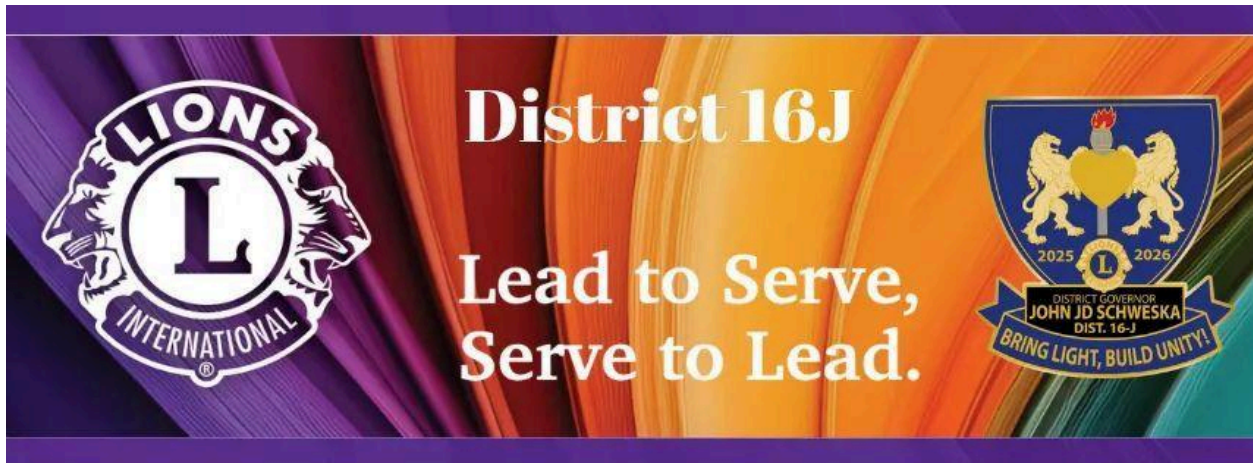


KEEP SERVING!

MONTHLY CIRCULAR-August 2025



“SERVE WITH HUMILITY, LEAD WITH DIVINITY!”

International President AP Singh in his address at the International Convention, July 17, 2025

Notes from the 16J District Governor: Reflections and Events

Dear fellow Lions,

It’s amazing that Giraffes, though they appear alike in their white or cream-like intersecting designs that surround their darker patches—are in fact each uniquely different, like human fingerprints. During the International Convention, a film was shown about a unique and special little girl having difficulty reading at school and studying at home. At a local Lions' vision screening session, a concern was discovered that led the girl's parents to take her to the Ophthalmologist, and soon afterwards to needed surgery; we see her recovering with a white patch over her left eye. At the end of the film, we see her again but as an adult doctor helping another unique little girl recovering from post-surgery ...wearing a similar white eye patch. How powerfully the video demonstrates the impact of Lions! We are uniquely true modern knights of those in need. Although each of us share the

same mission and desire to serve—we each contribute within the family of Lions as talented and unique individuals in bringing light to so many areas of darkness; we bring hope where often it seems hopeless.

Our newly installed 16 J Cabinet members are wonderfully gifted with uniqueness and are very talented leaders: Lion FVDG Subarna Sahni, SVDG Rey Fonseca, IPDG Rogel Bautista, DS Peter Twill, DT Tricia Nielsen, and Parliamentarian Enrique Maseda. The equally unique and committed GAT members are: PDG Dawn Kosobucki-GLT, PDG Varsha Naik-GST, PRC Rachna Sharma-GMT, and PCC Mahesh Chitnis-GET. We are here to share your Lion journey of service and growth in membership. In addition, our wonderful team of Region and Zone Chairs are also ready to support and encourage you in all your goals. Finally, we have our Committee Chairs that are working to promote meaningful service and experiences of Lionism. These wonderful Lions will be reaching out to you. The online Directory will be available soon for your reference to each. Know that I'm thinking of you and thanking you for what each of you uniquely does for Lionism! Keep Serving!

Serving Together with Gratitude,

John JD Schweska, DG



mission!

Each of us is very unique but share one



SATURDAY AUGUST 16TH: Tickets: call 908-272-7955/50 Dollars-All proceeds to the Sunshine Kids. Dolan Theater, Morristown –

Please attend, if at all possible, as all proceeds go to the Sunshine Kids that help youth with cancer—in assisting them to live as normally and joyfully as they can with sports, art, dance, nature trips and time for discovering supportive friendships! Children with cancer is one of our very special causes as Lions!



7th USA/Canada Leo Leadership Forum: August 6-10, 2025 at Courtyard by Marriott, 4 Sebethe Drive, Cromwell, CT 06416

AMAZING YOUTH AND DEVELOPING LEADERS—Let's support and encourage our Leo Leaders who are a vital part of our great Lion Family!

The Leo Leadership & Service Forum is a 3-day immersive experience designed for young leaders. Hosted by Leo Leadership of the United States and Canada Foundation Inc, this forum empowers Leos through leadership development, hands-on service, team-building, and community engagement.

Key Learning Outcomes

- Understanding leadership styles and communication
- Planning and executing service projects
- Developing public speaking confidence
- Building lasting relationships through teamwork
- Gaining tools to continue growing as a Leo leader

LEOS: PLEASE VISIT LINK BELOW FOR ALL DETAILS AND REGISTRSTION

<https://sites.google.com/leosleadership.org/leosleadership/home>





Leo-Lion Gianna Waranowicz and Leo Ishaan Tangirala:16J Leo Lion Liaisons—both spoke passionately about service and membership at our recent Reorganization Meeting on July 26th at the Hilton Garden Inn.



PLEASE JOIN US AT THE USA CANADA LION FORUM FOR A TERRIFIC UNFORGETTABLE EXPERIENCE OF LEARNING AND FELLOWSHIP—AND NEW JERSEY IS HOSTING THE EVENT THIS YEAR!! VOLUNTERS ARE NEEDED!

BOARDWALK, BEACH AND LEADERSHIP! Harrah's Resort! Sun, sand, towering resort hotels, the bustling Boardwalk, the awe-inspiring

Atlantic Ocean -- this is one beach party you don't want to miss. Lions will gather in Atlantic City, NJ, for the 49th USA/Canada Lions Leadership Forum from September 18-20, 2025. To sign up as a volunteer or for more information, you can visit atmrzip6104@yahoo.com



A Million Dreams –a popular song from the Film, *The Greatest Showman*, —here is an extract of lyrics to keep us inspired to serve and make the world a better place for all! It's time for us to dream big and keep dreaming to do good, to serve, to love, and to shine bright the torch of Lionism!

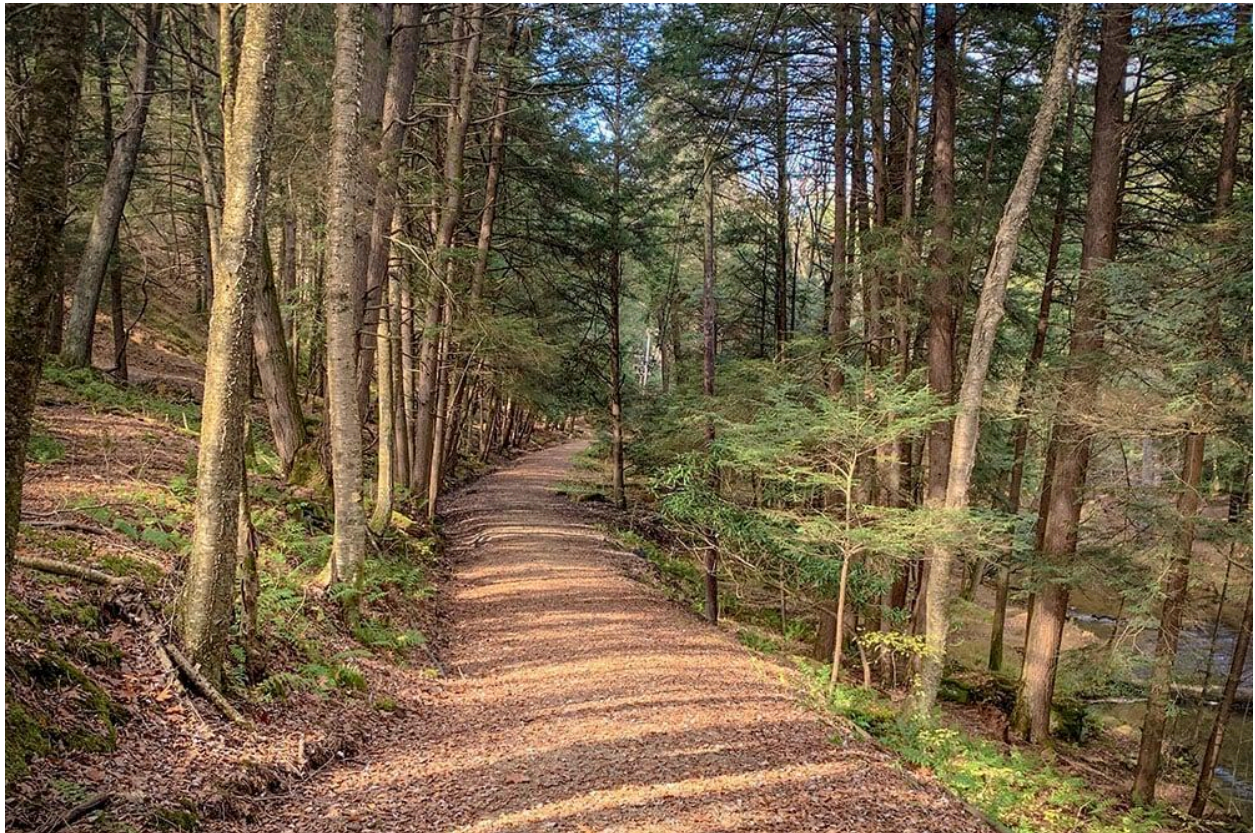
Every night I lie in bed
The brightest colors fill my head
A million dreams are keeping me awake
A million dreams, a million dreams
I think of what the world could be
A vision of the one I see

**A million dreams is all it's gonna take
A million dreams for the world we're gonna make!**

Self-Care

***Lions are often “servant heroes”—but heroes have to take care of themselves, too! Breathe deep, find peace within the trees,
Let sunlight warm you, carried on the breeze.
Release your worries, let them softly fade,
Nature's embrace, a gentle serenade.***

Take balanced time for you—so you’ll serve more freely and with joy.



IT’S GREAT TO BE A HEALTHY LION FAMILY ALL IN ONE ACCORD AND FOR ONE PURPOSE. SEE NEXT PAGES WITH FREE ONLINE SELF-CARE AND MENTAL HEALTH AUGUST WORKSHOPS.



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

On average,

130

people die by
suicide every day.

*Source: American Foundation
for Suicide Prevention*

From 1999 to 2019,

841,000

people died from
drug overdoses.

*Source: Centers for Disease
Control and Prevention*

Nearly

1 IN 5

in the U.S. lives
with a mental illness.

*Source: National Institute
of Mental Health*

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

SIGN UP For August 23rd Virtual Course!

Learners complete a 2-hour, self-paced
online first.

Then participate on

Saturday August 23rd

9 AM - 3 PM

in an Instructor-led virtual course on Zoom



MHFA Sign Up

Sources

American Foundation for Suicide Prevention. (n.d.). *Suicide statistics*.
<https://afsp.org/suicide-statistics/>

Centers for Disease Control and Prevention. (n.d.). *Drug overdose
deaths*. <https://www.cdc.gov/drugoverdose/deaths/index.html>

National Institute of Mental Health (NIMH). (n.d.). *Mental illness*.
<https://www.nimh.nih.gov/health/statistics/mental-illness>

To find a course or contact a Mental Health First Aid Instructor in your area, visit [MHFA.org](https://mhfa.org) or email Hello@MentalHealthFirstAid.org.



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

YOUTH MENTAL HEALTH FIRST AID

WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

10.2%

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid**

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness*

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry***

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Nurses.
- Medical Staff
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

SIGN-UP for Virtual Training for FREE

Saturday

August 16, 2025

9:00AM - 3:00PM

Learners complete a 2-hour, self-paced online course, and participate in a 5-hour, Instructor-led online training.



SCAN ME to SIGN UP

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

Sources

* National Alliance on Mental Illness. (n.d.). Kids. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids>

** Mental Health First Aid. (2020). *Mental Health First Aid USA* for adults assisting children and youth. National Council for Mental Wellbeing.

*** Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*. 62(6); 593-602. doi: 10.1001/archpsyc.62.6.593



In July –I visited Camp Marcella with my certified therapy dog and “Trick Elite” Titled Standard Schnauzer; her name is Morrigan. She performed several tricks for the campers who have visual impairments or other disabilities—and then brought joy to each person as they pet her individually. Morrigan imbues a sense of valor! She has an amazing penchant for those in need of comfort—she also helps me in bringing Lionism to many I couldn’t reach on my own! We’re here to serve, DG John



Ahoy, Lions of District 16J!

Thank you for placing your trust in me as your First Vice District Governor. Your support inspires and strengthens my commitment to serve with heart.

As we chart our course for 2025–2026, we first honor the leadership of Immediate Past District Governor Rogel Bautista. On July 17, 2025, at the Lions International Convention in Orlando, Florida, District Governor John “JD” Schweska officially took the helm. I’m honored to stand beside him and our dedicated leadership team, ready to steer us into a bright future.

We also welcome Second Vice District Governor Rey Fonseca. With his passion and dedication, our leadership grows stronger. Together, we’re committed to staying connected with every club — to hear your stories, support your goals, and uplift your service.

Let’s build bridges between clubs and communities. When we sail together, our impact multiplies. If your club seeks support or resources, including grants, reach out to our District LCIF Coordinator or any member of our leadership crew. We’re here to guide and empower you.

Lions, let love lead our actions, kindness shape our words, and service define our purpose. May our shared voyage this year be marked by unity, compassion, and the courage to make a difference.

Full speed ahead, Lions of 16J — toward a horizon of hope and humanity!



Subarna Sahni

Email
subarnasahni@gmail.com

Phone Number:
908-821-6444



Sponsoring hosted by:



How 2: Service Carnival

Make volunteering exciting again!

Join us for a free online training to learn how your club can host a Service Carnival — an energizing, community-wide event designed to bring volunteering to life through booths, hands-on projects & fun for all ages!

Lions & local groups come together to serve — & invite the whole community to join in. You'll leave this session ready to plan your own event that builds buzz, partnerships & purpose.



THURSDAY, AUGUST 7

8pm Eastern / 7pm Central / 6pm Mountain / 5pm Pacific

Register now: <https://bit.ly/LetsServiceCarnival>

Let's make service visible, vibrant & unforgettable!

Tag a fellow Lion or community leader who should attend!

#ServiceCarnival #Serve2Grow #LionsVirtual #LionsUSA