DISTRICT 31-I NEWS



BEYOND THE HORIZON

District 31-I Newsletter

December 2018



Membership News

In loving memory of Lions who have died this past month

MemberClubGarland K. RachelsSouth Iredell

Information obtained from MMRs submitted to LCI

Welcome New Lions

- Club Fair Grove Mount Airy W-S Twin City Host
- Member Camilla S. Rickard Willie A Pruitt Nakia Hewitt

Sponsored by Luther Watford Bill Woodruff Paul Bledsoe

Important Deadlines:

December 1, 2018 - Postmark deadline for District Governor to submit winning **peace poster** and **essay** to MD Council Chair.

January 11, 2019 - Last date for early registration fee of \$150 for 2019 International Convention in Milan. Get complete details at: <u>http://lcicon.lionsclubs.org/EN/attendees/</u> registration-information.php

Your Global Membership Team Chair, Lion Judi Seymour, reports that the Multiple District chairs meet regularly to share ideas and report progress with membership growth. She is available and awaiting your call to schedule a program on membership with your club.

Contact her at 704-467-4573 or email whootietoot@yahoo.com

Directory Changes

P. 49 - Hickory Grove Lions Club
Address: c/o Douglas Proctor
Preakness Blvd
Indian Trail, NC 28079
P. 62 - Global Membership-Judi Seymour
Address: 390 Rocky Rick Lane
Rockwell, NC 28138



IN THIS ISSUE

- ➤ Membership News Page 1
 - DG Carolyn Page 2
- > 1VDG Jimmy Page 3
- > 2VDG Donald Page 3
- Club Service / News Page 4,5
- ➤ Calendar of Events Page 6
- ➢ Brighter Visions Page 6
- ➢ Global Action Team Page 7
- Camp Dogwood Page 8
- ➢ LCIF Letter Page 9
 - Tribute Page 10
- Upcoming Events Page 11

Live-Love-Learn and Leave a Legacy DG Carolyn Sprinkle

Thank you in no way shows the gratitude for the legacy of Lions work and kindness shown every day. Keep in mind, whatever challenges we face, we are a team of 1,183 in District 31-I and an integral part of the 1.4+ million Lions in the world. Propensity to serve is one thing that most, if not all, of us as Lions have in common. As such, we are servants first and leaders second. We focus on the needs of others, including team members, before focusing on ourselves. We acknowledge the views of others and provide support needed for each of us so that we meet our service work goals, as well as our personal goals. We realize that by prioritizing other's needs over our own, we will continue to grow in our leadership roles. As successful Lions, we set long-term goals knowing they will only be accomplished by short term habits that we commit to everyday. We know we must give all we have to our task and not be afraid to fail.

By letting our "light" shine through accomplishments and/or failures, we unconsciously give others permission to do the same. We realize that we own our life. No one else is responsible for who we are or what we accomplish. We continue to grow knowing that what we are today is not what we have to be or maybe should be tomorrow. Improving ourselves each day will provide leadership growth and wisdom; however, we realize that we will never be perfect. We realize that we must be fully involved and committed to our "We Serve" task. We know for certain that some things are controlled by us and some things will never be under our control. We know we are authentic. We must improve and provide valuable services every day.

"You only live once, but if you do it right, once is enough." Mae West

Have a God-filled and Blessed	Christmas Seaso	n!			
Carolyn Sprinkle	On the Road with DG Carolyn				
	Club Name	Zone	Date	Time	
District Governor 31-I	Davis-Townsend	3	12/3/2018	7 pm	
336-372-8956 (home) or 336-466-5974	Elkin	1	12/10/2018	8 am	
* Caralyn Springe 00 Caralyn Springe	Troutman	2	1/21/2019	6:30 pm	
	West Iredell	2	1/24/2019	7 pm	
	Concord	4	2/5/2019	6:30 pm	
	Charlotte Southern	5	2/11/2019	7 pm	
	Mooresville	2	2/25/2019	6:30 pm	
	Kernersville	2	2/26/2019	6 pm	
	Mt. Airy	1	3/26/2019	6 pm	
	Lake Norman	2	4/16/2019	7 pm	
	Hasty	3	4/23/2019	6:30 pm.	

Tell us about your club events, fundraisers, service projects and honors received so that we can share them with your fellow Lions.

Email the details to **ebc4986@yahoo.com** or mail to Lion Elizabeth Conrad, 1270 Beck's Nursery Rd, Lexington, NC 27292 *by the 20th of each month.*

1VDG Jimmy Myers

December is the month we celebrate the birth of a baby whose life has influenced the world probably more than any other life. I call him my Lord Jesus Christ. Oh, the hope that the birth of a baby brings to us. We wonder what this child will do with his life. We wonder what legacy this child will leave in the world. This is why I believe what we do for children is probably the most important work we do.

We Lions believe that children are worth our work. We support Leo Clubs throughout the world to help these young people to join in the world wide work of Lions. We are committed to eradicate pediatric cancer, and we raise money to benefit those who are victims of this dreadful disease. This is an international effort because all children are important. We often do not see the impact of our gifts to the programs for children throughout the world.

Faith has a role to play here. Trust that our work for children will have a positive impact on the future. After all, the birth of a baby is filled with hope for brighter future for all of us.

Have a very blessed Christmas!

Lion Jimmy Myers - First Vice District Governor

2nd VDG Donald Cobb

'Tis the Season

I had to go out of town on the Tuesday before Thanksgiving for a doctor's appointment. As it turned out, it was later in the afternoon before I was able to start the rather long journey back home to Sparta. Although it was not yet time for the typical "rush hour" traffic, it was bumper-to-bumper at 10 miles per hour for much of I-40 headed west out of Raleigh.

At some point, traffic got to moving again although it was still bumper-to-bumper. I've never driven in a NASCAR race; however, it can't be any different than it was on I-40. I usually pull off at the rest stop outside of Burlington to stretch my legs, but that day I didn't dare get off the road for fear it might take forever to get back on with the traffic. I finally decided to stop outside of Greensboro for a bite to eat since there appeared to be a break in traffic.

Once I got back on the road, traffic was still heavy even though it was way after 6 pm. When I reached the point where I-40 and business I-40 separate on the western side of Greensboro, traffic came to a stand still again. From Greensboro to Winston Salem, it was bumper-to-bumper as far as you could see with traffic moving at 5 to 10 mph for much of the way. There were times when we reached 50 mph, but those times were few and far between.

It is interesting to watch the way people drive in heavy traffic such as this. You see those who are impatient as they pull to the extreme left or right to try to see what is causing the delay. You know they want to pass you, but there is no where for them to go. There are also those who are patient, letting traffic move as it may. As I watched all of this, I kept telling myself that this was two days before Thanksgiving and asking what would traffic look like on the Sunday after Thanksgiving.

As the holiday season continues, I hope you will let patience guide your actions. Yes, we must do this and go there, but do we really have to go at such a rapid pace? I encourage you to slow down this holiday season and enjoy the sights and people around you. After all, you will be a better Lion for it as we begin the new year.

Lion Donald Cobb - 2nd Vice District Governor

Issue 6

District 31-I Lions in Service

Linwood Lions Club will be having a turkey shoot Friday, Dec. 7 to benefit the blind and another one Friday, Dec. 14 to benefit Pastor's Pantry which provides food for those in need in the local community. Come, have fun and help out.

Christy Poteat of **Bethlehem Lions Club** competed in Golf Skills with Special Olympics. She and her Leader Dog, Autumn, *(below-left)* received Silver Medals.



Mooresville Lions Club's float appeared in the Mooresville Christmas Parade. Lions Angie Kaiser, PDG Sharon Weddington, PDG Randy Vickers, Cora Dellinger and Joyce Renegar are pictured *(above right)* raising awareness of Lionism in their community. The cuteness factor was provided by Lion Cora's daughters and PDG Sharon's granddaughters.

West Iredell Lions answer the call! The club donated toothpaste, toothbrushes, soaps, shampoo & conditioner, combs and snack bars to Camp Dogwood. These items will be used for the Winter Campers to fill Blessing Bags, which will be given to those in need in the local areas. The club had a fun and successful First Annual Yard & Bake Sale in October. They are



busy planning for their Second Annual 5K Vision Run in April 2019.

West Iredell Lions are leaving 2018 with a Lions roar and going into 2019 with a Lions roar "We Serve".

West Iredell wishes everyone a safe and happy holiday season with anticipation of a happy, healthy, safe and wonderful 2019 year of service.

LIVE-LOVE-LEARN AND LEAVE A LEGACY

Club News and Events



West Jefferson Lions Club is planning for the 5K fundraising Race on December 1. Applications are available on the 5K Web-Page.

Check out this beautiful Peace Poster Contest entry submitted by the **Welcome Lions Club**. Pictured *(left)* with the artist, Giselle Velazquez, is Lion Margaret Sink, District Peace Poster Chairperson.

The group of 36 VIPs and volunteers pictured *below* traveled to the **VIP Fishing Tournament** together and enjoyed spending time with one another there. There were 10 first

timers. On Sunday night, the group had a catered buffet meal. On Monday morning, they visited Bodie Lighthouse and enjoyed a Subway lunch at the Old Swimming Hole. Fishing Day was great. Everyone caught fish! Thank you to all the volunteers.



Looking to avoid cooking for Christmas? Both Davis-Townsend and Pilot Lions Clubs will have barbecue available.

Pilot will have pork shoulders & hams (whole shoulder price is \$4.00 per lb.) and Boston butts at \$25.00 per butt for pick up before noon Dec. 22. Contact Fred at 336-475-1001 or fredp@northstate.net by Dec 17 to reserve yours.

Davis-Townsend will have pork shoulders (\$45) and butts (\$30) available for pickup 8-11 a.m. Dec 24. Orders should be in by Dec. 17. Contact Jeff at 336-746-5791 or jpl@triad.rr.com



Dawson *(left)* was Awesome! He really captured the theme for the VIP Fishing Tournament...and check out his date's "derby" *(left)*.



District 31-I Newsletter		December 2018	Issue 6
		CALENDAR OF EVENTS	
Saturday, Dec. 1	11 p.m.	NC Memorial Service for PDG Jerry Bates (see tribute to Jerry on page 10)	Davidson Funeral Home, 301 N. Main Street, Lexington
Monday, Dec. 5		International Leo Day	
Thursday, Dec. 13	6:30 p.m.	Davidson County Lions Council VIP Christmas Party - seating begins no earlier than 5:30	Lexington YMCA, 119 W 3rd Ave.
Tuesday, Dec. 25		Mærry Christmas to all?	
Sunday, Dec. 30	3 p.m.	District Convention Planning Meeting	Camp Dogwood

Brighter Visions

Happy belated Thanksgiving, Lions and an early Merry Christmas!

As of mid-November our district has raised \$62,685 for Brighter Visions. This is an increase of a little more than \$1300 since last month. Thank you all for your continued efforts towards our goal.

Many of us have just spent time with family at Thanksgiving and probably filled our plates more than once at a Thanksgiving meal. We are just starting to decorate (maybe a few

Our 2018-2019	July			100%
District 31-I	June			91.67%
	May			83.33%
Brighter Visions	Apr			75.00%
Goal is	Mar			66.67%
	Feb			58.33%
\$150,000	Jan			50.00%
	Dec			41.67%
	Nov	\$62,685	41.79%	33.33%
Follow our progress	Oct	\$61,830	41.22%	25.00%
each month	Sep	\$60,080	40.5%	16.67%
	Aug	\$58,007	38.67%	8.33%
	July	START		

have already begun) for Christmas. While you are checking your Christmas list and getting ready to shop for loved ones, consider making an honorarium to Brighter Visions to celebrate someone you care about for Christmas.

The New Year brings our district convention to Camp Dogwood in January. Support Brighter Visions by donating an item to be sold at our Boutique or donating an item to go in your zone raffle basket. Feel free to contact your zone chair, Debbie Williams, Angie Kaiser or me for more information about these convention activities.

Another Brighter Visions district project in the New Year is a raffle for a chance to win a Bob Timberlake print. Tickets will be sold for \$5 each or 5 tickets for \$20. Tickets are in the process of being printed. We will contact clubs when they are ready for distribution.

Have a wonderful Christmas season!

Lion Michelle Gregory **Brighter Visions** Chair <<u>michgregory358@gmail.com</u>>



Global Action Team

GLT District Coordinator - IPDG George Culp

Leadership and Hallmark Holiday Movies

Even before the turkey was prepared and Thanksgiving was underway, the annual tradition of the Hallmark Network's holiday movies began. This marathon provides us with a holiday movie every two hours. One could sit in a cozy chair, wrapped in a throw with hot cocoa and never leave the house until 2019. This year there are thirty-seven premiers.

I must admit, I have watched four or five already this year. The G-rated stories often bring a tear to my eye as one of the characters who is struggling with Christmas finds the true meaning of the reason for the season. Each episode closes as they find their soul-mate, the snow begins to fall and the couple engage in a lip-lock.

Leadership in your club may require a binge into the season of renewal as well. Just think of how long the preparation has been underway to present thirty-seven new holiday movies. Each one began with a thought by the writer perhaps years ago.

By the time you read this, our Lion's year will be nearly half-way completed. By April, your club will need to elect the following year's officers. SO, it is not too early to prepare your leaders.

Encourage your members to consider being an officer. Ask them for new and innovative ideas to boost your club's activities and membership. Encourage them to participate in club visits and district activities including the Mid-Winter Convention in January.

I could continue; however, *Let It Snow* with Candace Cameron-Bure begins in ten minutes and I've not even made my hot chocolate.

Merry Christmas and Happy Holidays to all of you and to all a good night of holiday movies!

> PDG George Culp GLT District 31-I liongeorgeculp@gmail.com 704 906 8568

Global Service

Hello Fellow Lions,

Recently, I was talking with Governor Carolyn, and she suggested that I could help the clubs that have a fundraiser but are understaffed. So, I would like to ask the clubs that may need help staffing your fundraisers to either call me (704-662-8516) or email me (<u>casper101@windstream.net</u>). I will contact clubs in your area for assistance. Working together as a district will strengthen us and give us more opportunities for service to our communities.

We will soon be planning parties and listening to our favorite Christmas music. Wouldn't this be a great time to do a drive for the local food pantry or visit a local nursing home?

I would like to wish all a Very Merry Christmas and Happy New Year!

Lion Ron Rich Global Service Team Chair Casper101@windstream.net

Suggested Service Projects-December

- Collect can tabs for Leader Dog Program
- Hold a food drive
- Recognize a notable citizen
- Sponsor a VIP Christmas Party
- Hold a vision/diabetes screening
- Partner with Operation Christmas Child
- Prepare North State military Christmas Boxes
- Maintain a "Little Free Library"
- Partner with Angel Tree
- Contribute to a toy drive such as Toys for Tots
- Partner with Toy Store for Jesus
- Visit nursing homes and take a treat
- Collect used pill bottles for poor countries in need*
 Recycle eveglasses
- Recycle eyeglasses
- Distribute personal-need bags for men/women shelters

* An update from Lion Antha Reid: YES, we are collecting clean pill bottles, with labels removed. They cannot be sticky (editor's note: GooGone works well, as well as a hot hair dryer). They can be taken to Samaritan's Purse, 411 Elkin Highway, North Wilkesboro, N.C. 28659 (Phone 336-903-4968) or to one of the other Samaritan's Purse locations, such as Boone or Charlotte. They use them on their medical teams that go all over the world. We are so glad to have them here and within five years they plan to move everything that is in Boone to North Wilkesboro where they use the airport all the time now. All their huge tractor trailers etc. are stationed in North Wilkesboro and have been for several years. You can take tours of the whole facility, but they want you to make arrangements for the tours. It is amazing to see inside those huge trailers with every inch used for supplies! The place is spotless and the people are sooo very nice to work with.

I always count ours and let them know the number, and they always send our club a very nice acknowledgement within a few weeks of taking them. Let me know if I can help you get the message out that they can be delivered in different areas of our district to avoid the mailing costs.

Camp

awôc

THE SUMMER DESTINATION FOR THE VISUALLY IMPAIRED & BLIND

Hello from Camp Dogwood

The Camp Store has received minor renovations and redecorating. Next Camping Session you can expect campers to relax and enjoy the new space. Our VIP's will enjoy fresh popped popcorn from the new machine recently added and have access to a microwave, ice machine, and more. The space has had a TV installed also. There will be card and board games available as well as the all-time favorite, Shut the Box.

Another project soon to be started will be to move the horseshoe pits into the shaded area just above Udovich allowing the campers to enjoy a relaxing game without being exposed to the hot sun. We would like to add a seating area in the shade just above Udovich for relaxation and enjoyment.

A new smoking area is planned for the Sensory Garden Area of the Camp. Smokers will be excited about this news.

The kitchenette in White is receiving a facelift. Thanks go out to Lake Norman Lions for their donation and support of this project. Watch the Brighter Visions Facebook Page for more updates.

The roof on the Stickley building is in need of being replaced. We are in the process of gathering quotes now for this project.

The 2018-2019 Wish List has been sent out. If you are interested in donating an item on the list Please contact Tammy at 828-244-4342 for more info.

Tammy Thomas, Food Services and Properties Manager

Remember to keep selling your Camp Dogwood tickets. The date for the midwinter convention is fast approaching, and you will want yours entered in the drawing for two \$200 gift certificates. Money raised from ticket sales is used for the maintenance of the camp.



The Brighter Visions Boutique needs your hand-made crafts and home cooking for the store at the District Convention January 11-12. So fire up the kiln, and keep the needles clicking. Shell those nuts, and dry that fruit. The time to do the baking will soon be here. All proceeds are for Brighter Visions.

Where to find it on the web: <u>nclions31Lorg</u> to find information of interest on the district level <u>http://nclionscampdogwood.org/staff-volunteers/</u> to register for to volunteer for a week (or contact Camp Director, Keisha Ramseur at 828-478-2135 ext. 230 or at keisha@nclionsinc.org)



The recent Hurricane Florence impact/ destruction upon North Carolina is beyond description in many areas. Scores of our fellow citizens suffered devastation of their property and loss of necessary daily needs. You will be proud to learn among the first groups to respond with assistance to these devastated areas was **LIONS CLUB INTERNATIONAL FOUNDA-TION**. An additional infusion of \$100,000.00 is planned for the hardest hit areas of the State from **LCIF**. One mandatory action for each LCIF Payment is detail of receipts for all expenditures secured by local Lions. We serve, and as you see, Lions Respond!

During the impact of Hurricane Matthew two years ago as well as the impact of the tornado hitting Greensboro just ten days before our Lions State Convention, LCIF was there helping. Fortythousand dollars (\$ 40,000.00) was directed to our State for assistance of these natural disasters. Additionally, LCIF provided \$ 100,00.00 matching fund for the North Carolina Lions for Camp Dogwood this year. In total our State has received over \$ 250,000.00 from LCIF in the past two years alone. The need presented itself and LCIF responded!

As a Lion actively involved in service in your region, you are, and your Club is challenged to meet the needs in your community. Lions undoubtedly meet this challenge far better then any other group. Beyond the local needs Lions Clubs aspire to meet, we also work to meet needs on a grander scale in our State with our work to meet the goals of North Carolina Brighter Visions - our Lions State Foundation. These two efforts are the main areas of focus we have targeted for many years, and these two areas of focus should remain as such. This letter of reminder is to place before the Lions of this State the momentous efforts of LCIF in responding to our needs in North Carolina. For this reason, the LCIF Chair of each District is asking all Lions Clubs to include in their Club Goals \$ 25.00 per member over this Club Year for LCIF. We have received much from LCIF, and we are served best by showing our appreciation by this action. Part of my mission as the Statewide Chair is to seek corporate financial assistance for this effort to augment what is raised by our Lions from all five Lions Club Districts. I am working on it and need the show our Lions on North Carolina believe in the cause as well.

I urge you to actively seek opportunities to serve within your Club for all local areas of Lions Service you find as needed. Remember Brighter Visions while planning your Club Fundraisers and include LCIF in the plan. If your Club has not planned on a LCIF Contribution this year, perhaps a personal contribution of \$25.00 to LCIF can be offered as a tax-deductible contribution to show your deep appreciation for the responsiveness shown to our State by LCIF.

It is truly great to be a Lion and be a part of the responsiveness we provide in bringing service to those less fortunate. Thank you for all you do as a Lion.

During this Holiday Season we all wish to show our thanks for our blessings. I offer this blessing to you and your family—

May you always have love to share, health to spare, and friends who care.

IT IS GREAT TO BE A LION!

LCIF Chair

IPDG Steve McLaurin

Tribute to PDG Dr. Jerry Bates

A special North Carolina memorial service will be held Saturday, Dec. 1, 2018, at 11 a.m. at Davidson Funeral Home, 301 North Main Street, Lexington, NC, for Dr. Jerry S. Bates, a longtime leader of Lions clubs in the 4 state and a longtime chiropractor in Davidson County.

Bates, 87, passed away Sept. 16 in Johnson City, TN. after a period of declining health. Another memorial service was held Oct. 6 in Johnson City, but few NC friends were able to attend. As at the first service, his wife, Nancy, will be present at this second service to see friends.

Jerry Bates joined the Denton Lions Club just over 60 years ago, on Aug. 1, 1958, and served as president of that club and later of the Lexington Downtown Lions Club. In 2008, after moving to Tennessee, he joined the Bristol Host Lions Club. He edited Lions Club bulletins for 38 years.

He served as district governor for 56 Lions clubs in North Carolina's Piedmont in 1965-66 and remained involved in Lions-related service activities on the local, regional, and state levels for the rest of his life. He was awarded Melvin Jones and Jack Stickley fellowships. He was inducted into the NC Lions Hall of Fame. He was a Life Member of Lions Clubs International. He was actively involved in efforts to preserve Lions history in writing.

The Lexington Downtown Lions honored him in 2003 with the construction of a garden fountain bearing his name at Camp Dogwood, a recreational facility for the visually impaired on Lake Norman, north of Charlotte.

He retired in 2004 after 46 years as a practicing chiropractor in Davidson County.



LIVE-LOVE-LEARN AND LEAVE A LEGACY

<u>ALL</u> Lions are encouraged to attend * Registration Required only for meals/rooms

					and the second second	
ALLOVE - LET ALLOVE - LET AL	District 31-I Mid-Winter Convention January 11-13, 2019 North Carolina Lions Camp Dogwood 7062 Camp Dogwood Drive Sherrills Ford, NC 28673				Ve Serve	
Name:	Club Name:		Pos	ition		
Name:	Club Name:		Pos	ition		
Name:	Club Name:		Pos	ition		
Mailing Address:			Zip	Code:		
	Tele#					
Choose the favorite decade in your life and dress accordingly Tail Twister Auction Lions Clothing & Vendors Brighter Visions Boutique Zone Chair Baskets Ticket Drawing (3) Mini Seminars Bingo and/or Board Games Visit with Lions Friends Make new Friends Rest/Relax/Laugh/Have Fun * Participate in the District Service Project "Rise Against Hunger" Please list dietary restrictions. Camp Dogwood staff will strive to accommodate your meal requests.						
1	2		3			
Sat: Lunch Baked Po Sat: Banquet Pork Lo Sun: Rise Against Hur	akfast Eggs/Bacon/Sausage otato Bar	1/12 1/12 1/13	<u>Time</u> 6:30 pm 7:30 am Noon 6:00 pm 8:00 am	\$ 13.00 \$ 18.00	\$ \$ \$ \$ \$ \$	
<u>NC Lions</u> <u>District T</u> Contact Camp Dogw	stration fees only payable to: <u>District 31-I Winter Convention,</u> mail p reasurer, Lion Robyn Cauble, 32564 F ood for room reservations at (828) 478-	Bridge Ro 2135 Ext	l., Mt. Pleas 230 or emo	sant, NC 28124 nil <u>Keisha@nch</u>	ionsinc.org.	
Rooms are limited-register EARLY \$75 per night NC State occupancy tax is not applicable If you need room reservations for Thur. January 10 th to assist with Convention setup or *Sat. January 12th to volunteer for the Rise Against Hunger project Sunday morning January 13th please make room						

and meal reservations also.

Questions: Contact Convention Facilitator 1st VDG Jimmy Myers: jimmy.l.myers@nccourts.org



sdul) snoij International Association of



Sparta, NC 28675 722 Folger Road District Governor, 31-1 North Carolina LION Carolyn Sprinkle

Address corrections or additions for USPS or e-mail should be sent to Lion Ron Staley, 7935 Altacrest Drive, Concord, NC 28027 or rstaley@carolina.rr.com.

Please send all submissions as a Word document and pictures in a separate .jpg file. Mail to arrive by the 20th of the month.

or ebc4986@yahoo.com.

trict 31-I Newsletter should be sent to: Lion Elizabeth Conrad. 1270 Beck's Nursery Road, Lexington, NC 27292

All articles, announcements, etc., for inclusion in the Dis-

the number of pages in each edition, could cost \$.71 to \$.92 cents per issue to mail.

District 31-I Newsletter is published monthly.



Newsletters sent by e-mail are available on the day of publi-

cation. USPS mailings are received a week after publication

and cost a minimum \$.50 cents to mail; and, depending on

