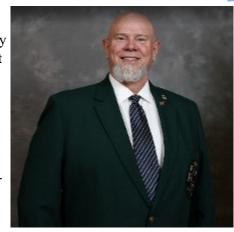
# A Message from District Governor Steve Lowe

### Hello Lions!

I hope that everyone is as excited as I am that football season has officially started! That means our lives are getting pretty busy cheering for the West Virginia University Mountaineers or the University of Tennessee Volunteers as they make their yearly run up the rankings only to lose to a nonranked team. Oh well. There is always the Penn State Nittany Lions to cheer for.

We are quickly approaching the Region Rallies coming up in October. I can't stress enough the role that these rallies play in our district. These rallies allow us to get together with other Lions in our Regions to swap stories about how we are doing our service, wins and losses on fundraising ideas, as well as allowing us to celebrate our Lions who are receiving fel-



lowships and awards from the Immediate Past District Governor. These rallies help to keep our district from having to pay District dues, unlike the majority of Districts in PA.

Upcoming dates for club visits:

September 6<sup>th</sup> – Membership Symposium in Harrisburg

September 9<sup>th</sup> – Lancaster Historic Lions Official Visit

September 15<sup>th</sup> – South Lebanon Lions Official Visit

September 16<sup>th</sup> – Palmyra Area Lions Official Visit

September 18<sup>th</sup> – 21<sup>st</sup> – USA/Canada Lions Leadership Forum in Atlantic City, NJ

 $September\ 22^{nd}-Bareville\text{-}Leola\text{-}Leacock\ Lions\ Official\ Visit}$ 

September 24<sup>th</sup> – Lebanon Lions Official Visit

 $September\ 27^{th}-The\ George\ Oram\ Memorial\ Golf\ Outing\ presented\ by\ the\ Warwick\ Area\ Lions\ Club$ 

September  $28^{th}$  – District Cabinet Meeting #2

October  $1^{st}$  – Lafayette Lions Official Visit

October 2<sup>nd</sup> – Region II Rally

October 4<sup>th</sup> – Fall Leadership Forum in Harrisburg

October 6<sup>th</sup> – Wakefield Lions Official Visit

October 8<sup>th</sup> – Lancaster Lions Official Visit

October  $9^{th}$  – Region V Rally

I have had some amazing visits so far and have enjoyed the opportunity to spend time with Lions that I hadn't had the chance to meet yet. I can't wait to start sharing stories about things that I have learned from each of the club visits and the awesome projects that your clubs are working on.

In Lionism,

District Governor Steve Lowe

# Message from the 1st Vice District Governor Craig Merkey



Hello Lions,

I just returned a week ago from Leader Dogs for the Blind in Detroit, Michigan. What a great experience to learn about our partnership with them as Lions! Do you know that services for the blind and visually impaired are free of charge funded partially through the donations that Lions make each year and rest is made up donations from other sources. There is no government funding supporting this great organization.

The most impactful part was meeting and hearing the stories from 2 recipients of Leader Dogs. I cannot imagine the impact of losing my vision knowing how much we depend on our sight to do so many things. The one guy had traveled by himself to Detroit from Atlanta the first time! The assistance he received was getting to the next gate during his flight. After walking blindfolded with a Leader Dog, you would be putting a lot of trust in that dog to lead you in the right direction and not run into things that you cannot see. We walked around the sidewalk there with the Dog as we were blindfolded, and I had seen the low trees before putting on the blind-



fold and I was worried that I would walk into the limbs hanging down, but that didn't happen. We also had "dinner in the dark" wearing the blindfold. Now, we had held dinner in the dark as an evening meal event for the Baron Stiegel Lions years ago. Being on the other side of the event was quite a learning experience! From the description the server gave to the location of the food on our plate and to let us know they were placing it on the table in front of us. I successfully had dinner without getting it all over my shirt and kept the blindfold on until the speaker was talking about his experience of losing his sight. Cutting bite-sized pieces of chicken was a bit challenging, they were not very consistent, and one was much bigger than it felt on the fork.

I walked around looking for bricks from our District in the walkway, I must say after finding several Past District Governors' bricks, I did find that Akron Lions had 10 bricks and one for a member in their club.

Never did I think I would learn so much in one weekend, but hearing the challenges and the effort these recipients went through before finding Leader Dogs for the Blind and seeing how grateful they were to become independent again after feeling so isolated from the loss of their vision. I would urge clubs to continue to support this organization and make connections with those in need in your communities with Leader Dog.

Thank you for allowing me to serve you this year!

Craig Merkey 1st Vice-District Governor

# Message from the 2nd Vice District Governor Pat Benson



Hello Lions,

I attended my first State
Council meeting and
2ndVDG orientation at the
beginning of the month. It
was very interesting, and I
know a few Lions who are also SVDG because we attended RLLI together a few years
ago. If you have the time and
would like to learn more
about Lions and yourself, I
highly recommend RLLI, Regional Lions Leadership Institute.



One of DG Steve's goals this year is to induct 97 new members into existing clubs. I would be happy to come to one of your meetings and talk about ways we can increase membership and some ideas for recruiting new members.

I am looking forward to meeting and attending as many clubs as I can to see and learn about the great service and projects you are doing.

Hope to see you at our next District 14D Cabinet meeting on September 28<sup>th</sup>.

Pat Benson

### Memoriam

### Curtis Jones - Wakefield Lions Club



### **NEW MEMBERS**

New Member Club

<u>Sponsor</u>

No New Members reported

Disclaimer: Because of the recent launch of the new Lions Portal, there may be names that are missing at this time.

FROM YOUR NEWSLETTER EDITOR: PLEASE FORWARD YOUR ARTICLES BY THE 25TH OF EACH MONTH. LET OTHER CLUBS KNOW WHAT YOUR CLUB IS UP TOO! SHARE YOUR PHOTOS! E-MAIL TO ME AT: anitagordonpalmer@gmail.com Thank you! Lion Anita Gordon-Palmer

### LIONS INTERNATIONAL

### WEEK OF SERVICE OCTOBER 4TH-12TH

### **MENTAL HEALTH AND WELL-BEING**

As a friendly reminder, Lions International's First Week of Service is coming up on October 4<sup>th</sup>-12<sup>th</sup>. How many clubs are going to do a service project for Mental Health and Well-Being that week? In order to be eligible for the Club Excellence Award for the Lions year 2025-2026, clubs must hold **AND REPORT** a service project for service during each of the week of service projects scheduled for this Lions year. Below are some ideas for service for Mental Health and Well-Being:

- Visit some residents at a nursing home, those without any family to visit get lonely.
- Assemble care packages with journals, herbal teas, stress balls and resources for local counseling.
- Organize a walk in a park with cellphones turned off.
- Organize weekly neighborhood walks in your area, encouraging connections, exercise and accountability.
- Have a table at a park with a cut out of leaves and have kids share their feelings on these leaves.
- Have a "gratitude wall" in a public space where people can post what they are thankful for.
- Post signs with words of encouragement in your yard and/or your development such as the example below.



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# **DISTRICT 14-D CABINET MEETING**

Hosted by: Region II
Zone A & B Chair: Ellen Pruden

## All Lions, Lioness, and Leos invited to attend!

All voting Cabinet members to wear green shirts and grey, everyone else to wear business casual, no jeans.

Date: Sunday, September 28, 2025

**Place:** Samuel United Methodist Church

1744 Old Rothsville Road

Lititz, PA 17543

Meeting <u>Time</u>
1:15 pm - Voting Cabinet
2:00 pm - Full Cabinet

SO THAT WE CAN PLAN FOR SNACKS FOR THE AFTERNOON, WE WOULD LIKE TO HAVE CABINET MEMBERS, CLUB PRESIDENTS, CLUB SECRETARIES AND ALL CLUB MEMBERS PLANNING TO ATTEND, NOTIFY THE CABINET SECRETARY OR ZONE CHAIRS

A donation to help defray the cost for Region II would be appreciated.

Lion Joyce Sweger

JKL1953@comcast.net

717-314-7455

Lion Ellen Pruden
Ellenburns3737@gmail.com
717-201-9602

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# **Annual Pennsylvania Lions**



# Fall Leadership Symposium

\*2 LOCATIONS\*

# Saturday, October 4, 2025 9 AM-2 PM

**PA Lions State Office** 

949 East Park Drive, Harrisburg, PA 17111

Lunch available for a \$10.00 donation (Pay at the Door)
\*OR\*

# Sunday, October 5, 2025 Noon-5 PM

720 Third Avenue
New Brighton, PA 15066
Snacks will be available

Club Extension Efforts and Processes
Presenter: PDG Jeff Loudermilk

Grant Writing – Show Me The Money
Presenter: IPDG Deb Keeports

Club Membership Retention and Enhancement
Presenter: PDG Mike Schaeffer

Succession Planning – If Not Me, Then Who and Why Presenter: PCC Dr. Linda Zaneski

## FREE & OPEN to all MD-14 Lions

To register contact PDG Bill Grager at bilbomzk@gmail.com or call (717)615-1974 Space is Limited!

Empowerment is the key to success!



300 W. 22nd Street, Oak Brook, IL 60523-8842 USA | +1.630.571.5466 | LCIF.org

### Greetings Fellow Lions:

I'm starting at the end. I'm asking each Lion to donate to our Foundation, Lions Clubs International Foundation. Yes, I said OUR Foundation because that's exactly what it is. Donate whatever you can afford. Even a one time \$5 donation will make a difference in someone's life. Think of the impact that a donation of only \$5 from every one of our 1181 members will have. That's almost \$6000.

Donating is easy. It's as simple as: Google Lions Club International; Click on it; Click on the Yellow Donate Button then follow the steps. It's that simple.

Please consider setting up a recurring donation of whatever amount you can afford and how often you want the donation to occur. I've done that personally. Again, it's easy to do and once it's set up, it continues to run. After the first couple of donations, you won't miss the money. It's similar to donating to your 401(k) each pay. Again, think of the impact you can have over time. A \$5 recurring monthly donation is \$60 per year.

Many continue to say that they don't donate to our Foundation because the money is sent overseas. That's simply not true. Just last year, a \$335,000 disaster relief grant was given to help the communities in the southeastern United States recover from Hurricanes Helene and Milton. Total grants given in the United States last year were more than \$4.2 Million. Over time, \$3.5 Million has been given in Pennsylvania with \$440000 given 2017-2022. Just recently, our district received a \$15000 disaster relief preparedness grant. None of these grants would be possible without our donations.

I know that many of our fellow Lions don't read this newsletter. Please share this information about our Foundation with your fellow club members

Please let me know if your club would like me to visit and discuss LCIF with you members. I'm happy to come out and visit.

Yours in Lionism,

Dick Sware District 14-D LCIF Coordinator



# Type 2 Diabetes and Understanding My Medications

In any treatment plan, your health care professional will likely ask you to start with lifestyle changes first, but over time you may also need medications to reach your targets.



Talk to your health care professional about adjusting your treatment plan.

# Medications to manage your diabetes.

Medications help you manage your diabetes and lower risk for heart disease and stroke.



Some medications work to decrease the glucose produced by your liver.



Some medications slow the food moving through the stomach.



Some work to reduce the absorption of glucose via the kidneys.



To learn more about how medications for heart disease talk to your health care professional. It is important for you to stick to your medication plan. If you have difficulty taking your medications as prescribed, talk to your health care professional to find a plan that works for you.

### Medication delivery



Your health care professional may prescribe a pill, injection, or combination.



If you need insulin regularly, your health care professional may prescribe an insulin pump.

If you cannot tolerate the side effects of your medication, don't stop taking it. Talk to your health care professional about adjusting your treatment plan.

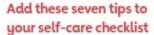
Talk to your health care professional about your next steps.
You're not in this alone.



# Tips to Care for Your Heart When You Have Type 2 Diabetes

When you have type 2 diabetes, you make a lot of decisions all day long. It can be overwhelming to manage so many things. But you're doing it and tackling each new day.

The American Heart Association and American Diabetes Association built Know Diabetes by Heart™ initiative to help you along the way. We hope you're proud of yourself for all of your hard work!



to care for your heart and body to make all of your efforts count even more.



Your doctor can help you make a plan to:



Check in with your doctor regularly.

Ask about your heart health.



Continue healthy eating habits.

Add fruits and veggies as a start.

Eating better will help you \*feel\* better.



Keep moving. Alone or with a friend, it can feel great.



Self-care can be heart care. Lowering your stress is good for your mind and body.



Quit smoking. For ALL the reasons.



Monitor your blood glucose, blood pressure, cholesterol and weight.



Take medication(s) as prescribed.

People with diabetes CAN lead healthier lives.

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<u>Save the Date</u>

October 16th

Region 1 Rally

Kinzer's Fire Hall

Doors open at 6pm Dinner at 6:30

]

Great Food and Fun, more info coming soon





# THE NEW HOLLAND LIONS CLUB IS SELLING FOOD AT THE SUMMER ARTS PROGRAM'S FIDDLER'S PICNIC

# LABOR DAY MONDAY, SEPTEMBER 1, 2025

10 a.m. - 6. p.m.

We will be serving our famous Hot Ham Sandwiches, hamburgers, BBQ chicken, hot dogs along with other sides and drinks with the help of the Garden Spot High School Marching Band to all who come hungry at the Fiddler's Picnic in the New Holland Park at 400 East Jackson Street.

Come out and support us as we raise funds for the community for <u>100</u> <u>years, since 1925</u>! Anyone interested in learning more about the club and membership is encouraged to come see our members in action at the pavilion!



Like us on Facebook and see the New Holland Summer Arts Association Facebook page for more information.

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Food - Fun - Prizes - 50/50 Raffle Breakfast Sandwich

VENDORS

# 2nd ANNUAL

ANNUAL





# CAR, TRUCK & BIKE SHOW

Saturday, September 6, 2025

10 am - 2 pm - Rain or Shine

St. Philip the Apostle Roman Catholic Church

2111 Millersville Pike, Lancaster

Benefit the Blue Rock Fire Company

Pre-Registration: \$10 On-Site Registration: \$15

Pre-registration form should be mailed on or before August 30th

Pre-Registration forms should be mailed to:

Atten. Lion Eric Dumm, P.O. Box 25, Millersville, PA 17551

Please make checks payable to: Millersville Lions Club

# MUERSVILLEUNS CLUB DOGGE DIP





# BINGO AT THE PARK 2nd and 4th Thursdays Starts at 6pm



Join us at The West Earl Lions Park for our BINGO nights.

Join in on the FUN - bring Friends, Family and even groups are invited.

(Every 2<sup>nd</sup> and 4<sup>th</sup> Thursday Bingo with us.)

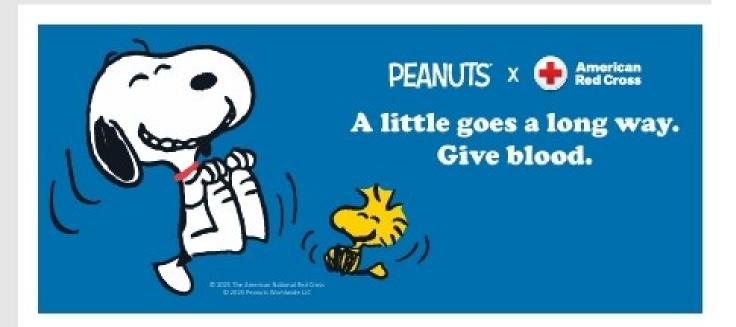
Cash Prizes - Bonus Games - 50/50 raffles

Snacks Available - 10 games for \$3 per game

Scan the QR code to pre-register and save your spot.

Pre-registration games \$30 - 6 cards per game Games available to purchase at the door for \$35 www.WestEarlLions.org





# Community Blood Drive Columbia Borough Fire Department

Bingo Hall 726 Manor Street Columbia, PA 17512

## Monday, September 8, 2025 1:00 p.m. to 6:00 p.m.

SPONSORED BY COLUMBIA LIONS CLUB AND ELKS.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: Columbia to schedule an appointment.

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.

Maximize your blood donation. Help more patients.

If you are an eligible type O, B - or A - donor, consider making a Power Red donation.

Red blood cells are the most commonly transfused blood component.





Give blood 8/29 to 9/21 for 1 of 4 mystery tees with an iconic Red Cross x PEANUTS design, Itd. qty!



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# THE NEW HOLLAND LIONS CLUB IS

# HAVING A FOOD DRIVE TO BENEFIT CROSSNET MINISTRIES IN NEW HOLLAND

AT YODER'S COUNTRY MARKET.

SATURDAY, SEPTEMBER 13, 2025

8 a.m. – 4. p.m.

Come out and support us as we collect food for our community!

Anyone interested in seeing us in action to learn more about the New Holland Lions Club are encouraged to come see us and donate a food item or make a monetary donation in the lobby of Yoder's Country Market! All donations go directly to CrossNet's Food Bank!





Yoder's Country Market is located at 14 S. Tower Rd. in New Holland.

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# **East Cocalico Lions Club**

Serving Our Community Since 1944



Serving their World-Famous Oyster Sandwiches and Platters with the best Hamburgers/Cheeseburgers on the midway. During the Ephrata Fair, September 23<sup>rd</sup> thru 27<sup>th</sup>

Located at the Corner of Main and Washington Street

Also, on the menu Shrimp, Fish Sandwiches/Platters, Hot Dogs, French Fries, Toasted Ham and Cheese Sandwiches along with many other delicious items.

Now Accepting All Major Credit Cards (Except American Express)

Drop by anytime to say Hi and enjoy the food.

All Proceeds from this fundraiser and all the Lions fundraisers are given back to the community.

Whenever a Lions club gets together, we make a difference. Problems get smaller and communities get better. That's because we help where help is needed – in our own communities and around the world – with unmatched integrity and energy. East Cocalico Lions is part of this largest service organization in the world with clubs in over 209 countries or geographic areas with over 1.35 million members. If you are interested in finding out more about the East Cocalico Lions or would like to join, please call 717 336-5311.

Watch for Dates for our Next Drive Thru Fish Fries This Fall and Next Spring



# EPHRATA LIONS CLUB BINGO

Located behind the Railroad Station Cash Bingo with Special Games 50 Cents a Card



# **Bingo Hours**

Tue., Sept. 24th - 4:30 PM to 10 PM Wed., Sept. 25th - 11 AM to 2 PM Reopens at 4:30 PM to 10 PM Thu., Sept. 26th - 4:30 PM to 10 PM Fri., Sept. 27th - 4:30 PM to 10 PM Sat., Sept. 28th - 12 PM to 10 PM

Follow Us on Facebook & Instagram See You at the Ephrata Fair

# Senior Citizens Bingo

Wed., Sept. 25th - 11 AM to 2 PM Senior Citizen Stickers can be picked up at the Bingo tent.

## **Proceeds Support Community Projects**

Ephrata Lions Club would like to thank everyone for their support each year at our Bingo tent.



# CHRISTIANA LIONS CHICKEN BARBEQUE FUND RAISER BY RANDY YODER

WHEN: SEPT 27TH

FROM 9:30 to 12 or TILL GONE

WHERE: LIONS CLUB COMMUNITY BUILDING
325 N BRIDGE ST CHRISTIANA

COST: \$9 FOR A
THIGH AND LEG,
CHIPS, DRINK AND
A WHOOPIE PIE
OR
\$7 WITHOUT THE
WHOOPIE PIE





# Manheim Township Lions Club Pork BBQ Dinner





<u>Date</u>: Saturday September 27, 2025 10 AM - 2 PM or Sold Out

<u>Dinner Includes</u>: Pulled Pork BBQ, Bag of Chips, Roll/butter, Applesauce & Cookie Cost: \$13 for Dinner/Water Included

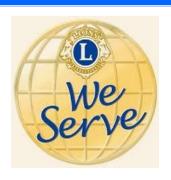
LOCATION: St. Peters Lutheran Church
Parking Lot. Corners of Lititz Pike and Delp Road

### FOR TICKETS CALL

GEORGE GROFF: 717-824-0308 STEVE FOCHT: 717-538-3128 CARL VOELKER: 610-301-1441







# THE NEW HOLLAND and BAREVILLE/LEOLA/LEACOCK LIONS CLUBS WILL BE AT THE NEW HOLLAND FAIR!

# OCTOBER 1 – 4, 2025

We will be serving our Fair Favorite Hot Ham Sandwiches, hot dogs, hamburgers in our secret sauce and drinks at the New Holland Lions Club's stand on South Roberts Avenue and Main Street at the New Holland Fair.

Come out and support us as we continue to raise funds for our communities <u>after 100 years, since 1925</u>!! We donate to Garden Spot Fire Rescue, the CrossNet Ministries Food Pantry, ELANCO Library, New Holland Ambulance Association, New Holland Boy Scouts, New Holland Summer Arts Association and more. Anyone interested in learning more about the clubs and membership is encouraged to come see our members at the Ham Stand!



Visit the club on Facebook and see the New Holland Fair's website at <a href="http://www.newhollandfair.org/">http://www.newhollandfair.org/</a> for more information.



Valid at: 31 Quarry Ridge Road Ephrata, PA 17522

# DINE TO DONATE

# Support Ephrata Lions Club

Thursday, October 9<sup>th</sup> 3pm-10pm



**EPHRATA LIONS CLUB** 

ephratalions.org

10% DONATION NIGHT

Support the Ephrata Lions Club by presenting this flyer to the Ephrata location and Texas Roadhouse will donate 10% of your total food purchases to the Ephrata Lions Club



Sunday, November 9 11 am to 3 pm



# Community VETERAN

Ephrata American Legion Post 429 300 Cocaling A

# EXPO

**==** ★★★★=

\* FREE ENTRY:

Please consider bringing a donation for Christmas Stockings for Soldiers

(💻 stateside & deployed) or a monetary donation

\star Featuring:

Veteran artisans & businesses showcasing & selling their creations

Organizations that support our veterans

Food trucks on-site

Raffles & 50/50 — to fund Lions Veteran programs Goodie bags for the first 100 families!

Calling Vendors!

\$50 refundable registration fee per vendor. Tables provided

Meal provided by The 4th Degree Knights of Columbus of Lancaster–Santa Marie Assembly 915

★ Contact the Ephrata Lions to reserve your spot.

vetexpo@ephratalions.org or call Lion Kendra Rhinier @ 717-587-6563





NEW THIS YEAR - FOOD TRUCKS!

# Dinner in the Dark



Wednesday, October 15th

Reception & Silent Auction - 6 PM Dinner - 7 PM

White Chimneys Estate

5117 Lincoln Highway Gap, PA 17527

\$45/Ticket

Includes Dinner, Beer/Wine, & Silent Auction Sponsorships Available:
For information, contact Bill Dodds

at williamedodds@comcast.net

**RSVP** 

To purchase tickets, contact: Bill Dodds at 717.435.0706 williamedodds@comcast.net

Hosted by Paradise Township Lions Club to benefit VisionCorps

During dinner, attendees will have the option to wear a blindfold or vision impairment simulator glasses. Discuss your experience over dessert and hear from VisionCorps on the work they are doing.





Big group photo from East Petersburg-Landisville Lions Club summer picnic

Lions Rob Hollenbach and Mary Schreiber with District Governor Steve Lowe at the Cabinet Meeting. Lion Rob is currently the president of our club and Lion Mary is Social Media Chair.







East Petersburg-Landisville Lions Club food trailer had two recent successful outings at the Lititz Rotary Craft Show and Traditions of America East Petersburg food truck night, where we also set up our information table.



On August 23, 2025, the Paradise Township Lions Club hosted a fund drive for the Factory Market Food Bank. We collected 393 pounds of Non-perishable food items and collected \$400.00 cash donation.



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Paradise Township Lions Club preparing and serving breakfast and lunch for the Hunting and Fishing event at the Lancaster Farm and Home center. There were approximately 12 members who contributed to this event.





Signs that were placed through the community for "Fill the Trailer" with School Supplies on August 16, 10-3. To support the Paradise Elementary school. The second "Fill the Trailer" will be to collect Nonperishable food for the food bank. This event will take place on August 23. 10-3.

Both events will be held at the Paradise Township Building







The Paradise Township Lions Club participated in the Community Day event which was held on Friday, August 1. This was a recruiting effort. We had 8 club members present.

