



# Lions of Allegheny County

## CAULDRON

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

[WWW.LIONSOFALLEGHENYCOUNTY.ORG](http://WWW.LIONSOFALLEGHENYCOUNTY.ORG)

MARCH 2005



### District Vice-Governor's Message

February started with the State Council Meeting in Reading and our third Cabinet Meeting. One topic discussed at both was Lions-Quest, a highly touted program that helps children deal with some of the problems they face in society. Smoking, drinking, drugs and bullying are serious issues that confront children and parents and our schools. As Lions have an interest in our youth, LCIF offers Lions-Quest, proven programs tailored for three different age levels from Kindergarten through age 19. The District needs a Chairperson to promote and introduce Lions-Quest into an appropriate school district. Experience as an educator would be a plus. Any Lion interested in chairing or working on this project should contact me for more information.

The Annual Blind Bowlers Tournament was held February 18, 19 and 20 at the Noble Manor Lanes as reported elsewhere in this issue.

To recognize the district's Melvin Jones Fellows, a brunch was held at the Royal Palace Inn on February 26<sup>th</sup>. About 30 Lions plus guests enjoyed the fellowship. District Governor Dennis McCarthy presided and IPDG and district LCIF Chairperson Rich Keller was our speaker. Rich described the operations of LCIF and the many ways it benefits humanity including Pennsylvanians. So far Lions have donated more than \$2.2 million to LCIF for tsunami relief. Donations specified for tsunami relief and submitted by March 31, 2005 can be used to name Melvin Jones Fellows. For more see <http://www.lions-tsunami.org/>.

Thru December 31 our District gained 48 members but lost 64; we were down 1.38% to 1144. PA had a net loss of 473 members to 26,860 (1.73%). Club Presidents and membership chairs should accelerate their plans to recruit new members *now*. See the new W-I-N incentive for adding more women members attached. We have a long

*Continues Page 4 . . .*



### DISTRICT GOVERNOR'S MESSAGE

One of the greatest things about being the District Governor is meeting wonderful lions. I have so far visited 47 of our 50 clubs and I have to say I have not yet regretted that I accepted the position of Governor. Thank you all for the kindness that has been shown to me.

The District is making some positive changes and I want to thank the people who are working very hard to help make the district grow. PDG Joe Donkin and Michelle Baich, President of the McKeesport Lions Club have started a Leo club in McKeesport High School, a Leo Club in Duquesne and a Lions club that will hopefully be started soon in Duquesne. I want to publicly congratulate them for their success and helping the district grow. They are doing an outstanding job. In the South Hills PDG Mike Vudragovich is burning the midnight oil trying to start a Lions Club or a branch club in Bridgeville. We wish him much success and thank him for his hard work.

When visiting the clubs in the district, I have heard many clubs say they would love to have a Leo Club near them and many have said the schools in their area are willing to have a club there. If this is true please notify either Vice District Governor Jim or myself so that we can explore the possibilities. We are very eager to make 14 B grow any assistance we can get is deeply appreciated.

We are very excited to have International Director Ernest Young from Kansas visiting us on April 17, 2005. Please try to attend the Spring Party to give him a great big 14 B welcome. He will share with us the International Presidents message of "Share Success Through Service". He is a very dynamic speaker and I know you will enjoy his speech.

I want to express my thanks to all the clubs who have shown an increase in membership. I am excited to see the amount of new members that are coming into our organization. Keep up the great work and remember to give new members projects to do so that they do not leave. LISTEN to what they have to say, be open minded, and accept change. This will keep us fresh and will help increase our growth.

Yours in Lionism,  
Dennis McCarthy  
District 14-B Governor

# LIONS EVENTS & HAPPENINGS...

**OAKLAND LIONS CLUB**  
**70th ANNIVERSARY**  
**DINNER**  
**NEW DATE: FRIDAY, APRIL 8, 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

**Elizabeth Lions Club**  
**Spaghetti Dinner**  
**Saturday, April 16, 2005**  
 NOON - 3:00 PM Blaine Hill VFW  
 \$6 Adults \$3.00 Children  
 Info and Reservations cal  
 (412) 384-7194 (412) 751-0336

**HOMESTEAD DISTRICT**  
**LIONS CLUB**  
**19th ANNUAL**  
**GOLF SCRAMBLE**  
  
**WEDNESDAY, June 29, 2005**  
 Westwood Golf Club -- West Mifflin, PA

**ZONES 2A and 2B**  
**JOINT MEETING**  
**Monday March 7, 2005**  
 CASH BAR 6:00 PM  
 DINNER 6:30 PM  
 PRICE: \$13.00 per person  
 Brass Rail Restaurant,  
 Bill Green Shopping Center, Pleasant Hills  
 Guest Speaker:  
 Brian O'Neil, Post-Gazette Columnist  
 R.S.V.P. BY MARCH 4, 2005  
 Lion Geoff Temple  
 (412) 655-3321  
 temple@att.net  
 Marge Yurechko (412) 751-7368  
 ymarge@wmconnect.com

**Upper St. Clair Lions Club**  
**50th Anniversary Dinner**  
**Friday, May 6, 2005**  
 St. Clair Country Club  
 6:15 pm - 7:30 pm (Cash Bar)  
 7:30 pm Dinner  
 \$40 per person  
 Reservations or more info contact  
 Lion Wes Hurst (724-941-8329)  
 or Lion Lou Zemanski  
 (724-941-6777)  
 before Friday April 22, 2005.

**Tarentum Area Lions Clubs**  
**2005 LOTTERY**  
**CALENDARS**  
 Pays \$25 for evening 3-digit lottery  
 Lion Lou Hoetzlein (412) 224-5999

## HILL TOP LIONS CUB

**Las Vegas Vacation for 2 or \$ 1,000. Cash**

Trip includes: \* Round Trip Airfare  
 \* Hotel, 5 Days, 4 Nights

- Baggage Transfers
- Drawing held  
 Monday, May 30th, 2005

pays First number drawn on PA Lottery, 7:00 P.M. Drawing.  
 Donation: \$ 2 dollars per ticket!

Any friend or Lion who would like to purchase a ticket can call  
 Lion Joseph Setticas 412-922-2606  
 Lion Keith Winter 412- 885-2099  
 Lion Thomas Coppola 412-481-1176

## SUNSET HILLS LIONS CLUB

Gerri Mead, treasurer of the Sunset Hills Lions recently had complicated by-pass surgery and is recovering. Please keep her in your thoughts and prayers.

Also, The Sunset Hills Lions is hoping to sell their life-size Lion. Must See!

- Motorized Head
- Roars !!!
- Set on platform
- GREAT for parades !!
- COST \$300.00

Contact Barb Dickson 412-563-2521  
 celticred117@aol.com

**CONTACT LION JIM HARTMAN**  
**(412) 600-0220 FOR TICKETS**

# WEST MIFFLIN LIONS CLUB

## SPRING GUN BASH

Homeville Fire Hall, Greensprings Ave., West Mifflin — Sunday, April 3, 2005

*Tickets courtesy of Reese Wholesale Supply Company*

1:00 Remington BDL 30 06	2:45 \$300.00 CASH	4:30 Ruger M77 270
1:15 \$300.00 CASH	3:00 Ruger 7 mm. S.S.	4:45 \$300.00 CASH
1:30 Remington 870 3 1/2" Turkey	3:15 \$300.00 CASH	5:00 Mossberg 835 Camo 12 ga.
1:45 \$300.00 CASH	3:30 Ruger M77 22-250	5:15 \$300.00 CASH
2:00 Remington 700 BDL .243	3:45 \$300.00 CASH	5:30 Ruger KM S.S. .300 WinMag
2:15 \$300.00 CASH	4:00 T/C/ Firestorm	5:45 \$300.00 CASH
2:30 Winchester 1300 Realtree 12 ga.	4:15 \$300.00 CASH	

### 6:00 BROWNING A-BOLT MEDALLION 7MM MAG. W/ BOSS

This ticket must be presented for admittance. You must be 21 years of age to attend. **NO exceptions!** Doors will not open until 12 Noon.

All winning numbers will be drawn at Homeville Fire Hall

There will be food and refreshments for ticket holders at the Fire Hall that day, starting at 12:30 until 6:00 pm

You need not attend to win. Winners will be notified. Guns not claimed within 30 days after notification will be forfeited.

All guns are final. Not responsible for typographical errors. All firearm prizes subject to Federal & State Laws and Regulations  
 County Permits

**DONATION: \$20.00**

**1,000 TICKETS**

**THANK YOU!**

## **W- I - N Incentive (Women in Numbers) Women's Membership Development**

In the promotion and interest of increasing women membership in Lions Clubs in Pennsylvania, the W-I-N Incentive, "Women in Numbers", has been developed. All Lions Clubs in Multiple 14 are invited and encouraged to participate.

*Purpose: To encourage Lions to take the initiative to pursue "new" women members and to give an incentive to Lions who do so. To recognize existing Lions Clubs and individual Lions for their efforts in membership growth.*

### Clubs:

- A special Banner Patch will be awarded to the Club in the Eastern, Central and Western Region that has the highest number of "new" women members for the period April 1, 2005 through September 30, 2005.
- Clubs must gain at least three (3) "new" women members BEFORE the counting begins.
- In the event there is a tie in the number of new women members gained, each of the tying Clubs will receive the W-I-N Banner Patch.
- The patch is designed in the shape of a keystone, representing the State of Pennsylvania with the letters: W - I - N. ("Women in Numbers") and the words, "Lions WIN in PA 2005".

### Individual Lions:

- The single Lion, who sponsors the highest number of "new" women members in each Region, regardless if his/her club receives the winning Banner Patch, will also be recognized. A Presidential Certificate of Appreciation will be awarded to those Lions
- In the event of a tie in the number of new women members a Lion brings in, the Presidential Certificate will be awarded to the Lion who brought in the new women members in the shortest period of time between April 1 and September 30, 2005. A total of three (3) Presidential Certificates will be awarded, one in each Region.

This W-I-N Incentive applies to "existing" Lions Clubs and would not apply to "new" Lions Clubs formed within the incentive period of April 1, 2005 and September 30, 2005.

**All accounting of numbers gained by Lions Clubs and individual Lions will be based on Lions Clubs International's figures acquired through individual Club's M & A reports.**

Questions concerning the W-I-N Incentive should be directed to: PDG Jan Adams, Multiple 14 Chairperson Women's Membership Development pdgjan@pa.net 717-728-9142

## **SPLISH - SPLASH . . .**

Is your Club joining other clubs from Multiple District 12 with a donation to construct our new pool at beacon Lodge Camp? If not, please consider doing so. Without question, the pool is the most used and appreciated recreational facility in camp. Over the years, many Districts with Multiple 14 have supported both physical and financial needs of PA Lions Beacon Lodge Camp, but not all have been as faithful and as loyal as the clubs in 14-B. During the last regular camping season approximately five hundred campers, adults and children used the swimming pool many times over during their 10-day camping session. What you might not know, other groups of campers use the swimming pool outside of the regular camp season. These include 45 adults and children who attend Camp Connection; 50 campers from the Deaf/Blind Project and 75 campers from Environmental Alliance for Senior Involvement. This equates to approximately 860 individuals from a combination of organizations representing those with special needs.

Again, in behalf of Beacon Lodge, I personally thank you for weathering the financial storm surge for capital improvements to 14-B Dorm as well as our new pool. Donations may be mailed to:

### **DORM DONATIONS TO:**

Lion Tom Hurrell, Liason  
207 Glencoe Dr.  
West Mifflin, PA 15122-2623

### **POOL DONATIONS TO:**

PA Lions Beacon Lodge Camp  
114 SR 103 South  
Mount Union, PA 17066



**VDG MESSAGE . . .**

way to go to meet our goals for the year!

Adding new members is a great way to invigorate your club. They bring new ideas and hearts and hands to serve. Keep all your members involved; if someone misses a project or meeting give him/her a call to let them know they were missed. Thanks to PDG Mike Vudragovich, PDG Joe Donkin and King Lion Michele Baich Matuch, we're forming new clubs or branches in Bridgeville and Duquesne. A new Leo Club will be inducted in McKeesport on March 2. (Unfortunately Leo and Lioness clubs do not count toward our membership goals). The McKeesport, Central Elizabeth, and Upper Saint Clair Clubs are to be commended for their strong commitment to support these new clubs.

In the first year of our new fundraiser, 18 of the 50 clubs in our district sold Enjoy Coupon Books. They sold 732 books for a total profit of \$6588 for their club projects. The Whitehall club sold 170, Springdale 60, Pleasant Hills and the Downtown Club sold 58 each. Nice work Lions! Looks like a pretty good return for our efforts. Maybe some more clubs will want to try it next year. Ask the Whitehall Lions for their secret!

Your friend in Lionism,  
*Lion Jim Brubaker*



Get your **TICKETS TODAY !** Proceeds benefit the **NEW POOL**. Cost of a ticket is \$5.00 each with a chance to win \$1,000, \$500, \$250, \$125. The Post Time for the race is July 17, 2005 at Beacon Lodge.

Contact your District Governor at 412-751-8119 for tickets!

**RADIO INFORMATION SERVICES . . .**

Lions District 14-B supports the Radio Information Service. RIS is for anyone in SW PA with a visual or other handicap that would enjoy and gain independence from hearing local newspapers read over a special radio station tailored specifically for them. News, weather, sports, editorials, obituaries, grocery and department store ads and more are available 24/7.

Subscribers receive a special radio with a tape deck to listen to and record their favorite features. They can also connect to Comcast cable or use their dial-up service for certain readings on demand. Presently, less than 5% of those who might benefit are subscribers. More listeners would increase RIS revenues and reduce their cost per listener. In addition to serving as volunteer readers and providing financial support, Lions can help by informing people that this service is available. Please help enroll individuals who could benefit from this service. Send their name and address or phone number to [info@readingservice.org](mailto:info@readingservice.org) or phone 412-488-3944. For more information visit [www.readingservice.org](http://www.readingservice.org)

**Eye Screenings**

Congress, the UPMC Dept of Ophthalmology, and the Hilltop Lions Club will provide Eye Screening in two communities:

**Friday, May 6** at the Elder-ado Community Senior Center, 320 Brownsville Road

**Saturday May 7** at St George/St John Vianni Church 823 Climax Street in Beltzhoover

**35th Annual District 14-E YOUTH SEMINAR**

**“Learning Today, Leading Tomorrow”**

**April 1, 2, 3, 2005**

St. John Center, Route 30 East, Greensburg

Fee of \$75.00 includes lodging, meals and snacks. No other fees are involved

For more information and forms visit our website for a downloadable form. Or contact Chairman DG Bob Mesher at (724) 379-8459

**QUOTE OF THE MONTH**

"One cannot consent to creep when one has an impulse to soar"

*Helen Keller*

The USA-Canada Lions Leadership Forum will be held on September 22-23, 2005 in Peoria, IL.

"Passion to Excel" is this year's theme.

# KEYSTONE LIONS BLIND BOWLERS Tournament



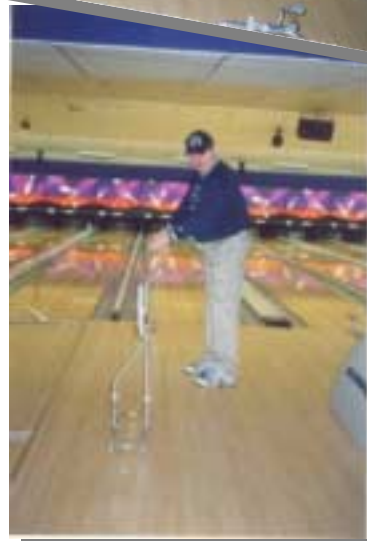
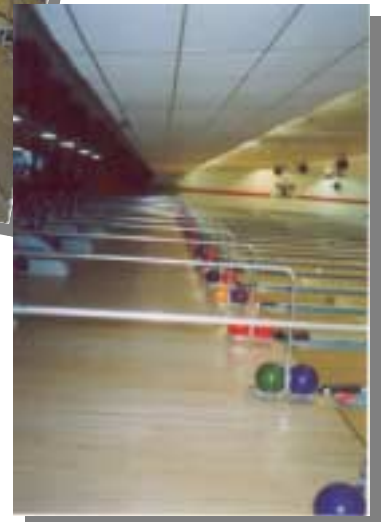
The 28th annual Blind Bowlers Tournament was another success this past weekend. Approximately one hundred blind and visually impaired bowlers from several states participated. Sixteen Lions Clubs (Northern Allegheny, Monroeville, Oakmont, Elfinwild, Homestead, Bethel Park, Whitehall, Upper St. Clair, Hilltop, Grandview, Sunset Hills, Pleasant Hills, Jefferson Hills, White Oak, Glassport, Pgh. Deaf-Blind) sent members to assist in pin spotting and other needed functions. A Scout troop sent scouts and leaders to help.

I heard several Lions indicate that they had a great time, that they were in awe of the bowlers, and that they looked forward to helping again next year. I also heard two teams of bowlers express that the Lion who spotted for their team was the best that they had ever had! Nice compliments all around! A total of twenty four clubs sent in donations of \$50.00 to help support the tournament. A great job was done again by Dan and Marge Driscoll from the Mon Valley Pioneers team who produce the

tournament each year and to PDG Rich Keller (the behind-the-scenes chairman) who kept everything running smoothly, as usual.

Hopefully, many more clubs will participate next year, both monetarily and with manpower.

Lion Rich Peters, Chair



## What is diabetes?

Diabetes is a group of diseases characterized by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can be associated with serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications.

### *Types of Diabetes*

**Type 1** diabetes was previously called insulin-dependent diabetes mellitus (IDDM) or juvenile-onset diabetes. Type 1 diabetes develops when the body's immune system destroys pancreatic beta cells, the only cells in the body that make the hormone insulin that regulates blood glucose. This form of diabetes usually strikes children and young adults, although disease onset can occur at any age. Type 1 diabetes may account for 5% to 10% of all diagnosed cases of diabetes. Risk factors for type 1 diabetes include autoimmune, genetic, and environmental factors.

**Type 2** diabetes was previously called non-insulin-dependent diabetes mellitus (NIDDM) or adult-onset diabetes. Type 2 diabetes may account for about 90% to 95% of all diagnosed cases of diabetes. It usually begins as insulin resistance, a disorder in which the cells do not use insulin properly. As the need for insulin rises, the pancreas gradually loses its ability to produce insulin. Type 2 diabetes is associated with older age, obesity, family history of diabetes, prior history of gestational diabetes, impaired glucose tolerance, physical inactivity, and race/ethnicity. African Americans, Hispanic/Latino Americans, Native Americans, and some Asian Americans, Native Hawaiian, or other Pacific Islanders are at particularly high risk for type 2 diabetes. Type 2 diabetes is increasingly being diagnosed in children and adolescents. Gestational diabetes is a form of glucose intolerance that is diagnosed in some women during pregnancy. Gestational diabetes occurs more frequently among African Americans, Hispanic/Latino Americans, and Native Americans. It is also more common among obese women and women with a family history of diabetes. During pregnancy, gestational diabetes requires treatment to normalize ma-

ternal blood glucose levels to avoid complications in the infant. After pregnancy, 5% to 10% of women with gestational diabetes are found to have type 2 diabetes. Women who have had gestational diabetes have a 20% to 50% chance of developing diabetes in the next 5-10 years.

Other specific types of diabetes result from specific genetic conditions (such as maturity-onset diabetes of youth), surgery, drugs, malnutrition, infections, and other illnesses. Such types of diabetes may account for 1% to 5% of all diagnosed cases of diabetes.

### *Treatment of Diabetes*

- In order to survive, people with type 1 diabetes must have insulin delivered by a pump or injections.
- Many people with type 2 diabetes can control their blood glucose by following a careful diet and exercise program, losing excess weight, and taking oral medication.
- Many people with diabetes also need to take medications to control their cholesterol and blood pressure.
- Diabetes self-management education is an integral component of medical care.
- Among adults with diagnosed diabetes, about 12% take both insulin and oral medications, 19% take insulin only, 53% take oral medications only, and 15% do not take either insulin or oral medications.

### *Pre-diabetes: Impaired glucose tolerance and impaired fasting glucose*

- Pre-diabetes is a term used to distinguish people who are at increased risk of developing diabetes. People are considered to have pre-diabetes if they have impaired fasting glucose (IFG) and/or impaired glucose tolerance (IGT). Some people may have both IFG and IGT.
- IFG is a condition in which the fasting blood sugar level is elevated (between 100 and 125 mg/dL after an overnight

fast) but is not high enough to be classified as diabetes.

- IGT is a condition in which the blood sugar level is elevated (between 140 and 199 milligrams per deciliter or mg/dL after a 2-hour oral glucose tolerance test), but not high enough to be classified as diabetes.
- In a cross section of U.S. adults tested in 1988 to 1994, 33.8% of adults aged 40-74 years had IFG, 15.4% had IGT, and 40.1% had pre-diabetes (IFG or IGT or both). Were these percentages applied to the 2000 U.S. population, about 35 million adults aged 40-74 would have IFG, 16 million would have IGT and 41 million would have pre-diabetes.
- Progression to diabetes among those with pre-diabetes is not inevitable. Studies suggest that weight loss and increased physical activity among people with pre-diabetes prevents or delays diabetes and may return blood glucose levels to normal.
- People with pre-diabetes are already at increased risk for heart disease and stroke.

### *Prevention or Delay of Diabetes*

Research studies in the United States and abroad have found that lifestyle changes can prevent or delay the onset of type 2 diabetes among high-risk adults. These studies included people with IGT and other high-risk characteristics for developing diabetes. Lifestyle interventions included diet and moderate-intensity physical activity (such as walking for 2 1/2 hours each week). In the Diabetes Prevention Program, a large prevention study of people at high risk for diabetes, the development of diabetes was reduced 58% over three (3) years. Studies have also shown that medications have been successful in preventing diabetes in some population groups. In the Diabetes Prevention Program, people treated with the drug metformin reduced their risk of developing diabetes by 31% over three (3) years. Treatment with metformin was most effective among younger, heavier people (those 25-40 years of age who were 50 to 80 pounds overweight) and less effective among older people and people who were not as overweight.



## District 14-B Lions Clubs of Allegheny County



# Spring Party

**SUNDAY, APRIL 17, 2005**  
**11:00 A.M. — 2:30 p.m.**

**COMFORT INN — RODI ROAD**  
**R.S.V.P. April 8, 2005**

**\$22.00 per person**

Money must be in by April 8, 2005/  
If you have made a reservation and cancel after the  
R.S.V.P. date, you will be responsible for payment!

**FESTIVITIES  
BEGIN AT 11 A.M**

Guest Speaker:  
Ernest Young, International Director  
Buffet Lunch will Be Served  
Door Prizes will be awarded !!!

**GUESTS always WELCOME and ENCOURAGED !!!**

**MAIL YOUR RESERVATION TODAY — DEADLINE APRIL 8, 2005**

Yes, I will be attending the District 14-B Spring Party !

Please reserve \_\_\_\_\_ Dinners at \$22.00 Each CLUB: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

CHECKS PAYABLE TO: District 14-B Lions Clubs Mail to:

Lion Alison Weber, District Activities Chair, 501 Wabana St., Pittsburgh, PA 15214-1744



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

U.S.  
POSTAGE