

# OH 1 DISTRICT NEWS



### District Governor

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Greetings from  
**DG Faith Cataldo-Gauger**

### Spring Lions Greetings!

Across the district, our Lions clubs are actively engaged in meaningful spring service projects—making a real difference in their communities.

At the start of this Lions year, we challenged every member to embrace the role of a *Service Hero*—someone who steps forward to meet needs locally and globally as part of the world’s largest service organization. That call to action continues today.

As you serve, remember to **invite others** to join you. Community members are often looking for ways to give back—extend the invitation and encourage them to become Service Heroes alongside you.

Visibility is key. Make sure your club’s impact is seen and felt:

- Promote upcoming projects through local media and your networks
- Invite participation from the community
- Share your results afterward to highlight your impact
- And don’t forget to report your service activities in the Lions portal

With the Lions year ending on **June 30**, we are entering the final stretch. Now is the perfect time to evaluate your **club membership**.

Have you experienced membership changes due to relocation or loss? If so, take this opportunity to recruit new Service Heroes. New members bring fresh energy, new ideas, and help sustain the projects your club values most.

**Now is the time** to reach out and invite service-minded individuals to join your mission.

Together, we can finish the year strong and continue building a legacy of service.

Continue to Shine a Light on Service!  
DG Faith : )



## 2nd VDG Pam Olachia

Wow, what a month April has been!! Conventions all over the state. I really think I should be forgiven for following my GPS to Bluffton, Indiana instead of Bluffton, Ohio at the beginning of this year, as I have driven to 5 Conventions so far this month - and showed up where I was supposed to be! And this is where I want to be, a Leader in Lions. Having spent most of my 38 years in Lionism concentrating on getting information out regarding Lions Quest; it never dawned on me to step forward into the Governorship route. But here we are. I'm elaborating on this because I will need YOUR HELP to get things done this year. Governing a District is the job of the team of Lions, not one person. It's a job that concentrates on communication, new ideas, followup, more communication, input, flexible planning, motivation, service, inclusion, respect, compassion and a belief that you believe in what you're doing. I'm asking for you to believe with me and show your enthusiasm to motivate others to believe. As a Lion, we've joined forces with passionate individuals who are dedicated to making real changes in the world. We take on ambitious projects to improve our communities, one person at a time. We joined a local club to make a difference in our community, and in so doing we've joined a global community. Together, let's rise to meet the challenges facing our communities and the world. That's what we do and I'm thrilled to have you on my team this Lions year! We are on a mission to serve - it's what unites us. Our volunteer work creates a lasting impact in some important ways. So let's share the pride with others through improving health and well-being, strengthening communities and supporting those in need. Welcome aboard this mission to serve with passion, remembering that one heart has 2 hands to get things done for others. Please contact me if there is a particular passion or idea you would like to tackle in the District. Let's make it happen. NOW.

Special congratulations to those who planned an exciting Convention for OH1! If you didn't go, you missed an opportunity to learn and enjoy. Thanks to IPDG Sue Davis and PDG Deb Crawford for a well planned event. And it was nice to see our District Facebook Chair, PDG Michael Gibbs act as the Master of Ceremonies. At last count, our District had collected 598 pairs of shoes toward the State project. The raffle was productive with many bidders. Thanks to all the donators who gathered to make it a success. The sessions were informative and interesting including the puppies brought by Canine Companions, the speaker from Ebeid Children's Hospital and a funny recap of radio announcer Bob Ulms' life and career as a visually impaired person. What a show you missed!

I particularly enjoyed meeting with our International Guest, PID Liz Crooke, who is from California. I joined Lions in Sacramento and her District is right next door so I was able to catch up on Lions we both knew. Her message at the Grand Banquet elaborated on the energy International President A.J. Singh has brought to the organization, how to increase membership during the "June Swoon", and looking at service projects to reach new members. She asked us to treat new Lions with humor, kindness and to keep them active. She advised us to continue to change lives through donations to LCIF and challenged our clubs to continue to do so, and to identify emerging leaders, to encourage members to grow and lead to help us grow our organization. She advised us to take advantage of all the on-line training programs, and to attend the USA/Canada Forum. She ended with the thought that she sees us and is watching!

Special recognition goes out to Clubs receiving awards for their accomplishments this Lion's year including Huntsville-Indian Lake, Arlington, Kenton, West Liberty, Wauseon, Lima Host and Rockford. Also being awarded for their hard work, but not able to attend, were Kalida, Celina, Pioneer, and Middle Point. We missed your presence but the Governor recognized your accomplishments and the District will feel and grow because of your efforts.

You can capture some more great times by attending the State Convention on May 15th through the 17th at the Roberts Center, Holiday Inn in Wilmington, Ohio. Of particular interest will be meeting 1VP Mark Lyon and his wife, Lynn. What a privilege to meet him in such a small environment, as he will be unreachable next year as President of our international organization! The breakout sessions should give us an opportunity to ask questions and reach insights as to the future of Lionism. We also will be voting for an ID from Ohio, and able to check out all the displays set up. There will be an opportunity to do a service project to benefit the state Pediatric Cancer Foundation, and to glance over all the new items from Blue Frog merchandising. And don't forget to get your PDG Raffle ticket before the convention as the drawing will take place there. Spend \$5 on a chance to win \$500! while supporting the Ohio Lions Foundation which benefits disaster relief, scholarships, and provides grants across the state. So check out the Ohio Lions website and get signed up. Gather more passion and excitement to continue to serve!



Our Marketing and Communications Chair PDG Dan Ritter, is encouraging clubs to use social media and websites to promote club activities within your local community. Lions International offers a free service where Clubs can create their own website. Simply search for "e-clubhouse" on the Lions International website or contact him if you have questions (419.788.6468). If your Club is not on social media, you will be left behind in this fast paced world. And a reminder that Club secretaries, presidents, and Administrators should be reporting club activities, meetings, etc. on the MyLion portal regularly and timely.

Thanking you for the privilege of serving with you,

DGE Pam Olachia

"Heart and Hands for Service" 🇺🇸🇨🇦



**2nd VDG Joshua Barnes**

Thank You, Fellow Lions

I want to take a moment to say thank you from the bottom of my heart to my fellow Lions for electing me as your next 1st Vice District Governor. I am truly honored, humbled, and excited for the opportunity to serve.

This district is more than a collection of clubs. We are family. We encourage one another, support one another, and come together with one shared purpose: to serve our communities and make a difference. Your confidence in me means so much, and I will do my very best to make you proud.

As I begin this journey, I look forward to working alongside our Lions and clubs across the district. I hope to help strengthen our clubs, welcome new members, support current and future leaders, and help build a strong foundation for the years ahead. Most of all, I want to listen, encourage, and be there wherever I can.

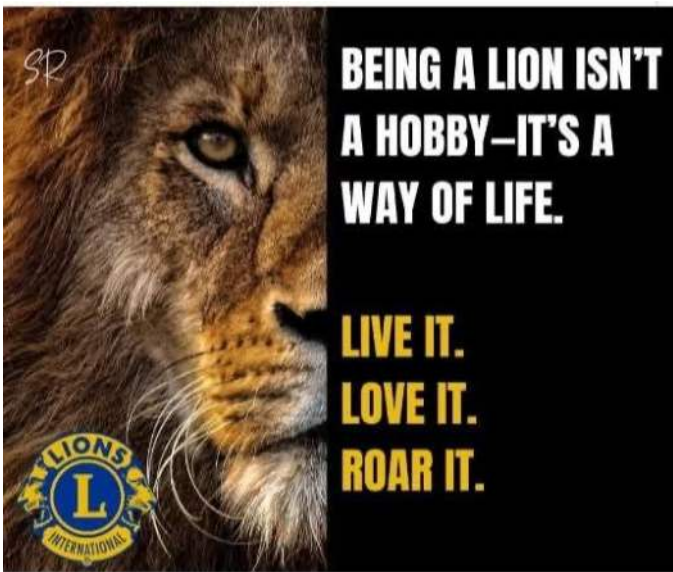
There were some clubs I was not able to visit this year, and I would still love the opportunity to meet with you. If your club would like a visit from me in the coming year, please submit a request so I can add you to my schedule and begin creating a yearlong calendar of club visits. I look forward to learning more about your clubs, your service projects, your successes, and the ways I can support you.

Thank you again, fellow Lions, for your trust, your friendship, and your support. I am excited for what lies ahead, and I look forward to serving with all of you as we continue making our district stronger together.

**Joshua Barnes**  
**Second Vice District Governor, MD13 OH1**  
**Holgate Lions Club**  
**(419) 906-8378**

Empowering Communities, One Roar at a Time 🦁

As your editor and IPDG always says:



# Get Ready for State Convention: Supporting PCC Lydia Houser for MD13 Ohio Endorsement

Why Your Club's Vote Matters and the Leadership We Need

By: PCC Kerry Parker and PCC Betty Robbins (Campaign Chairpersons)



As the State Convention approaches, it's time for every Lions Club in Ohio to prepare for one of the most important votes of the year. The endorsement for the Multiple District 13 (MD13) Ohio candidate is not just a formality; it's a vital step in shaping the future of Lionism in our state and around the world. Your club's voice and vote can make a significant difference, so it's essential to discuss, plan, and ensure full representation at the convention.

One candidate stands out this year: Past Council Chair (PCC) Lydia Houser. Lydia's dedication to service, proven leadership, and deep understanding of what makes our clubs thrive make her the ideal choice for endorsement. Her years of service within MD13, from club leadership to district and state-level positions as well as supporting International at USA/Canada Forums being part of the Ohio committee, Moderator and Facilitator, have given her the experience and vision necessary to represent Ohio Lions at the highest level.

PCC Lydia Houser is known for her inclusive leadership style, her commitment to transparency, and her ability to unite clubs around common goals. She listens to concerns, values diverse perspectives, and inspires Lions to reach new heights of service. By endorsing Lydia, your club is choosing a leader who will advocate for every Lion and ensure our organization continues to grow and adapt to the changing needs of our communities.

As you prepare for the convention, discuss Lydia's candidacy at your next club meeting, review her accomplishments, and consider the positive direction she can help steer MD13 and Lions worldwide. Make plans now for your club delegates to attend the State Convention and participate in this critical vote. Together, we can ensure the strongest leadership for our future by endorsing PCC Lydia Houser for MD13 Ohio.

For more detailed information on PCC Lydia, her full bio and answers to some specific questions are on the State web site: <https://www.ohiolions.org/news-events/news/827-meet-the-candidates-for-international-director>.

Or follow her candidate's page at <https://www.facebook.com/profile.php?id=61586735977187>

If you have questions or requests, please contact Lydia by email at [LMHYOYO@aol.com](mailto:LMHYOYO@aol.com) or via phone at (937) 609-6594. She would love to speak to you in person on why she is the right person to be endorsed.



## PDG Jackie Miller

### For Ohio's International Director

Ohio Lions,

We're in the home stretch and the State Convention is just around the corner. ***Please ensure your club delegates are present at the State Convention business session*** and ready to cast their vote for Ohio's endorsed candidate. **I sincerely hope to earn your vote!**

Be part of this historic occasion—consider organizing a district trip and join us for the day. Experience the energy of the business session, enjoy the demonstrations, and witness history as Ohio selects a woman for our next International Director.

I hope you've all had a chance to get to know me through my articles and Convention speeches A refresher for all:

- I want to be Ohio's International Director to remind Lions to remember why we began this journey of service. I'm committed to carrying our legacy forward with **hope and purpose!**
- **My vision:**
  - Strengthen clubs through **Leadership**
  - Grow **Membership** through meaningful service
  - Champion **LCIF** and our global causes
  - **Represent you** and your voice at the International Level
- Why me?
  - I'm a Lion who is approachable, collaborative, and deeply committed to service
  - I understand grassroots club needs
  - I'm a Lion who leads with heart, integrity, and accountability

Thank you for believing in the power of service to change our world! It's **GREAT** to be a Lion!

**Let's Support PDG Jackie Miller for International Director!**


**CLUBS CORNER**


### Napoleon Lions and Liberty Center Schools Club Collects Eyeglasses

In search of a community project that would make a difference, the Liberty Center High School Future Business Leaders of America Club decided to collect used eyeglasses for recycling through the Napoleon Lions Club.

Club Advisor Kati Weaks contacted the Napoleon club with her plan, and two Napoleon Lions, John Hammon and Gene Grime, went to the LCHS to explain to the group the history of Lions and their efforts in sight preservation, which includes collecting used glasses and facilitating the process of getting those eyeglasses to those in need across the globe.

During the month of February, the FBLA club had collection boxes positioned around the school campus for students and faculty.

Recently, Hammon and Grime returned to the school to collect the 134 pairs of eyeglasses from club members.

Pictured are Gene Grime, Cole Bauman, Zoe Burroughs, Ryleah Green, Abigail Morrison, and John Hammon.



*submitted by Lion John Hammon*



### McComb Names Citizen of the Year



The McComb Lions Club honored local resident Rita Newcomer as their 2026 Citizen of the Year at the April 14<sup>th</sup> meeting. The club has been honoring individuals which have contributed to Village of McComb and/or the McComb Public School System since 1974.

Rita is a retired teacher with 35 years dedicated to the McComb Local Schools. She continues to volunteer at the school during the lunch period and uses this opportunity to stay in contact with the children by providing a listening ear to the students.

Mrs. Newcomer is an active member of the Portage Chapel United Methodist Church where she continues to serve others by heading a food packing program for families needing assistance. Rita has been active with the program by securing the needed items and working with the local school to distribute the food bags. She has also organized several food distribution activities with other local churches.

She has also been active with the McComb Cookie Festival where she coordinates the volunteers during the community event in recent years. Rita has also assisted at the McComb Public Library by shelving books and assisting where needed. In her free time, she loves visiting her family and attending her grandchildren's activities.

*submitted by PDG Dan Ritter. pic Lion Pat Ritter*


**CLUBS CORNER**


### Bluffton Celebrates Citizen of the Year

On April 21<sup>st</sup> the Bluffton Lions Club celebrated with Citizens of the Year, Steve and Susie Stratton. A banquet was held at the Town Hall with speakers honoring these citizens. Family, friends and lions were in attendance. A great night of sharing, friendship and food was enjoyed by all. Committee was chairman Brigitte Hoff, Gene Long, Ron Lora, Ed Yeager, John Rich, Jerry Szabo and Don Hostetler.



### ...And Participated in a Roadside Clean Up



Roadside cleanup was held on Saturday, April 11<sup>th</sup> by the following lions... Jackie Bourassa, Scot Hoff, Brigitte Hoff and Larry Hoffman. Photo taken by Eli Bourassa.

*submitted by PDG Barbara Plaucher*

### West Liberty + Historical Society Put on a Gala

The West Liberty Lions Club was approached by the WL Historical Society on possibly doing a joint effort on their annual Gala event. A committee was formed- many of whom were Lions members. We decided to volunteer our time to put on the Gala, allowing for all profits to go back to the Historical Society!



*submitted by Nicole Kimball*



## CLUBS CORNER



### Light Houses

The 4000 square foot buff brick Toledo Harbor Lighthouse dedicated in 1904 is on a crib about five miles offshore in Lake Erie along the Toledo Shipping Channel.

The lighthouse has a cellar, annex, three story house like area and a circular staircase leading to the top where one can see the Michigan, Ohio and on clear days Ontario, Canada.

The Toledo Lighthouse was scheduled to be demolished in 1989, but lighthouse advocates saved it and the Coast Guard at a cost of about \$1 million secured it and stopped vandalism by putting boulders on three sides and making access difficult. The original 3.5 Toledo Lighthouse Fresnel lens is at the nature center and Maumee Bay State Park.

The nonprofit Toledo Harbor Lighthouse Society took ownership in 2006, and projects include new windows and shutters on the first two floors, brick tucking and two doors at a cost of \$750,000 funded by grants and donations. In 2026, a dock and lift are planned for installation.

There are over four hundred Toledo Lighthouse members who, according to when they joined and maintained membership will be in line to be lighthouse keepers when the lighthouse is restored.

The 22<sup>nd</sup> Toledo Lighthouse Festival is at Maumee Bay State Park Sept. 12 and 13 featuring arts and crafts, food, silent auction, merchandise, and continuous entertainment. If all works out and the weather cooperates there may be inside lighthouse tours on the festival weekend. Go to [Toldeolighthouse.org](http://Toldeolighthouse.org) for more details.

*By Sandy Bihn, Toledo Lighthouse President*

DG Faith wanted to share this information since Sandy was unable to attend the District Convention due to illness.



Before 1989 the lighthouse had the exposed concrete crib. After 1989, boulders fortified the crib with a steel wall on one side.

### Canine Companions

We had a discussion about the Companion Dogs at the Region 1 meeting. Many do not know about this organization. This is it in a nutshell...

Canine Companions is leading the service dog industry so our clients and their dogs can live with greater independence. We provide service dogs to adults, children and veterans with disabilities and facility dogs to professionals working in healthcare, criminal justice and educational settings. Since our founding in 1975, our dogs and all follow-up services are provided at no cost to our clients.

#### Who We Serve

- Adults with physical disabilities or deafness.
- Children with physical or cognitive disabilities aged five or older or adults with physical or cognitive disabilities who require the assistance of a facilitator such as a parent, caregiver or spouse.
- Veterans with a physical disability, hearing loss or post-traumatic stress disorder (PTSD).
- Professionals working in a health care, visitation, criminal justice or education setting.
- Children and adults experiencing life-threatening blood sugar fluctuations due to insulin-dependent diabetes.
- Here is the link for much more information: <https://canine.org/about/who-we-are>



## CLUBS CORNER



### Mark Your Calendars!!!

Officer Training  
Saturday, June 6, 2026  
Via Zoom

Officer Training for the 2026-2027 Lions Year is scheduled. All officers are expected to attend training each year, even if you've held this position in the past.

- 9 am – Presidents and Vice-Presidents. Presenter is PCC Darlene Roll
- 10:00 am – Treasurers. Presenter is PDG Dan Ritter
- 11:00 am – Secretaries. Presenter is Lion Anne Deutschman

In addition, at the start of each session, IPDG Susan Davis will provide information on LCIF. Lion Carol Collins will provide updates on Compliance.

Please RSVP to Lion Anne Deutschman at [jakgs@dacor.net](mailto:jakgs@dacor.net) by Monday, June 1. A Zoom link and training materials will be sent out a couple days before the training. Attendees should log in a few minutes before the start of your session. Attendance will be taken. If you have any questions, please contact me by email or 419-601-2307.

Thank you, GLT Coordinator Lion Anne Deutschman

### Keeping VOSH Busy

Lion Bob Segna delivered 1,114 glasses to VOSH today plus sunglasses. (pictured below)



Several hundred pairs were collected at District Convention and delivered by IPDG Sue Davis

### Important-Directory Information Needed

Hello fellow Lions,

As we prepare next year's district directory, please take a moment to review your club's current information in the LCI Portal. If you have a copy of the current district directory available, you may use that as well. Make sure the information is accurate, complete, and has no grammatical errors.

Please check the following items carefully:

- Club name
- Meeting location
- Meeting day and time
- Next years President and officer names
- Contact information
- Any other directory details that may need updating

If any changes are needed, please submit the corrected information by May 15 so we can include it in next year's directory.

Thank you for your help in keeping our district records accurate and up to date.

Sincerely,

**Joshua Barnes**

**Second Vice District Governor, MD13 OH1**

**Holgate Lions Club**

**(419) 906-8378**

**Empowering Communities, One Roar at a**

**Time** 🦁

Get your directory information to PDG Susan Davis by May 25, 2026. That only gives me a month to correlate it and get it to print. I need to deliver it by June 30 in order to get it back in time for the Council of Governors' meeting. Thank you.

[susanrdavis@me.com](mailto:susanrdavis@me.com)


**REGION and ZONE NEWS**


Last amended on 04-18-2026

District 13 OH1 Constitution and By-Laws:



The Lions Clubs International District 13 OH1 Constitution and By-laws shall be the current Lions Clubs International Standard District Constitution and By-Laws with the following additions and amendments:

**NAME:**

This organization shall be known as Lions District 13 OH1, hereinafter referred to as "district".

**Membership:**

Members of this organization shall be all Lions Clubs in this district chartered by Lions Clubs International which includes Allen, Defiance, Fulton, Hancock, Henry, Lucas, Paulding, Putnam, Van Wert, Williams, Wood, Auglaize, Hardin, Logan, Mercer and Shelby counties in the state of Ohio, USA.

**Convention Fund Tax:**

With the exception of members of a designated Campus Lions club, an annual district convention fund tax of \$2.00 USD will be levied upon each member of each club in the district, where said tax to be collected \$1.00 at the same time and manner that the first half of the annual district administrative fund tax is collected, the second \$1.00 at same time and manner of the second half of annual tax collection.

**District Revenue:**

With the exception of members of a designated Campus Lions club, an annual district administrative fund tax outlined in Section 1 of Article X in the current Multiple District 13 – Ohio Lions Inc Constitution is hereby levied upon each member of each club in the district, and an annual state revenue fund tax outlined in Section 3 of Article VIII in the current Multiple District 13 – Ohio Lions Inc Constitution is hereby levied upon each member of each club in the district, where said taxes to be collected as outlined in Section 1 of Article VIII in the current Multiple District 13 – Ohio Lions Inc, Constitution.

Standard District Constitution & By-Laws (document la4) is found on LCI's website: [www.lionsclubs.org](http://www.lionsclubs.org)

**Clubs Are Working Hard cont.**

**Zone 2 Perrysburg** is saving plastic for a park bench, participating in Build A Bed, driving for the blind outreach, collecting eye glasses which are donated to VOSH, and performing eye exams, **Swanton** are collecting eye glasses and are participating in several activities: waste management, assistance to individuals, golf outing, blood mobile, jingle balls, the Giving Tree Project, the corn festival, and scholarships. **Sylvania** coupled with the sight center for a fund raiser, collect plastic for benches, collect eye glasses for VOSH, held a Purse Bingo, hosted a Christmas party for the blind, awarded scholarships and collect food for their community. **Wauseon** recycled items, sold Christmas trees, collect eye glasses perform vision screenings, conduct a food drive, will award \$500 scholarships and participate in community events.

**Zone 3 Continental** hosts a golf outing, the junior olympics, senior citizen meals, Halloween judging, and awards scholarships to graduates. **Defiance** held a Shamrock Festival, a pancake and sausage breakfast, Halloween parade, and Thanksgiving Day Turkey Trot. **Holgate** held a chicken bbq, highway trash pick up, cheese sale, awarded \$500 scholarship, purchased flashcards for 3rd graders and an automatic external defibrillator for Holgate Schools. **Napoleon** sold ice cream at the Henry Co. Fair and at Pickers Paradise, held White Cane Days, sold Christmas trees, had a float in the Holiday parade and awarded 2 scholarships. **Paulding** judged their Halloween parade, partner with other service clubs, held a Christmas Santa Day, and purchased eye glasses.

**All Region 1 clubs** have reported to the portal! Please continue to do so. It is important to share your activities and projects for all to see and celebrate.

**Region 1 Clubs Are Working Hard**

**Zone 1:**Clubs in **Archbold, Bryan, Fayette, Pioneer, and West Unity** are completing projects tied to the LCI Global Causes: Humanitarian, Hunger, Vision, and community Youth programs. Lion Joanne Moats shared that **Bryan** held a tree planting ceremony. They also contributed 121 pairs of shoes to the Ohio Lions Pediatric Cancer Foundation collection. **West Unity** reported that they donated to the very popular FAA Feather Party, give \$500 scholarships to local students, held a pizza party for winning class in used eye glass collection and are participating in upcoming community events.

**LAST CALL FOR SHOES!!! Ohio Lions Pediatric Cancer Foundation is collecting shoes. Please get them to 2VDG Josh before May 10! He will take them to state.**



## REGION and ZONE NEWS



### Region 3 Serves!

Now that spring has arrived, I have been working on visiting more of the clubs in region 3 (zones 7, 8 and 9 – or Allen, Auglaize, Logan, Mercer, and Van Wert counties). I will admit that I have not traveled to all of the 17 clubs yet but I have reached out on the phone or by email to a contact for each club. They are all busy and I wanted to share a couple of items from each club.

#### Zone 7:

- **Convoy** – A signature project is building wheelchair ramps and ROAR for reading activity.
- **Middle Point** – Hosted Community Easter Egg Hunt and gifted me with 150 pairs of eyeglasses.
- **Rockford** – 98 baskets won in the Quarter Auction and Car Show (June 19<sup>th</sup>) planning.
- **Spencerville** – Working on becoming more active in the community again.
- **Venedocia** – A signature fundraising project is selling sausage sandwiches from their trailer.
- **Willshire** – 2 new members and they helped decorate the local park during the holidays.

#### Zone 8:

- **Celina** – Financially supported the Summer Concert Series and provided eyeglasses for a child.
- **Coldwater Lions** – Gun Raffle and provide support to the Leo Club.
- **Coldwater Leo Club** – Provide activities in the grade school.
- **Cridersville** – Ordered a Peace Poster kit (partner with Wapak), planning a “Good Program” presentation by Lion Ron Derry at the school.

- **Lima Host** – Ordered a Peace Poster kit and presented low vision information at an Advocacy Day training program.
- **Wapakoneta** – Highway trash pick-up and Rose Day fundraising event.
- **Waynesfield** – Breakfast with the Easter Bunny and preparing for the STEPS Walk on July 25, 2026.

#### Zone 9:

- **Bellefontaine** – Prepared and sent cards to nursing home and helping staff summer sports concession stands.
- **Huntsville-Indian Lake** – Provided scholarships at Indian Lake schools and gifted me with 300 pairs of eyeglasses.
- **Rushsylvania** – Planning Memorial Day and 4<sup>th</sup> of July weekend activities and holding pancake breakfast fundraising events.
- **West Liberty** – Highway trash pick-up and collected 175 pairs of shoes for the OLPCF Shoe Drive.

Until next time, Region 3 serves!

*submitted by PCC Darlene Roll*





## REGION and ZONE NEWS



### Diabetes, A Global Cause

Diabetes is a chronic condition causing high blood sugar due to insufficient insulin production (Type 1) or ineffective use (Type 2). Key symptoms include extreme thirst, frequent urination, fatigue, and blurry vision. While Type 2 is largely driven by obesity, diet, and inactivity, both types are managed via medication, diet, and exercise to prevent severe complications. (World Health Organization) *copied from Google AI*

In the November issue of LCIF Focus, I featured Diabetes as the global cause. Lion Carol Collins has now asked to share literature. I will brief it here since it is 7 pages long.

**Smart Snacking Strategies:** 1. Read Labels, 2. Always Pair Carbs, 3. Watch Calories and 4. Consider Timing.

**Eat Fruits Vegetables and Whole Grains:** balance options and combine servings

**ProteinPower and Nut Nutrition:** includes nuts, eggs, dairy proteins, and meat and fish.

**Limit Your Diet:** Limit liquid Carbs, High Sodium Foods, Refined Carbs, and added Sugars

**You need a health eating plan:** health carbs, fiber rich food, heart healthy fish and good fats. Avoid saturated fats, trans fats, cholesterol, and sodium

**Create Your Plate: The Plate Method:** 1/2 plate is veggies, 1/4 plate is protein. 1/4 plate is carbs and the rest is healthy fats.

This is the essence of the program recommended. This is an initiative put out by the Global Service Team for 2026.

*information packet submitted by  
GST Chair Lion Carol Collins*

*condensed by Newsletter  
Editor Susan Davis*

### Lions Courage Kit Project Reach Out And Restore

“In 2025, LCI added Mental Health and Wellbeing as a Global Cause. The 2025 MD13 RLLI Level III group sought to create a service project to support this initiative.”

“The project scope includes to create provide and distribute templates for situations mental health and wellbeing kits of items to provide immediate short-term stress relief. The kits are to be called ‘Lions Courage Kits’ with the tag line ‘Reach Out and Restore.’” The kits will be customized for

1. First Responders; 2. Veterans; 3. Seniors
4. Homeless; 5. Children; 6. Teens

These kits will include: encouragement cards, stress balls, fidget toy, journal and pen, scented lip balm, facial tissues, hand lotion and community resource cards.

Classroom kits will be available to be distributed by teachers. These kits will include: encouragement cards, stress balls, fidget toys, sand timer, liquid timer, coloring sheets, sensory bag, scented lip balm and a container for the objects.

Data shows that more than 4,800,000 people live in Ohio communities without enough mental health professionals. \*86,396 calls were made to the suicide and crisis line, \*664,000 adults need mental health treatment but don’t receive it due to cost, \*1 in 829 is the ratio of psychologists to students, \*and Ohioans are 1.5x more likely to be forced out of network for mental health.

Editor’s note: These statistics are a stark reality about mental health support. Lions can fix some of the problem one kit at a time, one school at a time. Find out more at State Convention! or Contact DG Faith Cataldo-Gauger, a developer of this initiative.

*packet and information provided by  
DG Faith Cataldo-Gauger*

**BULLETIN BOARD**



# Stacks & Crafts

EVENT PRO CONNECTIONS

Saturday, May 16th, 2026

**CRAFT SHOW**  
Free Admission  
9:00am - 3:00pm

Bluffton Middle School  
116 S Jackson St.  
Bluffton, OH 45817

**PANCAKE BREAKFAST**  
Endless Pancakes: \$10  
8:00am - 11:00am

Bluffton Middle School  
116 S Jackson St.  
Bluffton, OH 45817

Proceeds Benefit

## STRONGER TOGETHER. Better Every Day.

**Practical Ways to Address Negative Behaviors**

*We lead with kindness. We speak up with respect. We protect our mission.*

|   |  |   |   |  |
|---|--|---|---|--|
| <p><b>1</b></p> <p><b>RECOGNIZE IT EARLY</b></p> <p>Pay attention to what you see and hear. Address small issues before they grow.</p> <ul style="list-style-type: none"> <li>Trust your instincts</li> <li>Don't wait</li> <li>Speak up early</li> </ul> | <p><b>2</b></p> <p><b>TALK TO THE PERSON DIRECTLY</b></p> <p>Have a private, respectful conversation. Focus on behavior, not the person.</p> <ul style="list-style-type: none"> <li>Be calm and clear</li> <li>Use "I" statements</li> <li>Listen to understand</li> </ul> | <p><b>3</b></p> <p><b>LISTEN TO UNDERSTAND</b></p> <p>Give others the space to explain. Ask questions. Seek to understand.</p> <ul style="list-style-type: none"> <li>Be open</li> <li>Stay curious</li> <li>Show empathy</li> </ul>          | <p><b>4</b></p> <p><b>SET CLEAR EXPECTATIONS</b></p> <p>Make expectations clear and aligned with our values and purpose.</p> <ul style="list-style-type: none"> <li>Share our guidelines</li> <li>Agree on solutions</li> <li>Follow up</li> </ul>                        | <p><b>5</b></p> <p><b>INVOLVE THE RIGHT PEOPLE</b></p> <p>If needed, bring in a trusted leader or mentor. You don't have to do it alone.</p> <ul style="list-style-type: none"> <li>Seek guidance</li> <li>Use the chain of leadership</li> <li>Get support</li> </ul>               |
| <p><b>6</b></p> <p><b>DOCUMENT THE BEHAVIOR</b></p> <p>Keep a factual record of what happened, when, and the impact.</p> <ul style="list-style-type: none"> <li>Stick to facts</li> <li>Note dates &amp; details</li> <li>Focus on behavior</li> </ul>    | <p><b>7</b></p> <p><b>TAKE APPROPRIATE ACTION</b></p> <p>Use our policies and procedures. Be fair, consistent, and solution-focused.</p> <ul style="list-style-type: none"> <li>Follow Lions guidelines</li> <li>Apply fairly</li> <li>Focus on resolution</li> </ul>      | <p><b>8</b></p> <p><b>SUPPORT THOSE AFFECTED</b></p> <p>Check in. Offer encouragement and remind them they are not alone.</p> <ul style="list-style-type: none"> <li>Listen</li> <li>Offer comfort</li> <li>Connect them with help</li> </ul> | <p><b>9</b></p> <p><b>OFFER A PATH TO IMPROVE</b></p> <p>People can grow when given the chance. Provide resources, mentoring, and encouragement.</p> <ul style="list-style-type: none"> <li>Focus on growth</li> <li>Provide tools</li> <li>Celebrate progress</li> </ul> | <p><b>10</b></p> <p><b>PROTECT OUR CULTURE</b></p> <p>Our culture is our strongest asset. Let's keep it positive, respectful, and inclusive.</p> <ul style="list-style-type: none"> <li>Model our values</li> <li>Celebrate kindness</li> <li>Hold each other accountable</li> </ul> |

We are here to serve.  
We are here to lift each other up.  
*Let's choose compassion.  
Let's lead like Lions.*

- WE SERVE.
- WE RESPECT.
- WE LIFT OTHERS.
- WE ARE LIONS.

**DON'T BE A HYENA.  
BE A LION.**



**Northwest Lions Eye Care Foundation, Inc.**

*All 13 OH1 Lions are members of this foundation. Come to this meeting and see what YOUR Foundation is all about!*

## ATTENTION: Foundation Meeting

### Thursday May 14, 2026

*Bluffton Town Hall  
154 N. Main St. 3rd Floor  
Bluffton, Ohio  
(Elevator Available)*

Time: 6:30pm Meal: \$10  
Reservations by Monday May 12th to  
Bob Segna 419-308-1906 or  
rjsegna5@gmail.com or  
Dan Ritter dritter2795@gmail.com or  
Darlene Roll dro111998@gmail.com

- New Cases, finalize old
- Braille Writer demo

# Shoe the Love!

Your closet clean-out can support kids fighting cancer!

## Pediatric Cancer Shoe Drive!

Bring your gently used or new pairs of shoes to your District Convention or State Convention!

- Boots to ballet shoes,
- Sandals to soccer cleats
- Official dress or casual tennis shoes
- Tie shoelaces or rubber-band pairs together for easy sorting - we will take them all if they're gently used or new!

Every pair donated help raise funds to support kids and families fighting pediatric cancer through **Ohio Lions Pediatric Cancer Foundation** and **Kids Get Cancer Too!**

There will be a Golden Shoe award for the district and Club who donate the most pairs of shoes!

**Contact your District OLPFC Representative for more donation information!**

in partnership with


**BULLETIN BOARD**




**Ohio Lions State Convention**

May 15-17, 2026  
 Holiday Inn, Roberts Center  
 Wilmington, OH



**May 2026**

15 Friday 4th Council Meeting  
 15-17 Fri-Sun State Convention  
 19 - 31 VDG-Elect Training  
*Super Weekend*

**Looking Ahead**



**September 2026**  
 12 STEPS 5k

**From PDGs Dave and Deb Luttrell...**

Hello Lions,

Debbie's and my new address is:

1690 W LANE AVE UNIT 322  
 UPPER ARLINGTON OH 43221-2588

PDG Dave

**monthly**

**Bingo Night**

**Liberty Gathering Place**  
**111 N Detroit St, WL**  
 2<sup>nd</sup> Thursday of  
 each month

Feb 12  
 Mar 12 • Apr 9  
 May 14 • June 11

[westlibertylions.org](http://westlibertylions.org)  
 brought to you by  
 The West Liberty Lions Club