



### Behind the Scenes

Sometimes we do not realize the person behind the scenes that makes a difference. That person is Lion Connie Emmons. Lion Emmons is the newly appointed chair for Lions Club International Foundation (LCIF). This is a position appointed by LCIF, not the District.

### Dates to Remember

**Nov 4 MD12 Council Mtg  
& Hall of Fame Banquet**

**Nov 11 District 12N  
Eyeglass Recycling  
Johnson City/Gray**

**Jan 26-28  
Lions Learning Retreat  
Manchester**

**Feb 16-18, 2024  
District 12N Convention  
Meadow View Resort**

LCIF is an organization that was started in 1968 by Austin Jennings. This organization has provided everything from disaster relief and community impact grants to recognizing fellow Lions or area leaders for their accomplishments or service in the community.

Lion Emmons is also our Global Service Chair, the State Global Service Chair, Leader Dog for the Blind Chair, and a member of the Knoxville Tri-County Lions Club. The last dog she raised for Leader Dog for the Blind was matched with a lady from Spain and has adapted well. It is Lion Emmons' ability to share topics with Lions and Leo clubs as well as serving the community that gave her the unique qualities that LCIF was looking for.

We still have a big year ahead of us and the task of bringing District 12-N back up to pace will not be easy, but attainable to say the least. Let us all welcome Lion Emmons for a club visit.

Yours in Lionism,

*DG Frank*

# Vice Governor's Musings



## Diabetes Awareness Month

Diabetes Awareness is one of the 12N Designated Charities Projects and November is time to raise the public awareness of the significant impact of Diabetes. Did you Know? The Lions Diabetes Awareness Blue Ribbon is available thru the District? Please obtain one and wear it to show your support and promote activities to reduce the prevalence of diabetes.

There are many activities ongoing in our District to engage our communities such as wellness and walking events, HgA1C screening, educational seminars, healthy cooking classes, vision screening, Lifestyle Change Courses, and conversations to drive change and create hope. Let's celebrate the successes and progress made to combat the rising number of people affected by this disease.

Be on the lookout for a survey concerning your desires for the 2025 District Convention.

***Serving with you, 1st VDG Keltie***

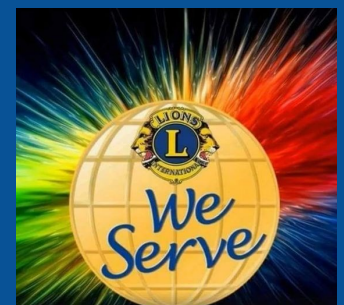


November 14th is World Diabetes Day! Diabetic Retinopathy is the leading cause of blindness in working age adults. Diabetic Retinopathy is caused when high blood sugar damages blood vessels in the retina. As Lions we want to make sure we are helping our communities screen for prediabetes that way we know our risk and know how to respond.

One way we can do this is by helping our communities understand the resources available to them. One resource we can use is found on the American Diabetes Association Website

(ADA). The diabetes risk test can be completed in 60 seconds at [www.diabetes.org/diabetes-risk-test](http://www.diabetes.org/diabetes-risk-test) or complete the Risk Assessment test included in this Newsletter

***WE SERVE, 2nd VDG Nathanael***





# DISTRICT CLUBS SERVING FROM THE HEART

## Farragut Car Show



On a beautiful Fall day the Farragut Lions hosted their annual car show.

Special guests were Lion Paws, Whitney Kent from WVLT and members of cub scout pack 444.





# DISTRICT CLUBS SERVING FROM THE HEART

## Maryville Lions Host OTTO Car Cruise-in



The Maryville Lions hosted their 4th Annual OTTO (Oldies to the Oldies) where vintage cars tour several nursing homes in the Blount County Community. The residents love it.

This is a combo fundraiser and service project.

Even a little Halloween fun was added in from our lead car owned by Lion Dean Fontaine. The baby bottle was "Fireball"!





# DISTRICT CLUBS SERVING FROM THE HEART

## Sevier County - October Activities



Fundraising baskets at the My People Senior Activity Center



IPDG Rich helping out at the National Night Out event



Lions Rich, Ranee, Deanna, Chuck, and Kim (not pictured) conducted Kidsight screenings at Cosby Elem.



Sevier Lions Gloria and Ranee (not pictured) helped at the Ftn. City clinic



Lion Terry helping at the Mtn. Hope Health Fair

Sevier County Lions have had a busy month of October, with activities to include:

A Silent Auction fundraiser,

KidSight screening at Cosby Elementary School,

Volunteering with the monthly Ftn. City Smoky Mountain Lions Charities vision clinic,

Participating in the National Night Out program with the Sevierville Police Department, and

Participating in the Mountain Hope Good Shepherd Health Fair.

## OTHER DISTRICT RELATED ITEMS

### Harriman Lions 75th Anniversary

#### HARRIMAN LIONS CLUB 75<sup>TH</sup> ANNIVERSARY CELEBRATION

NOVEMBER 16<sup>TH</sup> 2023, GATES HALL (HARRIMAN MUNICIPAL BLDG, 2<sup>ND</sup> FLOOR)

408 N. ROANE ST, HARRIMAN

PARKING IN REAR OF BUILDING

TIME: 6:00 PM TO 8:00 PM

SPEAKER: TN SENATOR KEN YAGER

FOOD AND BEVERAGES SERVED



RSVP (BY NOVEMBER 10<sup>TH</sup>, IF YOU PLAN TO ATTEND) CARIE GECELOSKY: 703-380-4211 (TEXT OR VOICE) OR EMAIL: [ACGECKO@CS.COM](mailto:ACGECKO@CS.COM)



### ATTENTION DISTRICT 12N FOOD PACKING EVENT

The Operation Inasmuch Food Packing Event scheduled for December 5th at Hanger at Pathways Church in Sevierville is being **POSTPONED** until the spring of 2024. Please stay tuned for more information in the coming months. Meanwhile we suggest doing what you can to help serve the hungry in your communities.



## OTHER DISTRICT RELATED ITEMS

### Kingsport Lion has 105th Birthday Celebration



PDG Bob Miller of the Kingsport Lions Club recently celebrated his 105th birthday! He is still active in the club and walks several miles every day! He has walked the Appalachian Trail several times!

PDG Bob served as the 12N District Governor from 1987-88 and we thank him for his continued service to Lionism and his community.

The club held a great party to help him celebrate this big occasion.



PDG Bob received a myriad of well wishes from fellow Lions. Pictured with Bob are President Shannon Southerland and IPDG Rich Wilson.

## OTHER DISTRICT RELATED ITEMS



### **Eyeglass Recycling Workshop**

**Saturday, Nov 11, 9AM to Noon**

**Lions Volunteer Blind Ind.  
108 Kwickway La  
Gray, TN**

Bring all your collected eyeglasses for recycling.



### **DIABETES AWARENESS RIBBON**

This is the Diabetes awareness ribbon that was mentioned in 1st VDG Keltie's article.

This ribbon can be obtained for a mere 65 cents from District 12N Service Chair, Lion Connie Emmons. To contact Lion Connie you can call 865/456-0127 or email her at [conniemay2017@outlook.com](mailto:conniemay2017@outlook.com).

Remember this is one of Lions International Global Causes and this is an easy way to support the Diabetes Cause.



# OTHER DISTRICT RELATED ITEMS

## Service Awards



To all Club Service Chairs:

This year I would like each club to nominate someone to be considered for recognition in the service category. The individual can be nominated for innovation, time spent or any other service related criteria each club deems worthy.

Please have your club submit their recommendation to the District GST (Lion Connie Emmons) for a final submission to the MD GST (Lion Connie Emmons). Please submit your candidate to me by January 25, 2024 to be considered. Please provide their name and why you nominated them.

I will be giving recognition in each District as well as one from the State. I can't do this without your help and input. Please start thinking now.

Let's lift each other up and be supportive in any way that we can.

Thank you for your service as well,

Lion Connie Emmons  
Global Service Team Chair  
[conniemay2017@outlook.com](mailto:conniemay2017@outlook.com)



# OTHER DISTRICT RELATED ITEMS

## ARBOR DAY 2024



Lions District 12N is emphasizing Arbor Day 2024 this year as an effort to support our Lions Environmental cause. This project is being co-ordinated through the Tennessee Environmental Council. All clubs are encouraged to plant trees with your municipalities beautifying our towns and parks.

District 12N will be providing 3-5 trees (depending on cost) per club at **NO COST TO THE CLUBS**. Please feel free to order more for your clubs or yourselves! We will work on a delivery chain to get them to you. All other trees ordered have a pick-up date of March 15th and 16th from your chosen pick-up site. More information to come.

I thought it would be great if we could all participate in Arbor Day this year. The Tennessee Environmental Council is trying to reach a goal of one million trees. I purchased some last year and they are all thriving even with the very hot weather this summer.

Here is the list of trees that will be available for Tennessee Tree Day 2024. Please be aware that not all trees will be available at every pickup location.

Tulip Poplar, Bald Cypress, Shortleaf Pine, Persimmon, White Oak, Pecan, Eastern Redbud, River Birch, Cherry Bark Oak (red), Willow Oak (red), Serviceberry, Pawpaw, Flowering Dogwood, Wild Plum, Beautyberry, Black Cherry, & Native Pecan

For more information and ordering please call:

Connie Emmons  
District 12N Global Service Chair  
Email: [conniemay2017@outlook.com](mailto:conniemay2017@outlook.com)  
Cell: 865/456-0127





## ***Screen for PreDiabetes: Prevent Blindness*** **November 2023**

World Diabetes Day is November 14<sup>th</sup> and the emphasis is on ***Prevention of Type 2 Diabetes***. Since that's the leading cause of **Blindness**, Lions can serve well by helping people

Know their Risk; and

Know about ***Diabetes Prevention Programs*** as excellent responses to reduce risk.

Between now and Friday, November 17, is a great time to Screen for Pre-diabetes by providing a copy of the ADA Risk Test (next page) to as many adults as possible. Scores of 5 or higher indicate there are significant risks that should be addressed.

Fortunately, those "At Risk" now have ***Diabetes Prevention Programs***, led by certified ***Lifestyle Change Coaches*** that are available at little or no cost. Several programs will begin right after the holidays. We can let them know specific schedules if they'll provide contact information, (such as a number to Text).

If clubs would like help getting started with very easy Screening, let me know.

Doug Haseltine  
District Diabetes Chair  
[haseltin@chartertn.net](mailto:haseltin@chartertn.net) 423 262-6261.

# DO YOU HAVE PREDIABETES?

## Prediabetes Risk Test

### 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)

Write your score  
in the box.

### 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 status? (see chart at right)

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

### If you scored 5 or higher:

You're likely to have prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanic/Latinos, American Indians, Asian Americans and Pacific Islanders.

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

Add up  
your score.

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

## LOWER YOUR RISK

Here's the good news: it is possible with small steps to reverse prediabetes - and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

Visit [DoIHavePrediabetes.org](http://DoIHavePrediabetes.org) for more information on how to make small lifestyle changes to help lower your risk.



For more information, visit us at

[DoIHavePrediabetes.org](http://DoIHavePrediabetes.org)

**ASK ABOUT DIABETES  
PREVENTION PROGRAMS**







## District 12-N Annual Lions Convention

*Laissez les bon temps rouler (Let The Good Times Roll)*

**February 16-17, 2024**

Featuring

**Past International President Douglas Alexander**

**Meadowview Marriott Convention Center**

1901 Meadowview Parkway

Kingsport, TN 37660

(423) 578-6600

**Room Reservation Deadline: Tuesday, January 16, 2024 - \$ 130.00+tax**

**Reservations: 800.820.5055**

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 \_\_\_\_\_ E-Mail \_\_\_\_\_

Registration Fee: \$20.00 Each      X \_\_\_\_\_ = \$ \_\_\_\_\_

(All attendees must register)

Friday Dinner (Complimentary)      NC      X \_\_\_\_\_ = \$ \_\_\_\_\_

Saturday Lunch      \$20.00/EA      X \_\_\_\_\_ = \$ \_\_\_\_\_

Saturday Dinner      \$40.00/EA      X \_\_\_\_\_ = \$ \_\_\_\_\_

TOTAL = \$ \_\_\_\_\_

Special Dietary Needs: \_\_\_\_\_

**Mail registration form in by January 19, 2024. Make checks payable to: District 12-N Lions**

**Mail to: District 12-N Lions Convention**

**716 Hales Chapel Rd**

**Gray, Tn 37615**



# Lions Learning Retreat

## January 26-28, 2024

Manchester Coffee County Conference Center  
Manchester, Tennessee

Name: \_\_\_\_\_ Name to be used on name tag \_\_\_\_\_

District \_\_\_\_\_ Club \_\_\_\_\_ Lion \_\_\_\_\_ Leo \_\_\_\_\_ Non-Lion \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Email address \_\_\_\_\_

First Time Attendee: \_\_\_\_\_

Special Meals: Diabetic \_\_\_\_\_ Low Sodium \_\_\_\_\_ Vegetarian \_\_\_\_\_ Other? \_\_\_\_\_

Name#2 \_\_\_\_\_

District \_\_\_\_\_ Club \_\_\_\_\_ Lion \_\_\_\_\_ Leo \_\_\_\_\_ Non-Lion \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Email address \_\_\_\_\_

First Time Attender: \_\_\_\_\_

Special Meals: Diabetic \_\_\_\_\_ Low Sodium \_\_\_\_\_ Vegetarian \_\_\_\_\_ Other? \_\_\_\_\_

Early registration - MUST be Postmarked by November 1, 2023 \$130.00 \_\_\_\_\_

Late registration - post-marked by January 5, 2024 \$140.00 \_\_\_\_\_

Includes all seminars. Friday Dinner, Saturday Lunch and Banquet & Sunday Brunch

On-site registration - May NOT receive meals \$150.00 \_\_\_\_\_

includes all seminars but NO MEALS

Saturday only Registration available until December 20, 2023 \$80.00 \_\_\_\_\_

Includes seminars, Lunch & Banquet for Saturday

Mark if appropriate - Will NOT attend--

Friday meal \_\_\_\_\_ Saturday dinner \_\_\_\_\_ Sunday brunch \_\_\_\_\_

Check# \_\_\_\_\_ enclosed in the amount of \$ \_\_\_\_\_ made payable to Lions Learning Retreat

Credit Card# \_\_\_\_\_ Exp. Date \_\_\_\_\_ Sec. Code \_\_\_\_\_

I authorize the LLR to charge \$ \_\_\_\_\_ to my credit card. **Add Convenience Fee of \$5 per Reg.**

Signature \_\_\_\_\_

Send all registrations and payments to:

Lion Jim McFarland, 8030 Whitestone RD, Knoxville, TN 37938



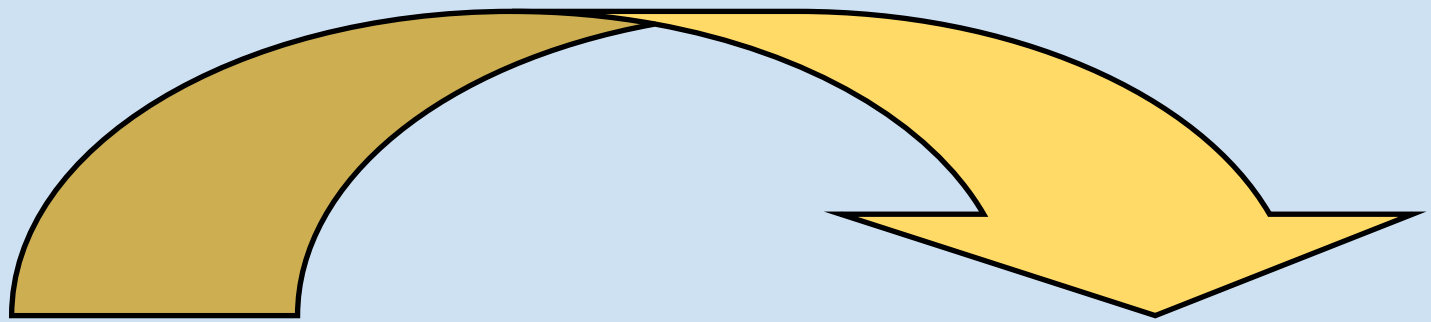


## **NEWS & VIEWS ARTICLE SUBMISSIONS**

**We NEED your stories and photos. We know you are serving your communities. Whether it is a service project, a fundraiser, Officer Installations, New Member Inductions or thanking a member for a job well done - let us know what you are doing. We can all learn off each other!**

**Articles for the News & Views should be in WORD or JPEG formats and NOT PDF formats. Font size should be at least 16 and 200 words is the maximum limit for articles. If photos are submitted (encouraged) the articles should be no longer than 110 words and please name the people in the photo(s) if possible.**

**Submit all articles and photos to Paulette Bailey at [ladipee@gmail.com](mailto:ladipee@gmail.com) by the 20th of the month.**



**WELCOME TO OUR  
NEWEST MEMBERS**

**Luly Atkinson - Dandridge**

**Linda Wills - Maryville**

**Denise Mendez - Morristown Hamblen**

*WELCOME NEW  
MEMBERS*

**IN MEMORY OF**

**Phillip Mitchell - Dandridge**

**Douglas White - Kingsport**

**Welby Stayton - Sevier County**







**Did you know that Lions Volunteer Blind Industries in Morristown and Johnson City employs over 100 disabled individuals, some of whom have been with us over 30 years?**

This team of highly-skilled employees produce mattresses, foundations, mattress pads, army and navy physical-fitness pants, helmet covers for the military, and industrial paper towels. The products made by our blind and visually-impaired employees can be found in homes, colleges and universities, hotels and resorts, and on military bases both at home and abroad.

Begun in 1951 by the combined efforts of Lions Club Members, the National Industries for the Blind, the State of Tennessee, and other interested individuals, **Lions Volunteer Blind Industries** began our mission of providing blind people with **"The dignity of independence through employment."** Our goal is to help people who are blind to help themselves by achieving personal and economic independence.

***We are always hiring blind and visually-impaired people, and offer a very competitive compensation and benefit package. We can use your help to recruit visually-impaired applicants! How? Get the word out in your community and refer interested applicants to us by sharing this link: <https://www.facebook.com/ComfortCraftersMorristown/videos/186130468965042/>***

**How can we help YOU? Please consider us for a fundraiser with our Comfort Crafters® mattresses!**



For more information about employment opportunities, please contact

Michele Love at 423-586-3922 ext 123, or by email at: [Michele.Love@volblind.org](mailto:Michele.Love@volblind.org).



For more information about employment opportunities, please contact

Bill Martin at 423-586-3922 ext 112, or by email at: [Bill.Martin@volblind.org](mailto:Bill.Martin@volblind.org).