

The PRIDE

Newsletter of Lions District 44-H ~ New Hampshire



TOGETHER WE SERVE

FEBRUARY 2017 ❖ Volume 43 ❖ Number 8



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Thoughts from
District Governor Al Goldstein

Hello Lions,

It's hard to believe this Lions year is half over. CST Bob and I have visited 2/3 of the clubs in our district. We have been on a fabulous journey. As you have been hearing me say for some time now that new membership has been a struggle. While we had been doing alright adding new members we struggled to keep members. This is now turning around. I am happy to report we are now on the plus side. We are plus 3 at this time with many more Lions about to join us. This is a wonderful sign for the future of 44H. Just ask one has been the most successful campaign ever for Lions and it looks like it is working for us.

Speaking of membership, I am looking forward to our Charter night for the new Barrington Area Centennial Lions Club. As this goes to press they have 22 members on board and are looking to add to this amount as well. In the next couple of months we are going to help the Dover and Raymond Clubs bring in new members. This will be a combined effort with the leadership Team. After we are done helping them we are going to go out and help a few other clubs by working one on one with them as well to help them bring up their membership. If you know anyone in the Dover or Raymond area who you feel would make a good addition to the clubs and for that matter anyone you may work or associate with who may be interested in joining one of our clubs feel free to talk to them about it. You can be a sponsor for anyone in any club, it does not have to be your club.

Another thing I see and here as I visit clubs is all the projects and fund raising that is being done. While this is wonderful the one step many clubs is missing is getting credit for your hard work by not reporting it to LCI. This is a very important step.

You all deserve to be recognized for your hard work.

As we move into the second half of our Lions year we look forward to continuing our mission of service. I appreciate the support you have shown and together we will continue to service our communities, State, Country and the world.

Together We Serve

DG Al

I was inspired by this quote in our Centennial Issue of Lions Magazine from Chancellor Bob Corlew. I would like to share it with you and hope you are inspired as well.

“ it's clear that Lions have always enjoyed being Lions. That's our little “secret.”Serving others is not an obligation or a chore. It's fun. It's fulfilling. It's in giving that we receive.





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In The Pride

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Visitation Schedule for District Governor Al.

Upcoming Visits:

- Derry 1/31
- Whittier 2/1
- Atkinson 2/2
- Londonderry 2/13
- Litchfield 2/14
- Saddleback 2/28

Hello Club Presidents & Secretaries,

I will be reaching out to you to see when we can set a time for our DG Visitation.

I would like to visit as many clubs in the beginning of the year, if possible.

Please feel free to contact CST Bob at:

robertgustafson11@gmail.com.

We will find a time that will fit into my schedule and vice versa for your club schedule.

Events Calendar

February

- 2/8 Camp Pride Meeting 6:30pm, Location TBD
- 2/9 Lions Youth Services Mtg, 6:30pm Location: TBD
- 2/16 LSHF Meeting, 6:30pm Hannafords, Bedford NH
- 2/28 Health Services BoardMtg,6:30pm Location TBD
- 2/22 Twin State Soccer Assoc 7:00pm Location: Elks Club, Lebanon NH

March

- 3/8 Camp Pride Meeting 6:30pm, Location TBD
- 3/8 Lions Youth Services Mtg, 6:30pm Location: TBD
- 3/16 LSHF Meeting, 6:30pm Hannafords, Bedford NH
- 3/28 Health Services BoardMtg,6:30pm Location TBD
- 3//29 Twin State Soccer Assoc 7:00pm Location: Elks Club, Lebanon NH

Newsletter Editor Change effective July 1st!

Starting with the July newsletter, please send all articles, pictures, and information to Christine Goldstein at

newsletter44h@outlook.com.

Deadline for submission is the 20th of the month!



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**Thoughts from
First Vice District Governor Sam Longbook**

Hello Fellow Lions,

Here we are in 2017 a New Year and the second half of our 2016 – 2017 Lions Year. Let's help DG Al finish the year with a positive membership.

In preparation for next year, I attended a GMT/GLT area training weekend in Connecticut with 30 other 1st VDGs from around the North East area.

The training focused on several topics such as;

LCI forward the next 100 years of Lionism

The Power of We Serve the focus for the next 5 years

Understanding Leadership Change How to embrace change

Next was goals setting

We were introduced to the SMART technique in goal setting. The SMART technique stands for: Specific, Measurable, Actionable, Realistic and Time Bound elements in setting and defining a goal.

I found the weekend to be rewarding and enjoyable learning and working with fellow 1VDGs to be DGs.

Eric the 1st VDG from 44N and myself continue to grow our fellowship.

I am working on the 2017-2018 district positions including the district cabinet. If anyone is interested in a position please contact me.

I will continue to reach out to clubs to participate in a club project/event.

My personal goal/focus is to work **SIDE-BY-SIDE** with individual Lions & Clubs

PLEASE CONTACT ME WITH YOUR UPCOMING EVENTS

If I can help in anyway please feel free to call on me. Yours in Lionism.

Call me at 329-5603 or e-mail me at slongboo@comcast.net



**Thoughts from
Second Vice District Governor Jerry Vaccaro**

Notes from the 2nd VDG Jerry Vaccaro

In recent months my District notes have involved promoting Leadership and Membership. Both are so important to strengthen your club and the District.

We must continue as **club leaders** understand the needs of your club, promote good will, set club goals and organize teams to complete these goals. We must research the needs of your community and as a club help **SERVE** these needs. So, how does club go about fulfilling their goals and help their community, is by increasing **membership**.

When your club is setting goals and discussing your community projects include other community organizations to help you. Once they see how LIONS work to make things happen, **JUST ASK** them to join. When you do your eye screening, send along a club flyer with the parent consent form. Your flyer should define what and who are Lions and how we became the largest Service Organization in the World. Don't forget time and place of your meetings.

I leave you with this passage "In every Community, there is work to be done. In every Nation, there are wounds to heal. In every Heart, there is the **POWER** to do it." By Author, Marianne Williamson.



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Thoughts from Cabinet Secretary-Treasurer *Bob Gustafson*

Fellow Lions,

I trust January got off to a good start for your clubs. As District Governor Al and I finish off our visits to District 44-H clubs, it's been interesting to see the diversity of service activities and fund raisers that clubs participate in. And it's been fun to listen to the success stories that the clubs tell us. We do indeed serve our communities and each club does it in its own unique way. I know DG Al has also offered some valuable tips to increase membership so our Lions activities can expand even further. As I mentioned in last month's letter, I did send out e-mail invoices for the second half District membership dues so I'd appreciate your prompt attention to this matter. Much appreciated!

Quote of the month: "Once more into the breach dear friends, once more!" - Shakespeare

Yours in Lionism,

CST Robert Gustafson

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Thoughts from Multiple Council Chair *Scott Wilson*



"To be successful, the first thing to do is fall in love with your work."

— Sister Mary Lauretta

I feel this quote works so well for LIONS. We are successful because we love what we do for people.

As you probably know by now, we are in the middle of the 100th year of Lionism. The world is a completely different place than it was 100 years ago. 100 yes ago, there wasn't any internet or cell phones or social media. In 1917, computers were still 25 years off and they were enormous machines with the very first on weighing almost 50 tons and full of 18,000 vacuum tubes.

There was one thing that Lions did 100 years ago that Lions still do today. They asked other people to join them. It has been a large part of the success on the Lions Movement. And for Lionism to continue on this path, we need to continue to Just Ask 1.

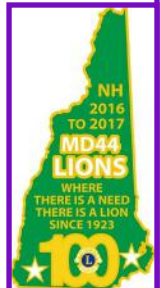
After we ask them, we need to discern if the new Lion has any leadership initiative. One of the ways to spot leadership initiative is to look for the "volunteer gene". The volunteer gene expresses itself when the volunteer works to leave something better than was handed to them. Some say you are either born with this desire or you are not. I feel this is only partially true. We can all agree, we usually perform better when we want something. Our Leadership Goal – find the thing that our Lion wants and highlight it or recognize it or find a way to make it happen for your volunteer.

Prepare your club and your clubs members for the next 100 years. Everything we do today, is something a Lion 37 years from now will look back on. Let's make it an exceptional experience.

Thank you for everything you do for others.

Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.

~Author Unknown





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Thoughts from Global Membership Team Leader *Steve Middlemiss*

Global Membership Team Leader



We are into the second half of our Lionistic year. With the addition of the Barrington Club, we are now positive for membership, but we need to add to those numbers.

Does your club have a plan for membership growth? We usually create a plan for our events and fundraisers, but does your club have membership events planned into the calendar? Do you have an open house event planned? Have you planned a date where some of your members are willing to go out into the community and speak to business owners and others to invite them to your next meeting? Do you have a flyer that you can hand out during these visits as well as at your events? We canvass areas to create new clubs but it can also work for finding new members. Many times we are lacking in membership growth simply because potential members don't know who we are or how to contact us.

Consider inviting friends, family and co-workers to your events, especially those with community service work. Introduce them to what you do for your community and how much fun we have doing it together. Get them interested in what you do, and then ask them to become a member. Does your club have a web site and Facebook page? Is it up to date? If a potential member were to Google your club, could they find you and up to date information? So many of us rely on social media now to communicate and find things we are interested in, and we as clubs need to use it to inform and attract new members.

As I visit with the Zones, I will be discussing these and other topics in an effort to help our clubs with membership. Thank you all for all your efforts to help those in your communities.

If you need to get in touch with me my cell phone is 603-566-7616 and email is estmiddlemiss@gmail.com.

Don't forget to JUST ASK!

Yours in Lionism
GMT Leader Steve Middlemiss

P.S. I would like to thank everyone who attended the Mid-Winter Convention and took a moment to visit us at our hospitality room.



Thoughts from Global Leadership Team Leader *Toni Olden* Leadership Skills – Effective Listening

Motivation

Motivated people have a positive outlook. They get excited about what they are doing and they are sure of investing their time and efforts in something truly worthwhile. There are two types of motivation: extrinsic and intrinsic. Extrinsic is the use of external factors to encourage the team to do what is needed. Intrinsic is internal. It's about having the desire to overcome a challenge, to produce high-quality work and to interact with trusted team members. Recognizing what type of motivation to use can be crucial to achieving your goals.

Four Steps to Help You Motivate:

1. Check your assumptions
Your management style is influenced by your beliefs.
Do you think the team needs to be supervised constantly?
Or do you think that the team wants responsibility and that they should be involved in making decisions?
2. Eliminate dissatisfaction and create satisfaction
Find out why team members are unhappy.
Work together to create an environment where they are happy and have good attitudes.
3. Personalize your motivational approach
Each team member is different – make an effort to understand each one.
Treat them all equally and fairly, giving them clear goals and objectives.
4. Transformational leadership
Create inspiring vision of the future.
Encourage the team to buy into the vision.
Manage the delivery and continue build trust with the team.



Motivated people are highly adaptable with positive attitudes. They will work hard to achieve their goals and spread the organizations good reputation.

Yours in Lionism,

PDG Toni Olden





MEMBERSHIP MATTERS

District Membership	This Month	This Year
Opening Balance	1161	1159
Added Members	0	89
Dropped Members	0	87
Closing Balance	1161	1161
Net Gain/Loss	0	2
Worldwide		1,397,460

**Congratulations
Lions!**



**1.4 Million
Members**

lionsclubs.org/askone



BARRINGTON AREA CENTENNIAL LIONS CLUB

CHARTER NIGHT

SATURDAY, FEBRUARY 18, 2017

UNH, HOLLOWAY COMMONS, SQUAMSCOTT ROOM

75 MAIN ST., DURHAM, NH 03824

5:45 pm Social - 6:30 pm Dinner

Reservations must be received before FEB. 8, 2017

CATERING BILL IS REQUIRED TO BE PAID

PRIOR TO EVENT

MEAL COST \$40.00 PER PERSON

Italian Buffet, Cash Bar

XX



RETURN THIS PORTION

BARRINGTON AREA CENTENNIAL LIONS CLUB CHARTER NIGHT

RESERVATIONS

PLEASE RETURN THIS PORTION WITH CHECK MADE PAYABLE TO:

ATKINSON LIONS CLUB

**MAIL TO: Michael Baillargeon (603) 778-8496
11 Michael Bennett Road kebaill@comcast.net
Brentwood, NH 03833**

DEADLINE FEBRUARY 7, 2017

NAME OF CLUB _____ # ATTENDING _____

AMOUNT ENCLOSED: _____ (\$40.00 PER PERSON)

NAME(S): _____

We look forward to seeing you Feb. 18, 2017 !!



TOGETHER WE SERVE



District 44H Cabinet Meeting Sunday March 12th

Crowne Plaza 2 Somerset Parkway Nashua NH

Menu

- Assorted Juices
- Fresh sliced seasonal fruit
- Scrambled eggs
- Buttermilk pancakes
- Bacon
- Home fried potatoes
- Variety of pastries
- Coffee, Decaf coffee, assorted teas

- 8:30am Social
- 9:15am Breakfast
- 10:00am Meeting

Casual Attire

Wear Clothing to support your club, town, district or state

Make Checks Payable to: District 44-H

Send Payment to: CST Bob Gustafson

16 East Road, Atkinson NH 03811

Please send payment as soon as possible to reserve your seats at the Cabinet meeting

Name: _____

Name of Lions Club: _____

Check Total: _____

Total attending _____ X \$19.00 _____

Please send payment by February 28 , 2017

Any questions please call Bob Gustafson at (603) 553-0531 (cell)



ATTENTION

District 44-H is having a contest

WHICH CLUB CAN DESIGN THE BEST BROCHURE

Pictures and what your club does should make everyone want to pick one up and read it.



Think about font, color and size.

Some rules do apply. The Lions Logo must be included and it must be the current one as seen at the top of this flyer. You may use the centennial logo as well or in exchange. Our motto, “We Serve” must also be in the brochure.

It can be tri-fold or bi-fold. Please do NOT include the list of current officers but do have a contact name, number or website address for interested persons to get a hold of your club.

For information or to submit your entry contact Lion Marie R. Valliere at: keylion03@gmail.com. I am willing to come to a meeting to speak to your club about making a brochure.

All submissions must be received by April 15,2017

NH Lions Forum

Saturday, April 8, 2017

Delta Dental - 2 Delta Drive - Concord, NH

8:00 am to 1:00 pm

All Lions encouraged to attend. Learn about Lions of MD44.



8 to 8:30	Registration	Coffee & Pastries	
8:40 Opening			
Vermont Room	Maine Room	New Hampshire Room	Merrimack Room
9:15 to 11:00 Technology Jay DeRoche	9:15 to 10:15 Club President VDG Eric Lindberg VDG Sam Longbook	9:15 to 11:00 Club Secretary Sue Lindberg Marilyn Vaccaro	9:15 to 10:15 Club Treasurer Fred Platt
Technology	10:30 to 10:45 Protocol PCC Ellis Johnson	Club Secretary	10:30 to 12:00 OKS Training MCC Scott Wilson Bob Lafarriere
11:15 to 12:30 Membership and Orientation Steve Middlemiss PDG Henry McKee	10:45 to 12:30 Tips and Techniques for a great meeting Public Speaking Joe Kasper	11:15 to 12:30 Blueprint for a stronger club PDG Tomi Olden PID Ed Farrington	12:00 to 12:30 Tail Twisting PID Ed Lecius
12:30 Closing	Centennial Update - PID Ed Lecius		
Centennial Door Prize drawings for all in attendance			

Registration Form Mail Form portion with check

Please list class sessions for each attendee so instructors can
be prepared with enough printed materials and have enough places set up.

Name	Class
_____	_____
Email	Class
_____	_____
Phone #	Class
_____	_____
Lions Club	Class
_____	_____

Deadline: March 25, 2017

Registration Cost \$5.00

After March 25, Registration cost will be \$10.00

Make check payable to: NHAPPDG (NH ASSN of Past & Present District Governors)

Mail to: PDG Sandra Hurd, 166 Turkey Hill Rd, Merrimack, NH 03054



**Deadline:
May 1, 2017**

LOGGO DESIGN CONTEST CALL FOR ENTRIES

CAMP PRIDE is in the market for a new look...

The Board of Directors have decided to start the New Year with an updated Camp Pride logo - and because we (the Board) are not that artistic, we are looking to our Lion Community for help.

Lions are invited to create a new logo design for Camp Pride that we would use for our stationary, publications, and all other types of communication. Logo must include the Lions logo and the date the Camp was established (est. 1989).

Interested Lions should submit their designs to Lion Berry Longbook by May 1, 2017. The winning design will be revealed at the Spring Convention. There will be a prize, TBD, for the winning entry.

Questions? Call Lion Berry at 603-329-5603 or e-mail: slongboo@comcast.net

Get out your pens, inks, pencils, etc and let your imagination go wild!

Lions Camp Pride NEWS

Lions District 44-H Service to Mankind, Inc. Established 1989 ~ 28 yrs ago



Camp Pride is always looking for additional lions from district 44h willing to volunteers to help with the many areas of maintaining our 320+ acres and buildings. Maybe carpentry, plumbing, electrical, painting etc. are not the type skill sets you have, but there are many other talents you may bring to the table, for example; social media, fund raising, grant writing, marketing skills, photography, to mention just a few areas. If you are a member of a local lion club, you have what it takes to help, you have the desire, and passion to work on a team of other likeminded folks.

Contact us and we can discuss ways of using you talents, at making the camp a better place.

Team work is the key to our current and future successes.

Thank you for caring about our camp! *Peter*

Peter LaPointe, President Lions Camp Pride hampstead.lions@gmail.com.

Camp Pride Board of Directors meets the 2nd Wednesday of each month at social 6pm meeting @7:00pm, at the Auburn Tavern, Auburn NH.



Give Recognition with a Granite State Fellow



Recognize an outstanding member of your Lions Club or a person in your community with a Granite State or Pro-gressive Granite State Fellow. This recognition comes with a beautiful plaque, a lapel pin and a letter honoring the recipient. By making a donation of \$500.00 to LSHF you not only give recognition but you are aiding a NH Citizen who is in need of our services. Donations go di-rectly into the Lions Sight & Hearing Foundation of NH, INC endowment which provides cataract surgeries and hearing aids to NH residents in need of these services.

Applications are online at: nhlions.org
Contact Chairperson
PCC Roger LaTulippe
dgroger@comcast.net



2016 - 2017 Peace Poster Contest
 "Celebration of Peace"

"Good morning,

My name is Jillian Dorf and I am extremely excited to be here to receive this award, as well as to share what was my goal for people to see in the poster, and who inspired me.

First, I would like to thank the Lions Club for inviting my family and I here today. It's a huge honor to have gotten this far, and I couldn't have done it without the support of my mom and dad encouraging me to keep working on the last stretch of shading for the poster on a school night.

During the designing of the poster and researching, I found that there were several people who made a powerful impression on me, and inspired me by what they stood for, as well as their powerful words: Martin Luther King Jr., Malala Yousafzai, Mahatma Gandhi, and Mother Theresa. They all played a role in helping me to create my poster and they are all in it, as well.

Although they inspired me with the creation of the poster, I also had to find out what I wanted others to visualize in this piece. My goal became giving the people viewing the poster the idea that no matter what religion, skin color or gender, that we are all tied together and connected; that the world is so colorful, so beautifully diverse, that no animal should ever be harmed and no one should ever be ashamed of who they are, what their passions are or where they are from. Because until we open our borders, put our differences and appearance aside, will we realize that at the end, we are all human, celebrating Peace, the earth, and our small place in the universe."

Jillian Dorf - Age 12
 Merrimack Lions
 MD44 Peace Poster Winner 2016-2017



2016-2017 Peace Poster MD44 winner, pictured above with her poster, Jillian Dorf (left) and DG Christine Greenwood at the award ceremony during the mid-winter convention's meeting on Saturday morning, January 28, 2017 at the Crowne Plaza in Nashua, NH



Rear in red jackets, left President of LYS Marie Hall and MCC Scott Wilson.
 Front left to right; ID N. Alan Lundgren, Peace Poster Chair Merrimack club Tricia Hanson, MD44 Poster Winner, Jillian Dorf, and holding winning Poster is LYS Peace Poster Director, Rhonda Wynne



2016 - 2017 Peace Essay Contest
"Celebration of Peace"

Lions clubs around the world are encouraged to sponsor students in the Lions International Essay Contest. This essay contest was created to offer an opportunity to visually impaired young people to express their feelings of peace. For the most part, we, here in New Hampshire have focused on the Poster contest and not the Essay contest primarily because we have not ventured out to those who fall under this category.

The past two years there has been only one participant to my knowledge in which Lion Judi Gibson from the Epsom/Chichester club has sponsored this participant and has forwarded her entry onto Lions International for judging. If you attended the convention this past Saturday, you would have had an opportunity to read the essay. If you were not, I have printed it below and encourage you to read it.

Perhaps, next year we can determine and locate any or all visually impaired young people who may express an interest in participating in this contest. The contest is basically the same as the poster contest with the difference being that one is written versus an artistic drawing.

The theme of the 2017-18 Lions International Essay Contest is "The Future of Peace." Students who are visually impaired and who are ages 11, 12 or 13 on November 15, are eligible to participate.

Each essay must be submitted with a completed entry form. Essays must be no longer than 500 words in length, submitted in English, type-written in black ink and double-spaced. [Read the complete essay contest rules and entry form](#) which you can find online under members.lionsclubs.org

Epsom/Chichester Lions

Emma Miller, Age 12 - Essay Contest

A Celebration of Peace

In the air flags from all over the world are waving their bright colors. People walk the streets smiling and laughing. All is bright and happy and the world is celebrating the wonderful time of peace. All nationalities, genders, races, and ages are at peace and all wars have ended. This is what "World Peace" should look like and this is what the world can be.

In the world, many countries have celebrations of joy, birth, marriage, happiness, or the end of a war. The thing is that many people don't understand that even though we're not at war, we do not have entire peace. Even though we are not fighting, or attacking each other we still do not grasp the concept of "World Peace". In many countries, we fight over silly things like "skin color, or clothing" when we should just look at personalities. In these ways "World Peace" is almost impossible. If all of mankind understood that we are all human this idea would be possible. "World Peace" is possible but we have to be the ones to make it happen. The one thing that prevents world peace is the absence of celebrating it when it's here. Many people take advantage of times of peace. Some don't notice it even when it's under their noses. When times of peace are here they should be celebrated not ignored. In countries when they are constantly at war, they celebrate times of peace whenever they can. The thing is when you know you're going to win something or you know it will end you don't notice the peace when it is there. Peace and happiness should be celebrated at all times, even if it is just saying thank you.

In all countries, there are celebrations. Some celebrations are shown by parties, dances, or parades. All of these ways are short term ways of celebrating the end of a war, the victory of a game, the glory of marriage or birth. These meaningful celebrations express happiness and the joy of the heart. In these ways peace is expressed but it always comes with an "I'm better than you" reaction. The one way that peace can always be expressed is by saying the most simple but complicated thing, "Thank You."

A Celebration of Peace means many things. It can mean joy or victory. It can be celebrated by parties or fairs. The true celebration of it will be a glorious victory of "World Wide Peace". A Celebration of Peace is a wonderful idea and it can happen but it all depends on us. A Celebration of Peace, a celebration of a new world.



Everest Leo Club



14 January of 2017 @ Hooksett public library



MCC SCOTT WILSON INDUCTS NEW MEMBER IN HUDSON LIONS CLUB

L-R: Dave Laine, sponsor of new member Cyndi Peterson, PCC Celeste Ricupero, President, and MCC Scott Wilson. On January 9th Cyndi Peterson became the 106 member of the Hudson Lions Club.

Hudson Lions Club Orientation



HUDSON LIONS CLUB ORIENTATION

On January 9th the Membership Committee chaired by Lion Marilyn Richardson presented an orientation for Hudson Lions Club members at the White Birch Function Hall in Hudson. A video presentation along with explanation by Lion Valencia Wilson was well done and informative. A fun game of "What did you learn" followed the presentation.

Cyndi Peterson was inducted before the orientation.

Welcome to District 44H

Barrington Area Centennial Lions Club



Wakefield Lions Club



DG Al Goldstein inducts Wakefield's newest Member, Jeanne Gagne Baker on January 5, 2017, sponsored by Sharon Baldwin. Thanks Al & Bob for coming to our meeting tonight and talking to the Club, AND for inducting Jeanne in the Wakefield Lions Club! ☺

Conway Area Lions Club

We have changed the format for more chances to win cash as well as the Gronk Football

Chance to win \$150 per quarter and A Gronk signed Autographed Patriots Football

We have 2 weeks to sell all the squares, lets help make this a great fun fundraiser.

We have almost half of the squares sold, \$20 per square gives you an opportunity to win.

Remember to ask your friends,,family and coworkers.

We will donate \$1000 toward End 68 Hours of Hunger, allowing others to win as well.

Email or call [781-820-4771](tel:781-820-4771) with name & number or questions

Thanks for all you do to serve

Linda

Nashua Lions Club

Lions Breakfast Benefits Nashua Senior Activity Center

Nashua Lions president Kamal Masand presents a check to Nashua Senior

Activity Center Development Director Judy Porter and Executive

Director Margo Bell that represents the proceeds of the club's breakfast with

Santa last month. The club raised \$750 during the four hour breakfast held at the center on Temple Street. The check was presented at the clubs meeting this past Monday.



Nashua Lions Adjust Meeting Time!

Beginning in January 2017, the Nashua Lions Club will have a new starting time for their bi-monthly meetings. The new time is 6:15 p.m. at the Crowne Plaza Hotel in Nashua.

For more information:

Contact Ed Lecius 321-6458



Join us Friday February 10th when 10% of all our proceeds will benefit

THE MEREDITH LIONS CLUB



Please join us for lunch or dinner at this family friendly restaurant where you'll have a great meal at a reasonable price and help your local Lions Club. The club will also be selling chances on TWD raffle baskets.



The Mug Pub and Family Restaurant

62 Daniel Webster Highway

Center Harbor, NH 03226

603-279-8956

Open 11 a.m. to 9 p.m.

Includes take-out orders



Exeter Area Lions Club **Comedy Show**

Boston-born comedian/actor Jim Lauletta is one of the most popular headlining cruise ship and night club acts in the country. Performing for over 20 years around the world has made this comedian one of the most versatile acts around. Jim is guaranteed to leave you smiling for days.



FRIDAY, FEB. 24, 2017

Rockingham Ballroom

22 Ash Swamp Rd., Newmarket

Doors open 7:30 pm

Show starts 8:00 pm

Concession Available CASH BAR

\$15.00 pr person

For info contact Mike Baillargeon

603-778-8496 or

kebail@comcast.net

Lions Sight and Hearing Foundation Presents



DINNER IN THE DARK

A dining experience like you've never seen before!

Sunday, June 4, 2017

White Birch Banquet Hall
222 Central Street, Hudson NH

Guests wear blindfolds during the dinner. The meal is served with a powerful message, raising awareness of the experience of living with some form of blindness. For many, this will be an opportunity to experience just one aspect of day-to-day life for someone who is visually impaired.

4PM SOCIAL HOUR • 5PM DINNER IS SERVED
Entertainment immediately following.

\$35 PER PERSON

• SEATING LIMITED TO 100 GUESTS •

RESERVE BY APRIL 30, 2017 AND SAVE \$3 PER PERSON!

RESERVE TABLES OF 8 for \$280

SAVE \$30.00 WHEN YOU RESERVE BY 4/30/17!

Make checks payable to LSHF and mail to:
PCC Deedee LaTulippe, 136 Lowell Road, Hudson, NH 03051

Questions? llondeedee@comcast.net or call 603-566-0691

PROCEEDS BENEFIT LIONS SIGHT AND HEARING FOUNDATION

MENU:

Salad

Boneless Breast
Stuffed Chicken

Roasted Red Potatoes

Green Beans

Dessert

Coffee and Tea

I WANT THE EARLY BIRD PRICE OF \$32 PER PERSON (BEFORE 4/30/17)

AFTER APRIL 30th, I'LL PAY FULL PRICE OF \$35 PER PERSON

I WANT TO RESERVE A TABLE FOR 8 (ONE CHECK OF \$250 BY 4/30/17. \$280 THEREAFTER)

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

PHONE _____

EMAIL _____

TOTAL # OF TICKETS _____

AMOUNT ENCLOSED _____

Sunday June 4, 2017
"Dinner in the Dark"
White Birch Banquet Hall
222 Central Street, Hudson NH
4:00PM to 7:00PM



The Lions Sight & Hearing Foundation of NH, INC

A 501 (c) (3) Charitable Organization

“Dinner in the Dark” is a dining experience like you’ve never seen before!

Guests wear blindfolds during the dinner. The meal is served with a powerful message raising awareness of the experience of those living with some form of blindness.

Sponsorship opportunities for you and local businesses.

Business cards for messages will be listed for Gold and Platinum and Gold sponsors.

A one line name or message will appear on the placemats for Silver, Bronze and “A Friend” sponsors

All proceeds are used to provide hearing aids and cataract surgeries to NH residents who have no other means of purchasing these services.

MAKE CHECKS PAYABLE TO LSHF. MAIL ALONG WITH THIS FORM TO:

Fred Plett 65 Wallace Rd., Goffstown, NH 03045 Email: vdgplett@gmail.com Phone: (617) 506-9852 Google Voice

DEADLINE FOR SPONSORS IS MAY 20, 2017

Name as it will appear on place mat : _____

Name/title/Organization _____

Address _____ City _____ State _____

Phone: _____ Contact Email: _____

Amount enclosed: _____

CIRCLE YOUR SPONSOR DONATION

PLATINUM \$250 + GOLD \$150.00, SILVER \$100.00, BRONZE \$50.00

A FRIEND \$10.00 +

HEARING SCREENING IS BACK !!

Lion Rosalie Smith of Contoocook (theNurseNice@hotmail.com 603-848-3402) is the new Hearing Coordinator for Northern MD44 (Zones 5-8 in 44N andf 44H). Betty Gay (jbgay@comcast.net 603-818-1614) of Hudson Lions is the new Hearing Screening Coordinator for Southern MD44 (Zones 1-4).

NH Lions used to do a lot of hearing screening but it kind of got left in the dust with the excitement about vision screening with the wonderful SPOT screeners. Rosalie and I have stepped up to revitalize the project by letting Lions try out the "Pilot" screeners. Invite us to your Zone and club meetings so you can hear the Pilot's simple phrases at varying decibels that ask little children to point to a picture, easier for them than pressing a button when hearing a tone. The little ones love doing the test. The kids get a Lion coloring page as a reward, which also serves to advertise our services to their families.

The Pilot consists of four things - an instrument panel, earphones, a colorful picture board, and pre-printed forms that you check off as the child identifies the pictures. All you do is put the freshly-wiped headphones on the child, set one of the four series of pictures on the board, select the right or left ear, and push the [Start] button. Another volunteer checks the recording form as the child identifies the pictures called for by the voice in the earphones. That's it. The forms are left behind with the responsible person because they are HIPAA-protected personal health information.

The reporting is super simple, too, just emails telling the name and phone number of who did the screening, where they did it and the contact person there, the date, the number and age range of children screened, and the number of children referred because they could not hear at 25 decibels or louder.

I hope you can fit us in as you schedule your next Zone or Club meeting. It only takes ten minutes to explain our goal to screen children as young as possible, and then time for everyone to try out the Pilots.

Looking forward to hearing from you,
Betty Gay

~~EARLY NOTICE~~

2017 – 2018

PEACE POSTER CONTEST

“THE FUTURE OF PEACE”

The Peace Poster contest theme for the upcoming year is
“The Future of Peace”.

The kits are now available for purchase. If your club wishes to purchase a kit, you may do so by emailing me, Rhonda Wynne at rwynnemilford@comcast.net

The kits will remain at a purchase price of \$12.00 each

These kits may be picked up at your March Cabinet Meeting, if you are not able to attend the meeting, please have a representative from your club available to pick up the kit(s) you order as well as payment. If you have any questions, please email me. Thank You!

(more details to follow)

New Hampshire Sight & Hearing Foundation

Greetings to all NH Lions from your: NH Sight & Hearing

Board of Directors

When you read this, mid-winter convention will have occurred, and Sight & Hearing will have presented a Power Point, reminding you of the many ways in which we raise money, and serve those in need of cataract surgeries and hearing aids.

I hope many of you attended on Saturday, January 28, and enjoyed our presentation and learned a lot.

I hope you took advantage of openings on our board and voted your wishes.

REMINDER: When making a donation of ANY amount, please stipulate in the Memo line of the check how you want the money allocated. It can be unrestricted funds (general fund), or endowment fund (toward Granite State Fellow or 150 Club).

Did your club receive a Banner Patch at the convention?

If so, Congratulations!!!! Thank you for your donations.

Come and join us at our next meeting on February 16, 2017, at Blake's - 353 S.

Main Street - Manchester - Starts at 6:30.

Let me know if you will attend, so I can save a chair for you.

You are ALL members of the NH Sight & Hearing Foundation.

PDG Sandra G. Hurd -- 424-8922 - axstewart@comcast.net

President, NH Sight & Hearing Foundation

Diabetes Awareness

Fitting in More Fruits and Vegetables

The American Diabetes Association recommends that we eat 5-9 servings of fruits and vegetables per day. For a lot of people, that sounds like a huge chore, especially if you don't like most vegetables. Increasing intake in a variety of fruits and vegetables ensure you get more vitamins, nutrients and fiber that just aren't covered by taking a multivitamin. Here are some tips that can help meet those recommendations:

Start your day with a smoothie. Add bananas, berries and/or green leafy vegetables.

Top your toast with mashed avocado, salt and pepper. A meal in itself!

Even if you use bottled spaghetti sauce, add your own sautéed vegetables such as carrots, onion, celery, peppers, spinach and sun-dried tomatoes.

Substitute regular home fries with sweet potato home fries for extra nutrition.

Add cooked beets and carrots to corned beef or roast beef hash.

Keep dried veggie chips on hand for a crunchy snack. Dried fruits can help curb that sweet tooth when a snack attack strikes.

Don't overlook the salad bar at the grocery store. You can save money by buying bagged greens and choosing added fruits and veggies at the bar.

Making a pot of soup is always a healthy way to use up vegetables that have accumulated in the refrigerator.

Try spiralized vegetables or spaghetti squash as a pasta substitute.

Try a new fruit or vegetable that you've never tried before. It just might become your new favorite!

Marie Hall, Certified Diabetes Educator

603-686-6935 mariehall326@gmail.com

NH LIONS SERVE



Dartmouth-Hitchcock
CHILDREN'S HOSPITAL
AT DARTMOUTH



LIONS YOUTH SERVICES

Book Collection

Your gift of new books for age newborn to age 18 will help to entertain the over 70,000 children served in over 300,000 inpatient and outpatient visits across the state of NH.

Please look for ways to collect books out in your community as well as within your club. Contact any LYS board member for pick up or call President Marie Hall 603-686-6935 for more information.



Lions Youth Services

SERVE CHaD

GOT BOOKS !

An awesome number of books were collected and delivered at the Mid-Winter convention this past weekend. Thank you everyone! But...we still want more, so keep collecting them and have them ready for the upcoming March cabinet meetings. If you are not able to wait for the March cabinet meeting or will be unable to attend, please contact any LYS board member for pick up or call President Marie Hall to make arrangements for a pick up. Email can reach her at mariehall326@gmail.com or call her at 603.686.6935 We thank you and your gift of a new book is so very appreciated by all.



Age Groups from 6 months to 18 years ~

Hardcover Books

Paperback Books

Board Books

Music and Sound Books

Audio Books

Crossword Books

Game Books

Mad Libs

Braille Books

GOT BOOKS



MID WINTER CONVENTION



Longest in Lions and newest in Lions.

Hospitality room, SVDG Candidate Steve Middlemiss and Lion LeeAnn Middlemiss

MID WINTER CONVENTION



Peter Lapointe and Fran DiLeo received Presidential Awards



Fun had by all!!

*MID-WINTER 2017
FRIDAY NIGHT
Birthday Celebration !!!*



The State of New Hampshire
By His Excellency
Christopher T. Sununu, Governor
A PROCLAMATION

In the year of our Lord Two Thousand and Seventeen

2017 THE YEAR OF THE LION IN NEW HAMPSHIRE

WHEREAS, A group of Chicago business leaders gathered in 1917 and as a result Lions Clubs International was born. Led by founder insurance executive Melvin Jones the association grew quickly and became international in 1920 when Canada joined; and

WHEREAS, It was Helen Keller, who gave the group their cause when she challenged Lions to be her "*Knights of the Blind*" in 1925; and

WHEREAS, In June of 1923, Lionism was born in New Hampshire with the chartering of the Manchester Lions Club; and

WHEREAS, Since that time, the Lions of New Hampshire has sent six of their members to the International Board of Directors, 1957-59 Frank Buckley, 1965-67 Philip Peters, 1984-86 Larry Emerton, 1995-97 Porter Schoff, 2007-09 Ed Lecius and 2014-16 Ed Farrington; and

WHEREAS, With the chartering of the Barrington Lions Club in February, the state will boast 77 clubs with over 24-hundred Lions serving the citizens of the state; and

WHEREAS, Council Chair Scott Wilson, along with District Governors Christine Greenwood and Al Goldstein are serving as the leadership for this special year.

NOW, THEREFORE, I, CHRISTOPHER T. SUNUNU, GOVERNOR, of the State of New Hampshire, do hereby proclaim 2017 as **THE YEAR OF THE LION IN NEW HAMPSHIRE** and encourage our citizens to support them in their work on behalf of all residents.

Given this 27th day of January, in the year of Our Lord two thousand and seventeen, and the independence of the United States of America, two hundred and forty-one.



IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Seal of the State of New Hampshire to be affixed this 27th day of January, 2017.

Christopher T. Sununu

Christopher T. Sununu
Governor



ENVIRONMENT

It's not too late! Your club still has time to plan an environmental project that would qualify for the fourth of the Centennial Service Challenges (CSC): "WWS to Protect Our Planet".

WWS stands for Worldwide Week of Service and this year it will extend from April 17th - April 23rd, 2017. Clubs may host a project to protect the environment during this week simply by cleaning up a park or roadway, planting trees, or having a recycling event.

Here's how your club can take part in this special event (straight from the Lions website):

Plan your project: Decide on a service project that impacts the environment in your community during the week of April 17-23. You might consider inviting another service group to serve with you

Promote your project: Publicize your project to showcase your club and the power of service: Be sure to wear any Lions branded gear when you are serving to increase visibility

Report your project: report your service on the MyLCI Service Activity Report to help us reach new levels of service in our Centennial Service Challenge. Be sure to include the project date

Celebrate Your Service: Share photos of your project on social media so everyone can see what a difference you are making in your community. Use the **hashtag#Lions100** and LCI will share your images on the LCI Facebook page. Other social media sources are Twitter, Blog-LCI & LCIF, Blog-SMILE, YouTube, LinkedIn, and Instagram

Lions International will recognize your service by: featuring your club on the Centennial Service Ticker when you report qualifying Centennial Service Challenges through your **MyLCI's Service Activity Report**;

Your Club will receive one banner patch for each year of reported participation; **Your District** will receive one banner patch per year based upon club participation, and **Leo Clubs** will be recognized for their support of a Centennial Service Challenge with a special Centennial Leo Certificate.

Questions??? More information can be found by visiting the Centennial Service Challenge page of the Centennial Toolbox. Visit MyLCI Reporting for information on how to report your project OR contact CSC@lionsclubs.org

SAVE THE DATE !!



Lions Camp Pride . . . TD Bank Affinity Program

TD Bank has been a strong financial supporter of Lions Camp Pride. Since 2011, the bank has donated over \$19,000 to Camp Pride.

Through their Affinity Program, the bank calculates the amount of their contribution based on the annual number of account holders that have enrolled in the program. To be eligible for the annual payout, we must show growth in the number of accountholders to enroll. The enrollment year runs July 1 thru June 1st.

We need everyone's help in getting new enrollments in the TD Bank Affinity Program. To enroll a person simply needs to contact their local TD Bank Branch, inform them that you would like to enroll in the Affinity Program and reference #A1537. A TD Bank representative will be happy to explain the program details or you can read the attached flyer.



The DogSight Project
A Program of the New Hampshire Lions
Multiple District 44 – Health Services Board
Travels with Rosie

I took a train trip over the holidays. Several people asked me, "Did you go alone?" At first I said "yes." Whoops!! I was never alone, I had Rosie with me! It would have been very challenging without her. Unfamiliar surroundings are very hard for anyone with little vision. I frequently ask myself, "What is THAT?" Rosie doesn't exactly answer that question, but makes sure I'm always safe.

Train travel is ideal for a guide dog. Car and plane spaces are rather cramped, but the accessibility accommodations on trains allow more room for a dog to stretch out and be comfortable. I had taken Rosie on a couple of local excursion trains so I knew she would be OK on a longer trip. The only thing she HATED was the whistle – but only when we were outside the train. I imagine it hurt her ears.

Thank you all for your support of the fine organization that provided me with my Fidelco Guide Dog. See me at Mid-Winter to hear more about my Travels with Rosie!

Donations to the DogSight Project may be sent to **DSP Chair Linda Piekarski, 15 Edgewood Ave, Keene, NH 03431**. Please make checks payable to **LSHF** with **DSP** on the memo line. The independence a guide dog brings to a blind person is priceless. Your contribution gives that gift many times over. Thank you!

Linda Piekarski

Chair, the DogSight Project

lpiekarski@ne.rr.com



Celebrate the Century NH Lions

The District Centennial Coordinators are selling NH's Official Centennial Car Magnet! These custom magnets can be purchased for \$5 each from your District Centennial Coordinators:



44-N Lion Phil Przybyszewski
44-H PDG Stanley Brothers

The fund raised will be used to support MD44 celebration of the Centennial with a parade in downtown Manchester next June.

February

Newsletter Contest:

What Did the Elephant Say

To His Girlfriend on Valentine's Day?

Submit your answer to

newsletter44h@outlook.com for a chance to win a 2 night mid-week stay @ The North Conway Grand Hotel. All correct responses will be entered in the drawing! Have fun Lions!

Sept Winners—Nancy Poulin, Gail Dacey, Dennis Stasio, Ed Lecius, Jan Beldin, Bob Laferriere, Linda Raffery

Oct Winners—Scott Wilson, Nancy Poulin, Gail Dacey, Bob Gustafson, Phyllis Rathbun, Bill Rathbun, Wayne Auger

Nov Winners - Gail Dacey, Phyllis Rathbun, Jay Vanderhoof, Jim Robinson

Dec Winners - Phyllis Rathbun, Nancy Poulin, Bob Gustafson, Gail Dacey, Nancy O'Dowd, John Rafferty

All names are entered into the drawing.

HEALTH SERVICES BOARD

<http://www.nhlions.org/healthservice>

EYEGGLASS & HEARING AIDS COLLECTION & RECYCLING

Dave Rogers
166 Rockingham Road, Auburn NH 03032

NEWSLETTER DISTRIBUTION

This newsletter is E-Mailed via Constant Contact to all District 44-H members who have e-mail addresses on file with LCI ~ Lions Clubs International.

Presidents and secretaries, please coordinate and make a copy available to members that do not have E-Mail.

All E-Mail changes must be made on the LCI website by your club secretary. If you have opted out of receiving the fellowship in the past, you also opted out of the district newsletter because we shared the same contact list.

This issue has been resolved. To receive the newsletter again, you must obtain a copy of the newsletter E-Mail and click on the **join our mailing list** link.

Please take note of the editorial change!

NEWSLETTER SUBMISSION AND DEADLINE

Deadline for submitting articles to be published in the newsletter is the

20th of each month.

To keep the size of the newsletter reasonable, most event articles will be reduced to 1/4 page.

Clubs and district committees with multiple articles for the same newsletter should consolidate the articles into one submission that does not exceed one page.

Newsletter submissions should be sent to Christine Goldstein at

newsletter44h@outlook.com