



ALLEGHENY COUNTY CAULDRON

Monthly Newsletter for the Lions of Allegheny County District 14-B, Pittsburgh, PA

December 2004



District Governor's Message



The year will be ending soon. We can expect cold weather, snow and hopefully lots of presents over the holidays. The District received an unexpected gift this year from Loudoun Valley High School in Purcellville Virginia. The Principal Gerald Black allowed his staff and students to collect pop tabs to be given to Jefferson Hills Lions Club, for the Ronald McDonald House. Mr. Rod J. Skarzinski had contributed a lot of tabs to this project as well as Paulette Phillips who works in the cafeteria at the high school. Frances Hough brought the idea to the school and Mrs. Owens made sure they were delivered here to the District for Jefferson Hills. This is a great way to share success through service and I want to thank the School, Students, and Staff for an outstanding job collecting those tabs we estimate that there were about 8 thousand tabs. Great Job!

It is always nice to see service in action. In the coming months let us try to share our success through service. The new adopt a highway will need workers to help in the district project. Matthew Borichevsky will be looking for volunteers. Beacon Lodge will need financial assistance to complete the pool project as well as the 14 B dorms renovations .are badly needed.

I want to thank all of you for the outstanding job you have done serving your clubs, community and district. We have only a few more months to "GROW" let's focus on new membership and strengthen the district.

I hope that this month will bring gifts of joy, happiness and peace to all the lions of our district. I wish all of you a great holiday season and I know the New Year will bring us increased membership and a stronger district.

Happy Holidays

DG Dennis J. McCarthy

VDG MESSAGE *James Brubaker*

As you know, glaucoma is a major cause of blindness. Dr. Joel Schuman, Chairman of Department of Ophthalmology at the Eye & Ear Institute and Director of UPMC Eye Center, is conducting research on the detection and treatment of glaucoma in its early stages. The National Eye Institute is funding his research.

Lion C. V. Sundar-Raj, OD., Ph.D. of the Brentwood Lions Club described this research program at the Cabinet Meeting on November 20. They need people over age 40 to participate in these studies. Spread the word. There is no cost to participants. For more details see article in this issue.

Congratulations to the Pittsburgh Hill Top Lions Club! They inducted 9 new members including several women at their November meeting. Is your club pursuing a proactive plan for recruiting new Lions? Is your membership chairperson familiar with the Pennsylvania plan? Can you help start a new club? Our MERL team would like to help. Call me to arrange a visit.

The Pittsburgh DeafBlind Club celebrated its 10th Anniversary on November 13. District 14-B is proud to be home of the only club of its kind in the world. I was privileged to see their tremendous spirit as they celebrated their unique opportunity to serve and honored several Lions who had helped them on their way. In recognition of his valued service they awarded their member and our DG, Dennis McCarthy, a Melvin Jones Fellowship.

Since our last "Cauldron" Lion activities have continued apace. White Cane Days, Pancake Breakfasts, Halloween Parades, Enjoy Book sales, flood relief efforts, the State Council meeting, zone meetings and club activities have kept us busy. Add family, work, raking leaves, the election, football and Thanksgiving and it's no wonder the month has flown by.

The joys of another holiday season are now upon us. Phyllis and I want to take this opportunity to wish you and yours a very warm and happy Holiday Season. To those with loved ones serving in the Middle East, we send our heartfelt thanks and prayers for their safe return.

Your friend in Lionism,
VDG Jim Brubaker

LIONS EVENTS & HAPPENINGS. . .

Pittsburgh Hill Top Lions Club

is offering our semi annual **Las Vegas Vacation for 2, or \$1000. cash raffle** tickets. Trip includes: Round trip Airfare, Hotel, 5 Days, 4 Nights, baggage transfers. The winner will be based on the PA lottery drawing on Friday, December 31, 2004- 7:00 P.M. Drawing. Donation is \$ 2.00 per ticket. winner need not be present.

Any Lion or friend who would like to purchase a ticket can call Joe Setticas at 412-922-2606 or Keith Winter at 412-882-3510 or Kevin Gaughan at 412-854-6029

Pittsburgh DeafBlind Lions Club & Lawrenceville Lions Club

ART AUCTION

Sunday, December 5, 2004

Pittsburgh Vision Services

300 S. Craig St. Pittsburgh (Oakland)

Admission: \$10.00

Refreshments served

Art preview: 1 p.m. until 1:45 p.m.

Auction starts 2:00 p.m.

Reservations made to

Lion Barb Schimmel 412-683-4828

Tarentum Area Lions Clubs 2005 LOTTERY CALENDARS

Pays \$25 for evening 3-digit lottery

Contact Lion Lou Hoetzlein

(412) 224-5999

Lions Club of Pittsburgh CHRISTMAS TREE SALE

W. PA School for Blind Children

N. Bellefield Ave., Oakland

December 1—15, 2004

Weekdays 5-9 p.m.

Saturday & Sunday 9 a.m.—9 p.m.

Brentwood Lions Club BREAKFAST WITH SANTA

Saturday, December 11, 2004

9 AM - NOON

Brentwood Presbyterian Church Hall

3725 Brownsville Road

\$4 per person—includes picture w/Santa

Tarentum Area Lions Club ANNUAL CHARITY DINNER

December 15, 2004

ONLY 200 TICKETS SOLD !

\$65 each — Contact Lion Lou

Hoetzlein (412) 224-5999

Monroeville Leo Club TREATS FOR OUR TROOPS

Please help the Monroeville Leo Club send donated items to the 29 soldiers in the 3rd Marine Platoon in Iraq. Each soldier will receive socks, power bars, soup, vacuum packed tuna, batteries, pens, paper, chapstick, books, gatorade, etc.

We need to help with the postage to send the hundreds of items. Please help by sponsoring a box to Iraq. The cost is \$25.00 per box. Make checks payable to: "Monroeville Leo Club" and mail to: Robert Irr, President
113 Windsor Court
Monroeville, PA 15146
More info call (412) 856-4709

OAKLAND LIONS CLUB 70th ANNIVERSARY DINNER

Saturday, January 15, 2005

Pittsburgh Athletic Association

6 PM Cash Bar -- 7 PM Dinner

\$35 per person

Reservations or more info contact

Lion Tom Vrabec (412) 621-6382

There will be music provided and a special guest speaker (TBA).

The dinner will be a choice of Chicken, Fish or Vegetarian, Appetizers, beverage and dessert are included

Valet Parking is available for \$2.00

CHRISTMAS AROUND THE WORLD

Friday, December 10, 2004

Stratigos Banquet Hall

Route 30 North Huntingdon

Entertainment by PURE GOLD

This event is being sponsored by the McKeesport Hospital Foundation,
the Lions of Districts 14-B and 14-E and UPMC McKeesport PartnerSHIP

Benefits the Lions Diabetes Center, UPMC McKeesport

Let's celebrate together all the hard work that has been done to help make it a little easier for those who are afflicted with diabetes by showing them that we care! Tickets are \$25.00 per person. Call us at (412) 664-2590 on your attendance. This is the PERFECT PLACE for those Clubs not having a Christmas Party to join with us and celebrate!

LIONS ENVIRONMENTAL PHOTO CONTEST

SHARING OUR WORLD

Lions should submit their original environmental photo—color, or black & white, and negative to their districts or multiple districts for judging.

One winning photo from the multiple district will be forwarded to Lions International headquarters by March 1, 2005.

OFFICIAL RULES:

Description: An annual photo contest shall provide a way for Lions to portray, through an original photo, their pride and commitment to improving and preserving an aspect of the environment in which they live.

Eligibility: The contest is open to all Lions and Lions clubs in good standing.

Each Multiple District or Single District (where no multiple district exists) may submit one photo per year no later than March 1 in one of the following five categories: Landscapes (urban or natural), Animal Life, Plant Life, Weather Phenomena, *Sharing Our World* (this year's special theme). Each photo submission should include (in one of the official association languages) a title, the negative, and a 25-word (or less) description of the photo and why the environment being depicted should be improved, protected or preserved.

Photos submitted will be displayed at the Lions International convention and judged by the convention registrants for the categories indicated and for "Best of Show."

Multiple districts and single districts may conduct competitions among their respective clubs to select their finalist or "Best of Show" photo.

At all contest levels, all entries are to be judged in an objective manner by an impartial group of judges. *Winners are to be selected on originality, artistic merit and portrayal of environmental themes.*

Photo, negative, and description may be sub-

mitted to Lions Club International by March 1, 2005 via surface mail or e-mail. A completed entry form and negative must accompany each entry. The contestant is responsible for ensuring that an e-mail file can be opened electronically and that the photo is received in good condition.

Photographs must be original, unaltered in any way, and have been taken solely for the purpose of this contest. Photos depicting people will be disqualified. A photo may not be submitted twice. Lions Clubs International reserves the right to reject photos not meeting contest criteria.

Submitted photos shall become property of Lions Club International. Lions Club International will be responsible for standardizing the size of the photo for framing and exhibiting. Entrants are responsible for all costs in taking and submitting photos.

Contest Award: Winners will receive a suitable award.

For more information:
E-Mail: executiveservices@lionsclubs.org
or fax 630-571-1692

YOUTH EXCHANGE PROGRAM

District 14-B has been given the names and bio's of four students who will be here in January and be staying for six weeks. We need to find host families now so that they may start corresponding with their local host student. If you would like to host a student please contact DG Dennis McCarthy.

Every year since 1961, young people have participated in the Lions International Youth Exchange Program. The goal of the program is: to create and foster a spirit of understanding among the peoples of the world.

Unlike other exchange programs, The Lions International Youth Exchange

Program is not conducted for tourism, education, or employment, Instead, it is an unique cultural learning opportunity. Participants of the program must be between the ages of 14 and 21, be sponsored by a Lions Club, have a basic knowledge of the language of the host country, be suitable to represent their community, Lions Club, and country and be willing to accept the customs of another culture.

Potential youth exchangees can request local Lions club sponsorship . All requests should go through the multiple Youth Exchange Chairman. Exchangees can occur in an of the more than 190 countries in which Lions clubs exist. Most exchangees last between four and six weeks. Often, exchangees also participate in the Lions International Youth Camp Programs.

Travel dates and arrivals should be worked out with the host family and Youth Exchange Chair People. The cost of transportation are the responsibilities of the students. These costs may be paid by the club from district funds (if available), by the youth, his or her family, or by some combination of these sources.

Food and lodging expenses are the responsibility of the hosting family. Exchangees are responsible for personal expenses. Exchangees with physical disabilities have successfully participated in the Lions Youth Exchange Program.

Quote for the Month

"Although the world is full of suffering, it is full also of the overcoming of it.."

Helen Keller

LOOKING FOR VOLUNTEERS

The University of Pittsburgh Department of Ophthalmology is currently recruiting volunteers who are considered to have "healthy eyes" for enrollment in several research studies. Listed below are the studies along with a brief description and requirements.

DOMAIN: The purpose of this study is to evaluate a new technology, optical coherence tomography (OCT), to image diseases of the eye. This commercial instrument had been approved by the Food & Drug Administration (FDA). OCT may be useful for the early diagnosis and monitoring of a variety of eye diseases.

ACCUMAP: This project will examine the sensitivity of objective electrophysiological visual field testing using the Accumap in the detection of glaucoma. The purpose of this study is to establish a database of "healthy," "suspect" and glaucoma subjects for use in the diagnosis of eye diseases, primarily glaucoma. This study requires you to be 40 to 90 years of age, please call for additional inclusion/exclusion criteria.

ADVANCED IMAGINING IN GLAUCOMA (AIG): The purpose of this study is to compare different methods of diagnosing and monitoring glaucoma. Using OCT, scanning laser polarimetry (commonly called GDx), and the Heidelberg Retinal Tomograph (HRT). These tests measure the optic nerve and the retina, and will be compared to the standard methods of diagnosing glaucoma using visual field testing and color photographs of the optic nerve. This study requires that you be 40 to 80 years of age, please call for additional inclusion/exclusion criteria.

If interested please contact TAMMY CAPOZZOLI or ROBIN WRIGHT for additional information at (412) 647-2663 or 647-2375.

DIABETES AWARENESS MONTH

December is "Diabetes Awareness Month." For more information please visit the American Diabetes Association website at www.diabetes.org The following are some excerpts from that website.

DIABETES SYMPTOMS

Often diabetes goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes.

Some diabetes symptoms include:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision

If you have one or more of these diabetes symptoms, see your doctor right away.

HOW TO TELL IF YOU HAVE PRE-DIABETES

While diabetes and pre-diabetes occur in people of all ages and races, some groups have a higher risk for developing the disease than others. Diabetes is more common in African Americans, Latinos, Native Americans, and Asian Americans/Pacific Islanders, as well as the aged population. This means they are also at increased risk for developing pre-diabetes.

There are two different tests your doctor can use to determine whether you have pre-diabetes: the fasting plasma glucose test (FPG) or the oral glucose tolerance test (OGTT). The blood glucose levels measured after these tests determine whether you have a normal metabolism, or whether you have pre-diabetes or diabetes. If your blood glucose level is abnormal following the FPG, you have impaired fasting glucose (IFG); if your blood glucose level is abnormal following the OGTT, you have impaired glucose tolerance (IGT).

Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In type 1 diabetes, the body does not produce insulin. Insulin is necessary for the body to be able to use sugar. Sugar is the basic fuel for the cells in the body, and insulin takes the sugar from the blood into the cells.

Finding out you have diabetes is scary. But don't panic. Type 1 diabetes is serious, but people with diabetes can live long, healthy, happy lives.

Having type 1 diabetes increases your risk for many serious complications. Some complications of type 1 diabetes include: heart disease (cardiovascular disease), blindness (retinopathy), nerve damage (neuropathy), and kidney damage (nephropathy). Learn more about these complications and how to cope with them.

Type 2 diabetes is the most common form of diabetes. In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin. Insulin is necessary for the body to be able to use sugar. Sugar is the basic fuel for the cells in the body, and insulin takes the sugar from the blood into the cells. When glucose builds up in the blood instead of going into cells, it can cause two problems:

- * Right away, your cells may be starved for energy.

- * Over time, high blood glucose levels may hurt your eyes, kidneys, nerves or heart.

Finding out you have diabetes is scary. But don't panic. Type 2 diabetes is serious, but people with diabetes can live long, healthy, happy lives.

While diabetes occurs in people of all ages and races, some groups have a higher risk for developing type 2 diabetes than others. Type 2 diabetes is more common in African Americans, Latinos, Native Americans, and Asian Americans/Pacific Islanders, as well as the aged population.

The 28th KEYSTONE BLIND BOWLERS TOURNAMENT

The tournament will be held in Green Tree. The tournament bowling will take place at the NOBLE MANOR LANES on Noblestown Road in Green Tree.

The dates of the tournament this year are
February 18, 19, 20, 2005.

The bowling sessions will be:

Friday, February 18, 2005

REGION I 2:30 - 6 PM

Saturday, February 19, 2005

REGION IV 8 AM. - 11:30 AM

Saturday, February 19, 2005

REGION III Noon - 3:30 PM

Sunday, February 23, 2005

REGION II 8 AM - 11:30 AM

Sunday, February 20, 2005

CABINET MEMBERS Noon - 3:30 PM.

I am also looking for two clubs, one Saturday morning and one Sunday morning to show up at the lanes at 6:30 AM to help set up the rails for bowlers. If your club is interested PLEASE CONTACT ME!

This year the District is asking for a **\$50.00 donation from each club** to off set the expenses of the tournament. Your Club's financial support is important to the success of the Blind Bowler's Tournament. Please make checks **payable to District 14-B** and mail to Lion Richard Peters, 248 Mary Ellen Dr., N. Versailles, PA 15137-2447

The Blind Bowlers also need your support of being at the bowling lanes to spot pins, and to make sure the computer works properly for scoring. Lat year's plan of assigning bowling sessions to Regions worked out well. We will need 10 to 15 Lions are needed for score keepers for Friday afternoon schedule, 20 to 25 Lions for both sessions on Saturday and Sunday. **IF YOU THINK ABOUT THE NUMBER OF LIONS NEEDED PER SESSION, THAT WORKS OUT TO 2 LIONS PER CLUB! PLEASE COME OUT AND PARTICIPATE !**

The Assignments of sessions per Region was completed at the August Cabinet Meeting. Each Region will be responsible for manning their session. **PLEASE ARRIVE ONE-HALF HOUR BEFORE YOUR SCHEDULED SESSION SO THAT LANES CAN BE ASSIGNED!**

The Hotel that will be the GREENTREE HOLIDAY INN. The tournament banquet is held Saturday night and all Lions are invited to attend. Also, the Holiday Inn has special room rates for the weekend for anyone wishing to stay the weekend, or the night of the banquet. For more information on the banquet and room rates please feel free to contact me.

I hope to see all the Lions, Lioness, and Leos of District 14-B at this years tournament to make this 28th Keystone Blind Bowlers Tournament another success. If you have any questions please feel free to call me at (412) 678-3719

Thank You and I hope to see you at the tournament ---

LION Richard Peters, Chairman

PENNSYLVANIA COUNSELLORS DISTINGUISHED SERVICE AWARD

The PA Counsellors have established this award for presentation to deserving Lions throughout Pennsylvania.

Each Sub-District may present (2) two Pennsylvania Counsellors Distinguished Service Awards annually. The award is limited to one per club per year and only one (1) award, per district, may be presented to a Past District Governor. Persons who have received a prior PA Counsellors Distinguished Service Award, Lions International Leadership Award, Lions International Presidents Award or the Lions International Ambassador of Good Will Award are not eligible for this award.

Criteria to earn this award:

- Have served at least ten (10) years as a Lion.
- Have earned at least five (5) years of perfect attendance.
- Served as either President or Secretary of his Club or have displayed other exemplary service.
- Must be a Lion in good standing in a Lions Club of good standing within his district within Multiple District 14.

Application for the PA Counsellors Distinguished Service Award shall be submitted by the Lions Club President to the President/Chairman of the Past District Governor's organization within the Sub-District. The President/Chairman shall endorse the recommendation through the District Governor to the President of the Pennsylvania Counsellors. Applications shall be on prescribed forms furnished by the PA Counsellors and must be received at least two weeks prior to the February State Council Meeting.

Presentations shall be made at a Sub-District function and should be made by the President/Chairman of the Sub-District Past District Governor's organization.



Lions Club of Allegheny County
c/o DG Dennis McCarthy
231 Henderson Road
Buena Vista, PA 15018-9538

U.S.
POSTAGE

A very, special program at Beacon Lodge is appropriately called "Camp Connection." This four day retreat starts sometime in late spring/early summer, usually on Saturday and ending on Tuesday, will provide an opportunity of bringing preschoolers (ages 2-6) their families and vision professionals together.



Relaxation and learning are two goals of "Camp Connection" where families are encouraged to share information, concerns, expectations and fears with each other.

Visually impaired children learn to interact with others in a learning situation, while a trained staff continually observe and supervise the child through his/her adjustment to camp.

Parents are involved at informal conferences and workshops with professionals on a variety of subjects such as day to day managing techniques, the educational future of the child, definition and description of various related diseases, procedures and etc. Lectures and guest speakers will be directly related to visual impairments.

The only cost for this opportunity is a \$25 registration fee for 2 adults and 1 child. PA Lions Beacon Lodge Camp with the help of BVS (Blind Vision Service) will sponsor the funding of this program (your donations at work). If you know of a toddler in your area that would benefit from a program such as this, please refer them to Beacon Lodge Board Member Mike Vudragovich, PDG or Beacon Lodge Liaison Tom Hurrell.



This joyous season is all about "Hope Reborn Again," and thanks to you, this is what Beacon Lodge is all about.

In deepest appreciation for your interest and support, we at Beacon Lodge wish you peace happiness and love as well as every joy in the New Year.