



DISTRICT 7- L
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JANUARY 2012

DG Ritter Message

HAPPY NEW YEAR!! 2012 already !

I hope you had a memorable and blessed Christmas day and season!

The New Year is a time of reflection – what blessings we enjoy – and a renewal of our goals as we ‘start over’.

Kudos and congratulations –our district has added 54 Lions, year-to-date, as of the November report, especially the Mena Lioness club adding 17, and the Camden Club adding 13. Unfortunately this time period also recorded a loss of 63, yielding a net change of 9 loss. This can be attributed to the major loss of the whole club of Wickes, which closed in July while having 11 members.

So technically we are a ‘Status Quo’ district with 33 clubs (not the full 35) and membership of 942, (not the required 1250).

We are progressing with creating new clubs: The first step being the certification of “Certified Guiding Lions”. Previous guidelines called for new clubs to be assigned a guiding lion for a year. Presently, the guideline is two guiding lions with a two year commitment, with the option of a third year, if deemed necessary.

This is still a big commitment for a Lion to help start and nurture a club, usually not in that Lion’s community. Recently, with the help of Don Draper and John Barnett, 7 lions were trained at Hot Springs and an additional 10 at Texarkana. For anyone interested in this training, it is available on-line at the LCI training web site. It has been observed that clubs benefit from Lion training. Therefore, in a ‘perfect world’ all Lions would have certification and/or institute training. More realistically, my goal is to get an institute or certified Lion in each club. A step in that direction is to get all Zone Chairmen trained, this year, followed by all club presidents next year. Can you support me in this goal?

A comment from the training session was about the encouragement to assign mentors for new club officers. I recommend this training and mentoring of club secretaries. Even though international has simplified the membership and activity reports, several clubs are still not submitting timely reports. This attribute is included in the ‘club health assessment’ that I receive. Please report your activities timely – monthly is best. It is OK to be creative in documenting what your members do ‘in the name of LIONISM’.

I was able to participate in the recent ‘Healthy Club webinar’. If you missed it, check the webinar schedule for its possible re-run. ID James Cavallaro was its moderator. Yes, the same director many of you met in Bryant at our recent convention. The program included three success stories. One was the re-building of the Lonoke, Arkansas club. This was presented by 7-N District Governor Elect Leanna Rich. You also met her at Bryant, if you were there.

I was able to attend part of an evening of the Hope auction. This has been annual for 62 years! It has grown to a three evening event, even televised with local and toll-free call-in lines. It was reported to have been a \$28,000 (net) fund-raiser this year. (see related story below)

Near-by Prescott had one a week later. I attended part of that this year as well as last year. You may want to consider a similar project in your community.

The new “Lions Den” at Arkansas school for the Blind & Visually Impaired, was dedicated December 8th. This was a year-long and state-wide Lion project. A plaque enumerating the contributors was presented by CC Darleen. It received a lot of support from our district, as it is a school for the whole state. We can be proud of our support.

Continued on Page 2 - Ritter

Ritter

Continued from Page 1

The occasion was used to announce the winners of the districts and state Peace Poster Contest. For 7-L, our winner is Mickayla Casey, 13, of Willisville community / 7th grade at Nevada school, and sponsored by the Prescott Lions.

This took Third Place for the state, winning \$50. I had the honor of presenting her the award at the Prescott auction, in front of a couple hundred, community and Lion leaders.

I attended the recent board meeting at World Services for the Blind (WSB).

The exciting news is the acquisition of half of the adjoining Tyler street block, for the erection of a new educational building.

I hope you make a few Lion centered 'resolutions' this year - attend the mid-winter forum and/or state convention, invite a neighbor to be a club member, start a new community project, personally donate to one of the global projects (WSB, Mid-South, Leader dog, etc.)

Wishing you and yours a happy and blessed New Year.

Arkansas Lighthouse for the Blind

The Arkansas Lighthouse for the Blind began as a dream of a blind Methodist minister. In 1941, the late Reverend Jeff Smith, with the help of a few friends and a \$100.00 donation, set up a small workshop behind the Arkansas School for the Blind. Later, a shop was opened on the east side of Little Rock with an expansion in services to blind citizens through employment.

In 1966, the Lighthouse moved to the present location at 69th and Murray Streets. In 2002, the Lighthouse opened its first retail office supply store in the Federal Building at 800 W. Capital, Little Rock, as a convenience for the government customers.

The Arkansas Lighthouse is a non-profit agency that produces and sells many diverse products for the Federal Government through contracts made possible by the Federal JWOD program and for private industry.

The mission of the Arkansas Lighthouse is to provide blind and visually impaired individuals of Arkansas the opportunity to improve their quality of life and independence by providing employment.

Leader Dog For The Blind

Thank you for everything you do to support our mission to enhance the lives of people who are blind and visually impaired. As we enter into the



last few days of 2011, know that your support of Leader Dogs for the

Blind has helped enhance the lives of hundreds of clients who are blind or visually impaired in 2011.

On average each Leader Dog provides 3,000 days of increased independence to their owner. Since 1939, Leader Dogs have provided 42 million days (115,000 years) of service to their visually impaired partners.

As 2011 comes to an end, **please consider making a tax-deductible year-end gift to Leader Dogs for the Blind**—a gift that will allow us to provide 3,000 days of increased independence to each of our guide dog clients in 2012.

Make your gift count even more - double or even triple your gift with a matching gift!

Many employers sponsor matching gift programs and will match charitable contributions made by their employees. To find out if your company has a matching gift policy, visit leaderdog.org/matchinggifts.

Remind your club members to save the dates of January 28 for Mid-winter Forum in Clarksville and May 18-19 for the State Convention in Conway.

This is a story about four people, **Everybody**, **Somebody**, **Anybody** and **Nobody**. There was an important job to be done and **Everybody** could do it, but **Nobody** realized that **Everybody** wouldn't do it. It ended up that **Everybody** blamed **Somebody** when **Nobody** did what **Anybody** could have done!

Arkansas Lions Mid Winter Forum

University of the Ozarks
Clarksville, AR

Save the date . . . Make plans now to experience Lionism, Fun, Leadership, and Fellowship at its BEST. January 27 – 28, 2012.

Registration Fee: (\$30.00) The fee covers the cost of the seminars, breaks, and meal (Saturday Lunch). Coffee and cookies will be available.

Late registration fee of \$35.00 after January 22, 2012.

Hotel Rates: The Best Western Sherwood Motor Inn (479-754-7900) at 1207 S Rogers has a rate of \$45.90 plus tax for a single queen and a rate of \$50.15 plus tax for a king or double/double. Quality Inn (479-754-3000) at 1167 S Rogers has a rate of \$65.00 for a suite king or 2 queen beds.

Cancellation Policy: If you must cancel your registration notification must be in writing to Lion Clayton Caldwell by January 22, 2012.

For more information contact Lion Philip Taylor at 479-754-2616 or 479-979-2260

Name: _____

Address: _____

Phone: _____

Email: _____

Club: _____

District: _____

Total Due: _____

Please send payment to:

Arkansas Lions Mid Winter Forum
Lion Clayton Caldwell
PO Box 288
Clarksville, AR 72830

Lions Clubs International

Multiple District 7 – ARKANSAS

ARKANSAS LIONS STATE OFFICE

7430 North Hills Blvd

North Little Rock, AR 72116

Phone: 501-834-5111

Email: arlions@sbcglobal.net

M E M O

To: ALL ARKANSAS LIONS

From: Lion Philip Taylor, Chair Mid Winter Forum

Lion Michael Benefield, PDG, Program Chair

RE: Mid-Winter Forum - Where Volunteers Meet University of the Ozarks – Clarksville, AR

Lion Leaders – The date and time has been set for the Mid Winter Lions Forum and we need your help to make it a success! **Saturday, January 28th, 2012.** Registration will begin at 8:00 am. Tentative program agenda starts at 8:30 am and will conclude around 5:30 pm

We extend a special invitation to join us on Friday evening, January 27th for a social and dutch treat dinner at El Parian Restaurant (711 E Main, Clarksville) starting at 6:30 pm.

We ask that you promote this Leadership Forum in your clubs and districts. Let's make this forum one of the best!

The following is a sample of seminars to be offered:

Where have all the Lions Gone?

Membership Ideas

Conflict Resolution

Project Management

Running a Meeting

would you like to move up in Lions?

Fun In- Fundrasing

Internet Resources

Dear Lions Family,

I have bad news about John Barnett. John has suffered a stroke and has brain damage. The doctors say he will never walk or talk again, and must stay on a ventilator. We are all just devastated, none of this should have happened. For those that have not heard anything about this, Lion John had a procedure on Wednesday December 14 to remove polyps, he was sent home that day, on Friday morning he was hurting and Wanda called the hospital for advice. They told her it was probably just gas, but to be safe she took him to the ER close to their house.

John spent all day doing tests, it wasn't till 6:30 p.m. they finally discovered the problem. The doctor who removed the polyps cut John's colon and that filled his body with poison. John underwent emergency surgery to repair his colon. They put him in ICU and had a tube draining out the poison. He was being his charming self, Thanking everyone for coming, more worried about others, as that is his charm. John improved and they moved him to a regular room on Wednesday December 21, he was drinking sweet tea and ate a biscuit, so Wanda and everyone was relieved and encouraged by his improvements.

When Wanda got there the next morning John was hurting and fussing that no one had helped him. The doctor came in and said his white blood count was high and that he will have to put drain tube in again. Wanda was waiting outside the door and heard the doctor calling out Mr Barnett, Mr Barnett, then he called code blue and they put John back in ICU and he had to be put on a ventilator.

I spent the night with Wanda last night, the doctors are telling her 10 things at a time and most don't agree with each other. This is so heart breaking! Arkansas Lions will never be the same. Now the Lions Family needs to wrap our arms around Wanda to help her get through this.

I know Lion John & Lion Wanda have so many Lion friends, so please share this if you know others that would want to know about John.

I have been sending out updates and posting updates on Facebook. Wanda had ask me to keep everyone updated. Please don't call her phone, the mail box is full.

If you want to send an email or card, I'm collecting them for Wanda.

My email address is. wheelarkk@aol.com Address: Darleen Wheelington, 1825 Fairview Rd, Camden, AR 71701. Phone: 870-836-7297 home/work. 870-818-7588 cell

Please keep the Barnett Family in your prayers!

God Bless

Darleen Wheelington, CC

MD-7 Arkansas

UPDATE DECEMBER 31

Fellow Lions -

I just spoke with CC Darleen as she was returning home from the hospital. She asked me to send out an update note. Everything is pretty much status quo. Please take this in the manner intended as I have been in the same situation as Wanda.

The Lions Family needs to wrap our arms around Wanda to help her get through this.

As much as we all love John and Wanda, we need to give Wanda some space. This is a very stressful situation for her—and every visitor or phone call adds to the stress on her.

Please don't call either her or John's phones. The voice mail gets filled and she can't get messages from the hospital when they need to call her. CC Darleen will be sending out updates via email to keep all informed.

If you feel you must communicate, please send an email to the hospital and she will be able to read them when she can.

This is the site: http://www.baptisthealth.com/patients_visitors/email/default.aspx

If you want to send an email or card of encouragement, CC Darleen is collecting them for Wanda.

You can also send snail mail to their home address:

1500 Toltec Mounds Rd., England, AR 72046

Please continue to keep the Barnett Family in your prayers! Please feel free to pass this info to fellow Lions or friends of the Barnetts.

In Service,

Lion Myrna McGee, widow of PID Don McGee

A dog's seeing eye dog

A thousand words couldn't begin to tell the story in these pictures.



Lily is a Great Dane that has been blind since a bizarre medical condition required that she have both eyes removed. For the last 5 years, Maddison, another Great Dane, has been her sight. The two are, of course, inseparable.



"People will forget what you said; People will forget what you did. But people will never forget how you made them feel."

40 Tips for a Powerful New Year

- o Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate anti-depressant.
- o Sit in silence for at least 10 minutes each day. Buy a lock if you have to.
- o Buy a TIVO, tape your late night shows and get more sleep.
- o When you wake up in the morning complete the following statement: "My purpose is to _____ today."
- o Live with the 3 E's: Energy, Enthusiasm, and Empathy.
- o Watch more movies, play more games and read more books than you did in 2011.
- o Make time to practice meditation, yoga, and prayer. They provide us with daily fuel for our busy lives.
- o Spend more time with people over the age of 70 and under the age of 6.
- o Dream more while you are awake.
- o Eat more foods that grow on trees and plants and eat fewer foods that are manufactured in plants.
- o Drink green tea & plenty of water and eat blueberries, wild Alaskan salmon, broccoli, almonds & walnuts.
- o Try to make at least 3 people smile each day.
- o Clear your clutter from your house, your car, your desk and let new and flowing energy into your life.
- o Don't waste your precious energy on gossip, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
- o Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
- o Eat breakfast like a king, lunch like a prince and dinner like a pauper.
- o Smile and laugh more.
- o Life isn't fair, but it's still good.
- o Life is too short to waste time hating anyone.
- o Don't take yourself so seriously. No one else does.
- o You don't have to win every argument. Agree to disagree.
- o Make peace with your past so it won't spoil the present.
- o Don't compare your life to others. You have no idea what their journey is all about.
- o Burn the candles, use the nice sheets, and wear the fancy lingerie. Don't save it for a special occasion. Today is special.
- o No one is in charge of your happiness except you.
- o Frame every so-called disaster with these words: "In five years, will this matter?"
- o Forgive everyone everything.
- o What other people think of you is none of your business.
- o Time heals almost everything. Give time time.
- o However good or bad a situation is, it will change.
- o Your job won't take care of you when you are sick. Your friends will. Stay in touch.
- o Get rid of anything that isn't useful, beautiful or joyful.
- o Envy is a waste of time. You already have all you need.
- o The best is yet to come.
- o No matter how you feel, get up, dress up and show up.
- o Do the right thing.
- o Each night before you go to bed complete the following statements: "I am thankful for _____." "Today I accomplished _____."
- o Remember that you are too blessed to be stressed.
- o Enjoy the ride. Remember that this is not Disney World and you certainly don't want a fast pass.

ENJOY LIFE & 2012

In the Service of Life

by Rachel Naomi Remen

In recent years the question how can I help has become meaningful to many people. But perhaps there is a deeper question we might consider. Perhaps the real question is not how can I help but how can I serve?

Serving is different from helping. Helping is based on inequality; it is not a relationship between equals.



When you help, you use your own strength to help those of lesser strength. If I'm attentive to what's going on inside of me when I'm helping, I find that I'm always helping someone who's not as strong as I am, who is needier than I am. People feel this inequality. When we help we may inadvertently take away from people more than we could ever give them; we may diminish their self-esteem, their sense of worth, integrity, and wholeness. When I help, I am very aware of my own strength.

But we don't serve with our strength, we serve with our Selves. We draw from all of our experiences. Our limitations serve, our wounds serve, even our darkness can serve. The wholeness in us serves the wholeness in others and the wholeness in life. The wholeness in you is the same as the wholeness in me. Service is a relationship between equals.

Helping incurs debt. When you help someone, they owe you one. But serving, like healing, is mutual. There is no debt. I am as served as the person I am serving. When I help, I have a feeling of satisfaction. When I serve, I have a feeling of gratitude. These are very different things.

Serving is also different from fixing. When I fix a person, I perceive them as broken, and their brokenness requires me to act. When I fix, I do not see the wholeness in the other person or trust the integrity of the life in them. When I serve, I see and trust that wholeness. It is what I am responding to and collaborating with.

There is distance between ourselves and whatever or whomever we are fixing. Fixing is a form of judgment.

All judgment creates distance, a disconnection, an experience of difference. In fixing, there is an inequality of expertise that can easily become a

moral distance. We cannot serve at a distance. We can only serve that to which we are profoundly connected, that which we are willing to touch. This is Mother Teresa's basic message. We serve life not because it is broken, but because it is holy.

If helping is an experience of strength, fixing is an experience of mastery and expertise. Service, on the other hand, is an experience of mystery, surrender, and awe. A fixer has the illusion of being causal. A server knows that he or she is being used and has a willingness to be used in the service of something greater, something essentially unknown. Fixing and helping are very personal; they are very particular, concrete, and specific. We fix and help many different things in our lifetimes, but when we serve we are always serving the same thing. Everyone who has ever served through the history of time serves the same thing. We are servers of the wholeness and mystery in life.

The bottom line, of course, is that we can fix without serving. And we can help without serving. And we can serve without fixing or helping. I think I would go so far as to say that fixing and helping may often be the work of the ego, and service the work of the soul. They may look similar if you're watching from the outside, but the inner experience is different. The outcome is often different, too.

Our service serves us as well as others. That which uses us strengthens us. Over time, fixing and helping are draining, depleting. Over time we burn out. Service is renewing.

Your District Governor & Newsletter Editor Need Help

You will see very little local club news in this issue. You ever wonder why? Because we get VERY LITTLE information from clubs to publish.

This newsletter is a good way to let other clubs know what you are doing. What has your club done that should be passed on to other clubs? Maybe your club has done a project or fundraiser that did not work to your expectations, help other clubs by letting them know.

Please email your information to DG Art Ritter, motorman44@yahoo.com or Jim Hamilton, jim.hamilton@hsvlions.org