

# **Lions District 35 I Newsletter** October 2025

**District 35 I: Governor Linda Gregory** 

Editor: Jan Kunka readinthehead1@aol.com

**October District 35I Service Project** 

Mental Health: Chair: Paula Paquette

It seems to me that the cause of **Mental Health and Well-Being** is more important than ever. This is why our wonderful association, Lions International, has added Mental Health and Well-Being as a Global Cause.

Lions International asks us to do a *Mental Health* related service project in October.

Background: It's estimated that one in five adults in the United States suffers from a mental health condition. That means that 59 million people, or 23 percent of the population, have a mental health issue. Mental health issues can range from very moderate to very involved. We can function with a mental health issue fairly well, or we can be debilitated from things such as depression, anxiety, bipolar, schizophrenia, and others. And the stigma of a mental health issue feels VERY REAL!

For your Club project related to the Global Cause of Mental Health and Well-Being in October, I hope you will do two things.

1. **Share** with your Club members (and with the broader community through your newsletter, if you can) the two pages of information prepared for us by Lions International (attached). On pages 31 & 32 of this newsletter, you will find the two-page document that was created by Lions International which explains the importance of Mental Health and Well-Being and offering ideas for projects your Lions Club can do in this service area. A printable link designed for a "Landscape" layout brochure is below.

2. Get a couple of your Club members together to identify **Mental Health resources** available in your own community and to have those resources prepared to share with anyone you encounter who might ask for assistance. If you can identify how people in your community can find mental health assistance, you might save a life, and, at the very least, improve lives.

Examples:

Where is your nearest crisis assistance hospital or center?

Where would someone go for very acute help?

**What** organizations, churches, synagogues, etc. might hold <u>support groups</u> for bereavement, addiction assistance, and other helpful groups?

**What** counseling groups are available and do they accept insurance or payments on a sliding fee scale

Where are community clinics that may be able to assist?

In other words, if you hear of someone asking for mental health assistance, can you refer them somewhere?

Talking about how common Mental Health concerns can be will help lessen the stigma! Remember that a Mental Health concern can be passing or chronic, of less affect or very debilitating.

Lastly, when a friend or someone in your Club or a family member or someone you otherwise know expresses that they are going through a hard time or if they experience a loss, pick up the phone and call them. Don't just ask if they are all right. Ask if they are all right and how they feel about that difficult thing. Tell them you would like to hear about it. Give them the time to speak. Sometimes, just telling the story to a caring friend will cause things to improve. We all need someone who cares to listen to us! That can make all the difference.

A green heart is the emoji for mental health awareness indicating that you are willing to listen and to help



Wishing you stellar Well-Being and thanking you for your service!!!

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Each month, one of your 25-26 District 35I Service Chairs will promote a Project for all of the Clubs in the District to act as a Team to achieve a common Service Goal for that month. The Service Chairs can also assist Clubs in developing individual projects that meet the local needs for the club's community.



**Disaster Relief** Lion Ken Murphy



**Humanitarian** Lion Jennifer Maillard



Childhood Cancer Lion Diane Clifton



**Mental Health** Lion Paula Paquette



**Diabetes** Lion Diana LaSpina

Military/Veterans IPDG Patty Jean Strong



**Hunger Lion Kathy Lawless** 

**Elder Citizens** Lion Paula Paquette



Vision PCC Penny Gregrich



**Environment Lion Jan Kunka** 



Youth/Reading Lion Loretta Barksdale

**Hearing SVD Drew Ogden** 



District 35I YTD Totals	# of Activities	# of People Serve	
Vision	88	25,720	
Hunger	15	7,894	
Environment	7	1,653	
Diabetes	7	197	
Childhood Cance	r 9	617	
Disaster Relief	no repor	t in Lions Portal	
Humanitarian	56	42,045	
Youth	23	5,297	
Mental Health	No repor	No report in Lions Portal	

# District Service Projects: Lion Tim Foreman, District 35-I GST Hello Lions! Isn't it a great day to be a lion?

At our last cabinet meeting we incorporated a service project: Back packs for the homeless. We served 100 people with a handy backpack, a 6x8 tarp, socks, food bars, a toothbrush /cover, toilet paper, wipes, soap and a cloth rag. Every one attending had a lot of fun participating.

At our next cabinet meeting the project will be dog chew toys made from our old shirts. So collect all your old worn shirts, preferably cotton or cotton blend. We will strip them into 2" strips and braid them together for dogs of the homeless or underprivileged, dogs in Shelters waiting for adoption adoption. It is sure to be another fun project for us and the recipients!

Pictures of the September service event were in the WE SERVE section of the Tales from the Pride

## Who's Who in District 351



District Governor
Linda Gregory
E-mail: 092355@gmail.com

Companion in Service: MD 35 CC Jimmy Gregory



1<sup>st</sup> Vice District Governor
Beverly Flynn
E-mail: Lionbevflynn@aol.com



2<sup>nd</sup> Vice District Governor
Drew Ogden
E-mail: drewogden@aol.com

Cabinet Secretary
JoAnn Rodgers

E-mail: dgrodgers53@gmail.com

Cabinet Treasurer
Tom Mavor
E-mail: tmavor@wclions.org

### Message from DG Linda Gregory: Do They Feel the Love?

As you may (or may not) know, my husband and I have a blended family. When we married, he brought 2 daughters, and I brought a daughter and 2 sons into the marriage. So far, after nearly 30 years, I think it's working out pretty well! The absolute best part (forgive me, kids!) is that we now have 12 grandkids and 7 great-grandkids!

Not too long ago, our oldest grandkids were writing to me on Face Book about something unrelated to anything Lions. Our oldest granddaughter (27) and our second oldest granddaughter (25) and I are very close, and I hear from them often. Our oldest grandson, Devon (31) is hit and miss. With three sons, he doesn't have the time to check in as often as his grandma would like. So, when he does send a message, it is all the more precious to me. On this occasion, his sisters and I were reminiscing about the times the three of them would stay at our house overnight. And he chimed in, "Grandma. I loved being at your house.

"You always made me feel seen and heard."

Nothing could be sweeter to a grandma's ears than to hear those words! And I know that he means them. He found something at our house that he needed, that made him feel loved and welcomed.

So, as I was sitting in front of my computer, preparing to write this month's article, that story came to my mind. I knew I wanted to chat with you about <u>retention</u> this month. I know, I usually talk about new members. But let's be honest...it's often easier to keep the members we have than it is to get new members!

But, for some reason, some clubs have a hard time with retention.

And why is that? I have a couple of ideas...and they all stem from the following:

- <u>The inevitable</u>-sometimes things happen beyond the club's control. People get older. They get sick. They get transferred. They even die. We cannot help these things. This is just life happening. We accept it and we move on. **No one is at fault.**
- The avoidable-sometimes we lose people because we didn't take care of them while we had them. Look back at my story about my grandson. When Devon was 2, his Papaw and I got married. From that moment on, I told him I married my husband because I wanted to be his (Devon's) Grandma. Why did I tell him that story? Because I wanted him to feel special! In a club we have the same option: make our members feel special by recognizing the things that make them special. Make them feel seen and heard. Give them a chance to be leaders in your club!
- The inexcusable-in my previous district I was asked to assist in a project about which I knew nothing. When I expressed uncertainty, I was assured that it would be fine, I would be part of team (I know.... it's hard to believe that I was once very lacking in self-confidence!) When the project day arrived, I was thrust out into a situation about which I still knew nothing. And there was no team, no preparation, no support. Thankfully, I had my husband support me. But imagine what it would be like for someone who has no confidence to be put into that situation. Use sensitivity when dealing with your members. Support them. And be aware that not everyone has the same level of confidence. And that's okay.

**So why do members stay?** Members stay in clubs when their needs are being met. It may be a need for friendship, feeling valued or having connections. They stay in the club where their story is honored, and they feel their presence makes a difference. Retention is about convincing someone to remain--it's about creating a space that is so comfortable that people never want to leave.

What creates the kind of loyalty that makes people stay?

Recognition with meaning: don't just
celebrate the number of years a Lion has as a member,
but remember the moments of courage, compassion and
creativity. A simple "thank you" wrapped in symbolism,
such as a superhero pin, a storybook scroll or a
personalize card can speak louder than any plaque.



• Purposeful engagement: invite members to lead projects that reflect their passion. Whether its disaster relief, youth mentorship, or environmental action, let them shape the mission with their own hands. But first, let them choose the project that "makes their heart sing!"



• Inclusive Ceremonies: Officers installations to club charter nights to awards nights...these events should honor every role. Don't stop at the top leadership of your club. Remember to recognize the volunteer who quietly shows up and washes the dishes or takes out the trash or sweeps the floors.



 Connections Across Generations: Connect seasoned Lions with newer members in mentorship circles. Let fresh ideas partner with legacy.



Remember-retention is not a task-it's a tribute. It's how we say, "You matter! You belong! You are part of something bigger!" Let's hold the pride together...not just with numbers, but with heart.

Proud to be serving the Pride!

### Message from 1VDG Bev Flynn

#### Fresh Ideas:

#### Lions Membership Recruitment and New Club Development

When I returned home from the USA/Canada Lions Forum, my head was exploding with new ideas. After taking a breath, I wondered how I was going to introduce these new concepts to my District and to my club. So as they say, "How do you eat an elephant? ....One bite at a time!" So in this month's article I am going to share with you just one of the ideas - Recruitment.

As we all know, Lions International has long been known for service, but today's world calls for **fresh approaches** to attract new members and build strong clubs. We need to encourage Lions to think outside the box when it comes to recruitment and development. Here are a few ideas to think about:

One of the newest strategies focuses on special interest clubs, built around hobbies, professions, or passions. Whether it's a club



for educators, young professionals, veterans, or environmental advocates, the goal is to meet people where their interests already lie and connect them with service opportunities that inspire them.

Another growing idea is <u>flexible membership models.</u> Traditional meeting times and formats don't always fit busy schedules, so Lions are embracing options like virtual clubs, hybrid meetings, or "club branches" that allow a small group to form under an existing club

before growing into their own. This flexibility helps include younger members and those balancing careers or families.

Lions International is also promoting <u>cause-based clubs</u>, where members unite around a specific service mission such as vision, hunger relief, childhood cancer, or disaster response. These clubs allow individuals who are passionate about a single cause to make a direct impact with like-minded volunteers.





Finally, Lions are exploring <u>community partnerships</u>—building relationships with businesses, schools, and local organizations to share service opportunities. This opens the door to new networks of potential members and makes clubs more visible in their communities.

With these innovative approaches, Lions International is showing that membership recruitment and new club development aren't just about numbers—they're about creating meaningful opportunities for service that attract people with the same heart for giving back. Bringing the <a href="Power of Service">Power of Service</a> into neighborhoods and tackling the needs of our communities is what Lions do best!

<u>Believe in Lions and Share the passion.</u>
<u>1VDG Lion Bev Flynn</u>

### Message from 2VDG Drew Ogden

### It's amazing how fast this 1st Quarter has flown by!

The accomplishments by the Multiple District, and our own District 35I are too numerous to expound on. I feel that we have a lot of opportunities coming up in the coming months.

I encourage <u>everyone</u> to try to make time to be a part of as many events as possible. I look forward to seeing everyone at the <u>next</u> conference in October. Please join us to support our Multiple District, its leaders and the many programs that we can all share.

# **Multiple District and District Events Calendar DATE:**

10/16-10/19 MD 35 Fall Conference Florida Hotel Orlando

Editor's Note If you couldn't make the International Convention or US Canada Forum....this is the next best thing to enjoy the fellowship of your Lions Family.

10/25 District 35I Meeting Largo

12/13 Wreaths Across America District Service Project

1/10 Winter Council of Governors

1/31 District 35I Meeting Lake Placid

3/7 Spring Council of Governors

4/11 Mini Convention Englewood

5/1-5/2 MD Convention Florida Hotel Orlando

# **USA/Canada Lions Leadership Forum:**

The mission of the USA/CANADA LIONS LEADERSHIP FORUM is to develop leaders, motivate and educate attendees, provide an open exchange of ideas and support.

The theme for September 2025 forum was *Learn, Grow, and Lead*Several Lions from District 35 I traveled to Atlantic City



Session moderators are chosen for their dynamic abilities to encourage involvement in service.

Interesting Service projects are presented ("A Ball for All")





**Sharing innovative ideas** 

**Inspiring Ceremonies** 





**Meeting Lions from different Multiple Districts** 



Lion Tim Forman takes an opportunity to meet with Lions International Leaders IP Singh, PID Douglas Alexander and ID Chris Carlone,







District 35I Lions were

every where



So was the Lions International President Singh



"Hands against the wall" What kind of trouble are they in now!



# Make plans to attend next year's US/Canada Lions Leadership forum: Memphis, Tennessee

# Club Zones act as a <u>7eam.</u> United in Service

- Zone 1: Arcadia Centennial, Frostproof, Lake Placid, Lake Wales, Sebring Breakfast, Wauchula Zone Chair: Lion Diane LaSpina
- Zone 2: Brandon, Fishhawk, Plant City, Sun City Center, Tampa Downtown, Tampa North Zone Chair: Lion Bridgett Zickefoose
- Zone 3: Dade City Hispanic American, Hudson Bayonet Point, Lutz Land o Lakes, Wesley Chapel, Zephyrhills Zone Chair: Lion Dan Rodgers
- Zone 4: Clearwater, Gulfport, Largo, Palm Harbor, Safety Harbor, St. Petersburg
  Zone Chair: Lion Teri Barnett
- Zone 5: Bradenton, Englewood, North Port, Port Charlotte, Punta Gorda, Sarasota, Venice Zone Chair: Lion Jeff Myles
- Zone 6: Cape Coral, North Fort Myers Noon, Fort Myers, Fort Myers Beach, Sanibel/Captiva Zone Chair: Lion Jennifer Maillard
- **Zone 7:** Bonita Springs, Naples, Everglades City **Zone Chair:** Lion Steve Schultz

## Zone Z

Fishhawk Ranch: screened 46 kids (woops...I mean children) at Pit Stop Day Care





# Plant City Lions and Leos put on Masks at a Dining Blind Event







Joined by Fishhawk Ranch Lions

Imagine not being able to enjoy the festive bright blue & yellow color scheme,

# Zone 3



Zephyr Hills
Lions are
easily distracted
Stuffing
"Distraction



Bags Leah...showing off her skills at carrying things at Zephyr Hills Lions Club 14

# Zone 4



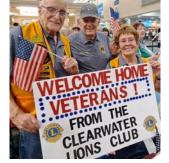
Safety Harbor Packing food and household supplies



for "Good Neighbors" distribution

St Pete Leos having 7UN at a Beach Cleanup

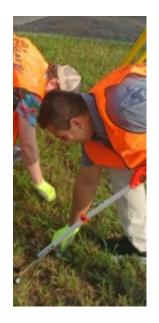




Clearwater Lions Club honors our veterans by sponsoring a Guardian on Honor Flights. On ARWATER Flight #54, Lion Nicole Blauers is representing

our Clearwater Lions Club.

Clearwater Lions members at work for the environment by cleaning up roadside litter as a member of "Keeping Pinellas Beautiful." We maintain S. Highland Avenue between Court and Lime Streets. 15





Palm Harbor roadside trash pickup: a great way to stay in shape





# Zone 5



This month Bradenton Lions conducted over 3800 visions screenings of preschool, special needs, kindergarten, first, third and sixth grade students in Manatee County Public and Charter schools.

Lion Dave Hollern of Englewood participate in the Founder's Parade



# Zone 6



Cape Coral, Naples and Fort Myers Lions assisted in a local fishing tourney for kids.





# Zone 1



Wachula Lions learn about the C7E911 Training program at Hardee High

# Important Information about Your "Florida Lions Foundation for the Blind"



#### Bringing Hope through Sight- One Person, One Procedure, One Future at a Time

The **Florida Lions Foundation for the Blind** has been rebranded and is now known as **Lions Saving Sight**, a name that more accurately describes the mission of our MD-35 foundation. Our mission remains: To provide sight-saving surgery to those who cannot afford it.

Many changes are occurring to improve the how cases are handled. We now have a fulltime director of operations, **Lion Judy Seltzer**. Lion Judy brings years of nursing experience to our organization, making sure that our clients receive the care that they need.

Our foundation no longer requires a co-pay from clubs submitting an application and applications may also be directly submitted from doctor's offices. Full instructions for how to submit an application are on our website <a href="https://www.lionssavingsight.org/">https://www.lionssavingsight.org/</a>.

The foundation needs your support. District 35I submits the most surgeries to the Foundation and our district goal is \$70,000. Please remember the foundation with your club's giving. Every dollar goes toward giving the hope of sight to someone who needs it.

I am available to speak to your clubs about our foundation, what we do and what we are planning in the future.

Lion Blair S. "Chip " Kunka PCC 1st Vice President, Lions Saving Sight <a href="mailto:captainbk@aol.com">captainbk@aol.com</a> 941-713-7069

# Zone Meetings and New Lions



Zone 4 Meeting

# Newest members of Zephyr Hills Lions



# **Election campaign for 26-27 2nd VDG:**

Editor's Note: A sign of a healthy Lions District is the presence of Lions who are willing to serve as Leaders.

District 35 I has two qualified candidates for 2<sup>nd</sup> Vice District Governor. They have provided information about themselves for you to review.

The "Tales from the Pride" does not endorse any candidate for any Lion's Leadership position. You <u>are encouraged</u> to welcome visits to your club by both candidates, participate in your club's discussions about future leaders and make sure that your club certifies the allowed number of voting delegates.

Additional information about the voting process will be presented in the March edition "Tale from the Pride"

Lion Tim Foreman

Candidate for 2<sup>nd</sup> Vice District Governor District 35-I



Over 20 Years Experience in Lions Service and Training

Building things since 1977

Self Employed Contractor for 35 years

Raised 2 Sons as a Single Dad

Served in 2 separate Multiple Districts

Over 15 years District level Experience

Always Learning



Continuing to Build A Stronger District

# Lion Tim Foreman Candidate for 2<sup>nd</sup> Vice District Governor District 35-I

#### In Connecticut Joined Killingworth Lions 2005

Served on BOD 11 years

VP's and President 4 years

Chaired and served on numerous fund raising and service committees

Several awards, including; Lion of the Year, Knight of the Blind & Melvin Jones Fellowship

Member of the Kids Sight Screening Team with a neighboring club

#### District 23-C Zone Chair 5 years

Served on various District fundraising and service committees

Club and Officer leadership Trainer.

Certified Guiding Lion

#### MD23 Train the Trainer Certification

Served on committee to create new MD Hearing and Speech Foundation

Developed Constitution and Bylaws for that foundation

#### 2018 transferred to Brandon Lions Club in Florida

Served on BOD

Club President

Membership Chair & LCIF Coordinator

#### District 35-I Zone Chair & Region Chair

Certified Guiding Lion

Extention Chair

Formed, Chartered and Mentored the Fishhawk Club

GMT & GST

District 35-I Hearing Foundation VP

District 35-I Sight Foundation VP

Awards International Presidential Certificate of Appreciation

MD35 Hearing Foundation Committee & MD 35 Lions Saving Sight BOD

Attended USA/ Canada Forum, International Convention and Lions Portal Training

If elected I will serve to guide the Lions of District 35-I, with kindness and integrity, to being a stronger district

### Continuing to Build A Stronger District



#### **Christine Timmons- Malone**



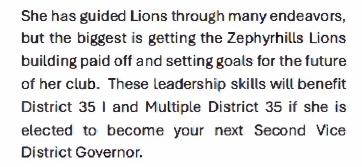
Lion Christine joined Lions in 2020 and has been very active with her home club, the Zephyrhills Lions Club.

She believes in the LIONS INTERNATIONAL VISION STATEMENT: TO BE the global leader in community and humanitarian service and strives to incorporate that not only in her club's vision, but in her everyday life.

The LIONS INTERNATIONAL MISSION STATEMENT: TO EMPOWER volunteers to serve their communities, meet humanitarian needs, encourage peace and promote international understanding through Lions clubs falls into her life's purpose as she leads.

She educates to empower all LIONS to serve and take on leadership roles whether it be at the club level, District or Multiple. She believes in mentorships to encourage LIONS to step out of their comfort zone and become active at all levels of Lions.

Lion Christine strives to lead by example not only asking LIONS to step up, but by participating in Lions activities at the club, District, Multiple and International.





Lion Christine has shown her leadership serving as Club President for two years, serving as Club Treasurer for four years, and chairing committees and projects. Her District leadership goal as a trainer, is to assist clubs in understanding of what we need do to grow. She has served as Zone Chair for two years and is currently serving on the District Long-Range Planning Committee looking at the future of Lions in District 35 I and Florida.

She became a Certified Guiding Lion not only to work with new clubs, but to aid struggling clubs. She has challenged herself to grow and completed the Faculty Development Institute and the Multiple District 35 Regional Lions Leadership Institute. To gain a better understanding of all aspects of Lions, she has attended several USA/Canada Forums and Lions International Conventions. Using these skills she has present at numerous District and Multiple District events and provided an orientation training for Zephyrhills Lions.

Lion Christine has been recognized for her leadership with a Lions International Presidential Medal, a Lions Presidential Certificate of Appreciation, a Melvin Jones Fellowship presented by the Zephyrhills Lions Club.

Lion Christine has two sons, a granddaughter that has stolen her heart and is the caregiver for her mother Lion Gloria Timmons.







# Friday, November 7, 2025

Lions Charity event will accept the First 125 Golfers registered to play at this historic *Diamond Hill Golf Course* designed by Chic Adams that offers beautiful views and challenging play for golfers at every skill level.

Come join Plant City Lions Club for a fun and enjoyable day of Golfing.

Free Food and Beverages throughout the event with our "Lions Watering Hole Stops" along the course, plus Awards Ceremony & Lunch Banquet with Raffle Prizes!

Registration Deadline: October 29, 2025

Reserve your team early. Call today 813-298-8208

Contact Tony Lee - Plant City Lions Club

YOUR LUNCH IF YOU PREFER can be GRAB AND GO after your round is completed. RAFFLE WINNER PRIZES: A Lions Club member will draw tickets for the raffle items while tournament is being played. Each item will be tagged with the winning ticket – TO CLAIM YOUR PRIZE just match your ticket stub with the list on the large Poster for item/winner after your round is completed. Notify a Lion Raffle committee member at tables to sign-out your prize.

Your registration fee not only reserves your spot for a Fun Day of Golf, Refreshments, Raffle Prizes, and lots of Great Food.... Your registration also supports LIONS local community service programs

Charity Event to Benefit LIONS SIGHT ASSISTANCE PROGRAM
Help Fund Eyeglasses and Eye Surgeries - You can make a difference.

This Charity event enables our Plant City Lions Club to raise funds for LIONS Sight Assistance Program helping with Eye Exams, Eyeglasses, and Assistance with Eye Surgeries for those in need.

For Sight Assistance Application forms and to Learn more - website PlantCityLions.Org



#### Registration Form

# **Golfing with Lions Charity Event**





## Friday, November 7, 2025

Sign-In Registration 7:00 AM Shot Gun Kickoff 8:00 AM

Diamond Hill Golf Club 13115 Sydney Rd Dover, FL 33527



Charity Event for Lions Sight & Hearing Programs

 Helping local Adults and Children in need You can make a difference

Application Deadline: October 29, 2025 (Please Register Early)

or Secured Credit Card Payment: all Tony Lee 813-298-8208

IT SCAN THIS OR CODE O MAKE PAYMENT



#### (Choices - check boxes below)

Sponsorship Leve	S	
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Shouldorallib revers.
\$5,000 Title Sponsor: Sponsorship includes name on promotional materials, name on tournament banner, First hole starting position, sponsor Recognition Plaque, TWO hole signs on the course to promote your business, 12 player slots, polo shirts for each player, box of golf balls for each player, and Recognition Galore!
\$2,500 King Lion Sponsor: Sponsorship includes tournament advertisements, name on tournament banner, Plaque, 1 hole sign to promote your business, 8 player slots, polo shirts for each player, and a box of golf balls for each player.
\$1,200 Pride Sponsor: Sponsorship includes tournament advertisements, 4 player slots, polo shirts for each player, name on tournament banner, 1 hole sign to promote your business, and a box of golf balls for each player.
\$700 Cub Sponsor: Sponsorship includes tournament advertisements, 4 player slots, name on tournament banner, 1 hole sign to promote your business.
\$600 - Team of 4 Players \$150 - Individual 1 Player (will be grouped as team of 4)

S150 - HOLE SIGN Sponsor: Sign along the course includes company name/logo to Promote your business

- Watering Hole FOOD Sponsor: "Best Exposure" on golf course. Your only cost is food and supplies used to promote your business during the tournament. Plan to provide samples of your food for about 125 golfers. (Need separate form for registering "Water Hole" food)
- I would like to donate a Gift Basket or Item for the Charity Raffle. with apportunity to include promotional material about my business
- | I will not be able to attend or play in the fournament. As support My donation is enclosed to help fund Children's Eyeglasses and the LIONS Slight Assistance Program.

MAIL THIS REGISTRATION FORM

Enclosed check for \$ , payable to: Plant City Lions Club Mail to: Plant City Lions Club, c/o Tony Lee 1702 S. Alexander St., Plant City FL 33563.

Your Name Your Phone Company Name: \_\_\_\_\_ Need Your Email address for reply confirmation:

REGISTER EACH PLAYER'S NAME



Wreaths Across America
December 13, 2025
District 35 I Service Project
Honoring our veterans
Chair: IPDG Patty Jean Strong



(GOOD FOR ONE YEAR)

WINNER WILL BE NOTIFIED BY PHONE

WWW.FORTMYERSLIONSCLUB.COM

### **LCIF...Disaster Grants**

**1985**: LCIF awards its first Major Catastrophe Grant of US\$50,000 for earthquake relief in Mexico.

**2004**: Lions mobilize more than **US\$15 million** for South Asia tsunami relief following the disaster.

And the list continues...

# Lions in District 35I have benefited from three different types of Disaster Grants:

**Disaster Preparedness Grants:** District 35I has a "Disaster Trailer" equipped with generator, tools such as shovels as well as a second LionsTrailer designed for food preparation and service.

LCIF Emergency Grants: Our District Governors have the applications ready for the Emergency Grant for US\$15,000 to provide eating utensils, bedding, toiletries, cleaning supplies and nonperishable food to those affected..

Major Catastrophe Grants: support long-term reconstruction projects following large-scale disasters. District 35I was the recipient of one of these grants to help with community recovery after Hurricane Helene.

Below is a link to a Lions International Article where PDG Patty Jean Strong describes the support of these grants to the communities that benefit from these funds.

https://www.lionsclubs.org/en/member-resource-center/grants-and-awards/foundation-grants/lcif-grants-toolkit/disaster-relief-grant

# Lions History & Traditions Knights of the Blind

# When did Lions begin their tradition of serving the needs of the blind/visually impaired?

The keynote speaker at the 1925 International Convention in Cedar Point, Ohio was Helen Keller. She charged the Lions with becoming "Knights of the Blind in the crusade against darkness"

# Highlights of Lions service in response to Helen Keller's mission include:

1930: Lion George Bonham paints a cane, white with a wide red band to aid the visually impaired after he witnesses a blind man having trouble crossing the street.

1935: Local Lions donate a *Talking Book* machine to the Milwaukee Public Library, allowing the blind to hear books.

1939: Members of the Detroit Uptown Lions Club turn an old Michigan farmhouse into a school to train dog guides for the visually impaired, helping to popularize dog guides worldwide.

1946: The Lions Blind Camp on Casper Mountain in Wyoming hosts its first group of blind children.

1990: SightFirst is launched, eventually raising more than \$415 million dollars to help eradicate major causes of blindness.

2001: LCIF and Special Olympics partner on Opening Eyes, an initiative to screen the vision of Special Olympics athletes.

# DG/RC/ZC

# Quick Recall Question: What does DG stand for?

RC stands for Region Chair ZC stands for Zone Chair

MD35I is often divided into two geographic regions: North & South. At the discretion of the District Governor, each region may be supervised by a Region Chair serving as a link between the District Governor and the Zone Chair. This year's District Governor, Linda Gregory has asked the Zone Chairs to report to her directly.

The Zone Chair's responsibility is to monitor the health and status of clubs in the zone and be a link between the clubs and the District Governor.

Club visits are made to observe the dynamics of the individual club, to encourage the members of the club to participate in District and MD activities, and to share the DG's goals and objectives.

The Zone Chair also organizes Zone Meetings to provide the opportunity to share successes and concerns of the clubs. Training may be provided with emphasis on Service, Membership and Leadership. Club Presidents, Secretaries, as well as Membership, Marketing and Service Chairs should attend but all club members are welcome. The Zone Chair, will also work with the DG's Extension Team when a new club is created.



LIONS AND LEOS ARE WORKING TO RAISE AWARENESS OF THE IMPORTANCE OF MENTAL HEALTH AND WELL-BEING, TO EDUCATE AND SUPPORT THEIR COMMUNITIES, AND ADVOCATE FOR POSITIVE CHANGE.



### MENTAL HEALTH AND WELL-BEING

**Facts and Statistics** 

## SUSTAINABLE GCALS

The United Nations Sustainable Development Goals (SDGs) provide a shared blueprint for peace and prosperity for people and the planet, now and into the future. The 17 goals are an urgent call for action by all countries — developed and developing — in a global partnership. Achievement of the SDGs also relies on the involvement of volunteer organizations who connect governmental strategies and initiatives with complementary, yet essential, community action.





ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES



An estimated **700,000 people die by suicide every year**(World Health Organization).



On average, 2% of health budgets go to mental health (World Health Organization).



People who are exposed to adverse circumstances – including poverty, violence, disability and inequality – are at higher risk of developing a mental health condition (World Health Organization).



Depression is the leading cause of disability globally, affecting an estimated more than 300 million people worldwide – the majority of them women, young people and the elderly (United Nations).



For depression, the gaps in service coverage are wide across all countries: in high-income countries, an estimated 23% of cases receive minimally adequate treatment for depression and in low- and lower-middle income countries this is estimated at 3% of cases (World Health Organization).



More than 80% of all people with mental disorders live in low- and middle-income countries, where the vicious cycle between mental health and poverty is particularly prevalent because of a lack of welfare safety nets and poor accessibility to effective treatment (World Health Organization).



### MENTAL HEALTH AND WELL-BEING

#### Service Ideas





Promote education, awareness and advocacy resources and tools from reputable organizations such as the World Health Organization and World Federation for Mental Health.



Find your region or country's suicide prevention hotline using the International Association for Suicide Prevention's international suicide crisis hotline search feature and promote the hotline at awareness events and on social media.



Volunteer at your local center for elderly care to assist with enrichment and well-being events.

Support Lions Quest social-emotional



Explore the World Health Organization's mental health and well-being stigma reduction resources and promote them using social media to highlight the importance of lessening mental health stigma and debunking common misconceptions.



Use resources, facts and statistics from the World Health Organization and World Federation for Mental Health to create a World Mental Health Day social media campaign with your club, district or multiple district. Share your impact on social media with photos, videos and other assets using the hashtag #WorldMentalHealthDay.



learning and well-being curriculum for youth in your community. Consider providing promotional support and curriculum delivery for Lions Quest by applying for a Lions **Quest Promotional Grant or Lions Quest Community Partnership Grant.** 



Contact local, state/province and federal government representatives to advocate for increased mental health funding and expanded services. Use our Lions Advocacy Toolkit to get started.

Explore ways to increase access to

vital mental health screening services



Donate food, toiletries or maintenance services to a local transitional living home serving disabled individuals and/or those living with various mental health conditions in your community.



Use resources from the International **Association for Suicide Prevention** to highlight World Suicide Prevention Day in your community.



Provide assistance to mental health agencies and treatment centers by hosting fundraisers, providing publicity on social media and collecting needed supplies.



in your community among underserved groups by contacting and utilizing mental Host a walk or event in partnership with a health professionals, psychologists and local mental health organization to raise psychiatric physicians in your networks. mental health and well-being awareness Connect with local stakeholders such as utilizing the World Health Organization's schools, hospitals and community leaders mental well-being resources and to collaborate on shared goals. depression infographics.



Encourage well-being and development of life skills among youth by creating a local social and mentorship group in your community. Get started by watching this video about Camp Conquer, a community-based youth wellness group created by Lions in Delaware, USA.