

The PRIDE

Newsletter of Lions District 44-H ~ New Hampshire



TOGETHER WE SERVE

MARCH 2017 ♦ Volume 43 ♦ Number 9



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Thoughts from
District Governor Al Goldstein



Hello Lions of District 44H,

CST Bob and I are down to our last 2 club visits. These will be completed before the next newsletter. We have learned quite a bit about our District by talking with the members of our clubs. One of the biggest things we heard is we need better orientation. What should we know about our clubs, district and international? How do I fit in? This is a question I have heard more times than I would have thought.

We lose more Lions new in the first year because they don't know where they fit in. Big or small clubs need to give the new members a good orientation. Start with a club history and how the club works then go on to where the District and International fits in. New members have to feel like they belong, like they fit in.

Every club is always looking to add members. This is a good thing as we get more done with more members. The issue is what are we doing to keep them. This year as of today we are plus 7. This included adding a new club with 23 members. We work so hard to get new members but not hard enough to keep them. The challenge goes out to all of us to make all new members feel welcome and to include them in our service projects and fundraisers.

The goal is for all clubs to finish the year plus 1. Are you ready to meet the challenge?

Al Goldstein

"When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us." Helen Keller





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In The Pride

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Welcome Barrington Lions



Events Calendar

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

April

- 4/8 Camp Pride Meeting 6:30pm, Location TBD
- 4/8 Lions Youth Services Mtg, 6:30pm Location: TBD
- 4/16 LSHF Meeting, 6:30pm Hannafords, Bedford NH
- 4/28 Health Services BoardMtg,6:30pm Location TBD
- 4//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,

As many of you know, my focus since running for 2nd VDG has been the health of our clubs and developing positive Leadership. I am happy to see that we are starting to follow through and focus on helping troubled clubs and addressing future leaders. As I am putting together next year's cabinet, I am looking for Lions to help advance the health of Clubs and Developing Leaders.

[Lions interested being a leader, you have an opportunity to attend](#)

[a weekend \(Mar24 – 26\) "Regional Lions Training" \(RLLI\) seminar.](#)

[There is a cost of \\$50 for the weekend includes room and meals.](#)

[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

MEMBERSHIP through LEADERSHIP

We all know to get new members you just got to ask! But how does one become a leader? When your club asks for help in completing a project, no matter what the project is, will you step up and get involved? Did you step up further and volunteer as a lead person. Guess what, you just became a club leader.

We need more lions to step up and take on the challenge of leadership. Clubs need more Lions to get involved and make a difference. Once you get involved as a leader and see the results of your efforts, the thank you from many and the recognition that goes with it, it's all worth it. Your club benefits from it, the District and the people in your community all benefit from the projects that you lead.

Once you take that step into leadership you will realize that your example of leadership hopefully will encourage others to step forward.

Likewise, members will like what they do and will encourage others to join your club. Membership through Leadership.

I'm always looking forward for an invitation to your club to talk about a topic of your choice.
Thank you.

Jerry



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Thoughts from Cabinet Secretary-Treasurer *Bob Gustafson*

Fellow Lions,

We're winding down the 2016-2017 Lions year. Let's finish the year with a bang and push to increase membership and importantly, retain existing members. We had a nice event on Sunday, February 18th when the new Barrington club was chartered.

The Barrington club seemed motivated and ready to go which was great to see. I know the District Leadership will also continue to assist existing clubs with whatever their needs are. Just ask. Also, Lions Secretaries, please remember to go in to the LCI system and post your fund raising and service projects so Leadership can keep apprised of your progress. That would be greatly appreciated. Remember that we have our third and final Cabinet meeting on Sunday, March 12th at the Crowne Plaza in Nashua. Many of you have already signed up. Let me know if you'll be registering at the door.

Quote of the month: "It's not in the stars to hold our destiny but in ourselves" - Shakespeare

Yours in Lionism,

CST Robert Gustafson

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*C 603-553-0531

Thoughts from Multiple Council Chair *Scott Wilson*



"Busy people tend to forgo the one activity - TV watching _ that is most lethal to community involvement"
— Robert D. Putnam, Bowling Alone: The Collapse and Revival of American Community

Social Capital – Who has it and how do you get some?

The central premise of social capital is that social networks have value. Interaction with other people, outside the work mandated environment is the kiln of social capital. Social capital creates value for the people who are connected and, at least sometimes, for bystanders as well.

What are some examples of social capital?

When a group of neighbors informally keep an eye on one another's homes, that's social capital in action. Barn-raising on the frontier was social capital in action, and so too are e-mail exchanges among members of a cancer support group. Social capital can be found in friendship networks, neighborhoods, churches, schools, bridge clubs, and civic associations, such as Lions. The forming of a new Lions Club in Barrington, NH is social capital in action.

The community of Barrington and the surrounding communities are stronger now than they were just a few months ago. People, in this case Lions, will come together to plan and implement programs focused on helping others in and around Barrington. This social capital is the very fabric of the community. Our support of this Lions Club and all Lions Clubs is a flu shot destined to ward off indifference. We Lions engage others in conversation which leads to action which, in turn helps someone. We strengthen ourselves and our community with each interaction.

Congratulations to the members of the Barrington Area Centennial Lions Club and congratulations to Lions all across the state of New Hampshire. We continue to make club growth and membership a vital priority and it is making a difference.

Keep asking people to be a part of Lions. They will feel better about themselves and the community will be better for their participation.

Social Capital - joining and participating in one group cuts in half your odds of dying next year.

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

Warmest regards, *Scott A. Wilson*





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PCC Bill Rathbun
12 Sunset Road

Thoughts from Global Membership Team Leader *Steve Middlemiss*

Global Membership Team Leader



Retention:

As important as it is for our clubs to grow by adding new members it is equally important to retain the membership we have. Have you witnessed that there are a few members who aren't attending meetings or events? Have a member or even the President call them and touch base with them to see if everything is ok. Do they need a ride etc.? The personal touch will go a long way to bringing a member back. Are your members satisfied with how and when your meetings are structured? Ask members for their input. Use the International guides:

"Your Club Your Way", DA-YCYW

"Membership Satisfaction" ME-301 and

"Blueprint for a Stronger Club" DA-STPBG as sources to structure the conversation as to how your members feel about club meetings and events. If you would like me to forward a copy of any of these guides please contact me at estmiddlemiss@gmail.com.

Have an Agenda and try to keep on track. Respect club members time and input.

When I have been visiting Zone meetings I ask the question "If you were a perspective member (or current member) would you join in your club based on how meetings are run?" Take a look. It doesn't mean there are problems but it also doesn't hurt to do a review every once in a while. Try to make the club the best fit for as many members as you can.

We have an upcoming NH Lions Forum being held on April 8th from 8:00 am to 1:00 pm at Delta Dental, 2 Delta Dr., Concord. Membership and Orientation will be covered at this Forum so I urge everyone to attend. Look within this newsletter for the registration form.

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



Thoughts from Global Leadership Team Leader *Toni Olden*

Creativity



Why is creativity a good skill for a leader, because it can inspire and motivate the team. By imagining new possibilities the team can grow together as a unit and build trust. You want to tap your team to encourage debate and champion ideas. The old saying 'thinking outside the box' is true. Try to not choose the safe path – take a risk. Try nontraditional solutions – rattle some cages. Sometimes it is beneficial to listen to your intuition and balance it with logic to reach the best solutions.

So what can you do to set the right environment for your team to be creative?

- Have brainstorming session
- Establish a positive environment
- Build a collaborative environment
- Encourage risk taking

What can you do personally to spark your creativity?

- Doodle – it releases the mind
- Take a class in something you have never done before
- Get up and move your body – it gets all your juices flowing
- Keep some toys on your desk – stuck in a rut, play

Too often we have such wonderful, crazy ideas and we don't execute them for fear of failing, not following the norm or making mistakes. Sometimes the risk turns out to be the best solution. Making your and/or your team ideas come true will build trust and confidence, for you and the team. So the next time you are faced with problem, look at the 'perceived' crazy and absurd and take a chance – you might find yourself pleasantly surprised with the results!

Yours in Lionism, PDG Toni Olden





MEMBERSHIP MATTERS

District Membership	This Month	This Year
Opening Balance	1164	1159
Added Members	0	98
Dropped Members	0	93
Closing Balance	1164	1164
Net Gain/Loss	0	5
Worldwide		1,406,268

**Congratulations
Lions!**



**1.4 Million
Members**

lionsclubs.org/askone



TOGETHER WE SERVE



District 44H Cabinet Meeting Sunday March 12th Crowne Plaza 2 Somerset Parkway Nashua NH

Menu

Assorted Juices	
Fresh sliced seasonal fruit	8:30am Social
Scrambled eggs	9:15am Breakfast
Buttermilk pancakes	
Bacon	
Home fried potatoes	
Variety of pastries	
Coffee, Decaf coffee, assorted teas	

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 as soon as possible

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

The Atkinson Lions

Invite you to



The Homecoming for
District Governor Al Goldstein



Please Join Us on:

Sunday April 23, 2017 @4:00 pm

Atkinson Resort and Country Club
85 Country Club Dr, Atkinson NH 03811

For \$38 per person,
Cheese and Cracker Herb Dip w/Fresh Vegetables
will be followed by a Chef's Choice Buffet

Please RSVP by: April 16th

\$38 per person

Make checks payable to: *Atkinson Lions Club*

Send payment to: *Bob Gustafson at 16 East Road Atkinson NH 03811*

Guest Name: _____

Guest Phone: _____ Club Name: _____

Guest Email: _____

#of Tickets: _____ \$Amount: _____

We hope to see you there!





43rd Annual Lions 44-H Convention
North Conway Hotel
North Conway, NH
May 12 – 14, 2017

Welcome Lions, Leos and Guests

International Director
Rob Wright

Weekend Schedule

Friday May 12, 2017

3:00- 6:00 pm	Registration
3:00- 5:30 pm	Hospitality Room Open (Room 475 and 404)
6:00- 7:00 pm	Cocktails – cash bar
7:00 pm	Dinner and Entertainment
10: 00 pm	Hospitality Room (Room 475 and 404)

Saturday May 13, 2017

8:00 – 9:00 am	Registration
9:15 – 9:45 am	Memorial Service
10:00 – 12:00 pm	Cabinet Meeting
	Awards & Elections
12:00 Noon and in the area)	Lunch on your own (there is a restaurant in the hotel
Free time till 4:00 pm	
4:00 pm	District Governor Elect Reception (held in hospitality room 475) Host: Hampstead Lions Everyone Welcome
5:30- 6:15 pm	District Governor's Reception
6:30 pm	District Governor's Banquet
10:00 pm	Hospitality room open (Room 475 and 404)

Sunday May 14, 2017

11:00 am	Checkout
----------	----------

Have a Safe Trip Home



RODERICK WRIGHT
INTERNATIONAL DIRECTOR

Roderick Wright from New Brunswick, Canada, was elected to serve a two-year term as a director of Lions Clubs International at the association's 98th International Convention held in Honolulu, Hawaii, June 26 through 30, 2015.

Director Wright is the director of education for the New Brunswick Real Estate Association.

A member of the Barkers Point Northside Lions Club since 2006, and a Lion since 1984, he has held many offices within the association, including club president, club membership chairperson, club director, district governor and district international relations chairperson. He has also presented at the 2009 International Convention leadership exchange and was moderator at the USA/Canada Forum in Alaska.

In recognition of his service to the association, he has received numerous awards, including the Membership Key Award, two International President's Certificates of Appreciation and an International President's Award. He is also a Melvin Jones Fellow.

In addition to his Lions activities, Director Wright is active in numerous professional and community organizations, including Portage Atlantic and REvia. He was previously active in the Maine Principals Association, the Mountain Valley Principals Association, Maine Support Network of Rural Special Educators and the Franklin County Children's Task Force.

Director Wright has one son, two daughters and two granddaughters.



**43RD ANNUAL DISTRICT 44-H SPRING CONVENTION
NORTH CONWAY GRAND HOTEL
72 COMMON COURT, NORTH CONWAY, NH
MAY 12- 14, 2017**

International Guests: International Dir. Rob Wright

Lion #1 _____ Club _____

Lion #2/guest _____ Club _____

Home Tel. # _____ e-mail _____

*** Convention fee included in all meal packages***

<u>Plan</u>	<u>Meals and Registration</u>	<u># of persons</u>	<u>total cost</u>
A	Fri. banquet & entertainment. Sat. night banquet & hors d'oeuvres	@ \$ 70.00	
B	Friday banquet & entertainment	@ \$ 28.00	
C	Sat. night banquet & hors d'oeuvres	@ \$ 42.00	
D	Convention fee (meetings only - no meals)	@ \$ 5.00	
E	Friday Night Entertainment only (no meals)	@ \$ 5.00	

Total Amount Due \$ _____

Please make meal choices :

Friday: Summer Cookout Buffet # _____

Saturday: Traditional Stuffed Chicken W/Sauce Supreme # _____

Prime Rib of Beef Au Jus w/horseradish cream sauce # _____

Mediterranean pasta/roasted red peppers/Kalamata/mushroom/tomato # _____

Saturday and Sunday Breakfast and Saturday lunch will be on your own. There is a restaurant at the hotel.

Please note any special dietary needs _____

Deadline for meal reservations is **May 01, 2017.**

Hotel Reservation: Lions Convention Room rate: single or double \$89.00/night plus tax (Must be 2 Nights)
One Night Stay \$ 129.00/night plus tax

Call the Grand Hotel @ 1-800-655-1452 and identify yourself as part of the group of NH Lions Club District 44H. All reservations must be made by Tuesday, April 13th for the special rate. You will pay the hotel direct for your room.

Make checks for banquets payable to: Lions District 44-H Convention Fund

Send check for meals and registrations to: PCC Celeste Ricupero
Convention Chairman
7 Winn Ave
Hudson, NH 03051

Tel. 603-321-0737
E:mail ricupero7@comcast.net

District 44-H Spring Convention

Hi Everyone,

Our Spring Convention is once again upon us.

If any Club or Lion would care to donate an item for our Friday evening raffle please let me know....all items will be greatly appreciated.

To assure that we know who has made the donation please place a card of some sort on the item before leaving it on the table at the hall.

I would appreciate having you e-mail me and letting me know ahead of time the item being donated.

Looking forward to seeing you all at the convention,

Convention Chair

Celeste Ricupero

e-mail: ricupero7@comcast.net



MULTIPLE DISTRICT 33 LIONS
Regional Lions Leadership Institute – 2016/2017
REGISTRATION FORM

Hello Fellow Lions,

Are you thinking about your future in Lions? Are you considering a leadership role?

Please join us March 24-26, 2017 for the Multi-District Regional Leaders Event.

This Lions leaders weekend training event is beneficial to any Lion that is considering a leadership position in their club, District or in the Multi-District.

Please be prepared to spend the entire weekend at the Clara Barton Center located at 30 Ennis Rd., North Oxford, MA 01537. Registration is Friday, March 24 from 5-7. A detailed agenda will be provided to all attendees prior to the weekend.

Please complete the attached registration form and return it with your check for **\$50** made payable to:

Lions Multiple District 33, GLT

Please return by **March 15, 2017**

Name: _____

Address: _____

City, State, Zip: _____

Home phone _____ Cell phone _____

Email address: _____

District: _____ Club: _____

Highest Club and District Offices Held: _____

Please return this form to the Global Leadership Committee in care of:

PDG Randy Pinch
30 Woodward Avenue
Gloucester, Ma 01930

For more information on the Emerging Leaders workshop please contact your District GLT.



Tentative Agenda

Arrival Day, Friday March 24th:

- 5:30 pm – 7:00 pm – Registration & Welcome
- 7:00 pm – 8:00 pm – Dinner
- 8:00 pm – 9:30 pm – Local Issues, Brain Storming, Sharing Best Practices (PDG Susan Dunphy)

Saturday, March 25th:

- 7:00 am – 8:00 am – Breakfast
- 8:00 am – 9:30 am – Working in Teams (PDG Dick Ferrucci)
- 9:30 am – 9:45 am – Break
- 9:45 am – 11:45 am – Public Speaking (Bharat Nair)
- 11:45 am – 12:45 pm – Lunch
- 12:45 pm – 1:45 pm – Diversity (Beth Hennessy)
- 1:45 pm – 2:45 pm - Time Management (PID John Pettis)
- 2:45 pm – 3:00 pm - Break
- 3:00 pm – 4:00 pm - Goal Setting (PDG Susan Dunphy)
- 4:00 pm – 5:00 pm - Time Management (PDG Pat Kalicki)

Sunday, March 26th:

- 7:00 am – 8:15 am - Breakfast
- 8:15 am – 9:30 am - Member Motivation (DG Lisa Nelson)
- 9:45 am – 11:30 am - Skit Presentation
- 11:30 am – 12:00 pm – Certificate Presentations

Note: Above schedule is tentative is may be subject to change. A finalized & detailed agenda will be provided to all attendees prior to the weekend.

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.

8:00 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 11:00 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 SVDG Fred Plett
	10:30 to 10:45 PROTOCOL <u>PCC Ellie Johnson</u>		10:30 to 12:00 OKS TRAINING MCC Scott Wilson Bob Laferriere
11:00 TO 11:15 BREAK	11:00 TO 11:15 BREAK	11:00 TO 11:15 BREAK	
11:15 to 12:30 MEMBERSHIP & ORIENTATION Steve Middlemiss PDG Henry McKee	10:45 to 12:30 PUBLIC SPEAKING <i>Tips and Techniques for a great meeting</i> Joe Kasper	11:15 to 12:30 BLUEPRINT FOR A STRONGER CLUB PDG Tom 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



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



**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 Berny 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 Berny 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



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.

Help us get 5 new enrollments

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.

Electronic Waste Collection Day
Laconia-Gilford Lions Club
Saturday, April 22

Lowe's Parking Lot
1407 Lakeshore Road, Gilford, NH

9:00 am to 1:00 pm

For more information, please contact Marilyn Brown at
brownam@metrocast.net

2017 presents a unique opportunity for the **Atkinson Lions** to celebrate three special events. First, the 250th Anniversary of the founding of the Town of Atkinson, NH, a small town located in southern New Hampshire just north of the Massachusetts border, which occupies 11.3 square miles with a population of 6,801, and is home to Atkinson Academy, the oldest standing co-educational school in the United States. The second event is the 100th anniversary of Lions International, and third is the celebration of the fortieth year of the Atkinson Lions.

King Lion, Lenny Hall, suggested a fitting legacy project would be the donation of a clock celebrating these three occasions. With the approval of the Town's Board of Selectmen a site at the Town common, known as Dow Common, was established.

Next a method to raise the required capital was needed. Through the tireless effort of one Lion in particular, Fran DiLeo, and with the support of many other Lions, a show by the Edwards Twins (Christmas with the Stars) was presented at the Timberlane Performing Arts Center, which was generous enough to allow us to use their venue free of charge. The show was a resounding success and together with the many local individuals and companies securing ads in the Program Book for the show, we ended up with sufficient funds for the project.

The manufacturer of the clock has been chosen and the design of the clock has been finalized.

We will keep you posted with our progress



Meredith Lion Marie Valliere presents 10 pairs of reading glasses in fabric cases to Library Director Jackie Heath of the Holderness Free Library. They just completed an expansion of this building and the LIONS are looking to plant a tree or bush on the grounds later in the Spring.



Conway Area Lions Club Gronk Football Fundraiser
We raised \$1100 for END 68 Hours of Hunger
Pictured is Fundraiser chair Lion John Rafferty and Bob Girouard, accepting for the winner, Leo Hamanne ,his brother in law



50/50 Drawings

Gift Certificates Raffles

Londonderry Lions Club Presents...

Bobby and the Sharptones

Rock and roll classics of the 50's, 60's, 70's, 80's



Free Coffee and pastries

Sodas and Water For Sale

Join us for a Spring Time themed Dance/Concert proceeds benefit High School scholarships, Local sight and hearing, Thanksgiving and Christmas baskets

B.Y.O.B
Free Chips and popcorn

Date: Friday, April 21, 2017 Lions Hall Mammoth Road, Londonderry, NH
Time: 7-11pm

Cost \$20/person, \$35/couple ... Reserve tables available
For tickets and information call Jerry, 603-434-5307



Sandown LIONS CLUB

Invites you to join us for our 1st

St. Patrick's Corned Beef and Cabbage Dinner

Shepherd's Pie Fundraiser

Saturday, March 18th

Sandown Recreational Building

25 Pheasant Run Drive

(road near New Police Dept off 121A)

4pm-6:30pm

FUN, GREAT FOOD, RAFFLES



\$8.00 ADULTS/\$6.00 SENIOR

\$5.00 UNDER 12/UNDER 3 FREE

Proceeds to benefit

Lion's 100th Year

Centennial Project & LIONS Camp Pride

**2nd ANNUAL
KINGSTON LIONS CLUB
GOLF TOURNAMENT**



Saturday, May 6, 2017
Apple Hill Golf Club – East Kingston, NH
Scramble Format - 7:30am shotgun start



Kingston Lions Club serves Kingston, Newton and surrounding communities

All proceeds from this fundraising event will benefit:

Drug Awareness, Treatment, Recovery Services & Education

Beneficiaries: Chucky's Fight, Hope for NH Recovery

and other Lions Club charities

\$110 entry fee per player includes:

18 holes of golf with cart; breakfast (coffee & donuts); lunch; gifts & prizes

Registration deadline: April 21, 2017

Sponsorship Levels:

Platinum - \$1,500 – sponsorship banner, sign on course, tournament foursome & logo items in player gift bags

Gold - \$1,000 – sponsor sign on all golf carts and tournament foursome

Silver - \$500 – sponsor sign at registration and on course

Bronze - \$250 – sponsor sign at registration and at practice green

Hole - \$100 – sponsor sign at designated tee box

Contact:

Kingston Lions Club PO Box183

Kingston, NH 03848

kingstonnh.lions@gmail.com or [kingston-lions-club@googlegroups.com](https://www.google.com/groups?ik=kingston-lions-club)

2ND ANNUAL KINGSTON LIONS CLUB GOLF TOURNAMENT

Saturday, May 6, 2017

Apple Hill Golf Club – East Kingston, NH
Scramble Format - 7:30am shotgun start



Select Sponsor Level

Platinum	\$1,500.00	Friends of Kingston Lions Donation
Gold	\$1,000	
Silver	\$500	
Bronze	\$250	
Hole	\$100	
Donation	\$\$\$\$\$	

Golfer	\$110	
Foursome	\$440	
Amount Due		

Name - 1) _____ Business _____

Email _____

Team Name for Foursome _____ Address _____

TeamMembers

- 2) _____
- 3) _____
- 4) _____

Pay with PayPal at <http://golf.kingstonlionsclub.com/>

Sign _____

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 +



PEACE POSTER CONTEST

2017 – 2018

“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) as well as having payment ready. Checks should be made payable to Lions Youth Services

If you have any questions, please email me.

Thank You!



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 and 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

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 Progressive 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 directly 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

New Hampshire Sight & Hearing Foundation

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

Board of Directors

CONGRATULATIONS to the following Lions elected to the incoming Sight & Hearing Foundation Board (July 2017)

Bob Bussiere - 44N - Peterborough Lions Club

Michelle Anctil - 44H - Hudson Lions Club

David Laine - 44H - Hudson Lions Club

Did your club receive an Eye Patch or Rocker at the convention?

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

After the meeting, several clubs asked me the qualifications for these honors to be placed on their club banners.

The Eye Patch is for the first \$500 cumulative donation. Each rocker is for succeeding \$500 cumulative donations.

These are general Donations (other than 150 Club and Granite State Fellow designated, which go into the Endowment Fund).

Come and join us at our next meeting on March 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 Alert Day

March 28, 2017

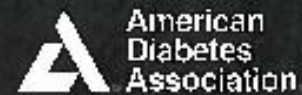
An estimated 86 million Americans have prediabetes and 90 percent of them don't know they have it. Prediabetes can lead to type 2 diabetes and its many serious complications. It's crucial for people to know their risk because prediabetes can be reversed with healthy food choices, weight loss, other lifestyle changes and medication. Please take the **Type 2 Diabetes Risk Test** on the next page. If you are at risk, please call or email me for what to do next. If you are interested in a club or community presentation about diabetes, I'd be happy to help.

Marie Hall, RN CDE

Mariehall326@gmail.com

ARE YOU AT RISK FOR

TYPE 2 DIABETES?



Diabetes Risk Test

- 1** How old are you?
 Less than 40 years (0 points)
 40–49 years (1 point)
 50–59 years (2 points)
 60 years or older (3 points)

Write your score in the box.

- 2** Are you a man or a woman?
 Man (1 point) Woman (0 points)

- 3** If you are a woman, have you ever been diagnosed with gestational diabetes?
 Yes (1 point) No (0 points)

- 4** Do you have a mother, father, sister, or brother with diabetes?
 Yes (1 point) No (0 points)

- 5** Have you ever been diagnosed with high blood pressure?
 Yes (1 point) No (0 points)

- 6** Are you physically active?
 Yes (0 points) No (1 point)

- 7** What is your weight status?
 (see chart at right)

Height	Weight (lbs.)		
4' 10"	113-142	143-198	199+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	135-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	143-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	232-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	320+

(1 Point) (2 Points) (3 Points)

You weigh less than the amount in the left column (0 points)

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Add up your score.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, and Asian Americans and Pacific Islanders.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

For more information, visit us at diabetes.org/alert or call 1-800-DIABETES (1-800-342-2383)

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009.
 Original algorithm was validated without gestational diabetes as part of the model.

Lower Your Risk

The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.

If you are at high risk, your first step is to see your doctor to see if additional testing is needed.

Visit diabetes.org or call 1-800-DIABETES (1-800-342-2383) for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.



STOP DIABETES

Special thanks to our Walgreens partners

Walgreens



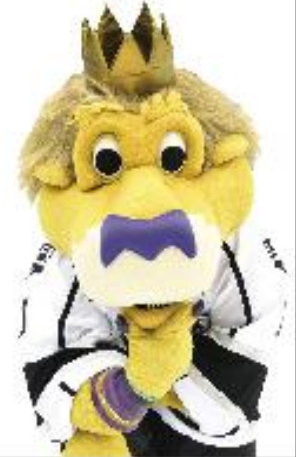
**LIONS CLUBS OF NEW HAMPSHIRE
FAMILY DAY WITH THE
MANCHESTER MONARCHS!**

**Sunday, April 2nd
3PM**

**Come support
the Lions Club
of New
Hampshire as
they participate
in the puck
drop and the
High 5 Tunnel
with the
Monarchs
players!**



VS.



WWW.MANCHESTERMONARCHS.COM



**COME SUPPORT THE LIONS CLUBS OF
NEW HAMPSHIRE AND CHEER ON THE
MONARCHS! PROCEEDS FROM THE
NIGHT'S CHUCK-A-PUCK AND JERSEY
RAFFLE WILL BENEFIT THE
NH LIONS CLUBS!**

SPECIAL PRICE

**\$20
Adults**

**\$15
Youth**

**PLEASE MAKE CHECKS PAYABLE TO NH LIONS MD44
QUESTIONS? PLEASE CONTACT**

**JASON JONES @ JJONES@MANCHESTERMONARCHS.COM OR (603) 626-7825 X6121
ORDERS DUE BY: MONDAY MARCH 27TH**

Name: _____

Address: _____ Email: _____

Phone Number: _____

Do you want to participate in High 5 Tunnel? Yes ___ No ___

_____ of Tickets @ \$20= \$ _____

_____ of Tickets @ \$15= \$ _____

TOTAL= \$ _____

Who: Manchester Monarchs vs. Elmira Jackals

When: Sunday, April 2nd at 3pm

To Order your tickets: Please return this form with
payment to the District Centennial Coordinator Ed Lecius
Make checks payable to: NH LIONS MD44
To Order Online:
<https://ManchesterMonarchs.formstack.com/forms/lionsclubnh>
Questions? Contact Jason Jones at (603) 626-7825 x6121 or
jjones@manchestermonarchs.com

Where: SNHU Arena (formerly Verizon Wireless Arena)

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





Lions Clubs International
FOUNDATION

OUR FOUNDATION

An Exciting Time to Stand with LCIF

Dear Lions,

Perhaps you have heard that Lions Clubs International (LCI) approved a new service initiative in June. This is a very exciting time to be a Lion! Lions Clubs International Foundation (LCIF) is eager to support future Lions' service initiatives just as it has for nearly 50 years.



Lions, Leos and LCIF will continue working to save sight, fight hunger and protect our environment, just as we always have. But emerging global needs also require our attention. We are developing new ways to expand our capacity to serve in unique areas, including childhood cancer and diabetes, to ensure that we meet the needs of our changing world.

We have accomplished so much together, saving lives and offering hope to those who need us most. But our work is not done. I know that we will continue to have a positive impact all over the world and I am delighted to stand beside you as we head into a new and exciting era of service. Remember, LCIF stands with Lions and is here to help you make a difference.

Sincerely,

Dr. Jitsuhiro Yamada
Chairperson, Lions Clubs International Foundation

Lions Clubs Centennial Commemorative Coin on Sale Now!

In celebration of a century of humanitarian service, Lions Clubs worked with the United States Mint to produce a limited edition 1 ounce professionally crafted silver dollar coin. This coin is a limited edition. Only 400,000 will be created. Once sold out, no more coins will be made. Each coin is packaged in its own beautiful presentation case and includes a certificate of authenticity. Purchasing this historic Lions Centennial keepsake supports the life-changing work of LCIF. For each coin sold, USD\$10 is authorized to be paid to LCIF. This represents a USD\$4 million opportunity to improve the lives of people in need through LCIF initiatives around the world.



For a limited time only, you can purchase this historic keepsake for the low, introductory price of US\$47.95 only through the [U.S. Mint](#)! But hurry: this offer expires at 3:00 pm EST on February 21, 2017.

ENVIRONMENT

CONGRATULATIONS: Lion Fred Somers of the Conway Area Lions Club

WINNER of the Multiple District Environmental Photo Contest-

Lion Fred's winning photo will now be submitted to Lions International for competition with all the other Lions Clubs world-wide-

Good Luck to Lion Fred and MD District 44- you did us proud!!

Just a gentle reminder: The fourth of the Centennial Service Challenges (CSC): "WWS to Protect Our Planet" is due during the week of **April 17th-April 23rd, 2017**; projects should be accomplished in that time frame

More detailed information was printed in the February District Newsletter or can be found by visiting the "Centennial Service Challenge Page of the Centennial Toolbox". Report your planned activity on the **MyLCI Report Form**; information on how to report your project can also be found at MyLCI t OR contact **CSC@ lionsclubs.org** for any questions. REMEMBER: District 44H can earn a District Award if 50% or more clubs report participation in at least two CSC campaigns through MyLCI

Well, **MOTHER NATURE** sure came calling these past couple of weeks and certainly made her presence known- hopefully, you all were safe and snug in your homes with a nice cup of Hot Chocolate...

Some things to keep in mind for the rest of the season and to remember for next year:

-Large amounts of snow and ice: can accumulate quickly, particularly on low slope or flat roofs- if you must remove it yourself, use a snow rake with a LONG handle that you can use from the ground.

-High Winds: Bring inside or secure any items outside of your homes- check roof for damage.

-Frozen pipes- maintain an adequate temperature in your home, wrap heat tape or layers of old newspapers (cover newspapers with plastic to keep moisture out), let faucets drip a little to prevent freezing. Learn how to shut off water valves in case a pipe bursts, disconnect garden hoses and shut off and drain pipes leading to outside faucets.

-Generators: do not run inside your home; they should be 10-15 feet away outside of your home and garage. Exhaust fumes may cause fatal carbon monoxide poisoning

-Heating your home: make sure house is well insulated and place weather stripping around your doors and windows. Close off unneeded rooms, stuff towels or rags in the cracks under doors and cover windows at night. If using alternative heating, i.e. fireplaces- be sure to clean chimney; kerosene heaters- refuel them outside and keep them at least 3 ft. away from flammable items.

-Driving: limit your travel to necessary trips- give the NHDOT time to clear and treat the roads. Clear all snow from your vehicle's windows and lights before driving and always (year-long) keep both hands on the wheel, eyes on the road, and don't become distracted by your passengers, GPS and other devices... Let someone know where you are going and what routes you may be taking.

Go to www.ReadyNH.gov for information and help/forms in making a Family Emergency Plan, an Emergency Contacts Card, and how to prepare an Emergency Kit for "sheltering in place" for a period of time



March Madness

District 44 H

New Member Drive

The District Membership Team led by
GMT Steve Middlemiss is having a new member contest
for the entire month of March

The club with the most new members for the month of
March will win 50.00. The member who brings in the
most new members will receive a 25.00 gift card.



The DogSight Project A Program of the New Hampshire Lions Multiple District 44 – Health Services Board Dem Bones, Dem Bones

Did you notice the bones at the bottom of last month's article? Some were filled in, but others empty. They represent the status of DSP donations for the Lions year. Our annual goal is \$15,000. That's one third of what it costs to produce the fine Fidelco German Shepherd Guide dogs, or half of what the specialized vans that Fidelco uses to transport dogs and trainers to clients' homes and training sites. So far this year, Lions of MD44 have donated a little over \$10,000 – less than a quarter of a dog! There's still time to contribute!!

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.

HEALTH SERVICES BOARD

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

EYEGLASS & HEARING AIDS COLLECTION & RECYCLING

Dave Rogers
166 Rockingham Road, Auburn NH 03032

March

Newsletter Contest:

Why should you never iron a four leaf clover?

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!

A final list of contest winners will be listed in the April newsletter

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