appear on name tag. | Registration Choice 1,2,3,4,or 5 | Meal Choice 1 or 2 | Room Type** N or E | Special requests or Special Needs | Check if attending Spouse Program | Amount |
| | | | | | | |
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| | | | | | | |
| Make checks payable to: Upper Sandusky Lions Club Send to: Jim Gatchell P.O. Box 143 Harpster, Ohio 43323 | | | | | Total Due | |

****AFTER MARCH 1st ADDS A \$5 LATE FEE TO EACH REGISTRATION****

^{**} Room types are N=No Preference for room selection. E=Easily Accessible Room to convention. Please only request rooms as needed. Easily accessible rooms are for those who may need a room a little closer to the elevators.

DISTRICT 13-BCONVENTION DELEGATE REGISTRATION--2014

Dear Club President and or Secretary:

According to the Constitution & By-Laws of Ohio Lions Inc. and the International Association of Lions Clubs, the election of district officers shall be conducted by secret ballot. To insure a secret ballot and that the casting of ballo is done only by authorized delegates, clubs and delegates must comply with the following rules:

- 1. Each Club is entitled to one (1) delegate for every ten (10) members or major fraction there-of, that have been enrolled in the Club for at least one year and a day as of February 1, 2014. It is the duty of each Club to send a full delegation to the District Convention.
- 2. All Past District Governors of 13-B shall be considered Delegates-at-Large to this Convention, in addition to the delegate quota of your Club. Any delegate shall have but one vote on each question or issue that is submitted to this Convention.
- 3. The Club must be in good financial standing with Lions International and District 13-B. All dues must be current and merchandise paid for.
- 4. This form, listing delegates, MUST BE COMPLETED, SIGNED, AND RETURNED to the CABINET SECRETARY by the Club Secretary by March 21, 2014.
- 5. Each delegate must be a member in good standing with their Club and must pick up, from the Certification Desk, prior to 9:00 AM on March 30, 2014, their authorization to receive a ballot for the business session. <u>It will be necessary for the delegate to present their SIGNED and CURRENT Lion's Member Card.</u>

| CLUB | Number of delegates |
|--------------------------|-------------------------|
| 1 | 6 |
| 2 | 7 |
| 3 | 8 |
| 4 | 9 |
| 5 | 10 |
| PAST DISTRICT GOVERNORS: | ALTERNATES: |
| 1. | 1 |
| 2 | 2 |
| 3 | 3 |
| 4 | 4 |
| Signed: | Secretary of Club Date: |

9527 County Highway 111 Upper Sandusky, Ohio 43351

BLOOMVILLE LIONS CLUB

BAKED STEAK DINNER

SUNDAY, MARCH 16, 2014

BLOOMVILLE COMMUNITY CENTER

SERVING FROM 11 TO 1

MENU: BAKED STEAK, POTATOES, VEGETABLE, ROLLS AND OUR FAMOUS DESSERT BAR

PUT ON YOUR GREEN AND JOIN US!



Join HAYESVILLE LIOHNS CLUB for

HOT FUN and CHILI NIGHT!

Saturday March 15th, 2014

Chili Supper and Euchre Tournament!

Chili Supper from 4pm to 7pm by Donation.

then

Euchre Tournament beginning at 7pm. \$5.00 per person.

Hayesville United Methodist Church

44 S Mechanic St. Hayesville, OH 44838

Proceeds from Supper will go to support Hayesville-Vermillion Fire Dept

Proceeds from Euchre Tournament support the Hayesville Lions Club Scholarship Fund.



Clyde Lions Club 2nd Annual 5K Run/Walk "Giving BACK TO THOSE WHO HAD BUBBA'S BACK"

Net proceeds benefit Bubba's Battle Scholarship Fund & Clyde Lions Community Projects



DONATED YOU WILL BE

ENTERED INTO A DRAWING TO WIN A NEW PAIR OF DAKLEY SUNGLASSES **Sunday, April 27, 2014**

- Race/Walk Bike trail next to the Clyde City Building downtown Clyde, Race will be on the trail going toward Bellevue and back
- Registration 9:00AM 9:30AM
- Race/Walk starts 10:00AM
- Pre-Registered cost \$23.00 includes pancake breakfast & shirt Add \$5.00 for dri-fit
- Day of race \$25.00 includes pancake breakfast NO shirt
- \$5.00 breakfast only available 10:00 11:30
- Due by 4/16/2014

New Pancake Breakfast!

Send entry form & checks to: CFACU c/o Emily Waugh, 1455 W McPherson Hwy, Clyde, OH 43410 Make checks payable to Clyde Lions Club.

Contact Theresa Elfring 419-680-9591 or Emily Waugh 419-603-0465 with any questions.

ENTRY FEE: ADVANCED Registration \$23° (DUE BY 04-16-14) DAY OF RACE \$25.° Only pre-registered will get T-shirts this year, so please pre-register.

| Name | | | | | W | |
|----------------|--------------------------|----------|------------|----------|------|---------------------|
| Address | | | en, | | | 37,67 18 |
| City | 4. Y () () () () () | 1 | State_ | | Zip_ | |
| Phone | 1 N | | Email | | | K S |
| Age Sex _ | Birthday | | Shirt size | S M L XI | XXL | dri-fit plus \$5.00 |
| Breakfast Only | | MM/DD/YY | | | | |

AGE GROUPS: MEN AND WOMEN

10 & Under □ 11-19 □ 20-29 □ 30-39 □ 40-49 □ 50-59 □

Since 2002, Lorain County Health & Dentistry, a Federally Qualified Health Center, has provided top quality primary and preventative health care to people of Lorain County, Ohio and surrounding areas regardless of ability to pay. LCH&D offers prenatal/women's health care, pediatrics, family/adult medicine, optometry/eye care, podiatry, asthma/allergy services, and general dentistry. The health

asthma/allergy services, and general dentistry. The health center operates three locations in Lorain and Elyria, accepts some private insurances, and also serves low income and uninsured persons (fees are discounted for those who qualify based on Federal Poverty Guidelines). Enabling services include outreach and community support, interpretation, reduced-cost prescriptions through participating Walgreens, and coordination of transportation with Medicaid plans.

Lorain County Health & Dentistry locations:

1205 Broadway Ave. Lorain, Ohio 44052 (Location of new vision clinic)

3745 Grove Ave. Lorain, Ohio 44055

412 E. River St.

412 E. River St. Elyria, Ohio 44035 114 White Court Elyria, Ohio 44035 Call (440) 240 - 1655 for appointments and services.

Some evening hours available.

Visit our website at www.lorainhealth-dentistry.org.

Text LCHD to 69866 for updates about our clinics.

Follow us on:







VISION CLINIC

Information for Lions Clubs to access vision and other health care services at LCH&D.

1205 Broadway Avenue Lorain, OH 44052

Hours of Service

Monday - Friday 8:00 AM to 5:00 PM Call (440) 240 – 1655 to schedule an appointment.

Instructions for Lions Club Members sending a patient to Lorain County Health & Dentistry for Vision Care:

13

- Club decides to offer charity care to person in the community
- · Club representative completes Vision Clinic referral form, including
- Waiver signature (this allows Club representative to speak to LCH&D staff on behalf of person seeking services)
- Contact information (Club ID number & phone number for Club member)

Fax or mail completed form to:

440-240-1663 ATTN: Call Center Lead Lorain County Health & Dentistry 1205 Broadway Lorain, OH 44052 ATTN: Call Center Lead

- Instruct person to call LCH&D at (440) 240-1655 to schedule an appointment.
- After person has been seen, and care is completed, LCH&D will bill club for all services completed during visit.

FEES

Eye Exam for glasses \$50 Glasses \$35 Patients requiring additional care/treatment than what LCH&D provides will be referred to outside specialists. Fees and services vary based on referral organization.

If a person is in need of emergency eye care, contact Dr. John Smith at (440) 935-3268 for assistance.

Additional Lorain County Health & Dentistry Services:

- Pediatrics (birth to age 19)
- Adult Medicine (ages 19 and up)
- General Dentistry (all ages)
- Asthma/Allergy
- Prenatal & Women's Health
- Podiatry
- Assistance with financial & charity applications
- Prescription assistance through three area Walgreens pharmacies
- Referral services for specialists and testing
- Translation for non-English speaking patients

Lorain County Health & Dentistry accepts
Medicaid/Medicaid Managed Care, Medicare, & some
commercial insurance plans. A sliding fee scale, based on
family size and income, is available for patients without
insurance. Most uninsured patients pay the minimum fee
for services: \$20 for medical visits, \$35 for dentistry
or optometry visits.

Lorain County Health & Dentistry also offers application assistance

for the Affordable Care Act (ACA) & Medicaid Expansion. Counselors are available at 3 LCH&D sites during normal business hours. Individuals can schedule an appointment or walk in. Social security number, W2s or paystubs, and household size information are needed to apply.

**The deadline for enrollment in the ACA is March 31, 2014. Ohio Medicaid now covers individuals & families earning up to 138% of the Federal Poverty Level.

Amnerst #3180 Ashland Noon #5188 Ashland Evening #5189

Attica #5190 Avon #5191 Bascom #5192

Bellevue #5193 Bellville #5194

Bloomville #5195 Bucyrus #5196 Butler #5197 Castalia #5198

Clyde #108030

Colonel Crawford #5199 Crestline #5200 Elmore #43464 Elyria Evening #5201 Firelands #5204 Fostoria #5205 Fremont #5206 Green Springs #5210 Hayesville #5211 Huron #5212 Jeromesville #5213

LaGrange #5214 Lindsey #5216 Lorain #5217

Lorain Harbor #48467 Loudonville #5218

Lucas #5219

Madison Twp #5220

Marblehead Penins, #43465

Mifflin #5223

Milan Edison #35338

Nevada #5225

North Fairfield #5226

North Ridgeville #5227 Norwalk #5228

Nova #5229

Oak Harbor #38133 Old Fort #5230 Ontario #5231 Perrysville #5232

Plymouth #32916

Polk #5233

Port Clinton #5234 Republic #5235

Rowsburg #5236 Sandusky #5237 Savannah #5238

Sheffield Village #10376

Shelby Branch # Sycamore #5242 Tiffin #5243

Upper Sandusky #5244

Vermilion #5245

LIONS DISTRICT 13B Vision Clinic Referral Form

Circle your club and write the billing address.

| Billing address | Referral Date |
|---------------------------------------|--|
| and contact phone | Service Requested/Authorized |
| | Exam (\$50) |
| 7 | Glasses (\$35) |
| | Other (case by case) LCH&D will contac club for arangements. Give brief description: |
| | |
| Patient Authorization of Service | |
| care and/or glasses from the Lions | nt name), have requested help to obtain vision Club. I give The Lions and Lorain County communicate regarding scheduling and helping |
| | ature(signature) |
| Lions Club Authorizing Individu | al |
| Signature | |
| Print Name | |
| Contact Phone | |
| Fax this form to: 440-240-1663 | OR Mail this form to: Lorain County Health and Dentistry 1205 Broadway Lorain, OH 44052 Attn: Call Center Lead |
| Alternatively: If a slub has a nation | t they need to push thru without fax or faster |

than mail, contact Dr. John Smith by cell phone, text or voice mail, 440-935-3268.

He will facilitate the visit for you.



Are You at Risk for Type 2 Diabetes?

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

Diabetes Risk Test

One in four Americans with diabetes is undiagnosed. Could you be one of the 7 million Americans who has diabetes and doesn't know it? Take the test and learn more about your risk for getting type 2 diabetes.

Write your score

in the box.

1 How old are you?

- a. Less than 40 years (0 points)
- b. 40-49 years (1 point)
- c. 50-59 years (2 points)
- d. 60 years or older (3 points)
- 2 Are you a man or a woman?
 - a. Man (1 point)
 - b. Woman (0 points)
- Are you a woman who has ever been diagnosed with gestational diabetes or given birth to a baby weighing 9 pounds or more?
 - a. Yes (1 point)
 - b. No (0 points)
- Do you have a mother, father, sister, or brother with diabetes?
 - a. Yes (1 point)
 - b. No (0 points)
- Have you ever been diagnosed with high blood pressure?
 - a. Yes (1 point)
 - b. No (0 points)
- 6 Are you physically active?
 - a. Yes (0 points)
 - b. No (1 point)
- What is your weight status? (see chart at right)

| <u>}</u> | Add up Your Score | | |
|----------|-------------------|--|--|

| | | | Weig | ht | | |
|--------|---------|------------|---------|-------------|------|--------|
| Height | lbs. | kilos | lbs. | kilos | lbs. | kilos |
| 4'10" | 119-142 | 54.0-64.4 | 143-190 | 64.9-86.2 | 191+ | 86.6+ |
| 4'11" | 124-147 | 56.2-66.7 | 148-197 | 67.1-89.3 | 198+ | 89.8+ |
| 5'0" | 128-152 | 58.1-68.9 | 153-203 | 69.4-92.1 | 204+ | 92.5+ |
| 5'1" | 132-157 | 59.9-71.2 | 158-210 | 71.7-95.3 | 211+ | 95.7+ |
| 5'2" | 136-163 | 61.7-73.9 | 164-217 | 74.4-98.4 | 218+ | 98.9+ |
| 5'3" | 141-168 | 64.0-76.2 | 169-224 | 76.7-101.6 | 225+ | 102.1+ |
| 5'4" | 145-173 | 65.8-78.5 | 174-231 | 78.9-104.8 | 232+ | 105.24 |
| 5'5" | 150-179 | 68.0-81.2 | 180-239 | 81.6-108.4 | 240+ | 108.9- |
| 5'6" | 155-185 | 70.3-83.9 | 186-246 | 84.4-111.6 | 247+ | 112.0+ |
| 5'7" | 159-190 | 72.1-86.2 | 191-254 | 86.6-115.2 | 255+ | 115.7+ |
| 5'8" | 164-196 | 74.4-88.9 | 197-261 | 89.4-118.4 | 262+ | 118.84 |
| 5'9" | 169-202 | 76.7-91.6 | 203-269 | 92.1-122.0 | 270+ | 122.5+ |
| 5'10" | 174-208 | 78.9-94.3 | 209-277 | 94.8-125.6 | 278+ | 126.1+ |
| 5'11" | 179-214 | 81.2-97.1 | 215-285 | 97.5-129.3 | 286+ | 129.7 |
| 6'0" | 184-220 | 83.5-99.8 | 221-293 | 100.2-132.9 | 294+ | 133.44 |
| 6'1" | 189-226 | 85.7-102.5 | 227-301 | 103.0-136.5 | 302+ | 137.0+ |
| 6'2" | 194-232 | 88.0-105.2 | 233-310 | 105.7-140.6 | 311+ | 141.1+ |
| 6'3" | 200-239 | 90.7-108.4 | 240-318 | 108.9-144.2 | 319+ | 144.74 |
| 6'4" | 205-245 | 93.0-111.1 | 246-327 | 111.6-148.3 | 328+ | 148.8- |

(2 Points)

You weigh less than the amount in the left column (0 points)

(1 Point)

The higher your score, the higher your risk.

- If you scored 5 or more: You are at increased risk for having type 2 diabetes. Talk to your health care provider about simple blood tests to check for diabetes or prediabetes. Early diagnosis and treatment can prevent or delay heart attack, stroke, blindness, kidney disease, and other health problems.
- "If you scored below 5: Even if your score was below 5, you may be at increased risk for having prediabetes—blood sugar levels that are higher than normal but not high enough to be called diabetes. The good news for people with prediabetes is that you can lower your risk for type 2 diabetes. Talk to your health care team about getting tested, particularly if you are over 45, overweight, or have a family member with diabetes. Find out about the small steps you can take to prevent or delay type 2 diabetes and live a long and healthy life.

Type 2 diabetes is more common in African Americans and people with African ancestry, Hispanics and Latinos, American Indians, Alaska Natives, Asian Americans, Native Hawaiians, and Pacific Islanders. NDEP has special information for these groups.

National Diabetes Education Program

1-888-693-NDEP (1-888-693-6337) • TTY: 1-866-569-1162
HHS' NDEP is jointly sponsored by NIH and CDC with the support of more than 200 partner organizations.







(3 Points)







Want to be rewarded for growing your club?

The Together We Can Grow contest rewards highperforming clubs for exceptional membership growth.

Building a strong club takes teamwork and leadership.

Your club can do even more when the current and
incoming club presidents work together this year to
increase club membership. Check out what you can
earn for your efforts!

Here's what your club needs to achieve to win:

- Be the top club in your district with the largest net membership gain (by percentage) between January 1 and July 31, 2014.
- Your club must have at least a 10% membership growth and a five (5) member net gain during the contest period.

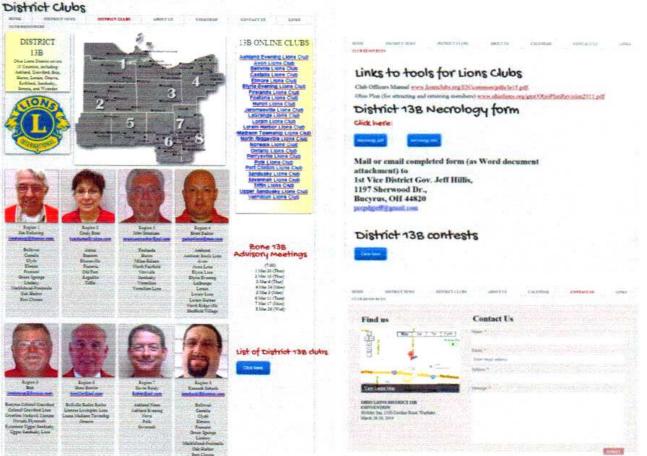
There's more rewards and opportunities to earn! Visit the LCI website for complete contest details and your chance to earn additional rewards in our innovative recruiting contest!

Learn more about Together We Can Grow today!



Short Guide to District 13B Website: http://ohiolions13b.org





Samples of five of website's 10 pages. Please check out http://ohiolions13b.org.

PROCLAMATION

TO THE LIONS OF DISTRICT 13B

IT IS HEREBY PROCLAIMED THE CANDIDACY OF LION STEVEN COCHIE OF THE TIFFIN LIONS FOR THE POSITION OF 2ND VICE DISTRICT GOVERNOR FOR THE LION YEAR 2014-2015.

WHEREAS: LION STEVE HAS SERVED AS A LION IN GOOD STANDING FOR OVER 16 YEARS

WHEREAS: LION STEVE HAS SERVED AS PRESIDENT FOR THE SATELLITE BEACH LIONS CLUB, DISTRICT 35D. FLORIDA

WHEREAS: LION STEVE HAS SERVED AS ZONE 2 CHAIR FOR DISTRICT 35D, FLORIDA

WHEREAS: LION STEVE HAS SERVED AS DISTRICT 35D FLORIDA GUIDE DOG CHAIR AND EYEGLASS CHAIR

WHEREAS: LION STEVE HAS SERVED AS PRESIDENT OF THE TIFFIN LIONS OF DISTRICT 13B

WHEREAS: LION STEVE CURRENTLY SERVES AS THE ZONE 2 ASSISTANT CHAIR

WHEREAS: LION STEVE IS A PROGRESSIVE MELVIN JONES RECIPIENT

WHEREAS: LION STEVE HAS SERVED AS CHAIR OF MANY CLUB PROJECTS AND FUNDRAISERS

WHEREAS: LION STEVE SERVES AS THE DISTRICT 13B CHAIR FOR THE ALL OHIO STATE BAND

WHEREAS: LION STEVE HAS SERVED HIS COUNTRY FOR OVER 20 YEARS

WHEREAS: LION STEVE HAS COMPLETED THE LION'S LEADERSHIP INSTITUTION HELD IN OHIO

WHEREAS: LION STEVE HAS ATTENDED DISTRICT CABINET, CONVENTIONS, AND RETREAT MEETINGS

WHEREAS: LION STEVE HAS THE FULL SUPPORT OF THE TIFFIN LIONS CLUB

THIS PROCLAMATION IS PRESENTED TO THE LIONS OF DISTRICT 13B FOR THE CANDIDACY OF LION STEVE COCHIE FOR 2ND VICE DISTRICT GOVERNOR, 2014-2015.

RESPECTFULLY.

THE TIFFIN LION CLUB

Pancake Breakfast



All you can eat pancakes Sausage, fruit & drink included

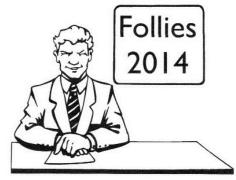
Saturday March 15, 2014

Rowsburg Lions Club Community Center Serving 7:00 am to 11:00 am Adults - \$5.00 Children 4 to 10 - \$2.50

> Proceeds to be used for Community Service

The Hayesville Lions Club Presents

FROM HAYESVILLE





Friday, April 4 - 7:30

Saturday, April 5 - 7:30

Sunday, April 6 - 2:30

Hillsdale High School

Donation:

\$5 Presale • \$6 Door • \$2 Ages 6 - 12 • Under 6 FREE

Tickets On Sale At:

Hayesville Corn Crib Mike's Music Store Harragrilla Haipport



Town & Country Co-op SASCO Advertising Gebhart's Family Grooming

Clifford E. DeLong

ONTARIO: Clifford E. DeLong, age 85, of Ontario and formerly of Butler passed away Friday, February 8, 2013 in Crystal Care Center of Mansfield.

He was born April 20, 1927 in Butler, to Earl and Glenna (Beeman) DeLong and was graduated from Butler High School in 1945.



Clifford worked for ODOT as a field equipment superintendant retiring in 1994. He also operated his rural Richland County farm raising cattle and crops, and operated his construction company, DeLong Construction in Butler. He was also the first operations manager at Clear Fork Ski Lodge, cutting the trails and installing the lifts.

A lifetime area resident, he was a member of St. Mark's Lutheran Church.

Very active in the Masons, Cliff was a member of the Bellville Lodge #376 F&AM and served as the lodge education officer. He was also a 32nd degree member of the Scottish Rite Valley of Columbus and Order of the Eastern Star #291.

Cliff was dedicated to the Butler and Ontario Lions Clubs, having served as president twice. He served as Past District Governor of District 13-B and on several State Committees for Ohio Lions.

He was a member of Baku Grotto in Mansfield and served on the Richland County Democratic Executive Committee. Cliff was committed to the village of Butler as a former member of the Old Fashioned Days Committee, Memorial Day Committee and served as president of the Zion Cemetery Association. He also volunteered for the Worthington Township-Butler Fire Department.

He is survived by his wife Jacqueline DeLong of Ontario, son David (Louise) DeLong of Heflin, AL, daughter Diane Valdez of MO, a step son Michael (Mary) Mutchler of Mansfield, step-daughters Diana (James) Sell of Blufton, GA and Julie Taylor of Lexington, step daughter-in-law Rhonda Mutchler of Shelby, 14 grandchildren, numerous great grandchildren, two sisters-in-law Ruth and Dorothy DeLong and countless nieces and nephews.

He was preceded in death by a step-son Patrick Mutchler, a grandson Corey Stewart, daughter-in-law Doris DeLong, step son-in-law Robert Taylor and his brothers Jay, Donald, Frederick, Raymond, Dale and Paul DeLong.

Friends may call Tuesday February 12 from 4-8 pm in the Bellville Snyder Funeral Home where Masonic and Lions Services will be held at 7:45 pm. The funeral service will be held Wednesday at 11 am. The Rev. Jonathan Steingass will officiate and burial will follow in Zion Cemetery.

Memorial contributions to St. Mark's Lutheran Church, 541 Springmill Street, Mansfield, Ohio 44903, or may be made at the funeral home.

Online condolences:www.snyderfuneralhomes.com.



Bascom

Congratulations! The February 2014 issue (page 55) of Lion International recognized the Tiffin Lions Club for celebrating their 85th Charter Anniversary. The Tiffin club was chartered February 27, 1929. Seneca County is a better place to live, work, and Elyria Lions are now helping out the ments of the Tiffin Lions. In 1963, when meals at least one Saturday per month. the club was only 34 years "young", they ioined the Old Fort Lions in co-sponsoring Below is a photo from our LEO-led tour our Bascom Club. We thank both of of the new Elyria High School in the fall. these clubs for their unselfishness.

Castalia

The second meeting of February was held at Lion Eric's Cold Creek Café for members and their guests as a late Valentine Dinner.

The Board approved one new eyeglass case and referred a second case to Job and Family Services.

Lion District 13B Governor Francis Hensel honored our club with a visit during the February 4 Meeting. The Governor thanked the Castalia Lions Club for the leadership provided by past Governors, Zone Chairman, and Committee Leaders from our Club, he also stressed the fact. The snow and cold continued into Februthat young members should step forward to fill these positions in the future. The goal for all Clubs worldwide is to be 50% women by the year 2017.

Clyde

Clyde Lions finally were able to meet for their monthly meeting February 3rd. Weather and illnesses cancelled meetings for December and January.

Plans are underway to attend the District Convention at Westlake March 28-30.

The second annual 5K Run will be held April 27th on the Sandusky County Bike Path in downtown Clyde . See our flyer in this issue!

The Chicken BBQ will again be held in the Spring or late Summer.

Members will be attending March 20th Zone Advisory meeting at Port Clinton Elks Club.

Elyria

play through some of the accomplish- Lorain County Office on Aging, delivering

The Lions in the group photo are (left to



right) Lions Carrie and Steven Krucinski, Jeff Smith, Jim Slone and Lion/LEO Advisor Angela Barnes. We had a total of ten club members there, only half of the

Fostoria

ary causing our first meeting of the month to be canceled. As a result, we have less activity than usual to report.

We have a total of 350 pairs of eyeglasses to be recycled.

Delegates to the District Convention have Business. been selected.

No sight cases were approved or investigated during the month.

Another Lions' year is coming to a close, so now is the time to be working on a new slate of officers for the upcoming year. Also, it is time to be thinking of new fund raisers. There are onion plants, bags and brooms to be ordered, decisions to be made about the farmers markets and new members to be found. A lion always has something to do!!

Fremont

Students of the Month were Jack Gedeon, son of Mark and Mindy Gedeon, and McKenna Willis, daughter of Mike and Nikki Willis. Both students are at Ross High School . They are involved in academics and sports as well as our community. McKenna is going to The Ohio State University where she will study prephysical therapy, lack is planning to continue his education as well as his basketball career. He is currently undecided which college he will be attending.



Kelsey Iler and Marcus Kerr are students at St. Joseph Central Catholic. Kelsey is busy with school, sports and two jobs. Kelsey plans to obtain an Associate Degree from Terra Tech. Then she will move on to BGSU for a Bachelors Degree leading to become a Certified Public Account.

Marcus will go to San Antonio at the end of the summer where he will attend recruit training for the Air National Guard then go on to Tech School. He will start the second semester at BGSU School of



leromesville

starting time is 6:00 p.m. followed by a Fairfield Lions on this project. dessert auction at 7:00.

ure" follows at 7:30 p.m. Donations ac- Condega where they plan to see 150 peo- glasses cases were pending, a \$300 donacepted for menu items: shredded chicken ple. sandwiches, hot dogs, chili and several soups, and other tasty treats.

Lorain

Lions Ralph Krupp and Bob Kayle received 55 year chevrons at the February 6th Lorain Lions Monarch dinner. Lions Bob and Ralph were inducted into the club at the same meeting on October, 1958. Lion Doug Krucinski received his 30 year chevron. Lion Joe Ksenich received his 20 year chevron.

Other Monarch recognized were Lions Rich Marcucci (35 years), John Mazze, Bob Pastor and Tom Martin (25 years) and Velda Reynolds (10 years).

Lion Ed Chavez gave a moving report on the aid the Lorain Lions "Pancake Grillers" team gave the Clearview Schools pancake breakfast fundraiser. The fundraiser was in honor of a young student who died unexpectedly. Lion Ed conveyed the deep appreciation of the schools and parents to the Lion volunteers for their efforts.

Mohawk Lioness

The Mohawk Lioness are looking forward to making donuts on March 15th at the School of Opportunity and spring donuts at the Fire House on March 29th.

The Valentine fruit baskets were delayed due to bad weather. Fruit baskets will be prepared and delivered at the April board meeting, just prior to Easter.

Norwalk

Jeromesville Lions and Hillsdale Crusaders Our club is investigating supporting the Relay for Life will begin at Jeromesville Project Lifesaver in Huron County. We Trinity Lutheran church (North Street in will require the support of the Sheriff's Jeromesville) on Saturday March 15th. The office and we may work with the North The club will present the GOOD Program

Nicaragua clinic saw 15 patients last week A request for help with redoing a used A showing of the movie "National Treas- and are planning a Sunday mission back to pair of hearing aids was considered. As no

> The cost of two cataract surgeries was The February 17th club meeting was held covered by our club.

> The club will donate \$350 each year for the next three years in support of the Perrysville Lions slate of officers is filled planned Sports Complex at Norwalk High for the Lion year 2014-2015.

visitation was rescheduled to March 11th . We will also be hearing from the Mifflin and Hayesville had new members. winners of our Healthiest Loser program, so it should be an interesting evening.

Old Fort

Old Fort Lions are assembling a slate of officers for Lion Year 2014-2015.

Silent Auction items may be brought to any March meeting. They will be offered at the District Convention in Westlake on March 28, 29, 30.

Two Old Fort Lions visited with Tiffin Lions in February.

Ontario

The Ontario Lions will be holding their We are sorry to report a long time mem-6:30 p.m. (St. Patrick's Day Dinner, perhaps?) due to inclement weather. The dinner will be catered by Bob Evans. The evening will be filled with good food and fellowship.

The Ontario Lions are also counting down the days until it is warm enough to bring our hotdog/brat trailer out of storage and visit with our fellow Ontarians at the Lowe's parking lot on Lexington-Springmill Road in May. By Lion Carri Lane

Perrysville

again this year.

tion was given to help with the project.

in Ontario at the Golden Corral. meeting was 2nd VDG Jeff Hillis' visitation.

A report was given on the Zone Com-District Governor Francis Hensel's club bined New Member Night. The event was a great idea worth trying another year.

Port Clinton

Lions Ray Krofft, Teresa Howell, Horst Herzog, and Lion President lim Recker attended meetings to reorganize the Lions Project Lifesaver. The community plays a big part in the project. Our Lions Club is the center of this project. If other clubs wish to learn about Project Lifesaver, contact the Port Clinton Lions for a speaker.

We purchased eyeglasses for a person in

Lion Casey and committee are busy planning our Charter Anniversary celebration occurring in May.

Valentines Day Dinner on March 18th at ber is deceased. Lion Francis Mattoon along with her husband were dedicated Lions. Lion Secretary Patti Howell

Sandusky

Many members are working hard to get ready for our annual Pancake breakfast on March 22nd at St. Paul Lutheran Church. Tickets, \$6.00 with children age five and under free.

Sandusky continued

During the Pancake Breakfast, we will Tiffin Lions celebrated the 85th Charter We were able to help at only one of our have garage and bake sales. The money Anniversary on February 24th. Bascom local nursing homes with bingo due to our raised will help fund our 4th Grade For- and Bloomville Lions were among the terrible wintery weather. estry Program.

Scout Cory Thompson, American Legion events of past events and Lions. Troop 83, earn his Eagle badge. In six months, he collected 1,268 used glasses Lion Steve is well into his campaign to for recycling. He also learned the "who, win the March 30th election for 2nd VDG. The annual Reverse Raffle will be held on what, where, why and the how" behind of District 13 B. Go Rocket Man! the recycling of the glasses Lions collect. Cory was inspired by the eye prob- Plans for the Quint Club (Lions, Rotary, dinners, an open bar, and music by The lems of his sister.

newest member, Lion Steve Hall. His networking. transfer from Australia is complete, and he is now a member of our Lion family.

Lion Fred presented President Carrie with a check for \$5000 for our Blind Fund. She helped with a bowling fundraiser, Spare a Life. An additional \$5000 from the event was awarded to the Northern Eye Life Bank of Cleveland. The Spare a Life event will become an annual fundraiser in future autumns.



Tiffin

guests. Congratulations were read from Sycamore Lions. Lion Steve Cochie assem- Our Vermilion High School Speech and This year we assisted an EHOVE senior, bled a slide presentation of pictures and Debate students who performed for us at

Altrusa, Optimist, and Kiwanis) meeting Beat DJ, John Showalter, all for \$75 a couare under way. Sandusky Lions Club Membership Drive planned projects and accomplishments in ets are still available. will be March 26th from noon until 1:00 the community. The joint Kiwanis and p.m. at the Amvets. Say a big hello to our Lion Pancake breakfast was a result of this We will be helping the American Red

Upper Sandusky

Upper Sandusky Lions will be discussing ways to improve the club and have identified these four areas of focus:

- Fair Stand and fair week work loads
- Membership
- Meetings
- New project areas/activities

Come to the Board meetings with your ideas on how we can improve in each of Project Life Saver is under way. There are these areas.

Lion Earl Sayre reported that the preschool eye screening went well. He said A donation was sent to the Chamber of "We screened 65 kids, with a couple referrals." He hopes to screen twice that held during our Fish Festival in June. many next year

Lion Earl also reported on the Christmas party for Senior Village hosted by the club. The residents really appreciated the good food, presents, and fellowship provided. The club also received many cards of appreciation, which were passed around for Park. members to read.

Lion Gary Ward distributed pictures of the scout camp our club is helping build.

Vermilion

a club meeting. Our student of the Month was Forest Boyd.

March 22nd, at German's Villa, Tickets include a chance to win \$1500, two steak Each club will tell of ple. There will be some sideboards. Tick-

> Cross with their Blood Drive on March 31st at Ritter Library. Hours are from 1:00 p.m. to 6:00 p.m. They are in urgent need of blood due to our weather conditions causing Blood Drive cancellations. This resulted in the estimated loss of in excess of 2500 pints. There will be a drawing for those who participate in donating blood.

> We helped with one eye glass case this month.

> a few people participating in the program in the Vermilion area.

> Commerce towards the fireworks being

Some of our members attended our Zone 3 meeting at the Firelands club on Thursday, March 6th.

Our upcoming projects include painting the gazebo and tending to Friendship

Tickets for the 3 digit raffle for the month of May will be passed out at the next meeting. It is a \$100 prize per day. Tickets are \$5 each.

Zone News

Zone 8 Advisory Meeting

Zone 2 Advisory Meeting

The Zone 2 Advisory Meeting will be held Wednesday, March 12, 2014 at the Attica Fairgrounds, Entertainment Building, 15127 E. TR 12, Attica, OH. The meeting will be hosted by the Attica Lions Club.

Meeting will start at 6:45 p.m. with the opening ceremony. Meeting will then Those wishing to speak can request three adjourn briefly for dinner. Pork Chop dinners are \$10.00 per person and you are responsible for all reservations made.

Reservation need to be turned in Monday, March 3, 2014 to ZC Cindy Beat, beatfarms@Yahoo.com or 419-947-7543.

All those needing time to speak please advise.

WEDNSDAY MARCH 26, 2014 7:00 pm at PERKINS FAMILY RESTURANT 658 U.S. 250, Ashland, OH 44805 Host club: Mifflin Dinner \$12.00 RSVP by march 19th Z.C. Kenny Schuck 419-282-0053 krschuck@frontier.com

minutes by contacting Z.C. Kenny by March 19th. The time slots are limited. All speakers will be required to present a joke. Jokes will not be included in your three minutes.

Official Meeting Notice

Monday March Date:

2014

Time: 6:30 Social; 7:00 p.m.

Dinner

Cost: \$10.00 per person Place: Grace Lutheran Church 9685 East River Rd. Elyria, OH 44035

Host Club: Elyria Evening Lions

All reservations should be made directly to me at parkerlions@msn.com no later than March 19, 2013. Reservations will only be accepted when made by club secretary or club designee. Remember, each individual club will be responsible for each reservation that is made for their members. Please inform at time of reservation any dietary restrictions or if you are not planning on eating a meal.

Any questions can be emailed directly to me. We look forward to seeing our fellow lions and hope for 100% club representation.

13 8 Supporters

Dan Stone-Cabinet Treasurer

Dave Omlor, past Zone 2 Chair, Old Fort Lions

Doug and Linda Reynolds

Carol Shaffer, 13 & Speech and Hearing

Committee CoChair