



EDITOR: LION C.W.(GUS) ESTE, PDG

Lions Clubs International Governor's Newsletter District A4



Ontario



Quebec

Volume: 07/08 Issue: # 01

Governor's July/August Message

Fellow Lions, Lioness, Leo and Lionette members:

Summer is here and I hope that everyone is enjoying the warm weather. Summer is a time to relax and recharge "the batteries."

As a new Lion's year begins, it is without a doubt an honour and a privilege for me to lead this great district of ours.

As I look forward to a great year ahead I point you to the Lions Leaders who will serve you in 2007-2008. They are listed at the top section of page two in this issue.

The International Convention in Chicago was something very special that Mona and me will not soon forget. The friendships and memories will last a lifetime. District A4 was well-represented with a good group of Lions. Thanks to all of you for your support!

Hats off to the Brockville Lions Steel Band - they were fantastic. Thanks to PDG Ted for getting them.

Our new President, Lion Mahendra Amarasuriya's Program for 2007/08 is called: "Challenge to Change." This is an ambitious and visionary outlook which should establish direction for clubs to follow and its nine core elements are something I'll be sharing with our Lions in the near future.

Special Points of Interest

- **Gov's goals & message**
- **Meet the International President 2007-2008**
- **This year's A4 Cabinet Officers**
- **Club News**
- **Billboard**

Message du gouverneur - juillet/aout

Chers Lions, Lionesses, Léos et Lionettes,

Voici déjà l'été et j'espère que chacun apprécie la chaleur. L'été est un temps pour se détendre et recharger « ces batteries. »

Au départ d'une nouvelle année de Lion, c'est sans aucun doute un honneur et un privilège de mener notre grand district.

En anticipant une bonnée année, je vous souligne les chefs lions qui vous serviront en 2007 - 2008. Ils sont énumérés à la section supérieure de la page deux.

La convention internationale à

Chicago était quelque chose très spéciale que Mona et moi n'oublieront pas bientôt. Les amitiés et les mémoires dureront une vie. Le District A4 a été bien représenté avec un bon groupe de lions. Merci à vous tous pour votre appui!

Notre "chapeau" au Brockville Lions Steel Band - ils étaient fantastiques. Grâce à PDG Ted pour avoir fait tout possible pour leur participation.

Le programme de notre nouveau président international Lion Mahendra Amarasuriya pour l'année 2007/08 s'appelle : « Défi à changer. » C'est une perspective ambitieuse et visionnaire qui devrait

My slogan for this year is: "Building Our Future - Bâtir Notre Futur."

The goals I have chosen include having the clubs become more aware and informed about our youth programs. I would also like to see more clubs get involved in a specific program or project, if they have not done so before. Peace Poster, Youth Exchange, LEOs, Lions Quest, are just some of the great programs our district has to offer. I would ask the Cabinet and the Committee Chairpersons to promote these in their regions and zones this year.

This is the third and final year of the SightFirst II campaign. We are just over \$100 million of our target of \$150 million and the stretch goal of \$200 million is in view. I would like to see clubs that have not yet given, do so soon. Only \$6.00 will save the sight of some poor soul.

Over the last two years our MERLO team has become very active. I'll be discussing their plans in my next message. They are very eager and energetic - so be aware!

établir la direction à suivre pour les clubs et les neuf éléments de ce programme sont quelque chose que je partagerai avec nos Lions dans le futur.

Mon slogan pendant cette année est : " Building Our Future - Bâtir Notre Futur. "

Les buts que j'ai choisis incluent avoir les clubs devenir conscient et plus au courant au sujet de nos... programmes pour la jeunesse. Je voudrais également voir plus de clubs s'impliqués dans un programme ou un projet spécifique, l'ont pas fait déjà. L'affiche de paix, échange de la jeunesse, LEOs, Lions Quest, sont justes certains des grands programmes que notre District a à offrir. Je demanderais au membres du Cabinet et aux



District Governor Jerome Andre

Please watch for my September Newsletter and message.

YIL,

Jerome Andre

District Governor A4

présidents des comités de promouvoir ces derniers dans leurs régions et zones cette année.

C'est la troisième et finale année de la campagne de SightFirst II. Nous sommes juste plus de \$100 millions de notre but de \$150 millions un but forcé de \$200 millions est en vue. Je voudrais voir les clubs qui n'ont pas encore contribuer de le faire aussitôt que possible. Seulement \$6.00 peut sauver la vue d'un pauvre individu.

Au cours des deux dernières années notre équipe de MERLO est devenue très active. Je présenterai leurs plans dans mon prochain message. Ils sont très enthousiastes et énergiques - alors prenez garde!

Veuillez attendre mon bulletin et message pour le mois de septembre. Votre dans le Lionism,

Jerome Andre

Gouverneur District A4



District Governor: Jerome Andre
Cabinet Secretary: Dave Voisey
Cabinet Treasurer: Sam Maddin
Vice DG: Al Page
Imm. PDG: James Johnston

Region 13 Chair: Ashlea Grosset
Region 22 Chair: Joe Gauthier
Region 30 Chair: Allan Wilson
Region 41 Chair: John Chilvers

Zone 13 (N) Chair: B.J. Maguire
Zone 13 (S) Chair: Hal MacPherson
Zone 22 (E) Chair: Dave Campbell
Zone 22 (W) Chair: Mel Vis
Zone 30 (W) Chair: Betty Laronde
Zone 30 (S) Chair: Fred Wilson
Zone 41 (N) Chair: Helen Porteous
Zone 41(S) Chair: John Edgerton

Meet President Mahendra Amarasuriya

Mahendra Amarasuriya of Colombo, Sri Lanka, was elected president of The International Association of Lions Clubs at the association's 90th International Convention, held in Chicago, Illinois, USA, July 2-6, 2007.



He is a graduate of the University of Ceylon with a Bachelor of Science degree. He has participated in the Top Management Course at the International Institute of Management in Lausanne, Switzerland. He has also acquired considerable experience in the field of management over the last 40 years as a director and chairperson of many prestigious companies in Sri Lanka.

International President Amarasuriya is the chairperson of the Commercial Bank of Ceylon Limited and three other blue chip companies, as well as a board member of many other blue chip companies in Sri Lanka. He is also a past chairperson of the International Chamber of Commerce of Sri Lanka, Employers' Federation of Ceylon, the Employees' Trust Fund Board, the Institute of Management of Sri Lanka and the National Agribusiness Council of Sri Lanka.

A charter member of the Lions Club of Galle (pronounced Gaul), he has held many offices within the association, including district governor from 1978 to 1979, council chairperson from 1979 to 1980 and international director from 1991 to 1993.

In recognition of his service to the association, he has received numerous awards, including many membership awards, the Master Key Award, eight International President's Certificates of Appreciation, eight International President's Awards, the Leadership Award and the Ambassador of Good Will Award, the highest honor bestowed upon association members. He has also received the 100% District Governor Award, the Extension Award and the 15-Year Perfect Attendance Award. He is a Progressive Melvin Jones Fellow.

International President Amarasuriya resides with his wife, Lion Kushlani, also a Melvin Jones Fellow, in Colombo, Sri Lanka.

Young Canadian Leadership Challenge (YCLC)

The YCLC originally scheduled for August 24th has been moved, for a number of good reasons, to **September 21-23, 2007**. With the move we now have a better location, Ranch Caleta: a horse farm run by two Cantley Lions, Michel Purdon and Monique Nadeau, an insurance policy which will work and a mini-project which will leave Ranch Caleta with a Ropes Course after all is said and done.

As the summer has worn on, I have had two students, courtesy of the Canada Summer Jobs program, both of whom epitomize what we do with youth. It's really hard to get it across short of attending an event, but over the summer we have also found a way to get the movie many of you have seen - up on our web site (it is now accessible to all at: <http://www.yclc.ca/index210>). The movie turned the tide during what turned into a coaching session by Past MDA Chair Judy Grant. She liked what she saw and realized the potential for both Lions Clubs and Lions-Quest right away.

There will not be another "showcase" for Lions after September 21-23. I've used up the last of the "good will capital" of my YCLC colleagues to offer it as an event totally supported before, during and after, as a volunteer event. The response from Lions signing on to be Adult Mentors has been underwhelming. Despite that, we've piled up some plaudits - which appear at: <http://www.yclc.ca/LIONS>

The problem has been turning these positives into a number of sign-ups as Adult Mentors for the September event. Lion President Lou Brunet tells me that our small Club will be filling all the Adult Volunteer and will also be providing the event with food. That's something! What we need now is for some of the other established clubs to jump on the bandwagon to help us promote, support and realize this great effort for youth.

I have enjoyed spending a whole summer getting it to the present stage. At the same time I realize that it will not be me who will push it over the top. Is there anyone among you who will? My offer is to work with anyone who offers to help. YIL.

Lion Brian Bailey M.D., Cantley Lions Club



Student Member Program

During the 2007 International Convention in Chicago, Illinois, delegates approved the new Student Member Program to make membership more affordable for college-age students. This program is designed to encourage student participation in campus and traditional Lions clubs and ensure the dynamism of student and young adult involvement in Lions. The Student Member Program expands our recruiting efforts and gives more students and young adults the opportunity to join the association.

Who qualifies for the Student Member Program? The eligibility definition of "student" is as follows: A student is an individual enrolled in an educational institution and between the age of legal majority in the jurisdiction in which they reside and through the age of 30.

Students who join existing clubs must be invited and approved by the club's board of directors. Club secretaries complete the [Student Member & Leo Certification Form](#) to report qualifying members.



*"Building Our Future -
Bâtir Notre Futur"*

Questions about Diabetes and Related Loss of Sight

What is the most common diabetic eye disease?

Who is at risk? What are its symptoms? The anatomy of the eye

Diabetic retinopathy. This disease is a leading cause of blindness in American adults. It is caused by changes in the blood vessels of the retina. In some people with diabetic retinopathy, retinal blood vessels may swell and leak fluid. In others, abnormal new blood vessels grow on the surface of the retina. These changes may result in vision loss. The longer someone has diabetes, the more likely they will get diabetic retinopathy. Nearly half of all people with diabetes will develop some degree of diabetic retinopathy during their lifetimes. The early stages of the disease are usually painless and don't affect vision. When the disease progresses, the macula—the part of the retina that provides sharp, central vision—swells from leaking fluid. This condition is called macular edema and can cause blurred vision. If new blood vessels have grown on the surface of the retina, they can bleed into the eye, blocking vision. Even in the most advanced cases, the disease may progress a long way without symptoms.

How is it detected? Can diabetic retinopathy be treated? Can diabetic retinopathy be prevented?

To get a good look at the retina, an eye care professional will use eye drops to dilate, or enlarge the pupils. They may also use a non-mydratic retinal camera. Nonmydratic means "without dilation." This instrument can see the retina without the bother of using eye drops. Yes. Although diabetic retinopathy can't be cured, laser surgery is usually very effective at preventing vision loss if treatment is done before the retina is severely damaged. Laser surgery has been proven to reduce the risk of severe vision loss from diabetic retinopathy by 90 percent. Laser surgery cannot restore vision that has already been lost to retinopathy. That is why finding diabetic retinopathy early is the best way to prevent vision loss. Not totally, but the risk can be greatly reduced. Studies show that better control of blood sugar levels slows the development of retinopathy, and lessens the need for laser surgery. Keeping blood sugar levels within a safe range helps avoid eye, kidney, and nerve disease. A dilated eye exam at least once a year is recommended for anyone with diabetes.

How common are the other diabetic eye diseases?

Cataracts are twice as likely to develop in a person with diabetes and will occur at an earlier age. Cataracts can usually be treated by surgery. Glaucoma is nearly twice as likely in a person with diabetes. And, as with diabetic retinopathy, the longer a person has diabetes, the greater the risk of getting glaucoma. Glaucoma is usually treated with medications or laser surgery. If you have diabetes, make sure you get a dilated eye examination at least once a year. For those without insurance, Medicare, the American Academy of Ophthalmology and the American Optometric Association help those with diabetes get their eyes checked. To qualify a person must have diabetes, be over 65 and eligible for Medicare. To get the name of an ophthalmologist participating in the Eye Care Americas'—National Eye Care Project® in a specific area, call the 24 hour toll-free number at 1-800-222-3937. Even if diabetic retinopathy has already caused some vision loss there are resources available to help make the most of remaining vision. Write the contacts below or visit them online for more information.

To learn more about diabetic eye disease, visit www.LEHP.org or the National Eye Institute at www.nei.nih.gov. For more information, visit: www.lehp.org

LEHP is a program of the Lions Clubs International Foundation. The LEHP program was made possible, in part, through an educational grant from



**Lions Clubs
International**

M E R L RESOURCE CENTER

Teamwork in Action!!

What is MERL? MERL, in some places MERLO is an acronym for chairpersons of Membership, Extension, Retention and Leadership Development. These four chairpersons form a team, identified as the MERL Team. Sometimes a fifth chairperson, Orientation is included. What is the MERL Team? A group of appointed Lions working together for a common purpose who must rely on each other to achieve mutually defined results.

The multiple district and district level MERL Chairpersons are appointed for three-year terms. The multiple district MERL teams receive training at an LCI sponsored seminar during the first year of their term. The multiple district MERL then trains, coaches and inspires the district MERL teams.

The district MERL team receives direction, training and inspiration from the multiple district MERL team. The communication of multiple district goals and action plans establish priorities for the districts. Districts may have additional priorities depending on their district goals. The district MERL team works in cooperation with the district governor and the district cabinet.

MERL Team Resources

[District Registry](#) - Useful tool for tracking club Monthly Membership Reports.

[MERL: Teamwork for Growth](#) - The purpose of this booklet is to help MERL teams coordinate the various activities of the team's members. Individual MERL Chairperson manuals are available by clicking on these links on the LCI Web Site.

[Membership](#), [Extension](#), [Retention](#), [Leadership](#)

MERL Quarterly Newsletters - Read the latest information on [Membership](#), [Extension](#), [Retention](#) and [Leadership](#) and check out the [MERL Newsletter Archive](#) containing past issues of MERL Newsletters.

Billboard

(This space will be reserved for clubs and committees that wish to advertise their upcoming events. Brevity and clarity are essential in order to allow as many entries as is possible.)

The Guv's Newsletters will be published bi-monthly. Deadlines are 30 days prior.

Please send your copy to the editor at: jusgus@rogers.com

September 6-7-8 USA/ Canada Lions Leadership Forum, Grand Rapids, Michigan, USA (Contact Lion Gus Este)

District A4 - First Cabinet Meeting

Where: Cumberland Lion's Maple Hall, 2552 Old Montreal Rd.

When: Wednesday, September 19th, 2007 start time 7:00 pm

Cost: Meal - Prime Rib of Beef with all the trimmings - \$15.00 per person

Please confirm your attendance and those of any guests to Lion Dave Voisey, the Cabinet Secretary prior to September 12th, 2007.

September 29 Rockland Lions 25th Anniversary (Knight of Columbus Hall, Rockland)

Saturday November 18th, starting at 6:00 P.M. The Barrhaven Lions Club Santa Claus Parade of Lights. Watch For more details. Contact Lion J.D Doyle at (613) 825 - 2373

The following Anniversaries were announced at the Budget meeting. Watch for additional information:

- * October 27th Navan 55th Charter
- * January 19th Cumberland 40th Charter
- * April 5th Kemptville 50th Charter