



We Serve

District 14-B Newsletter



International Association of Lions Clubs

Gail Titus,
Newsletter Editor

October 2003

DISTRICT GOVERNOR'S MESSAGE

Autumn's Best

October is a time to enjoy the best of Autumn, apple and pumpkin pies, fresh cider, the gorgeous display of fall foliage, the cool evenings and warm days, and brisk walks through the park or in your neighborhood.

October is also a time to enjoy the fellowship of other Lions. The Glassport Lions Annual Rigatoni Night held on October 14th at the Sons of Italy in Glassport is always a great event to meet old and new friends in Lionism. Another great event is District 14-B Annual Fall Rally which is being held on Thursday October 23rd at the White Oak American Legion, Post 701. This year's guest speaker is Pittsburgh Pirate broadcaster Bob Walk. If you have never been to the Rigatoni Night or the Fall Rally come and enjoy an evening of Fun and Fellowship.



Both events are great ways to recruit potential new members, or show a new member that Lions are not all about work. The best part of Lionism is the friends that we make for life not only in our own club, but throughout the District, State and the International.

Remember as Lions if we work together, we will achieve together, and (in October) we can celebrate together at the Glassport Lions Annual Rigatoni Night and the District Fall Rally. I am looking forward to seeing everyone at both events.

Yours in Lionism,
DG Rich

www.lionsofalleghenycounty.org

DISTRICT GOVERNOR'S CLUB VISITS

OCTOBER

1	Lions Club of Pittsburgh	15	West Allegheny
1	Bloomfield-Lawrenceville	20	Homestead
7	Robinson	28	Pittsburgh North Side

NOVEMBER

3	Pleasant Hills	13	Greater Pittsburgh Airport
4	Pitcairn	17	Forest Hills
5	Upper St.Clair	18	Bethel Park
6	Jefferson Hills	19	Beechview
11	Imperial	25	South Park

2003 Patty Burns Memorial Walkathon

Radio Information Service sponsors the RIS Patti Burns Walkathon each year to raise money for this worthy cause. The event has been named in



Patti's memory because of her dedication as a volunteer broadcast reader and advocate for RIS.

Please join us and meet the guide dogs, their owners and other RIS listeners and supporters. Volunteers are provided to walkers who need assistance.

- All are invited to join the walk

- **For your safety, please no pets, strollers or roller blades at the event**

Registration Fees: Pre-registration--until October 13--\$15.00

Late registration and day of walk - \$20.00

RIS subscribers - \$10.00

Registration Opens: 8:00 am

Walk: 9 am - 12 noon

Sunday, October 19, 2003

Carnegie Mellon University Track

5000 Forbes Avenue, Oakland

Call RIS, 412-488-3944 for any information.

Peace Poster Contest

Peace Posters date to remember.

November 15th is the postmark deadline for a club to send one winning poster to the District.

The Judging will be completed by November 24 so the District winner can be sent to the State Office for judging.



Need a Speaker?

Need a speaker for your next Club meeting? How about one of the District Chairpersons for a speaker. There are many to choose from: Beacon Lodge to Western PA School for Blind Children. Call any one of the District Chairpersons in the directory, and I am sure they would be happy to come to your club and give their presentation.

Quote for the Month

Remember no one makes it alone. Have a grateful heart and be quick to acknowledge those who help you.

TO: PRESIDENTS & SECRETARIES
FROM: DISTRICT 14B MERL (O) TEAM
RE: NEW MEMBER ORIENTATION
DATE: NOVEMBER 8, 2003
TIME: 10 A.M. TO 12 A.M.
WHERE: WESTERN PENNSYLVANIA
SCHOOL FOR BLIND CHILDREN



A WELL – KNOWN LION HAS THIS TO SAY:

“NEW MEMBER ORIENTATION IS THE FOUNDATION FOR RETENTION”

As Presidents & Secretaries, you are a part of the District Governor’s team. The 2nd Cabinet Meeting of the District will be held November 8, 2003 from 9am to Noon. **Your presence is requested at this meeting.**

We urge you to invite your new members (and their sponsors) to attend the New Member Orientation from 10am to Noon. This is a very important step in their journey to becoming an informed and dedicated Lion.

Show your leadership! Encourage them to attend and help pave the way for them to become enthusiastic members of your club!

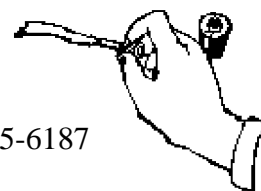
District Fall Rally

The Guest speaker for the evening will be Pittsburgh Pirate broadcaster Gregg Brown. The evening promises to be an informative, enjoyable, entertaining, and enlightening evening. Mark your calendars for the Fall Rally which will be held on Thursday October 23 at the White Oak American Legion. The cost will be \$15.00 per person. Deadline for reservations is Monday, October 20. See everyone there for a great evening of fellowship.

**DON'T FORGET TO BRING YOUR CLUB
BANNER (and stand) TO THE RALLY TO
DRESS-UP THE HALL**

Directory Updates and Corrections

Luis Cardiel
President Sq. Hill/Shadyside
Work phone # should be 412-395-6187



The email address for Paul Guido, Region 1 - Zone B Chair, is incorrect in the directory. The address should read pjg@telerama.com

Secretary of the North Boroughs Lions home phone number is 724-625-5935

President of the Elizabeth Lions:
Allen F. Barton (Patricia) 412-384-3621(H)
652 Weigles Hill 412-384-2653(B)
Elizabeth, PA 15037

Newsletter Note

If your club would like to put something in the District newsletter please get you article to the District Governor by the 15th of the month. Plan ahead so your article can be put in the newsletter before not after your club’s event or function. This is YOUR newsletter.

Articles should be sent to DG Rich, not to the newsletter editor. Anything sent to the editor will be assumed to be a regular Lions mailing and will not be put into the newsletter.

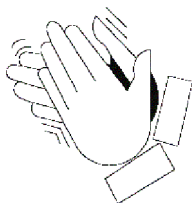
Service Projects

If your club is looking for a Service Project here is one that not only helps the Western Pennsylvania School for the Blind Children, but it will help another Lions Club. The Lions Club of Pittsburgh will be holding their annual Christmas Tree Sale at the School from December 3rd to the 19th. They do not have enough members to completely staff the tree sale. They are asking if any Lion member or entire Clubs would like to help to please contact Lion Bob Cass at 1280 Prospect Rd. Pittsburgh, PA 15227-1429 or call 412-881-1887 or by e-mail bobcass@stargate.net . Come on Lions we can work together, and achieve together.



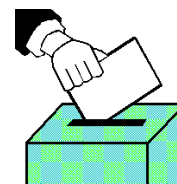
Great Job

Congratulations for a GREAT JOB by the Coraopolis Lions Club and Lion Tom Toomey and Zone Chair Paul Guido for collecting 2,110 pairs of glasses and donating them to the BROTHER'S/BROTHER Foundation. Great Job Lions.



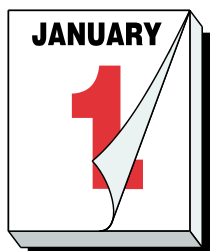
Election Day

One of the greatest rights we have is our voice in the democratic process. Remember to vote on November 4th.



Dates to Remember

- | | |
|----------------------------|---|
| October 14 | Glassport Lions Rigatoni Night, Glassport Sons of Italy |
| October 18 | West Mifflin Lions Club 50 th Anniversary
Churchill Valley Country Club |
| October 19 | RIS Patty Burns Walkathon
Carnegie Mellon University track
9 am – noon |
| October 19 | White Oak Lions Pancake Breakfast, St. Angela Merici Church White Oak |
| October 23 | District 14-B Fall Rally, White Oak
American Legion Post 701 |
| October 31
November 1&2 | State Council Meeting Williamsport PA |
| November 4 | Election Day |
| November 8 | Jefferson Hills Lions Pancake Breakfast
Floreffe Fire Hall. |
| November 8 | 2 nd District 14-B Cabinet Meeting Western
Pennsylvania School for the Blind Children 9:00am. |
| November 8 | New Member Orientation Western
Pennsylvania School for the Blind
Children 10:00am. |
| November 8 | Lions Auction for Diabetes, Youghiogheny
Country Club. |
| November 27 | Thanksgiving |



Lions Auction for Diabetes

Please consider donating an item for the Lions Diabetes Research Center's Auction. All donations Large or small will make this evening a huge success. UPMC McKeesport is spotlighting the Lions Clubs' commitment and support on this 10th anniversary year. What great public relations for us!

Driver Needed

- Two days a week
- Approx. 8 hours a day
- Need to own a car and have insurance
- Pay - \$5.15/hour (negotiable) plus mileage (\$.36/mile)
- Travel within Southwestern Pennsylvania

If interested contact Gale at 412-565-3675.

Beacon Lodge Camp

Be advised, the responsibilities of District 14-B "365 Club" coordinator, have been transferred from Vice District Governor Dennis McCarthy to Beacon Lodge Chair Tom Hurrell. The "365 Club" is an opportunity for an individual Lion, Lioness, Leo or non-Lion to make a personal donation to PA Beacon Lodge Camp. The "365 Club" is based on a penny-a-day donation, or \$3.65 per year. Membership renewal annually. Donations received are applied to camp maintenance only. To express your concerns or for additional information, phone Lion Tom at 412-466-6358.

Thanks for your consideration.
Lion Tom





BEACON LODGE FACILITIES

Beacon Lodge Camp is made up of 583 acres of beautiful mountain woodland, but the camp has the facilities and accommodations to make it a great place for people with special needs to camp in comfort and safety.

Beacon Lodge is divided into two camps, the Children's Village for campers 6-17 and the Adult Group for campers 18 to the golden years.

CHILDREN'S VILLAGE

The Children's Village has 12 well-ventilated, screened cabins complete with bathroom facilities and individual storage cabinets for personal items. Each cabin accommodates 6 children and one or two counselors. We feel the "cabin group" is one of the most important elements of a successful camp experience. The cabin counselor's enthusiasm and interest in each camper contributes greatly to the success of a camper's summer. The Children's Village also houses its own dining hall, infirmary, art room, nature center, laundry facility, and activity room complete with weight lifting and other exercise equipment.

ADULT CAMP

In the Adult Camp is the Main Lodge which houses a large dining room, kitchen, living room, library, sun porch and guest rooms (cabins). The Adult Camp is complete with a canteen, activity room/art room, infirmary, dorms/cabins for both men and women, and married couples' building.

ACTIVITIES FACILITIES

Both camps share the many activity areas at Beacon Lodge Camp: A large outdoor pavilion, playground, outdoor bowling alleys, heated outdoor swimming and wading pools, boat dock, Charles E. Marsh Lake, which is stocked with trout, the Braille Trail, and other nature trails, ropes course, outdoor camping facilities, miniature golf course, archery/riflery range, mountain/tandem bike hut, and a small animal farm. There are so many things to enjoy here at Beacon Lodge; it's no wonder that about 98% of our campers are returnees from previous years.

The International Association of Lions Clubs
District 14B



Annual Fall Rally

Thursday, October 23, 2003

at the

White Oak American Legion, Post 701

Capital Street & Pennsylvania Avenue, White Oak, PA

Cash Bar 6:00 PM

Dinner at 7:00 PM

Cost is just \$15.00 per person

Guest speaker for the evening will be Pittsburgh Pirates broadcaster Gregg Brown. The evening promises to be an informative, enjoyable, entertaining, and enlightening evening!

If your club meeting is that night, why not move it to the American Legion and let all of you club members enjoy the fellowship and entertainment from one of the Pirates broadcasters!

Bring any guests and/or spouses with you. It's going to be a fun night for all!

Let's dress-up the hall that night by bringing your club banner (and stand) to proudly display your club's colors!

Reservations are required and can be made by completing the bottom portion of this form and returning it to:

PDG Harold Fletcher, 425 Stoneybrook Drive, Elizabeth, PA 15037-2241

Deadline for reservations is Monday, October 20, 2003

Club _____ Contact person _____

Phone number _____

Please make reservations for _____ of our members and guests at a cost of \$15.00 each

Our check is enclosed for \$ _____



Lions Auction for Diabetes

Celebrating 10th Anniversary



Saturday, November 8, 2003

6:00 P.M. - 10:00 P.M.

Youghiogheny Country Club

Complimentary hors d'oeuvres and beverages

Sponsored by: UPMC University of Pittsburgh Medical Center

Sponsoring Lions Clubs

*Boston-Greenock-Mt. Vernon
Central Elizabeth
Clairton
Elizabeth
Glassport
Jefferson Hills
Liberty Boro
McKeesport
Pleasant Hills
White Oak
West Mifflin
Versailles*

Cost: \$10 Per Person

Tickets are available from Club Members

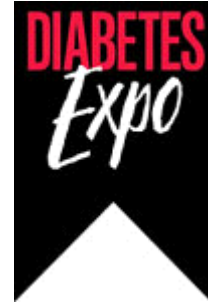
*For further information, contact the
McKeesport Hospital Foundation at (412) 664-2590*

Proceeds Benefit the

McKeesport Hospital Foundation Lions Diabetes Fund



ADA Diabetes EXPO Event Details



EXPO: Pittsburgh, PA

Date: Saturday, November 1, 2003

Location: David Lawrence Convention Center

Address: 1000 FT. Duquesne Blvd., Pittsburgh, PA

Time/Hours: 9:00 am - 4:00 pm

Entry Fee: \$8 – (\$3 discount coupons available at CVS Pharmacies)

Workshops:

- 10:00-11:00 – **Myths vs. Realities in Diabetes**
Linda Siminerio, RN, PhD., CDE
Sponsored by Galaxo Smith Kline
- 11:00-12:00 – **Children with Diabetes/New Therapies, Prevention of Complications and Current Research Studies**
Dorothy Becker, MBBCh
- 11:00-12:00 – **Cultural Competence and African Americans with Diabetes**
Stephen B. Thomas, PhD
Karen Redick, MA
*University of Pittsburgh GSPH
Center for Minority Health*
- 12:00-1:00 – **Depression and Diabetes**
Alan Axelson, MD
- 1:00-2:00 – **Nutrition – What's Happening in America?**
Leslie Bonci, MPH, RD
Sponsored by Aventis Pharmaceuticals
- 2:00-3:00 – **Seniors with Diabetes: Medical Coverage**
*Sponsored by PA's Quality Improvement
Organization contracted by Medicare*
- 2:00-3:00 – **Everyday Tools: The Latest Out There**
Jolynn Gibson, RN, MSN, CDE
Sponsored by Pfizer, Inc.

Free Health Screenings, Cooking Demos, Bookstore, Day Care, Youth Zone and More!

Come see: Leslie Sansone Walk Team 10-10:30 and 1-1:30 (*Sponsored by Aventis*)

Healthy Lifestyles Fitness Program from Centers for Healthy Hearts & Souls

The Lions Diabetes Treatment & Education Center

of



UPMC McKeesport

A Hospital of UPMC Health System

Presents:

DIABETES UPDATE

FREE Community Service for people with Diabetes, their families and interested parties

Wednesday November 5th, 2003

**Kelly Conference Center
(Ground Floor Kelly Building)
UPMC McKeesport**

Free Parking provided in Parking Garage-Bring Your Ticket

6:00-6:30pm Registration, Exhibits

6:30-8:00pm Program

8:00-8:30pm Q&A, Exhibits

"HEALTHY LIFESTYLES"

STEPPING UP TO THE CHALLENGE

Presented by:

Janice Koshinsky, RN, MS, CDE

Jackie Magyar, MEd, RD, CDE

Stasia Miaskiewicz, M. D.

Guest Speaker:

Andrea Kriska, Ph.D.

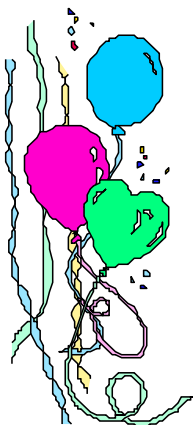
Assoc. Professor of Epidemiology

Graduate School of Public Health

University of Pittsburgh

Moderator:

Usman Ahmad, M.D.



Celebrating 10 Years!

Call Lions Diabetes Center at 664-3055 for more information and to register!