



DG Millie's Memo....



Dear District 12N Lions,

As we look to the second half of Lion year 2020-2021, I would like to remind us of a few housekeeping items which will be needing our attention. You may all be way ahead of me and have already started on these and I actually hope this is the case. If you haven't already done so, your Club should have nominations done in March to be able to have your Officer elections in April. This will allow you to report the Club Officers for 2021-2022 in early May. Before reporting I am respectfully asking that you verify contact information for all of your members, but especially the incoming officers so as to provide an accurate and up to date contact list for the District Directory.

Please see Doug Haseltine's article on diabetes to see how your club can earn an entry into the Reverse Raffle. Let's all support him and diabetes awareness. Also let us all help White Cane by selling or buying Reverse Raffle tickets.

UPCOMING EVENTS

March—Nominating
Committees for Club
Officers

April—Club Officer
Elections

April 9-10 2021
District 12N
Convention
Best Western Plus,
Morristown, TN
Registration Form
page 22

TN State Convention
4/29 - 5/1/2021
Nashville, TN
Registration Form
pp 23—24

You may have heard this already and it is good news to be sure. The LCI Board has voted to extend the waiver of the \$35 new member fee and Club Charter fee through June 30, 2021. This is definitely a savings for incoming Lions.

The District 12N Convention will be April 9-10, 2021 and be a hybrid meeting. The registration form is attached. We will be having Officer Training on Sunday April 11, 2021; stay tuned for details.

Please be sure that your Club Secretary or Treasurer pays the Club dues promptly to both LCI and District 12N. Effective December 31, 2021 LCI will put Clubs in suspension if their dues are in arrears three months. We don't want to see any Clubs in District 12N lose their voting privileges or charter, so please pay your bills when they are due.

Some sad news indeed is that the 2021 International Convention will not be an in-person event due to Covid. Sincerely, DG Millie

Vice District Governors' Musings



Paulette's Post

Let's keep working together as a District! The December Operation Inasmuch Food Packing Project proved that together we can accomplish so much! As individuals and clubs, we can still work together over the next several months to help DG Millie successfully finish her year. We can accomplish this by increasing and retaining our membership numbers, conducting meaningful service projects and REPORTING, and supporting the District White Cane Projects and LCIF (Lions Clubs International Foundation) through our donations.

We realize with COVID this has been an extremely tough year on all of us. Your DG team has not been able to physically get around and visit all of your clubs (we miss you), some clubs are still not meeting (we encourage you to at least try Zoom meetings) and performing service and fundraising has been difficult for many. However, some clubs have still been successful in building their membership, helping their communities through service and sending in White Cane and LCIF donations. THANK YOU – please share your stories in News & Views to help other clubs "Think outside the Box"! We are here for you – please reach out to us if there is anything we can do for you.

Yours in Lionism – Paulette Bailey, 1st VDG



Rich's Reviews

January 2021 was Lion's Hunger Awareness Month. Please go to the Operation Inasmuch Facebook page and scroll down to view the District 12N food packing pictures and the article by Gene Whaley, executive director.

February 2021 is Childhood Cancer Awareness Month. This is one of the many White Cane Days Lions charity projects. I encourage you and your clubs to step up and take an active role in the Reverse Raffle Committee. Childhood Cancer awareness is one of the beneficiaries of the funds raised.

PDG Jim McFarland reminds us that it is not only a District 12N charities fundraiser, but participating clubs are eligible for profit sharing of the ticket sales. Additionally, the three (3) clubs that sell the most tickets will have a donation made to LCIF for their Club which can go toward a Melvin Jones Fellow.

Circle and join us February 11, 2011 @ 8:00 PM for the next Zoom meeting.

Respectfully submitted,

Lion Richard C. Wilson

2nd VP DG – District 12N

CHANGE IN DATE

Due to Covid concerns, the District Convention date has been changed to April 9 - 10 2021. Location is the same as last year's convention in Morristown, TN. The convention registration form may be found on page 16.

ATTENTION: ALL DISTRICT 12N LIONS CLUBS

It is time to formulate your Club Nominating Committees for the election of Club Officers for the 2021-2022 Lions year. Please select a Nominating Committee Chair and task them to come up with a Slate of Officers for your club's elections.

We are planning having New Officer Training in conjunction with the District 12N Convention April 9-10, 2021. The training would be Sunday, April 11th. Therefore, it is important for your club to have your elections sooner rather than later so your new Officers can attend the training.

Thank you – 12N DG Team

MYLION SERVICE REPORTING (Additional information)

The DG Team has recently been made aware of a document on the LCI website titled "*Measuring Service Impact for Lions*". This document goes into great detail to explain:

- What service means to Lions and Leos
- How our service impact is measured/metrics
- How to properly account for the people served
- What is and what is not reportable service
- Determining whether your activity is one-time or recurring

Please avail yourself of this very useful information. To make it easier for our clubs we have put this document on our District Website:

<http://tnlions.org> under the Member Resource tab, Officer Training, Service Reporting, and then LCI Resource. Just click on the link and the article should open up.

CALLING ALL DISTRICT 12N LEADERS

Deadline for candidate qualifications is March 1, 2021

**For more information and details, please contact PDG Mike
Vudragovich at 412 304 5863 or
mvudragovich@gmail.com**

ARE YOU QUALIFIED TO BECOME 2ND VICE DISTRICT GOVERNOR NEXT YEAR?

- ♦ **Are you an active member of your club?**
- ♦ **Have you been club president?**
- ♦ **Have you been a board member of a club for two or more years?**
- ♦ **Have you been a zone chair, region chair, district secretary or treasurer?**
- ♦ **Are you willing to accept the challenge and become our District Governor in July 2023?**

The deadline for articles and photos to the **News & Views** newsletter is the **20th** of the month. **Please submit articles in WORD and limit number of words to 200.** In the event that you need to submit a time sensitive event after the 20th of the month, please contact Pam Maples, Editor at 770-548-1690 or pmaples803@gmail.com.



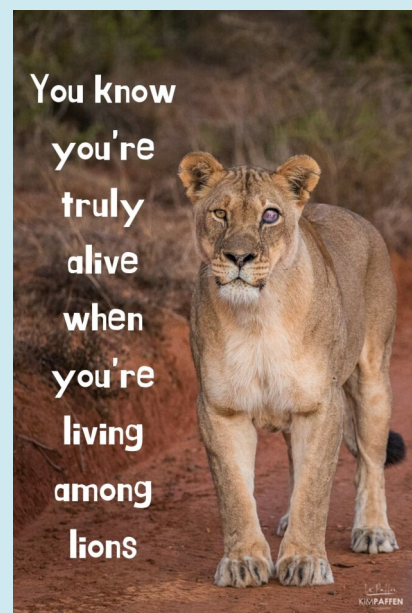


District 12N Charities Board of Directors Openings



Each Year four of the Charities Board of Directors 3-year terms expire. The nominating committee is seeking candidates to replace those members leaving the board. If you would like to serve on the Charities Board of Directors please submit your interest to Chair of the Nominating Committee, PDG J. W. (Jim) McFarland, either by phone 865-556-9091 or email tnlionjim@gmail.com.

Candidates for the Charities Board of Directors will have their names placed in nomination at the District 12N Convention, Best Western Plus Morristown Conference Center on April 9-10, 2021 for election to fill four positions. Deadline for submission is March 1, 2021.



Report of Lions District 12N Charities, Inc.

The Board of Directors of Lions District 12N Charities, Inc. met at LVBI on Dec. 6, 2020 for the purpose of allocating the available White Cane resources of \$33,812.47 to the Designated Charities Projects as provided for in the Bylaws of Lions District 12N Charities, Inc. The following proposed allocation is the result of the Board of Directors meeting and will be presented at the Charities Annual Meeting of Members for ratification during the District 12N Convention on April 10, 2021.

Braille Slate	\$0
Childhood Cancer	\$300
Diabetes Awareness	\$1,000
East Tennessee Lions Eye Bank	\$1,000
Leader Dogs for the Blind	\$3,000
Learning Ally	\$500
Lions Quest	\$0
Lions Volunteer Blind Industries	\$18,000
Speech and Hearing Foundation, Inc. of Maryville	\$2,000
Tennessee School for the Blind	\$2,500
Tennessee School for the Deaf	\$2,500
World Services for the Blind	\$0
District Governors Fund	\$1,000
District Discretionary Fund	\$1,000
<u>Operating Expenses</u>	<u>\$1,000</u>

Total	\$33,800
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District 12N Charities 2021 Reverse Raffle

MARK THE DATE - The Reverse Raffle Committee IS working on the 2021 Raffle so please mark June 19, 2021, 10-5 on your calendar. **It is planned to not only be a fundraiser for the District 12N charities but also a fundraiser for the participating clubs as well.**

The Reverse Raffle tickets may be sold starting February 19, 2021 with the drawing to be held June 19, 2021 at the Fountain City Lions Club House beginning at Noon. Tickets may be sold up until 9AM the day of the drawing.

Your club will be eligible for profit sharing of ticket sales as listed below, **so this can be a fundraiser for you as well!!!** In order to be eligible, your club must sell 25 tickets or more 1-24 tickets \$0 ; 25-299 \$1.25 ; 300-499 \$1.50 ; 500-749 \$1.75; 750-999 \$2.00 ; over 1K \$2.50.

These incentives will be on all tickets sold, so if you sell 299 tickets your Club will earn \$1.25 per ticket, but if you sell 300 tickets you earn \$1.50 for each. **Clubs collected \$1,877 from the 2019 Reverse Raffle!!!**

Additionally the three clubs who sell the most tickets will have a donation made to LCIF for their Club which can go toward a Melvin Jones Fellow. 1st Prize is \$300, 2nd Prize is \$200 and 3rd Prize is \$100.

Tickets may be sold to anyone except to a member or officer of the board of directors of District 12N Lions Charities, Inc and their immediate family members residing in the same household of the board of directors or an officer of the organization.

The Reverse Raffle Committee will be working on planning “A Day with the Lions” when more is known regarding the status of Covid 19. We hope to make this a fun filled day for Families (games, food, music, mascots, demos and more), so please mark June 19, 2021, 10-5 on your calendar and encourage everyone to attend. We are looking for Clubs to help, so please volunteer and sign up and help us make this Lions Event to Remember!!! **In the mean time let's sell Reverse Raffle tickets to help support White Cane!!** For further information call or email PDG Jim McFarland, tnlionjim@gmail.com ph 865-556-9091

Around The District

TENNESSEE SCHOOL FOR THE BLIND'S 2020 VIRTUAL HOLIDAY PARTY

With massive assistance from Lion Dr. Martin and his staff at TSB, we have put together a "Virtual 2020 Lions Day At TSB." A link to that program which premiered on Friday, December 18 at 10:00 AM (CST) can be seen on You Tube at the link below. The students and their families (and we hope a lot of Lions!) will view the production.

Thank all of you for your diligence and patience with me in trying to pull this together. I think you will like the finished product!

<https://youtu.be/fYXmNg4Yjlw> (type in this link to go to the TSB 2020 Virtual Holiday party video.

Lions Day At TSB

**THANKS TO LIONS OF TENNESSEE
FOR MAKING CHRISTMAS A LITTLE
BRIGHTER FOR THE CHILDREN AT
THE TENNESSEE SCHOOL FOR THE
BLIND!**



—le—le—
THANK
YOU
—oo—oo—

Thank you very much
for the gift of \$50.00
that my son, Christian
Herrera, received. He is
a student at Tennessee
School for the Blind.
He really appreciates
your generosity. Merry
Christmas.

Thanks,
April Gonzalez
+
Christian
Herrera

...VERY MUCH.



Clinton Lions Club Is Celebrating Their 80th Anniversary (Chartered July 2, 1940)

MARK YOUR CALENDAR

August 14, 2021 at the Museum of Appalachia, 3 to 8 PM

Dinner served at 5:30 to 6:30 PM, Dress is casual, nice

Tickets are \$35.00 each and children 12 and under are free

Cutoff date for tickets is August 7, 2021 as we need to let Buddy's know how many will be there

Cost of the ticket includes access to all of the Museum areas

Catering will be by Buddies BBQ, the menu will be;

Hickory Smoked Pulled Pork Bar-B-Q

Bar-B-Q sauce on the side

Grilled, Boneless Chicken Breasts

Baked Beans

Cole Slaw

Potato Salad

Potato Chips

Hamburger Buns

Cookies (Chocolate Chip and Oatmeal Raisin)

Banana Pudding

Chocolate & White Cake

Iced Tea – Sweet & Unsweet

Lemonade

Water

There will be entertainment and speakers

Contact PDG Neal Vaughan for tickets and/or information

865-457-4664 or E-mail: neallion@comcast.net

Museum of Appalachia

2819 Andersonville Hwy. (hwy 61)

Clinton, TN. 37716

Exit 122 on I-75 and approximately 1 mile east

ALL FROM A PAIR OF GLASSES !!

LIONS CLUB CHARITIES WORKING TOGETHER

To: Smoky Mountain Lions Charities Mobile Vision Lab From: St Mary's Legacy Clinic, Washburn, TN

Let me explain—Nikki triaged this patient at one of the Smoky Mountain Lions Charities Mobile Vision Lab's vision clinics in Fountain City. The patient came from Union County who authorized his exam. During the triage, Nikki identified a health problem that needed help. The patient stated he had no medical insurance and he knew he needed help (other than vision). He also knew about KAPA but knew he did not qualify because he lived in Union County. Nikki gave him information for the St Mary's Legacy Clinic and I told him about our Washburn location. He said he needed more help than we could provide and I could see that from his triage notes. He showed up the next time the other SMLC (St Mary's Legacy Clinic) was in Washburn. He saw our doctors, had his labs drawn, we agreed he needed help from KAPA, he kept his KAPA appointments and his diagnosis was confirmed. KAPA started the ball rolling for him for both his care and his need for TennCare. While he has a rough road ahead, he's getting the care he needs. **He could not believe this was all coming about!**

Whenever I drew his labs, he'd often tell me that all this help came from requesting a pair of glasses, hence, his response on leaving today after many good byes and wishes for good success-All this from a pair of glasses!

We had our clinic in Washburn today and he came for the last time-he now is on disability and has TennCare. We gave him a script for another month's worth of meds and a flu shot and told him how to get his records from us for his new primary care provider. When he left, he looked at me and said, **"All this from a pair of glasses!"**

You all opened the door, we just happened to be on the other side of the door! Pat yourselves on the back and Nikki-keep sending us patients!

Star Triage nurse SMLC MVL

Charities involved: Union County Lions Club, Smoky Mountain Lions Charities Mobile Vision Lab, St Mary's Legacy Clinic, and Knoxville Area Project Access (KAPA).

Reminds me of Helen Keller's quote **"Alone we can do so little; together we can do so much."** Anyone of the Charities could have dropped the ball and the patient would not have gotten the needed treatment and more.

Submitted by PDG Jim McFarland –Project manager of SMLC Mobile Vision Lab.¹¹

More Happenings Around the District

JOHNSON CITY NOON LIONS CLUB DECEMBER ACTIVITIES

On December 3rd, our club resumed in-person meetings and our Board Meeting was held on December 10th.

Twenty-eight food boxes were picked up from the Sevierville club and delivered to surrounding areas to include Johnson County, Elizabethton, ETSU, East Hawkins County, Rogersville, and Johnson City Noon. One food box was donated to a family in need and remaining boxes were delivered to Good Samaritan Center. Coordination of all these deliveries was challenging but all recipients were glad to receive the items we delivered.

We made a \$100 donation to the Johnson City Dialysis Center for Diabetes Awareness. A \$1.00 donation = 4 meals. The Pre-Diabetes Risk Test for club members who were not Type I Diabetics was conducted at the December 10th meeting. Another event was on December 17th and 18th, our club rang Salvation Army bells for their Kettle Drive.

As the Holiday season approached, Sympathy cards and Get Well cards were written by club members to shut-in members and their families.



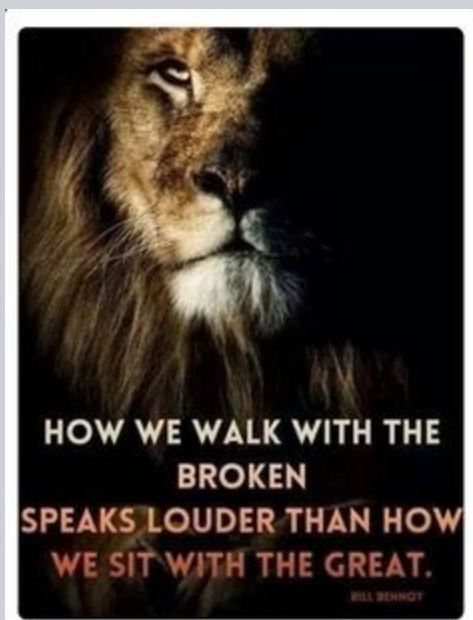
Johnson County Lions Club December Activies

Happy New Year and greetings from Johnson County Lions Club. During December our club handed out the food hunger boxes at St. Anthony Church Community Food pantry here in Mountain City. This food pantry serves the community with the hunger needs in the city.

Our update on the environmental project is picking up trash at our parks and cleaning all park benches for our residents in Johnson County.

Our eyeglasses collection in the community was sent to our drop-off box at Walmart in Elizabethton. As hunger chair I really appreciated all of the hard work of the food packing and distribution of food boxes serving the communities. I believe that all the great work of our DG Millie Burke and her leadership brought all this together.

Strong Lions Clubs are Clubs coming together and working and sharing ideas to make each singular club better. Having the Lions Club in our community be prominent with multiple service projects will hopefully result in adding young adults as well as youth into our membership.





KINGSPORT LIONS CLUB

BUSY DECEMBER 2020

A special project was to prepare and deliver “Blessing Bags” to ninety-three residents in need in Kingsport, TN. Blessing Bags are filled with personal hygiene items. Deliveries were made to Steadman Hills Low Income apartments and Asbury Place Nursing Home.

Blessing Bags – This is a new project for our club this year. Kristie Jones was in contact with Nichole Trimboli at the Asbury Place Nursing Home Assisted Living who said that the residents at the Apartment Complex needed necessary items. These necessary items were toilet paper, dishwashing liquid, and dishwasher tabs. Our board decided to make up 105 blessing bags which we delivered to the residents in this complex. These bags were so popular that we were asked to make and deliver more bags, so we made up another 87 bags. These deliveries were made to the Forest Ridge Apartment Complex and Asbury Place Nursing Home. For the bags that were delivered to the Nursing Home, we filled them with coffee mugs and individual bags of candy because they couldn’t use the items we delivered to the Apartments. All recipients of the bags were glad to receive them. The items that went into these bags were paid for out of the Kingsport Lions Sight and Civic Account which was not to exceed \$15.00 per bag. Lions that participated in this project were Bob Kerns, Kristie Jones, and Kathy Stoots. There was one non-Lion, a friend of Kristie’s whose name is Scott who also participated..



District 12N Silent Auction Report And Planned Fundraisers

A huge thank you to everyone for your support in our 1st virtual silent auction. We turned in \$1079.00!!!

Thank you for helping to share with others the information, photos, and updates. I look forward to doing one again in late spring or early summer. There were some challenges with doing the auction in this manner but with COVID-19 we had to think fast and still do projects and fundraising.

For a future auction I would ask for each club to help in obtaining items. I will give out details later this spring. Not all clubs were able to participate, but all in all it was a success. Leader Dogs for the Blind was very pleased with our efforts. Bill and Carol McDonald are willing to help do the photos next time around.

I am proud of the efforts of all our clubs in District 12N. We have proven that we still can and will serve!
Again, thank you for all of your support



As we continue to find ways to work with COVID-19, I will be sending our information in late February for a White Cane fundraiser. Red Mill Monograms is going to gift us 25% (\$10) for each sign sold. We will have a Facebook event as well as an option emailed to all of our District 12N. You decide your sign and customize it. The signs will be delivered after the final date of our fundraiser. The items will be available for pick up at our convention or other arrangements can be made. They will only ship them all to one location. The signs are beautiful and durable. As soon as we get the information and link to order it will be sent to every member. These will make great Mother's Day or Father's Day gifts as well.

Submitted by Connie Emmons

DISTRICT 12N PEACE POSTER WINNERS

Congratulations to the two District 12N Peace Poster participants for The 2021-2022 Peace Poster contest. Lucy Hall of Oak Ridge and Alexis Sadid Molina Gonzales of Sevier County. Both 11 years old.

The theme for the 2021-2022 Contest is "We Are All Connected"

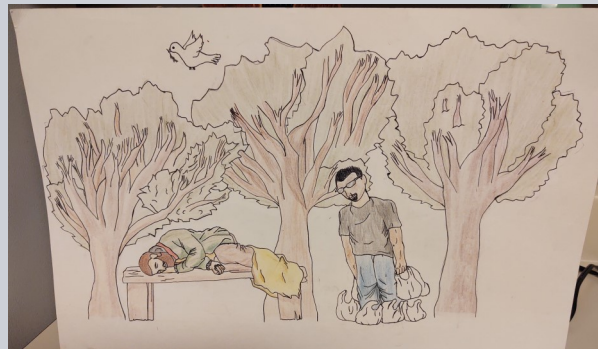
Each kit contains all the materials needed to sponsor the contest in a school or youth group, including complete rules, promotional material and recognition certificates for participants. One kit is needed for each entry sponsored. Kits are available in all eleven languages. **Kits are sold from January 15th through October 1st. Orders received after October 1st will be filled based on availability.**

Contact Peace Poster Chair Nellie Harshbarger 865-705-5950 (C) or 865-494-7599 squillpot@bellsouth.net or Co-Chair Teresa (Terry) Aparicio 865-654-7685 (C) ftinthesmokies@aol.com.



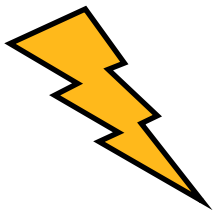
By Lucy Hall

Oak Ridge

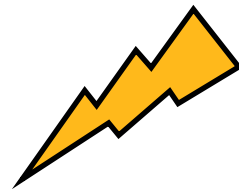


By Alexis Sadid Molina Gonzales

Sevier County



PREVENT BLINDNESS PREVENT DIABETES !



PDG Bob Miller, Maintaining a Healthy Lifestyle at 102

PDG Bob Miller celebrated his 102nd birthday recently and continues his healthy habits: exercising daily and maintaining his weight at a healthy Body Mass Index. These are exactly the habits the Diabetes Prevention Program is designed to achieve when Lifestyle Change Coaches work with Prediabetics (A1c tests in the 5.7 to 6.4 range) to gradually increase exercise to over 150 minutes a week, and diet to lose 5 to 7% of their excess weight. Let's look more closely at the exercise that Bob does.

Bob simply walks briskly! He has been enjoying hikes in the beautiful hills of Tennessee - or along the city's Greenbelt - for decades. Each day he walks two miles before breakfast, and adds another mile with the day's activities, for a total of 3 miles/day. At the end of October, the FitBit he wears told him he had walked a total of 1,025 miles so far this year. His goal is to add a 100 miles in each of the remaining months, to bring the annual total to 1,225 miles!

Bob says that people can choose to either *exist* or to *live*, and he chooses to *live*. That's clearly seen in the picture below with the mayor of Kingsport at his birthday party.

Bob's vitality, energy and alertness are largely due to the diet and exercise habits he practices daily. The Good News is we don't need to match his routine, or make rapid changes to lose weight. Just by making gradual improvements in diet and exercise can establish new habits - and there are coaches available to provide guidance. For more information about the Diabetes Prevention Program; or to schedule a virtual program for your club on how to **PREVENT** the leading cause of **Blindness**; call Doug Haseltine, District Diabetes Chair, at 423 239-9178.



PDG Bob Miller (right) being congratulated on his 102nd Birthday by the Mayor of Kingsport, Pat Shull.

To: Club Presidents

Copies to: Club Secretaries, DG Millie, haseltin@chartertn.net

Subject: Action Item - Learning a New Way to Save Sight

Lions can serve to *PREVENT Blindness* by screening people for Prediabetes, and connecting them with a nationally-developed *Lifestyle Change Course*. A useful first step in screening involves a one-page *Risk Assessment* questionnaire. This was first introduced in the November issue of News and Views. Now, DG Millie is challenging every club and member to become familiar with the *Risk Assessment* in the next few weeks. Specific Actions are summarized below.

CLUB ACTION:

Have members take the attached American Diabetes Association (ADA) risk test. Members are not asked to share their score; just to let you know they have completed the questionnaire.

(Use e-mail or other means to try and reach all members.)

Count the number of club members that take the test. Then divide that by your club's *Total Membership* number to determine the *% Participation*. (Completing this in the next two weeks would allow members to sign up for the next Virtual *Lifestyle Change Course*.)

Report your club's *% Participation* to Diabetes Chair Doug Haseltine by leaving a phone message at 423 239-9178 or sending an email to haseltin@chartertn.net. Also include a M&A report (Membership and Activities).

GOAL: Maximize the *% Participation*.

AWARDS & RECOGNITION: DG Millie will buy a Reverse Raffle ticket for each club that achieves participation over 50%. She will also recognize the clubs with the highest *% Participation* at the District Convention.

DISCUSSION POINTS:

For people that don't know if they are diabetic, a score of 5 or higher on the questionnaire indicates they are at Risk of having Diabetes or Prediabetes.

There is "Good News" for *Prediabetics* (defined by A1c results of 5.7 through 6.4). By changing diet and exercise habits, they can often prevent or delay Type 2 Diabetes and its major health issues like Blindness. The evidence-based *Lifestyle Change Course* facilitates that change.

Prediabetics are encouraged to take the *Lifestyle Change Course*. For a brief overview of the program, click this link: <https://youtu.be/kXnmA3x3aas>. Lions Club members who want to know more about it for screening purposes may also want to enroll. The next Virtual *Lifestyle Change Course* will start February 2nd at 10:30AM. Call 423 239-9178 and LEAVE A MESSAGE to get specifics on how to connect to this very affordable class.

Doug Haseltine, 12N Diabetes Chair

Are you at risk for type 2 diabetes?

**WRITE YOUR SCORE
IN THE BOX.**

1. How old are you?

Less than 40 years (0 points)
40-49 years (1 point)
50-59 years (2 points)
60 years or older (3 points)

2. Are you a man or a woman?

Man (1 point) Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)

4. Do you have a mother, father, sister or brother with diabetes?

Yes (1 point) No (0 points)

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

6. Are you physically active?

Yes (0 points) No (1 point)

7. What is your weight category?

See chart at right.

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).

**ADD UP
YOUR SCORE.**

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

1 point	2 points	3 points
If you weigh less than the amount in the left column: 0 points		

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009.
Original algorithm was validated without gestational diabetes as part of the model.



The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.

For more information, visit us at diabetes.org/alertday or call 1-800-DIABETES (800-342-2383).

Did You Know.....

February 2021

1. February is one of the most misspelled words in the English language.
2. February is Black History month.
3. GroundHog Day (Feb 2) is based on a German superstition.
4. February is the only month that gets longer every 4 years (Leap Year)
5. The first Sunday in February is Super Bowl Sunday.

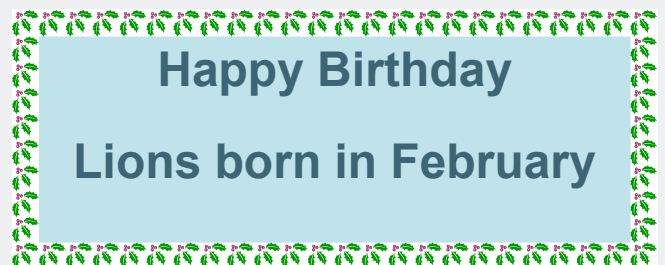


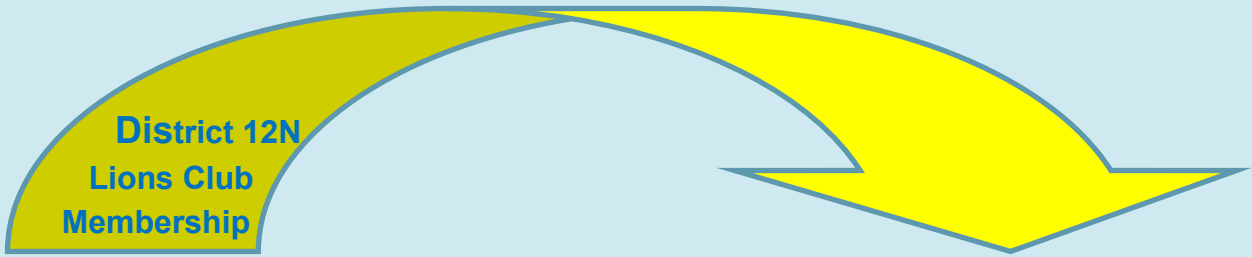
The winner of the January 2020 Find Tartan contest is Virgie Selvidge of the Campbell County Lions Club. Way to go Virgie!

February's Gem - Amethyst

February's Flower - Violet

February's Horoscope Sign - Aquarius





WELCOME TO OUR NEWEST MEMBERS

Kristen Clark - Karns
Linda Kochenderfer – Farragut
Julie McBee – Karns
Angela Newberry – Oak Ridge



IN REMEMBRANCE OF

Ralph Dyer - Farragut



Rescheduled LIONS DISTRICT 12-N CONVENTION

EAST TENNESSEE LIONS EYE BANK ANNUAL MEETING
DISTRICT 12-N CHARITIES ANNUAL MEETING

New Date April 9-10, 2021



Lion Daniel Marney Elkins Club Development Workshop

Best Western Plus 130 Cracker Road Morristown, Tn 37813 423-587-2400

Room Reservation Deadline — March 22, 2021 Please call the Best Western Plus directly for room reservations. Ask for the Lions Rate: \$93.00 Includes Tax and Breakfast

NAME 1 _____ Current Office/Position _____
Circle one: Lion Leo Guest.

NAME 2 _____ Current Office/Position _____
Circle one: Lion Leo Guest

Club (Name 1) _____ Club (Name 2) _____

Address _____ City _____ State _____ Zip Code _____

Phone (best number to reach you) _____ Email _____

Registration Fee \$20.00 EACH X _____ = \$ _____
(Registration fee mandatory for all attendees)

Friday - Hors D'oeuvres \$15.00 EACH X _____ = \$ _____

Game Night FUN with Prizes and Music

Saturday Lunch \$17.00 EACH X _____ = \$ _____
(Choose One: Ham or Turkey Hoagie) Please Circle one

Saturday Banquet Dinner – Chicken Beef Please Circle One X=COMPLIMENTARY ETLEB

(Compliments of East Tennessee Lions Eye Bank)

Dress To Impress Dinner

TOTAL = \$ _____

Special Dietary Needs (please be specific) _____

Mail registration form by March 22, 2021 and make checks payable to LIONS DISTRICT 12-N

Mail to: PDG Tim Hilliker, Convention Chair
6134 Burlwood Road
Knoxville, TN 37921



2021 Tennessee Lions State Convention
Hilton Nashville Airport
2200 Elm Hill Pike
Nashville, TN 37214
615-883-9770 (Room Reservations-Lions of Tennessee Rate)
April 29-May 1, 2021

Keynote Address at the Grand Banquet – Past International President Jimmy Ross
Friday Evening Entertainment –Steve and Annie Chapman
Saturday Luncheon-Comedian/Motivational Speaker Rik Roberts

Please put the name you want to be called by as well as PCC, PDG, ZC, or Lion

Name _____ **Club** _____

Address _____

Email Address _____ **Phone #** _____

Name _____ **Club** _____

Address _____

Email Address _____ **Phone #** _____

Full Convention Early Registration w/meals _____ **@ \$110.00** _____

Or Separately

Registration Fee _____ **@ 20.00 =** _____

Friday Night Dinner & Entertainment _____ **@ 45.00 =** _____

Saturday Luncheon _____ **@ 35.00 =** _____

Saturday Evening Grand Banquet _____ **@ 45.00 =** _____

DVD with Pictures of Convention Additional Cost _____ **@ 15.00 =** _____

Lion Cub Program for Children Ages 5-12 _____ **@30.00=** _____

TOTAL Enclosed **Thank You for your support** \$ _____

Special Dietary Needs -- Please circle if applicable Vegetarian Gluten Free Diabetic

Early Registration ends 1/15/2021 Regular Full Registration will be \$130 and the form must be received by April 18, 2020 if you wish to have meals.

Make payment to Lions MD12 State Convention and mail to: Lion Jerry Fagg, 1991 Bellwood CT, Greenbrier, TN 37073 jfagg@comcast.net

There will be a reception for our guests on Thursday Evening from 6 PM-9 PM. There will be no cost with your Convention Badge.

We are selling full page ads in our Proceedings Book for \$100 if your club or you are interested in supporting the convention.

Or you may have a local business that would like to advertise. Thank you for any support you can provide.

We wanted to include children ages 5-12 this year in hopes that we can attract younger couples and Grandchildren teaching them about the Lions and we will be using some of the Lion Cub materials. Lion Karen Brooks will be in charge and the Lion Cubs will receive their Lions Cub Patches at the Grand Banquet. The \$30 registration includes 3 meals and snacks. They will also attend the Friday entertainment with us.

There will be Seminars on Friday starting at 10 AM

There will be many outstanding speakers that will inspire and educate you throughout the convention.

Please contact Lion Ed Lantz if you have any questions. 407-376-3188 or edlantz2001@yahoo.com

"It's Great to Be a Lion"

Lions Volunteer Blind Industries

Since June 4, 2012, Lions Volunteer Blind Industries, Inc. has maintained an Annual Employment Scholarship Giving Program: called: **PROJECT PAYCHECK.**

While many of our blind workers meet or exceed expected job standards, there are others who strive daily to meet those goals in spite of disabilities. LVBI's "Project Paycheck" giving program helps those workers through an Employment Scholarship, which pays each worker A competitive wage as they learn to earn.

Lions Volunteer Blind Industries must remain competitive in the market place. However, we have accepted the added challenge of providing equality in employment opportunities for our blind citizens.

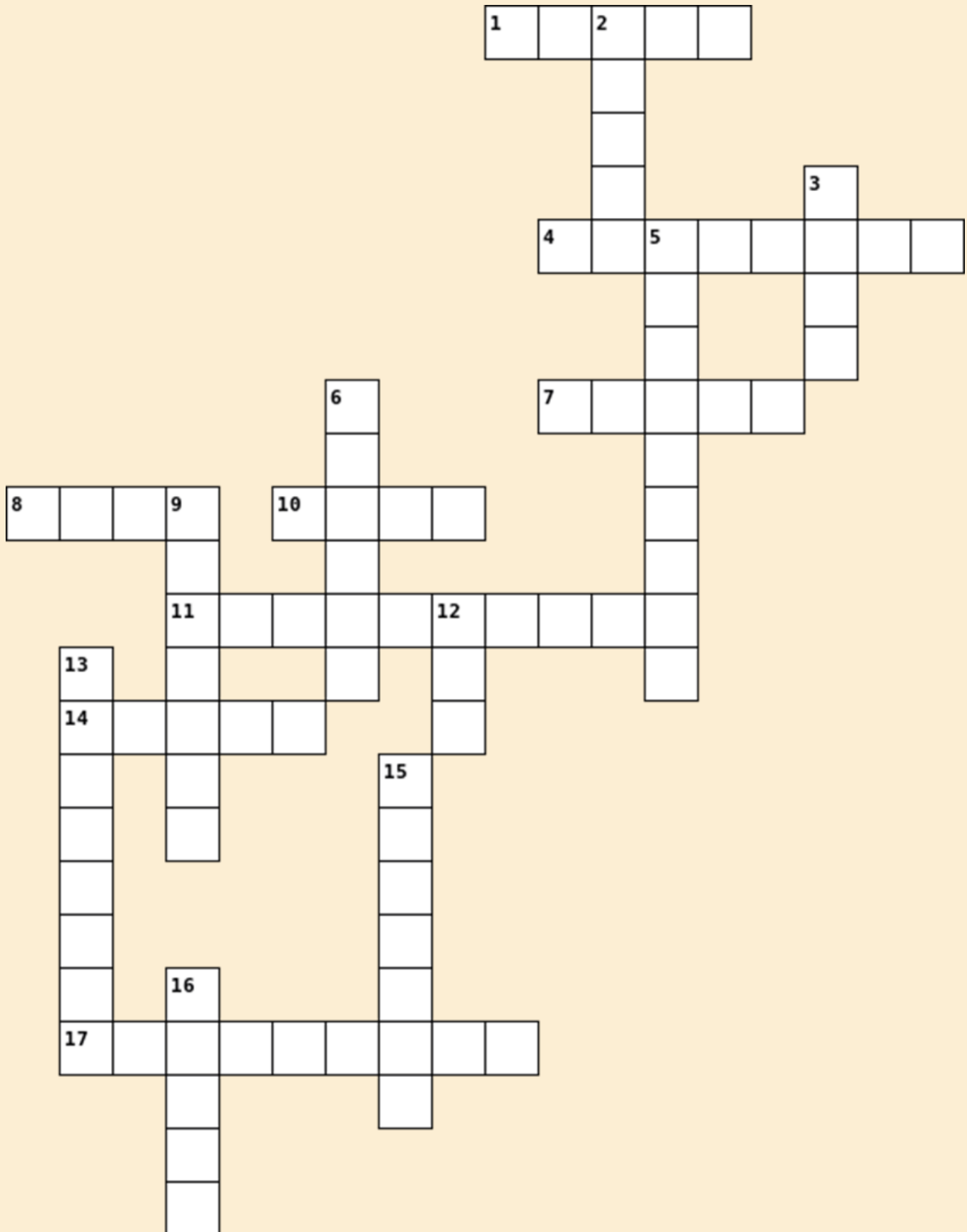
The cost of the Employment Scholarship program continues to rise. The cost of supporting this program is \$300,000. - \$500,000, depending on levels of blind employment. Approximately 25% annually coming from sponsoring Lions Clubs and the balance of donations and our own operating income.

As a business partner with LVBI, you can take advantage of an opportunity to strengthen our relationship, and at the same time, take advantage of tax benefits through your contribution. Lions Volunteer Blind Industries is a 501 (C) 3 not-for-profit organization, and as such, all donations are tax-deductible. All donations into this fund go directly to eligible blind workers in the form of scholarship wages.



FUN & Games

February 2021 Crossword Puzzle



February 2021

Crossword Puzzle Clues

Across

- 1.** Shoots arrows on Valentine's Day
- 4.** Black History Month
- 7.** Lions clubs founder Melvin
- 8.** # of positions open on Charities Board
- 10** meeting type
- 11** February 14 is what day?
- 14** Month Lions Clubs Officers are elected
- 17** Lions Club which held Silent Auction

Down

- 2.** Poster type
- 3.** Blessing
- 5.** Prevent
- 6.** February's Flower
- 9.** type of raffle
- 12.** Who put on a virtual holiday party
- 13.** February's Birthstone
- 15.** Diabetes
- 16.** News and



LIONS DISTRICT 12N
NEWS & VIEWS PUBLISHER CHUCK BAILEY
709 SHANNONDALE WAY
Maryville, TN 37803

Contact Us

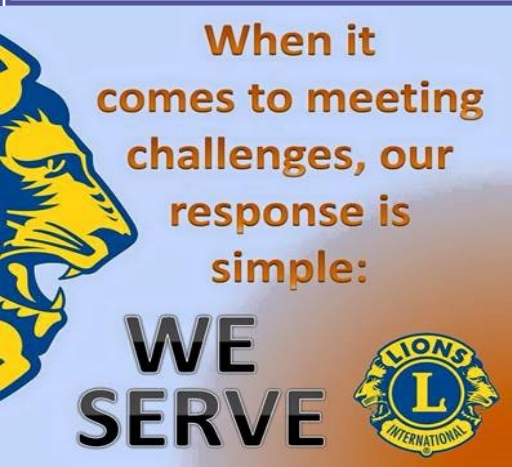
District 12-N Web Page
<http://tnlions.org/>

District 12N Facebook Page
<https://www.facebook.com/Lions12N/>

News & Views Appreciates
Submissions of Pictures
Announcements and Articles

of Interest to Your Fellow
District 12N Lions. Send all
pictures, announcements and
articles by the 20th of each
month to be certain they appear
in the next month's edition. Send
to:

Pam Maples Editor
12Nlionsclub@gmail.com



We all wear our Lions pin
with Pride to show we
are members of Lions
Clubs International

