



UPCOMING EVENTS:

Nov. 1, 2025
MD12 Rally & TLC Honors
Banquet in Nashville

Nov. 15, 2025
Peace Poster Deadline

Dec. 2, 2025
GLT Power Hour ZOOM
w/PDG Wendy Cain, 8 PM

Dec. 3, 2025
DG Nate's ZOOM
8 PM

Dec. 6, 2025
12N Charities Budget
Meeting, 10 AM
King Family Library

January 6, 2026
Food Packing Event
Sevierville, TN

Gratitude and Thanksgiving

Lions, did you know that at the first Thanksgiving feast in 1621 a meal would have been made up of venison, duck, or goose, but not turkey? In 1863 Abraham Lincoln declared Thanksgiving a national holiday, which was the last Thursday of the month, until FDR moved it up a week in 1939 to extend the holiday shopping season. This year it is estimated that over 46 million turkeys will be consumed on Thanksgiving Day!

As we move toward closing out the year 2025, I am filled with gratitude for another year of life and the opportunities I have been blessed with. I am humbled to serve as your District Governor. I am wowed by your service to your communities, and I am thankful for experiences we will share together.

In Service...Nathanael Hughes, District Governor

VDG's Lionhearted Lessons



Thanksgiving Reflections

In this season of Thanksgiving, I'm thankful for Lions. I knew that all of our district clubs were doing good service, but during club visits I've been amazed. Each stop revealed passionate members serving their communities with heart, creativity, and unwavering commitment. From food drives to vision screenings to many other projects, the impact was far greater than I

imagined and deeply moving. Our clubs aren't just meeting needs; they're building hope, one act of kindness at a time. I left each visit humbled and energized, reminded that service is the heartbeat of Lions. Thank you, District 12N, for showing what true community service looks like.

Yours in Lionism....Wayne Garland, 1st Vice District Governor



World Diabetes Day – November 14th

Each year on November 14th, we recognize World Diabetes Day, a global campaign raising awareness about diabetes, its impact, and the importance of early detection and prevention. This date honors the birthday of Sir Frederick Banting, who co-discovered insulin in 1921, a life-saving treatment for millions worldwide. The day reminds us that diabetes is not only a medical condition but also a call for

healthier lifestyles, education, and accessible care. By uniting communities, healthcare professionals, and organizations, we can support those living with diabetes and work together toward a healthier future for all. **Service Project Ideas:**

- Host a free diabetes screening event
- Organize a healthy cooking demonstration or recipe swap
- Partner with schools to promote fitness and nutrition education
- Provide care kits for individuals managing diabetes
- Raise funds for local diabetes research or support groups



Embracing the Call....Kim Osborne, 2nd Vice District Governor

“Leadership Corner” from PDG Wendy Cain



This month I share the fourth of six principles of leadership from ***You Don't Need a Title to Be a Leader: How Anyone, Anywhere, Can Make a Positive Difference*** by Mark Sanborn.

The Power of Persuasive Communication:

- Leaders use words to inspire, inform, and influence.
- Communication must be clear, compelling, and consistent.
- Listening well is as important as speaking well.



Authentic communication builds connection and trust.

I appreciated the emphasis on listening well, not just worrying about what we are going to say to others. When we listen carefully and intentionally, we minimize misunderstanding, miscommunication, and unproductive conflict. It helps build connection when people feel heard. Look for the last two principles in future issues of the News & Views.

Upcoming Events:

- **December 2, 2025:** District 12-N Officer “Power Hour” from 8-9 p.m. via Zoom for Presidents/VPs, Secretaries, Treasurers, Membership Chairs, and Marketing Chairs. Go to <http://tnlions.org/calendar/> for Zoom Link
- **Jan. 16-18, 2026:** Tennessee Lions Learning Retreat in Manchester, TN. Scholarships are available from the District (reimbursement after you attend), and registration form is in this News & Views. Register by December 31!

Unfortunately, the October Regional Lions Leadership Institute was cancelled because not enough Lions registered before the deadline. It has been rescheduled for April 16-19, 2026. Registration is available on the website; please consider this leadership opportunity!

District 12N Treasurer's Update:

District 12N Treasurer's Report as of 10/18/2025

Administrative Account Balance as of 7/01/2025 \$49,279.75

Deposits: (Tail Twister fines) \$104.84

Expenses: (Food at cabinet meeting, \$1,924.73

Clubs of year, VDG mileage, DG spouse airfare)

Ending balance as of 7/31/2025 \$47,459.86



Beginning balance as of 8/01/2025 \$47,459.86

Deposits: (Club, District, & MD dues) \$5,946.40

Expenses: (MD dues, mileage, Clubs of year) \$1,985.64

Ending balance as of 8/29/2025 \$51,420.62

Beginning balance as of 8/30/2025 \$51,420.62

Deposits: (Club, District, & MD dues) \$932.60

Expenses: (Club of year) \$100.00

Ending balance as of 9/30/2025 \$52,253.22

Beginning balance as of 10/01/2025 \$52,253.22

Deposits: (Tail Twister fines, Club, District, & MD dues) \$284.10

Expenses: (News & Views, cabinet meeting food,

Zoom, copy & scan, badge, MD directories) \$674.78

Ending balance as of October 18, 2025 \$51,862.54



Keltie Kerney IPDG, Treasurer; keltiekerney@hotmail.com

Erwin Lions Club

Eyeglass Collection Boxes for Recycling



*Provided by Lions Club of Erwin, TN
serving Unicoi County*



Donate your old glasses at any location



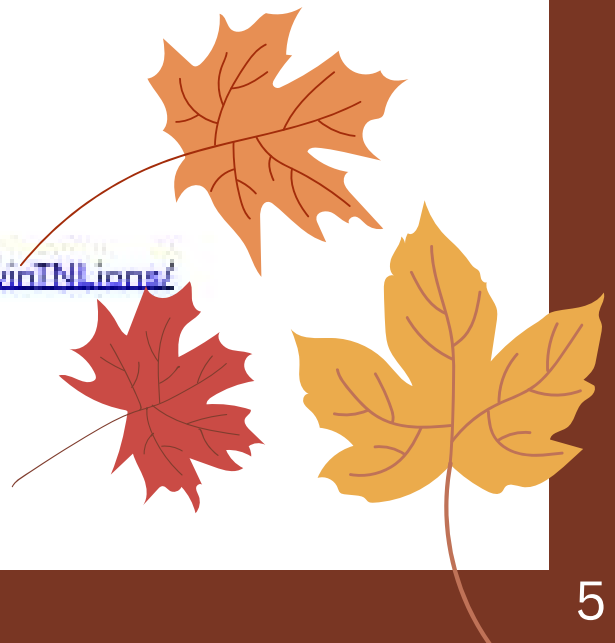
Evergreen Cemetery	1100 7 th Street	Erwin TN 37650
Food Lion (drop box)	915 N Main Ave	Erwin TN 37650
Valley Funeral Home	1085 N Main Ave	Erwin TN 37650

CONTACT Erwin Lions Club:

Email: erwinlions@gmail.com

Facebook: <https://www.facebook.com/ErwinTNLions/>

October 2015



Harriman Lions Club



12N District Governor Nathanael Hughes addresses a joint session of the Harriman and Kingston Clubs at the September 22nd meeting



12N DG Hughes presented a service certificate to Will Burgess, Harriman Club Immediate Past President



Johnson City Lions Club

75TH ANNUAL LIONS CLUB TURTLE DERBY



FREE ADMISSION
SATURDAY, NOVEMBER 8TH, 9:30M

CARVER RECREATION CENTER
CO-SPONSORED BY
TRI-CITIES SKIN & CANCER CENTER
WTFM RADIO 98.5

Kingsport Lions Club

Kingsport Lions packed 200 meals for the Shades of Grace community meals.

Also, combining more plastic bags and plastics for the 12N District recycling project.

Thank you Shades of Grace for allowing Lions to place a donation box at the Church.



Kingsport Lions Club (con't)

As part of Mental Health & Well-Being Week, members of the Kingsport Lions Club enjoyed a peaceful Twilight Barge Ride at Bays Mountain Park. The beauty and serenity of the park offered a perfect setting to relax, appreciate nature's gifts, and reflect on ways to nurture your own well-being.



Maryville Lions Club



Mental Health & Well-Being with Diana Vita

On October 7th the Maryville Lions Club were honored to host Diana Vita, Lifestyle & Wellness Coordinator of Shannondale of Maryville, for a practical and uplifting talk on Mental Health & Well-Being.



Diana emphasized that small, consistent habits—done daily—build resilience just as reliably as big life changes.

Diana reminded us that well-being isn't a finish line—it's a **daily practice**.

Key takeaways:

- **Move a little, often:** Aim for short “movement snacks” (5–10 minutes) throughout the day to reduce stress and improve mood.
- **Protect sleep:** Keep a wind-down routine, dim lights/screens an hour before bed, and keep a steady sleep/wake time.
- **Connect on purpose:** Schedule quick check-ins with a friend or family member; social connection is protective.
- **Breathe & ground:** Try a 4-6 breath (inhale 4, exhale 6) for 2–3 minutes, or a quick grounding scan (notice 5 things you see/4 feel/3 hear/2 smell/1 taste).
- **Boundaries help:** Limit doom-scrolling and set “off” hours for email/news—give your brain room to recover.
- **Ask for help early:** If stress, anxiety, or low mood linger, reach out to a primary-care provider or counselor.

Morristown Hamblen Lions Club

Morristown Hamblen Lions Club President, Ann Holbrooks, participated in the Mental Health Awareness March at Fred Miller Park.

“As the President, I felt genuinely proud representing our club members and walking alongside such a dedicated crowd. It was truly heartwarming to see our community unite with a common goal: to create a more understanding and supportive space for everyone, especially those facing mental health challenges”.



Sevier County Lions Club



Sevier Co Lions participated in the Sevier County "Sheriff's Shindig".



New Center School vision screening on Wednesday, October 1, 2025 w/Sevier County Lions Club and school staff.

Lions Terry, Ranee, Lonnie & Rich screened 310 students w/30 referrals.



L to R: Lion Wilma and Lion Terry

The Sevier County Lions were civic partners with the Sevier County "Sheriff's Shindig" on Tuesday, September 23, 2025 in downtown Sevierville.

Lions Rich, Frank, Terry, Ranee, Wilma, Sue, Hudson & Yessi were on hand to volunteer their time for this great annual event.

Sevier Co. Lions Club (con't)



SCLC Lions Wilma & Rich distributed candy and toys for Sevierville Chamber of Commerce 'History & Haunts' during the fireworks & in Kodak at the Quality Plumbing 'Trunk or Treat' where over 800 hot dogs were served!



Lions Wilma, Ranee, Les & Rich represented SCLC at the Sevierville Police Departments' 'National Night Out' festivities.



As part of the Lions International Mental Health & Well-Being week, Sevier Co. Lion, Dr. Nola Plumb, conducted a seminar titled "Embracing Change: Discovering Your Next Chapter".

Sevierville Lions Club



As part of the Mental Health & Well-Being week, Sevierville Lions handed out hygiene items and personal care items to the unhoused and less fortunate persons in the downtown Knoxville area on Sunday, Oct. 12th. Over 300 persons came through the line to receive these personal items.



L to R: Lions Kathi, Judy, Stacy, Trever, and Chuck. Not shown, 2nd VDG Kim and family member, David, handing out items at Care Cuts.



During the first week in October, Sevierville Lions held a Silent Auction fundraiser at the My People Senior Center.



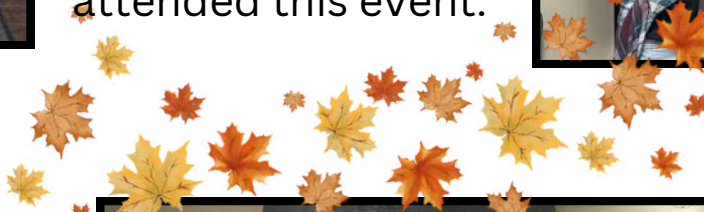
One of our most popular baskets. Sweet Dreams are Made of Cheese!!

Sevierville Lions Club



L to R: Erik, Kathi, Kim, and Stacy with "Addison" (front row)

Sevierville Lions participated in the Halloween Family event at the My People Senior Center on October 24th. Stickers and candy were handed out to the hundreds of ghosts, ghouls, and goblins who attended this event.



L to R: Lions Chuck and Kathi, along with Sevier Co Lion Lonnie, participated in the My People Senior Center's Senior Information Fair on Oct. 17th.

The Sevierville Lions Club was gifted over 40 new vases, and needed to find a way to 'pay it forward'. We discovered that Random Acts of Flowers could use them. Lions Erik and Kathi delivered the vases to several very excited volunteers!



Tellico Village Lions Club

Tellico Village Lions OKTOBERFEST was held on Oct 6th at the Tellico Village Yacht Club



Tellico Village hosted the annual Oktoberfest Party, and raised several thousand dollars from over 500 tickets sold. A great night and lots of fun!



L to R: Lions Bill Cooley, John Diehm, and Barry Sherman:
Brats Cookers



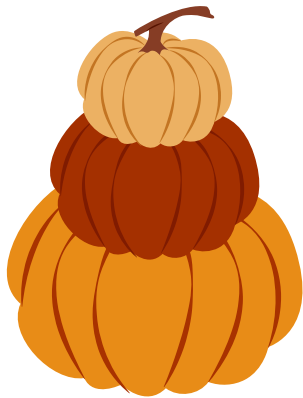
L to R: Lions Doug Jobe, Gail Jobe, and Linda Sawicki on the Serving Line



The crowd enjoying the festivities.



Tellico Village Lions Club (con't)



Eyeglass Collection Boxes for Recycling

*Provided by Lions Club of Tellico Village
serving Loudon County and Monroe County*

Donate your old glasses at any location



Community Church	130 Chota Center	Loudon TN 37774
First Baptist Church	205 Chota Road	Loudon TN 37774
Kahite Community Center	2800 Kahite Drive	Vonore TN 37885
Tellico Village Library	300 Irene Lane	Loudon TN 37774
Tellico Village Wellness Center	200 Dohi Drive	Loudon TN 37774
Tellico Village Welcome Center "drive up" collection box behind ctr	202 Chota Road	Loudon TN 37774
United Community Bank	290 Village Square	Loudon TN 37774

Contact our Lions Club:

Email: tv lions1@gmail.com

Facebook: <https://www.facebook.com/TellicoVillageLions>

Website: <https://tellicovillage.tnlions.org>

THANKSGIVING FOOD TRIVIA QUIZ

1. Usually how many pounds of Turkey is bought by Americans during the Thanksgiving week?
a. 125 million b. 365 million c. 765 million

2. Which U.S state consumes the most turkey every Thanksgiving?
a. California b. Texas c. Minnesota

3. True or False: The first pumpkin pies were made in England.
a. True b. False

4. True or False: Pumpkins are vegetables.
a. True b. False

5. Who began the tradition of 'breaking the wishbone'?
a. The Romans b. The Egyptians c. The English

6. What is a male Turkey called?
a. Rooster b. Tom c. Gander

7. What percentage of Americans eat turkey on Thanksgiving?
a. 50% b. 62% c. 88%

8. Which spice is a key ingredient in pumpkin spice, commonly used in Thanksgiving recipes?
a. Cardamom b. Cinnamon c. Fenugreek

9. In the animated movie "A Charlie Brown Thanksgiving," what does Charlie Brown serve for Thanksgiving dinner?
a. Toast and Popcorn b. Turkey and Pumpkins c. Ham and Corn

10. This type of food is not common on traditional Thanksgiving tables now, but probably would have been served at the first Thanksgiving meal.
a. Tomato Soup b. Seafood c. Sausages

11. Though they're often used interchangeably, what is the biggest technical difference between stuffing and dressing?
a. how they are prepared b. what seasonings are used c. the consistency

12. What's the name of the organic compound found in turkey that many people blame for post-feast sleepiness?
a. Dopamine b. Tryptophan c. Melatonin

13. Which US state raises the most turkeys, according to data from the USDA?
a. Nebraska b. Virginia c. Minnesota

14. How long should leftover turkey be stored in refrigerator?
a. Up to 4 days b. one day max c. Up to 7 days

15. Which state produces the most cranberries?
a. Oregon b. New Jersey c. Wisconsin



www.MyPartyGames.com

East TN Lions District 12N 2025-2026 CALENDAR

July 2025

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

13th-17th International Convention in Orlando, FL

19th Cabinet Organizational Meeting

January 2026

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

3-11th Hunger Week

10th Winter Cabinet Meeting via ZOOM

16th-18th Lions Learning Retreat in Manchester, TN

August 2025

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

2nd MD 12 Organizational Meeting in Nashville, TN Noon-Central Time

5th GLT Zone Chair training via ZOOM 8PM

19th GLT Power Hour ZOOM 8PM

27th DG Nate's ZOOM 8AM

February 2026

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

3rd GLT Power Hour ZOOM 8PM

25th DG Nate's ZOOM 8AM

September 2025

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

18th-20th USA/Canada Forum in Atlantic City, NJ

24th DG Nate's ZOOM 8PM

March 2026

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

27th-28th District 12N Convention
Farragut Community Center

October 2025

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

4th Fall Cabinet Meeting 9:00 AM LVBI

7th GLT Power Hour ZOOM 8PM

29th DG Nate's ZOOM 8AM

4-12th Mental Health Week

April 2026

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

7th GLT Power Hour ZOOM 8PM

29th DG Nate's ZOOM 8PM

18 - 26th Environmental Week

30th April - 2nd May MD12 TN State Conv.

November 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

1st MD12 Rally & TLC Honors Banquet

May 2026

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

30th April - 2nd May MD12 TN State Convention

Spring Cabinet Meeting Date To Be Determined

27th DG Nate's ZOOM 8AM

December 2025

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

2nd GLT Power Hour ZOOM 8PM

3rd DG Nate's ZOOM 8PM

6th 12N Charities meeting 10:30 AM in Sevierville

12th TSB Lions Christmas

June 2026

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

24th DG Nate's ZOOM 8PM

Welcome New Members

Suzy Cloyd - Erwin Lions - Sponsor PDG Ed Gibbons
Doug Dawson - Oak Ridge Lions - Sponsor PDG Wendy Cain
Rose Dawson - Oak Ridge Lions - Sponsor PDG Wendy Cain
Sam Isaac - Elizabethton Lions - Sponsor Yolanda Vestal



In Loving Memory

NONE REPORTED

Mental Health & Well-Being Activities



Morristown Hamblen Lions Club President, Ann Holbrooks, participated in a Mental Health Awareness March.



Sevierville Lions Club members traveled to Care Cuts of Knoxville where they handed out personal care items, hygiene items, and other necessities to more than 300 less fortunate and homeless individuals.



ETSU Lions, Kyler and Sarah, took a ride on the Bays Mountain Twilight Barge as part of the Kingsport Lions well-being activity.



The Sevier County Lions Club attended a mental health awareness class at The King Family Library in Sevierville during Lions Clubs International 'Mental Health & Well-Being' week, the first of three service weeks implemented by LCI President A. P. Singh.

Sevier Co members show off their 'Zen Doodling' exercise work.

Mental Health & Well-Being Activities



Lion Nancy Southerland, a member of the Greeneville Lions Club, taught a yoga class focusing on postures for positive mental awareness.



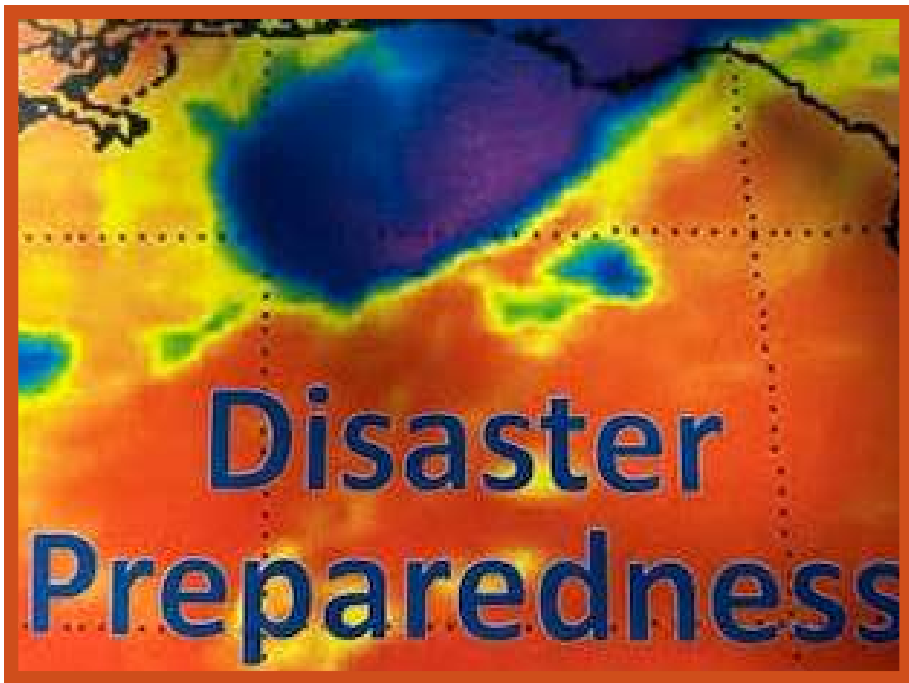
Kingsport Lions presented a White Cane donation check to DG Nate, followed by a barge ride to reflect on Mental Health. L to R: IPDG Keltie Kerney, PDG Adam Bowling, DG Nate Hughes, and PDG Bill Moore.



In the Elizabethton Lions Club, DG Nate's brother (Milburn Hughes) gave a talk about Mental Health & Well-Being. He spoke on coping mechanisms and his areas of expertise to include young adult and juvenile mental health counseling. Milburn additionally talked about what he does on a daily basis and the situations he faces as a counselor. Milburn is planning to graduate in May of 2026 with a degree in Mental Health Counseling.

Disaster Preparedness Update

In July 2025, Lions Clubs International Foundation (LCIF) awarded District 12N a Disaster Preparedness Grant, with the primary purpose of the grant being to engage Lions Clubs and individuals in planning and preparing for a future natural disaster. This includes helping to educate our communities on how to make a plan, and to build an emergency “to go kit”.



The Disaster Preparedness group meets by Zoom on the first Wednesday of each month at 8:00 PM. Much work has already been accomplished, involving collaboration with local emergency management experts and other knowledgeable sources. The contents of the emergency “to go kit” will be decided in the next few meetings as well as other significant decisions in order to be ready to assemble the “to go kits” at the March 12N convention. All clubs are encouraged to participate as we move forward with this very important project.

If you wish to be a part of the Zoom ‘team’, reach out to IPDG Keltie (keltiekerney@hotmail.com) or Secretary Kathi (kathihofstad@gmail.com) and request the Zoom link.

IPDG Keltie Kerney
Chair, Disaster Preparedness Team



Diabetes Awareness

November 14: Unite for Diabetes Awareness, Prevention, and Action

Each year on November 14, Lions worldwide observe World Diabetes Day to raise awareness about a condition affecting over 530 million people. This year's theme, "Diabetes and the Workplace," highlights the importance of supportive work environments. With access to care, flexibility, and understanding, people with diabetes can thrive both personally and professionally.

Diabetes at a Glance:

- **537 million** adults living with diabetes
- **1 in 2** cases undiagnosed (240 million)
- **1.2 million** children and adolescents with type 1 diabetes, half under age 15
- **6.7 million** deaths attributed to diabetes in the last year alone

Source: International Diabetes Federation (Updated Annually)

Prevention & Education Are Key: While type 1 diabetes cannot be prevented, **type 2 diabetes can often be delayed or prevented** through healthy lifestyle changes.

- Eat a nutritious diet
- Stay physically active
- Maintain a healthy weight
- Don't smoke
- Get regular screenings



If you or someone you know wants to learn more, explore these helpful resources:

- ◆ [Prevention 101: Fundamentals of Prediabetes and Diabetes](#)
- ◆ [Find a Diabetes Education Program Near You](#)

Lions, Let's Take Action: As Lions, we are leaders in community health and service. This month, take a moment to:

- **Educate** yourself and others about diabetes risks
- **Support** coworkers and friends with understanding and compassion
- **Advocate** for wellness policies in the workplace
- **Encourage** healthy habits and early screenings

Together, we can build communities—and workplaces—where everyone has the opportunity to live well with or without diabetes.

24

Katie Hagood, Diabetes Awareness Chairperson, kthagood@icloud.com

Eyeglass Recycling Day

Lion Harry Ennis, Eyeglasses recycling Chairman, coordinated another recycling event on Sat., Oct. 4th following the District 12N Cabinet meeting at LVBI in Morristown. There was an abundance of donated eyeglasses to sort as glasses had accumulated since the last recycling event held at the 12N convention in March. Thousands of glasses were sorted, resulting in 24 boxes (2 full pallets and 3/4 of another pallet), with approximately a ton per pallet.



Lion Ken Gouge



IPDG Keltie delivered eyeglass cases to Appalachian Miles for Smiles. In addition a case of new frames was donated.



Lion Ken Gouge



L to R: IPDG Keltie, Lion Ken, 1st VDG Wayne, and Lion Harry



L to R: 1st VDG Wayne, DG Nate, and Lion Harry



L to R: 1st VDG Wayne and DG Nate

International Peace Poster Contest



Lions Clubs around the world proudly sponsor the **International Peace Poster Contest** to encourage youth to creatively express their vision of peace through art. This inspiring event offers students a unique opportunity to share their message with the world – and we're excited to see what our young artists will create this year!

How to Participate:

Peace Poster Kits can be ordered through the Lions International Member Resource Center at: www.lionsclubs.org

Eligibility:

Students who are 11, 12, or 13 years old as of November 15th are eligible to participate.

Important Dates to Remember:

October 1st – Deadline to purchase Peace Poster Kits from the Club Supplies Sales Department at International Headquarters.

November 15th – Postmark deadline for clubs to send one winning poster per contest sponsored to District Governor Nate Hughes

Tips from the Clubs:

I'd love to hear from Lions Clubs in District 12N who have helpful "hints" or suggestions for running a smooth and successful Peace Poster Contest. For example, the Sevierville Lions Club provides teachers with the correct size paper for students to use. Even though the size requirements are listed in the kit materials, we often receive amazing artwork that unfortunately can't be submitted due to being the wrong size. Taking this extra step helps ensure all entries are eligible!

Do you have a tip or best practice to share?

Please send your comments to: kathihofstad@gmail.com

We'll share your insights in the next district newsletter!

Let's work together to inspire peace and creativity in our youth!

Kathi Hofstad - Peace Poster Chair

Lions Learning Retreat 2026



Lions Learning Retreat January 16-18, 2026

Manchester Coffee County Conference Center
Manchester, Tennessee

DEADLINE TO CONFIRM MEALS IS DECEMBER 31, 2025!!!!

Attendee 1: _____ Printed name on Badge: _____

District: _____ Club: _____

Phone Number: _____ Email Address: _____

First Time Attendee? (Please Circle One): Y N Lion: _____ Leo: _____ Cub: _____ Guest: _____

Special Meals: Diabetic: _____ Low Sodium: _____ Vegetarian: _____ Other: _____

Attendee 2: _____ Printed name on Badge: _____

District: _____ Club: _____

Phone Number: _____ Email Address: _____

First Time Attendee? (Please Circle One): Y N Lion: _____ Leo: _____ Cub: _____ Guest: _____

Special Meals: Diabetic: _____ Low Sodium: _____ Vegetarian: _____ Other: _____

Type of Registration	Deadline (postmarked by)	Amount	# to Register
<i>Full registration: Includes all seminars, Friday dinner, Saturday lunch & dinner and Sunday breakfast</i>			
Early	Now - October 31, 2025	\$160.00	
Regular	November 1 - December 31, 2025	\$170.00	
Late/On-Site	January 1 - January 16, 2026	\$180.00	
<i>Saturday only includes seminars with lunch & dinner</i>			
Regular	Now - December 31, 2025	\$80.00	
Late/On-Site ***Meals not guaranteed***	January 1 - January 17, 2026	\$90.00	
<i>Saturday seminars ONLY (NO MEALS INCLUDED)</i>			
Regular	Now - December 15, 2025	\$25.00	
Late/On-Site	January 1 - January 17, 2026	\$35.00	
		TOTAL:	

Please choose one protein for Saturday night meal: Turkey with cornbread dressing OR Beef Medallions

For full registration: mark if NOT ATTENDING one of the meals below:

Friday dinner: _____ Saturday lunch: _____ Saturday dinner: _____ Sunday breakfast: _____

PAYMENT

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

Additional Information located on page _____

Lions Learning Retreat 2026 (con't)

Lions Learning Retreat (cont)

The Host Hotel is the Holiday Inn Express, 111 Hospitality Blvd., in Manchester, TN. Please call today for room reservations. 931-728-9383 and ask for the Lions Rate of \$115.00 plus taxes. Additional Important Information: This rate is good until January 1, 2026. Reservations made after that date will pay a higher room rate.

Other hotels near the Conference Center

Laquinta Inn & Suites at 120 Hospitality Dr. - 931-450-4005

The Comfort Inn & Suites at 152 Hospitality Dr. in 931-228-8393

The tradition of the Basket Auction continues. This helps keep the cost of the LLR registration as low as possible. Can we count on you to bring a gift basket? Yes _____

Another tradition is the first-timer seminar at 5PM on Friday night. This is valuable time spent if this is your first LLR. Learn what to expect from the LLR and meet other Lions who have not attended an LLR. It'll be worth getting there early!

Return on Investment of time and finances by attending the LLR.

Have fun learning to be a better Lion, increase your education on all things Lionism hone your leadership skills, and help your club become it can be! Lead to Serve, Serve to Lead.

Interested in presenting at the Lions Learning Retreat?????

Contact Tawnya Buster - tawnyabuster@gmail.com or 615-945-9906.

We will be selling ads in this year's Lions Learning Retreat booklet

FULL PAGE \$100

¼ PAGE \$50

¼ PAGE \$25

PATRON \$10 – one-line listing with all the patrons (NAME & CLUB).

Please email your ad to tawnyabuster@gmail.com to be placed in the book by **December 1, 2025.**

Our Lions International guest this weekend will be Past International Director Robert "Bob" Block and his Partner in Service Brenda Block.

Looking for the latest Lions Learning Retreat information including schedule, seminar information and more? You can find it on our WEBSITE! <https://tennesseelionsllr.com/>

We will have fun, learn a lot, do a little service, make new friends as we catch up with old ones and I've got a few surprises up my sleeve to ensure we have FUN!!!!
Hope to see you in Manchester in January 16-18, 2026!

Additional Information located on page _____

Special Weeks of Service

LIONS & LEOS WEEKS OF SERVICE 2025-2026



The Weeks of Service centers around significant international days, highlighting the impact of Lions through the world. Lions are encouraged to do service that greatly impacts their communities while also finding sustainable ways to increase service impact, visibility of the Lions brand through consistent periods of service.

THE 3 FOCUS AREAS FOR THIS FY INCLUDE:



MENTAL HEALTH & WELL-BEING

LIONS SERVICE WEEK WILL BE ON
OCTOBER 4-12, 2025



HUNGER

LIONS SERVICE WEEK WILL BE FROM
JANUARY 3-11, 2026



ENVIRONMENT

LIONS SERVICE WEEK WILL BE FROM
APRIL 18-26, 2026

Roaring News and Notes:

Dr. Craig & Mrs. Olivia Mitcham founded Surgeons for Sight to help individuals receive life-changing eye care and surgeries that restore hope and independence for those in need. They invite partnerships in the following ways: prayers for the patients, medical teams and volunteers; volunteering time and talents, whether by assisting at events and/or supporting outreach; and ongoing giving to sustain and extend sight-saving care to more people in need. Located in Kingsport, TN more information is available at surgeonsfs@gmail.com or call 423-302-0649.



Happy Thanksgiving

There are so many things I am thankful for this year, but at the very top of that list is you. Wishing you a wonderful holiday filled with the warmth and happiness of the season.



REMINDER

Don't forget to file your Club 990 and Charitable Solicitations Paperwork

990 Documents - Deadline, November 15
(<https://www.irs.gov/pub/irs-pdf/p4839.pdf>)

LIONS VOLUNTEER BLIND INDUSTRIES PRODUCTS



Learn more about our mattress lines by Comfort Crafters, available in our retail store, wholesale and soon to be online. More series to come in following editions of News & Views. Call, email, or visit us online for more details.

423-586-3922

betsy@volblind.org

www.comfortcrafters.com

Spring Duet

The **Adagio** mattress is 2 sided assembled using only top quality components. The **Adagio** uses 1-1/2" quilted enviro-friendly **BioFlex™** foam along with 1" of sheet foam to give the added comfort and support for a customer looking for a **plush** mattress. This mattress has a 420 Coil (based on queen size) spring made from upcycled steel with a 6-gauge border rod and 13-gauge bonnel coil inner spring with a Power Edge support to ensure a consistent feel and durability. The **Adagio** is designed to be turned and flipped regularly and is covered by a 10 year pro-rated warranty when purchased with a box spring.

Harmony

The **Harmony** mattress is 2 sided assembled using only top quality components. The **Harmony** uses 1" quilted enviro-friendly **BioFlex™** foam to give the added comfort and support for a customer looking for a **firm** mattress. This mattress has a 420 coil (based on a queen size) spring made from upcycled steel with a 6-gauge border rod and 13-gauge bonnel coil inner spring with a Power Edge support to ensure a consistent feel and durability. The **Harmony** is designed to be turned and flipped regularly and is covered by a 5 year pro-rated warranty when purchased with a box spring.

Information on State Convention 2026



There has been a change in the location of the 2026 Tennessee Lions State Convention. It will now be in Clarksville at the **Doubletree by Hilton, Clarksville Riverview**. The room cost is \$139 plus tax which includes a breakfast buffet (at a value of \$21 per person). Reservations can be made at:

<https://group.doubletree.com/hfiu0r> or by phone at 931-919-5044. Hotel reservations must be made by March 30, 2026.

The convention will kickoff on Thursday, April 30th from 6-9 PM with a reception for our International Guest, **1st International Vice President Mark Lyon**. Light finger foods will be available and are included in the registration package price.

The Full Registration package is all that is available at the present time. This includes Lunch and Dinner on Friday, in addition to Lunch and a Grand Banquet on Saturday evening. The cost is \$150 for four meals and the Thursday reception.

There will be optional seminars on Friday morning, with great speakers scheduled throughout the day on Friday and Saturday.

There will be a **live basket auction on Friday night** with Ed Cope conducting the auction. The baskets will be provided by Lions and Lions Clubs with a value of at least \$50 to make the auction productive. Your support is very much appreciated. Clubs and individuals are encouraged to donate items for this auction.

Special entertainment will be provided by Chris Golden, son of William Lee Golden of the Oak Ridge Boys.

There will be many vendors to share information on service, fund raising and equipment that would be useful to your club.

Registration for State Convention 2026

2026 (107th) Tennessee Lions State Convention

April 30-May 2, 2026

Doubletree by Hilton Clarksville Riverview

Semi quinentennial of the United States

1st International Vice President Mark S. Lyon

Name _____ Club _____ Current Office/Position _____

Address _____

Email _____ Phone _____

Name _____ Club _____ Current Office/Position _____

Address _____

Email _____ Phone _____

Early Full Registration by November 1, 2025 _____ @ \$150 = \$ _____

Regular Full Registration by February 1, 2026 _____ @ \$180 = \$ _____

Late Full Registration by April 15, 2026 _____ @ 200 = \$ _____

No Registrations will be accepted after April 15. No walk-ins.

Thursday Night Reception included with paid registration

Any dietary needs (Be Specific) _____

Please mail checks made out to "Lions of Tennessee" (the sooner the better to save you money)

Mail to:

Lion Ed Lantz

5087 Minnis RD

Springfield, TN 37172



Lions Code of Ethics



To show my faith in the worthiness of my vocation by industrious application to the end that I may merit a reputation for quality of service.

To seek success and to demand all fair remuneration or profit as my just due, but to accept no profit or success at the price of my own self-respect lost because of unfair advantage taken or because of questionable acts on my part.

To remember that in building up my business it is not necessary to tear down another's; to be loyal to my clients or customers and true to myself.

Whenever a doubt arises as to the right or ethics of my position or action towards others, to resolve such doubt against myself.

To Hold friendship as an end and not a means. To hold that true friendship exists not on account of the service performed by one to another, but that true friendship demands nothing but accepts service in the spirit in which it is given.

Always to bear in mind my obligations as a citizen to my nation, my state, and my community, and to give them an unswerving loyalty in word, act, and deed. To give them freely of my time, labor and means.

To Aid others by giving my sympathy to those in distress, my aid to the weak, and my substance to the needy.

To be Careful with my criticism and liberal with my praise, to build up and not destroy.

Thanksgiving Food Trivia Quiz

Answer Key

1. Usually how many pounds of Turkey is bought by Americans during the Thanksgiving week?
a. 125 million **b. 365 million** c. 765 million

2. Which U.S state consumes the most turkey every Thanksgiving?
a. California b. Texas c. Minnesota

3. True or False: The first pumpkin pies were made in England.
a. True b. False

4. True or False: Pumpkins are vegetables.
a. True **b. False**

5. Who began the tradition of 'breaking the wishbone'?
a. The Romans b. The Egyptians c. The English

6. What is a male Turkey called?
a. Rooster **b. Tom** c. Gander

7. What percentage of Americans eat turkey on Thanksgiving?
a. 50% b. 62% **c. 88%**

8. Which spice is a key ingredient in pumpkin spice, commonly used in Thanksgiving recipes?
a. Cardamom **b. Cinnamon** c. Fenugreek

9. In the animated movie "A Charlie Brown Thanksgiving," what does Charlie Brown serve for Thanksgiving dinner?
a. Toast and Popcorn b. Turkey and Pumpkins c. Ham and Corn

10. This type of food is not common on traditional Thanksgiving tables now, but probably would have been served at the first Thanksgiving meal.
a. Tomato Soup **b. Seafood** c. Sausages

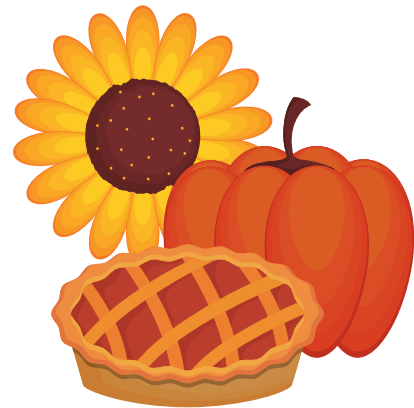
11. Though they're often used interchangeably, what is the biggest technical difference between stuffing and dressing?
a. how they are prepared b. what seasonings are used c. the consistency

12. What's the name of the organic compound found in turkey that many people blame for post-feast sleepiness?
a. Dopamine **b. Tryptophan** c. Melatonin

13. Which US state raises the most turkeys, according to data from the USDA?
a. Nebraska b. Virginia **c. Minnesota**

14. How long should leftover turkey be stored in refrigerator?
a. Up to 4 days b. one day max c. Up to 7 days

15. Which state produces the most cranberries?
a. Oregon b. New Jersey **c. Wisconsin**



NEWS & VIEWS ARTICLE SUBMISSIONS

We know you're making a difference in your communities, and we want to hear about it! Whether it's a service project, fundraiser, officer installation, new member inductions, or recognizing a member's hard work, share your experiences with us. Let's inspire and learn from each other.

Articles for News & Views should be submitted in WORD or JPEG formats (please avoid PDFs). Use the font size of 16, and keep articles under 200 words. If including photos (strongly encouraged!), limit your article to 100 words and include the names of individuals in the photos when possible.

Send your submissions to 2nd VDG Kim Osborne at kimosborne607@gmail.com by the 20th day of the month. We look forward to seeing your stories!

WE NEED YOUR HELP:

It's come to our attention that some of our fellow Lions may not be aware of the News & Views Newsletter that's delivered to inboxes at the start of each month. This monthly publication is packed with valuable updates, event information, and resources that are important for all of us in District 12N.

We're encouraging all Club Presidents to highlight News & Views at each meeting and help spread the word. Please remind your members to check their email and take a few minutes each month to stay informed and connected through this helpful resource.



Together, let's make sure every Lion in 12N is in the know! 🦁📧
2nd VDG Kim Osborne - News & Views Editor and Publisher