

The PRIDE

Newsletter of Lions District 44-H ~ New Hampshire



OCTOBER 2016 ♦ Volume 43 ♦ Number 4



DISTRICT GOVERNOR (DG)

Al Goldstein (Christine)
35 Main St
Atkinson, NH 03811
H: (603) 362-6529
C: (603) 913-1281
E: algoldstein@comcast.net

1st VICE DISTRICT GOVERNOR (FVDG)

Sam Longbook (Berny)
37 St. John Lane
Hampstead, NH 03811
H: (603) 329-5603
C: (603) 885-6477
E: slongboo@comcast.net

2nd VICE DISTRICT GOVERNOR (SVDG)

Jerry Vaccaro (Marilyn)
74 Chase Road
Londonderry, NH
H: (603) 437-1408
C: (603) 204-7752
E: jvac1408@comcast.net

CABINET SECRETARY-TREASURER (CST)

Robert Gustafson
16 East Road
Atkinson, NH 03811
H: (603) 489-1776
C: (603) 553-0531
E: robertgustafson11@gmail.com

MULTIPLE COUNCIL CHAIR (MCC)

PDG Scott Wilson (Valencia)

31 Alvire Drive
Hudson, NH 03051
H: (603) 880-1838
C: (603) 770-3700
F: (603) 782-0168

E: scottwils@comcast.net

Global Membership Team

Steve Middlemiss (LeeAnn)

22 Abbott Street,
Hudson, NH 03051
H: (603) 883-5205
C: (603) 566-7616

E: cstmiddlemiss@gmail.com

Global Leadership Team

Toni Olden
95 Plymouth Street
Meredith, NH 03253
H: (603) 279-6016
C: (603) 677-2431
E: toniolden@gmail.com



Thoughts from

District Governor Al Goldstein

Hello Lions of District 44H,

The 100 millions challenge has been reached 1=1/2 years before the target date. Part of this happening is the service your clubs have been doing here in new Hampshire. As Lions we will always be known for what we do for others. As I visit clubs around the district I hear all of the stories about the service being done here.

Membership is our life blood. The more we have the more we can do. The United States while still down for the year is having its strongest membership growth in many years. Our district is down for the year. We still have a long way to go, I am asking all of you to think about someone who you feel would make a good Lion and invite them to join you in a service project. Then after they get a chance to see what you do ask them if this is something they would like to be part of. The best part of it all is they will become Centennial Lions. This is an awesome opportunity. You as the sponsor will be a centennial sponsor. October is designated as membership Month. This would also be a great time to invite someone to a meeting. It is important to make that meeting informative and fun.

Community legacy projects. The projects are starting to come in. Signs welcoming people into town, a community garden, improvements to parts. These are exciting times and I love to hear the stories. Please send pictures of your projects to the newsletter so they can be shared with everyone.

Keep up the good work Lions of District 44h.
DG Al

"You can't get very far until you start doing something for somebody else." Melvin Jones





OCTOBER 2016 ♦ Volume 43 ♦ Number 4

In The Pride

Thoughts from:

DG Al	Page 1
FVDG Sam	Page 3
SVDG Jerry	Page 3
CST Bob	Page 4
MCC Scott	Page 4
GMT Steve	Page 5
GLT Toni	Page 5

Membership Matters

Pg 6
44 H Cabinet Meeting
Pg 7
Visit with Bob Corlew
Pg 8
Camp Pride
Pg 9,10

Save Date –Membership/Leadership workshop

Pg 11
Secretary Class
Pg 12
Health Services Board
Pg 13
Peace Poster Contests
Pgs 14 & 15
Club News
Pgs 16–21
Environment
Pg 21
NELC Weekend
Pg 22,23
Dog Sight Project
Pg 24
LCIF/Diabetes
Pg 24
Sight & Hearing/LYS
Pg 25
Save the Date
Pg 27
Contest
Pg 29

Travels with the DG



Lions International President
visited Manchester , Tuesday
Sept 27th

Visitation Schedule for District Governor Al.

Please contact CST Bob Gustafson to
set up a visitation .

Upcoming Visits:

Conway	10/5
Seabrook	10/10
Auburn	10/11
Derry	10/18
Guilford/Laconia	10/20
Epping	10/25
Pelham	10/27
Windham	11/2
Epson/Chichester	11/3
Kingston	11/10
Hudson	11/14
Exeter	11/15
Moultonboro	11/21

Hello Club Presidents & Secretaries,
I will be reaching out to you to see

Events Calendar

October

- 10/12 Camp Pride Meeting 6:30pm,
Location TBD
- 10/12 Lions Youth Services Mtg, 6:30pm
Blake's Restaurant, Manchester
- 10/20 LSHF Meeting, 6:30pm
Blake's Restaurant, Manchester
- 10/25 Health Services BoardMtg,6:30pm
Location TBD
- 10/26 Twin State Soccer Assoc 7:00pm
Location: Elks Club, Lebanon NH

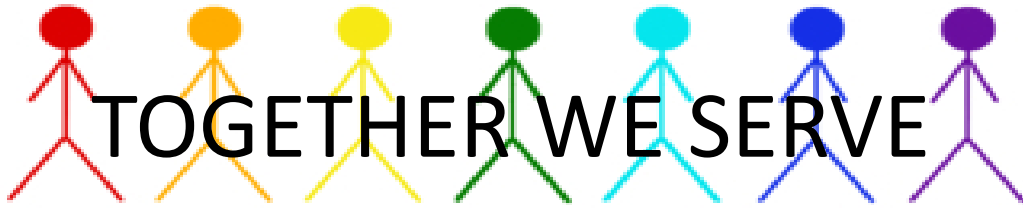
November

- 11/09 Camp Pride Meeting 6:30pm,
Location TBD
- 11/09 Lions Youth Services Mtg, 6:30pm
Blake's Restaurant, Manchester
- 11/17 LSHF Meeting, 6:30pm
Blake's Restaurant, Manchester
- 11/22 Health Services BoardMtg,6:30pm
Location TBD
- 11/30 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 September
20th!**



OCTOBER 2016 ❖ Volume 43 ❖ Number 4

Immediate Past District Governor

Scott Wilson
31 Alvirne Drive
Hudson, NH 03051
C: (603) 770-3700
E: scottwils@comcast.net

Global Membership Team

Steve Middlemiss
22 Abbott St
Hudson, NH 03051
H: (603) 883-5205
C: (603) 566-7616
E: estmiddlemiss@gmail.com

Global Leadership Team

Toni Olden
95 Plymouth Street
Meredith, NH 03252
H: (603) 279-6016
C: (603) 677-2431
E: toniolden@gmail.com

District Newsletter Editor

Christine Goldstein (DG Al)
35 Main St
Atkinson, NH 03051
H: (603) 362-6529
C: (603) 817-2630
E: newsletter44h@outlook.com

District Photographers

Deedee LaTulippe
136 Lowell Rd
Hudson, NH 03050
C: (603) 566-0691
E: liondeedee@comcast.net
and
Nancy Greer O'Dowd (Tom)
P.O. Box 1163,
Wolfeboro, NH 03894
H: (603) 569-1160
C: (603) 387-6808
E: lupesmom14@gmail.com

Environment

Becky Brown (Bill)
P.O. Box
Windham, NH 03087
H: (603) 432-9419
E: beckbrown@hotmail.net

Facebook Administrator

Marie Valliere
95 Plymouth Street
Meredith, NH 03253
H: (603) 279-6016
E: keylion03@gmail.com

Thoughts from

First Vice District Governor Sam Longbook

Hello Fellow Lions,

Summer is over and what a summer it was. Lion Berry and I hope NH Lions and their families had an opportunity to enjoy of the summer.

We must focus on membership in the clubs and the district. Last year the district had a great growth in membership. This was due to the district leadership working with clubs and individual Lions and the addition of two new clubs to accomplish this growth.

DG Al is planning on a new club in the Barrington area.

My belief is that with good positive leadership membership will grow and the club will flourish. Leadership can also hinder club growth and progress. All Lions and past club leaders need to develop a real positive approach to leading their club and improving fellowship.

Every Lions club should have a club membership chairperson.

Club membership chairpersons assist their clubs with membership growth. Growth is achieved through new member recruitment and membership satisfaction, which results in club members staying and serving.

How does the membership chairperson get started?

Membership chairperson should start by reading the Membership Chairperson Guide (ME-44). The guide explains the position responsibilities, provides tips and introduces available resources. The guide helps membership chairpersons create a membership satisfaction and membership growth plan.

What are the responsibilities of the club membership chairperson?

General responsibilities include forming a membership committee, coordinating with other club committees, submitting the Membership Chairperson Recruiting Report and the Club Membership Satisfaction Report, and serving on the club's board of directors.

My personal goal/focus for 2016 -2017

Work with clubs in support of a club service or fundraising project.

By working club events, I hope to get to know more Lions and get a better understanding of their clubs.

I have worked with Moultonboro, Nashua, Hampstead and Sandown Lions. We all found working together it rewarding.

I FEEL LIKE I CAN CONTRIBUTE MORE WORKING CLUB PROJECTS, WHILE GETTING TO KNOW THE CLUBS AND INDIVIDUAL LIONS.

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

Let's talk LEADERSHIP!

FIRST let's refresh our minds on how you as a leader in your club became a LEADER. Was it because someone in your club, possibly a mentor, recognized the "above and beyond" efforts you performed in your club project. Was it because you helped fellow lions resolve some club misunderstanding or conflict. Did you bring in a new or several new Lion members? You showed up at all meetings and contributed valuable input to the meetings.

What happened next, you were recognized by your fellow club members for the "great job" during the club project. You received a "Thank You" for helping and working with club members. Possibly a club award. Possibly your efforts were passed on to District and received District Recognition. YUP, this how you became a leader, being recognized and awarded by your fellow lions for the work you had demonstrated.

NOW, as a leader it's your responsibility to start recognizing "NEW" lions in your club. Asking them to get involved in club projects, asking them for their ideas and input about club issues and the most important fact - thanking them. Thanking them by different recognitions, awards, certifications of appreciation, anything pertinent to the event. People like to be recognized for their efforts no matter how small or big.

As a District Leader, I would like to know about any Lion you feel is in need of a thank you from the District. Just let me know. As always, I am available for a club visit and challenge me on any topic.

Thank you for what you do as a Lion,

Jerry



OCTOBER 2016 ❖ Volume 43 ❖ Number 4

ZONE 1 CHAIRPERSON

Gail Dacey
26 Windward Ter
Salem, NH 03079
H: (603) 898-6913
C: (603) 560-1029
E: grd514@aol.com
Clubs: Hudson, Litchfield, Nashua, Salem,
Windham, Nashua Everest Centennial
Pelham Centennial

ZONE 2 CHAIRPERSON

Patricia Kimball
30 Eastfield Loop
Sandown, NH 03873
H: (603) 887-6331
C: (603) 819-8433
E: pmadx@aol.com
Clubs: Atkinson, Hampstead, Plaistow,
Sandown, Kingston

ZONE 3 CHAIRPERSON

Mary Tremblay
23 Carlson Rd
Hampton, NH 03842
H: (603) 926-2069
C: (603) 380-3704
E: mivtremblay@earthlink.net
Clubs: Epping, Exeter, Hampton Area,
Portsmouth, Rye, Seabrook

ZONE 4 CHAIRPERSONS

Colleen Towle
271 Freemont Rd
Chester, NH 03036
H: (603) 887-3183
C: (603) 203-623
E: kittygrammy@mygsc.com
Clubs: Auburn, Chester, Derry,
Londonderry, Raymond

ZONE 5 CHAIRPERSON

Marilyn Vaccaro
74 Chase Rd
Londonderry, NH 03053
H: (603) 437-1408
C: (603) 204-7251
E: jvac1408@comcast.net
Clubs: Epsom / Chichester, Loudon,
Saddleback Mountain, Suncook
Valley Area

ZONE 6 CHAIRPERSON

Peter Houde (Christine)
104 Rocky Hill Road,
Somersworth, NH 03878
C: (603)-834-3420
E: phoudee@gmail.com
Clubs: Dover Cocheco River, Rollinsford /
South Berwick, Somersworth

ZONE 7 CHAIRPERSON

John Bisio
30 Brookstone Lane,
Madison, NH 03849
C: (603)236-9228
E: jbisio34@gmail.com
Clubs: Conway Area, Laconia / Gilford,
Meredith, Moultonboro, Wakefield,
Whittier, Wolfeboro



Thoughts from Cabinet Secretary-Treasurer *Bob Gustafson*

Fellow Lions,

October is upon us and autumn has arrived. Thank you again for working with me to set-up visits with District 44-H Governor Al so he can continue to share the goals of the District and get feedback from your clubs. The interesting thing that I've seen on our visits thus far is that each club is unique and serves its community in its own unique way and we certainly appreciate your honest feedback. Also, thank you in advance for filing your membership and activity reports in a timely manner. This is important as we determine opportunities and challenges within the District. As always, feel free to contact me directly with any questions as we continue to move forward and serve our communities.

Quote of the month: "No legacy is so rich as honesty" - Shakespeare

Yours in Lionism,

CST Robert Gustafson *E robertgustafson11@gmail.com

*C 603-553-0531

Thoughts from Multiple Council Chair *Scott Wilson*

"Trying to get without first giving is as fruitless as trying to reap without having sown." — Napoleon Hill



What does Lions being 100 years old have to do with being a Lion today? Historical reflection and education are linked. Our past is woven into the warp and woof of Lionism. It is not essential to know who Melvin Jones is to be a contributing Lion in your community, although his contribution is inestimable; nor is it critical that you know we are part of almost 1.4 million like-minded people, but it does feel good to be part of something so much bigger than just you or me; nor is it important to understand the impact we have on our community, although our hometown would be so much less without our existence.

The chief takeaway of celebrating 100 years is the shared collective of our common good. Looking back at the previous 100 years allows our young members an induction to the fullness of their cultural inheritance as Lions. The acronyms, the Lions mission, the community impact, the process of induction and the planning of service projects, links us in so many ways. We stand on shoulders squarely planted in the rich soil of tradition. Our newest Lions cultivate relationships and new traditions because so many Lions came before them. We look back and smile with the pride that comes with being associated with an organization founded on the tried and true creed of service to others. Our motto "We Serve" is as fresh today as it was 100 years ago. And it is the cornerstone of the next 100 years of service.

This year, make a personal commitment to bring your best friend into Lions. Your best work friend, your best church friend, your best friend in the neighborhood, your favorite aunt or nephew or just someone you met in the line at the supermarket. Each club should plan to end the year with at least NET +1 in membership. If you lose two members, seek out three new Lions in service of your community. NET +1
This will give us a net minimum of +77 Lions in our multiple district.
Thank you now and always for the work you do!

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,





OCTOBER 2016 ❖ Volume 43 ❖ Number 4

Hearing Preservation, Awareness & Action

Scott Wilson (Valencia)
31 Alvirne Drive
Hudson, NH 03051
C: (603) 770-3700
E: scottwils@comcast.net

Information Technology (Webmaster)

Jay DeRoche (Kathleen)
20 Sunrise Terrace
Plaistow, NH 03865
H: (603) 382-7024
W: (508) 475-0397
john.deroche@comcast.net

Lions Alert

Judi Gibson (Dick)
39 Lantern Lane
Epsom, NH 03234
H: (603) 736-9942
C: (603) 731-6298
E: gibjudi@hotmail.com

Lions Fellowship

Nancy Greer O'Dowd (Tom)
P.O. Box 1163,
Wolfeboro, NH 03894
H: (603) 569-1160
C: (603) 387-6808
E: lupesmom14@gmail.com

Peace Poster Contest

Lillian Bellisle
29 Cedar Street
Hudson, NH 03051
H: (603) 889-0285
E: lionjeri@comcast.net

Public Relations & Lions Information

Marilyn Richardson
PO Box 65
North Salem, NH 03073
H: (603) 882-1997
C: (603) 204-7914
E: Marilyn@pcom.com

Sight Preservation, Awareness & Action

Judy DelValle-Webb (Rawson)
224 North Broadway,
Salem, NH 03079
H: (603) 458-1908
C: (603) 502-6869
E: northbroadwayoptical@gmail.com

Uniforms/Jackets/Shirts/Hats & Emblems

Joe Kasper (Joanne)
63 Pine Hill Road,
Weare, NH 03821
H: (603) 529-0439
C: (603) 548-0286
E: jkasper@nedelta.com

LCIF Coordinator

PCC Bill Rathbun
12 Sunset Road
Meredith, NH 03253
H: 606-707-9285
E: pdgbill33@yahoo.com

Thoughts from Global Membership Team Leader *Steve Middlemiss*

Global Membership Team Leader



Sadly, we are off to a slow start to DG AI's year as District Governor regarding membership. Membership Chairs, there is lots of great information on the website (lionsclubs.org) to help you achieve our goal of growing our District. Just go to the website and click on Member Center and it will offer you many options. International has provided some incentives for increasing membership. The Involve a Veteran program continues again this year until June 30, 2017. When a veteran joins your club their entrance fee will be reimbursed once the certification has been completed. This is a great way for our Veterans to continue their service. There are also Centennial Membership Awards. When a new member reaches a year and a day the sponsor receives a Silver Centennial pin, Gold for two years and a day, and "Diamond" for three years and a day. A great incentive to retain our new members. Let's support DG AI and see how many of these pins we all can receive. If you need to get in touch with me my cell phone is 603-566-7616 and email is cstmiddlemiss@gmail.com.

Don't forget to JUST ASK!

Yours in Lionism

GMT Leader Steve Middlemiss



Thoughts from Global Leadership Team Leader *Toni Olden*

"There are three essentials to leadership: humility, clarity and courage." ~ Fuchan Yuan

What does that mean?

Humility: It's about being modest and knowing one's limitations. On puts the organization and the members before oneself. If you do not know the answer, say so – and find the answer or encourage someone else to find the answer.

Clarity: Having a vision and being able to communicate it clearly and distinctly. If you truly believe in your vision and are enthusiastic about it, you can get others to believe in it too.

Courage: Do not be afraid to listen and embrace new ideas and thinking. Do not be afraid to speak up and have your own ideas heard. Do not be afraid to compromise.

What is your vision for your club, your Zone, your committee? Do you truly believe in it? Can you communicate it effectively with enthusiasm? Do you have the courage to change your vision or plan when others bring forth new ideas? A good leader knows how to adapt his/her plan and still reach the goal.

Applications for ELLI (Emerging Lions Leadership Institute) are still available from DG AI and CST Bob.

Last date for submissions is October 22. All submissions go to DG AI and/or CST Bob.

Yours in Lionism,

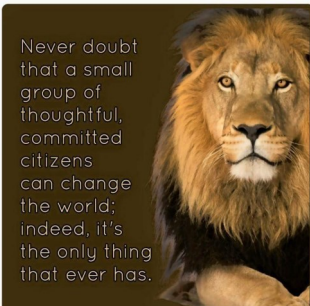
PDG Toni Olden

44-H GLT Coordinator

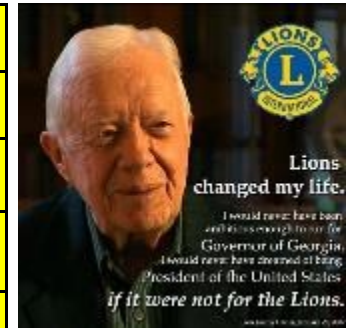




MEMBERSHIP MATTERS



District Membership	This Month	This Year
Opening Balance	1134	1159
Added Members	0	21
Dropped Members	0	46
Closing Balance	1134	1134
Net Gain/Loss	0	-25
Worldwide		1,389,391



DG AI would like to encourage all clubs to increase membership and do what lions do... help and serve their communities.





TOGETHER WE SERVE

District 44 H Cabinet Meeting Sunday

November 6th

Pheasant Ridge Country Club

140 Country Club Rd, Gilford, NH 03249

Muffins, Danish and coffee cake

Assorted bagels, cream cheese, peanut butter, butter and jams

Sliced melons and fresh fruit display

Scrambled eggs

Breakfast sausage

Bacon

Breakfast potatoes

Waffles with maple syrup, butter, strawberries, whipped cream

Regular and decaffeinated coffee and tea

Orange juice, cranberry juice

Make Check Payable to: District 44-H

Send Payment to: CST Bob Gustafson

16 East Road, Atkinson, NH 03811

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

Name(s): _____

Name of Lions Club _____

Total Attending: _____ X \$19.00= _____

Check Total: _____

Any Questions, please call Bob Gustafson at (603) 553-0531



Where There's a need there is a Lion!!!
International President Corlew's visit to
NH at Veterans Park in Manchester



Lions Camp Pride NEWS

Lions District 44-H Service to Mankind, Inc. Established 1989 ~ 27yrs ago



As the leaves begin to change all across New England, we are in the final stages of putting the camp to bed for the winter. This time of the year at camp is so peaceful and restful, if you have time stop by and enjoy!

For anyone interested in begin a board member and or as an associate member, please have your club secretary send a note to Jeri Maynard lionjeri@comcast.net.

A few recently past activities include, Mulligan fund raiser sponsored by the Atkinson Lions, District wide picnic, along with some upcoming events, annual Calendar raffle, Ice Racing to note just a few ...

As temps begin to cool off Lions Camp Pride hooded sweatshirts are available, see any board member for details.

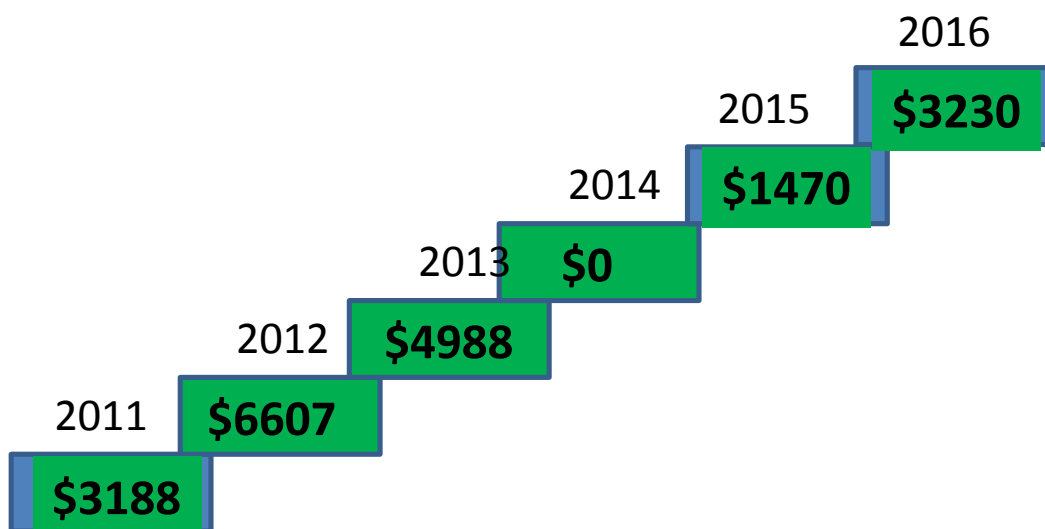
Team work is the key to our current and future successes.

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 Cork and Keg in Raymond NH.

Lions District 44H Service to Mankind
“Lions Camp Pride”
&
TD Bank Affinity Program
A1537



Total \$13,521
Over the past 6 years





Saturday November 19th

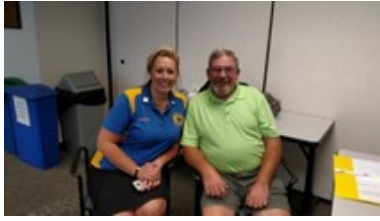
Membership-Leadership

Workshop

9-3

Lunch Will Be Provided

Stay Tuned For More Details



Multiple District Secretaries Class

Multiple District Secretaries Class

I would like to thank the presenters for a fantastic job along with their two assistants. The class was filled with lots of information. All were presented with a flash drive and hard copies of the very informative power point. This class was to help all our secretaries understand the filing into Lions International and their responsibilities to their club and district. These two presenters did such a good job on all expects of the program. They also conducted a very informative question and answer session.

The secretaries were very impressed with Marilyn and Sue and their presentations.

My sincerest thanks to:

Presenters:

PMCST ZC Marilyn Vaccaro

PMCST ZC Sue Lindberg

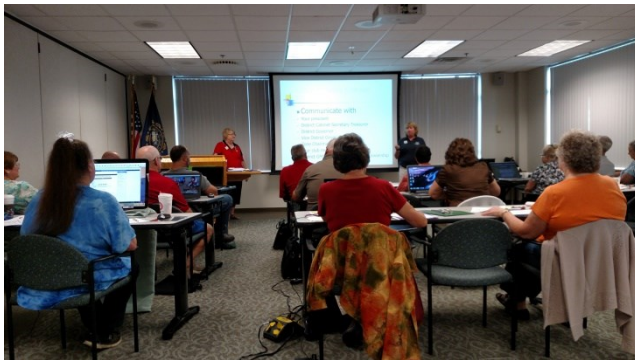
Assistants:

Zone Chair Virginia Edwards

Lion Marilyn Mann

Also much thanks to our presenter for the past several years..since 2009 actually.

Lion Diane Guerriere of the Wolfeboro club was kind enough to help this year's presenters with information they used to help them begin with producing their newer program. Diane through the years has not only done the September class but also the April Forums. I received high praise for her classes throughout the years. Lion Valencia Wilson joined Diane also with a couple years of September and April classes and became an asset to the program



My sincerest thank you to District Governor Al Goldstein and District Governor Christine Goldstein for your trust in me.

Event Coordinator: PCC Celeste Ricupero



Hello Fellow Lions, My name is Judy and I am the chair of the Health Services Board We oversee Operation Kids Sight.

The mountain the HSB is climbing involves screening the children of NH. We invite all of you to join us in this climb. The more help we have the faster we will achieve our first goal of screening One hundred thousand (100,000) Children this year.

I will be writing each month to keep you all updated on how many screenings we have done.

My first message to you was to let you know of my intentions on reporting the screening result done in the state.

We are just gearing up and have started to screen schools, daycares, and town fairs.

Numbers are just starting to come in so not much to share at this time.

I did have the pleasure of working with Manchester Lions, a Hampstead Lion, and another Salem Lion.

We were at St Catherine's and screened about 300 children. It was made easy with the help of the school nurse and 2 screeners. We have found many nurses, principles, and daycare directors around the state wanting us to come into their facilities to screen their children.

There has been a training session done for Club Coordinators and another will be held soon.

Please contact MDC Scott Wilson if you are interested in the next training.

More to come with actual numbers next month.

Yours in Lionism,

Judith Del Valle-Webb HSB Chair

"A Celebration of Peace"

44H-2016-2017 Peace Poster Contest

Any youth group that a Lions Club chooses to sponsor is eligible to enter the Peace Poster Contest. which is open to 11-13 year olds with the eligible birth dates of November 15, 2003-November 15, 2005. Other eligibility requirements are:

- Artwork should be **NO SMALLER** than 13" x20" and **NO LARGER** than 20" x24"
- Do **NOT** frame or mat artwork, Do **NOT** laminate; **THREE DIMENSIONAL** entries will **NOT** be accepted
- The **USE OF lettering, numbering** on the **FRONT** of the poster, in any language, is **NOT ALLOWED**
- All media accepted**: chalk, charcoal, pastel entries should be **SEALED** with a fixative spray to prevent smearing. Artwork should be done on flexible material so it can be **ROLLED** for shipping in a mailing tube. **DO NOT FOLD** poster
- ORIGINAL** creation only- duplications or copies will not accepted for entry to judges
- Only **ONE** winning entry per student- clubs may award additional awards if they choose
- All artist's signatures or initials should be only **ON THE BACK** of the poster
- Judging will be based upon originality, artistic merit and expression of the theme
- **Deadline: NOVEMBER 6th** – posters must be received by November 6th and will be judged at the November 6th Cabinet meeting. If you are mailing your poster directly to Lion Lillian Bellisle, 29 Cedar St., Hudson, NH 03051 or to District Governor Al Goldstein, **please allow for delivery time**. **Preferably, your peace poster should be brought to the Cabinet Meeting** (just get to the meeting early).

As District 44H Peace Poster Chair, I can be reached by phone at 603-889-0285 or by my e-mail contact: Lionjeri@comcast.net

Lillian Bellisle, 889-0285

Celebration of Peace 2016 – 2017 Peace Poster Contest

For District 44H and District 44N



Recently an email was sent to all the Zone Chairs within both districts for those clubs that are participating in the Peace Poster contest this year. It is an attempt to try and coordinate the contest so that all are all on the same page sort of speaking. The following are suggestions in making this happen. This information was sent to your Zone Chair in attempt to help your club. If you should have any questions or concerns, please contact your Zone Chair, District 44H Chair, Lillian Bellisle or myself.

Select a first place, second place and third place winner in accordance to the LCI rules and regulations for the contest.

Determine what award to distribute to these winners.

Select two (2) additional posters from contestants, (3) Winners plus (2) Participants for a total of (5) five Posters.

Participating Club's Chairperson to take a photo of each of the (5) five Posters. If photo cannot be taken, please have someone else in club take photo or forward all five posters directly by mail or bring to your Cabinet Meeting so that a photo may be taken for each poster submitted by your club.

All photos taken must be emailed to LYS Director, Rhonda Wynne rwynnemilford@comcast.net with appropriate description included – such as; name of club, name of participant, whether or not a 1st, 2nd, 3rd place winner or participant.

Purchase (5) five 8x10 Photo Frames (preferably plain black); they can be purchased at a local Dollar Tree Store for \$1.00 each. (total of \$5.00). If photo frames cannot be purchased, please notify LYS Director, Rhonda Wynne.

Advertise winning Posters and Participants Posters via your club's web site and/or facebook account. Those clubs that do not have a web site or a facebook account, share information on the district facebook account and/or through the local newspaper.

Ship all Posters rolled carefully in a tube to your Zone Chair; Ship Framed Poster Photos to your Zone Chair separately. If you or a member from your club will be attending your Cabinet Meeting, please be sure that the original Posters and Framed Photographed Posters are brought to the meeting.

Deadline date for collecting Posters for District 44H is November 4th – to be judged at their November 6th Cabinet Meeting. Chair Lillian Bellisle (889-0285) has assured that all District 44H participating clubs will be collected and screened for this judging.

Deadline date for collecting Posters for District 44N is November 10th which can be brought to the November 13th Cabinet Meeting but if not meet this, they should be in the hands of the Zone Chair by no later than November 15th.

District 44H Zone Chairs/Club Participating

Zone 1 – Gail Dacey, grd514@aol.com
Litchfield, Salem

Zone 2 – Patricia Kimball, pkimb56@gmail.com
Atkinson, Hampstead

Zone 3 - Mary Tremblay, mntremblay@earthlink.net
Seabrook

Zone 4 – N/A

Zone 5 – Marilyn Vaccaro, jvac1408@comcast.net
Epsom-Chichester, Saddleback

Zone 6 – N/A

Zone 7 – Jay Bisio, jbisio34@gmail.com
Conway, Moultonborough

Zone 8 – N/A

District 44N Zone Chairs/Club Participating

Theresa Preston, tpangellover@comcast.net
Pinardville

Sue Lindberg, suelindbergnh@gmail.com
Amherst, Brookline, Merrimack, Milford

N/A

N/A

Marti Capuco, marti.capuco@sau24.org
Concord, Henniker

Virginia Edwards, zinnewhitexmas@aol.com
Franklin

Nancy Charbono-Ricard, nancy.charbono@dartmouth.edu
Canaan, Orford

TBD, Ricky Towle, rickytowle@yahoo.com
Littleton

(NOTE: District 44H, no clubs from Zones 4 and 6 participating: District 44N, no clubs from Zones 3 and 4 participating. District 44N has yet to select a zone chair for Zone 8; the Littleton club is the only club participating in Zone 8).



Photo Caption: Moultonborough Lions Club

members Lloyd Connery, Mark Cotrupi, Jeni Williams, and Dawn Law (with husband Steve-

missing from the picture) spent a Saturday morning recently at Lions Camp Pride in New Durham, sprucing up the cabin the Lions have adopted. Lion Dawn is pointing to a window cleaning can that was donated by Paul Atwell of WURTH.

Press Release:

The Lions Club motto is "We Serve".

Lion members spent an entire Saturday morning working at Lions Camp Pride in New Durham cleaning the cabin the club has adopted. They painted the exterior trim, cleaned the gutters, polyurethaned half the floor, cleaned the windows and screens, and took the curtains down to measure and replace for next year. Their goal is to have this be the best looking cabin in the camp. Lions Pride in Action!

The Club is also pleased to have the **Boston College bOp! Jazz Ensemble coming to the Moultonborough Community Auditorium on October 15th from 7:00 to 9:00 pm**. Members have been busy soliciting Ads from local businesses and are very thankful for the support they have shown in helping with expenses incurred in providing this wonderful opportunity to bring first class entertainment to the community.

Tickets are \$18 Adults and \$7 Students and can be purchased at these fine businesses: Aubuchon Hardware, Bayswater Books, Cup and Crumb, E. M. Heath's Courtesy Booth, and MVS in Center Harbor and Moultonborough. When purchasing tickets be sure to thank them for their support of the Lions. Tickets can also be purchased at the door.

On a lighter note, lion members got together and formed two 6 member teams to support the Community Caregivers Mini Golf Tournament. So much fun, so many laughs and all for a good cause.

Under the leadership of President Mark Cotrupi, Operation KidSight is moving right along. On September 12th the Lions provided Vision Screening to 339 children and 4 adults at the Gilford Elementary School. They will be available at Moultonborough Academy later in the month. This service is free and totally priceless. The Vision Screening will also be available at the Sandwich Fair. Stop by and check us out!!

Please don't forget to purchase one of our Annual Raffle tickets for a chance to win \$5,000 cash. The drawing will be held at the Holiday Fair on Dec. 3rd at the Central School.

Hope to see you at BINGO every Tuesday night at 6:30 pm!

Check out our web site at www.moultonboroughlionsclub.net

For more information please call Joe & Pat Keegan at 253-9916

Submitted by Pat Keegan 253-9916



Photo Caption:

Moultonborough Lions Club

plans to bring the Boston College
bOp! Jazz Ensemble to

Moultonborough Community Auditorium on October 15 at 7:00 pm.

Press Release:

Moultonborough Lions Club is pleased to announce that they are bringing the Boston College bOp! Jazz ensemble to Moultonborough Community Auditorium on October 15 from 7:00 to 9:00 pm. The Moultonborough Academy Band and Chorus will man the concession during intermission so have no fear you will not go home hungry.

Come listen and tap your feet to hit tunes from the 40's to present day. Tickets are \$18 for adults and \$7 for students. [Tickets will go on sale September 15th](#) at these fine

businesses: Aubuchon Hardware, Bayswater Books, Cup and Crumb, E. M. Heath's Courtesy Booth, and MVSB in Center Harbor and Moultonborough. You can also buy a ticket at the door. The Lions are thankful for the help of these businesses in selling the tickets and ask you to patronize them to show your support.

All concert proceeds directly support Lions Club service projects in Center Harbor, Sandwich, Tuftonboro and Moultonborough.

BC bOp! has performed at Walt Disney Resort in Orlando, Florida, and at three Club Med Resorts; in Mexico, the Bahamas, and Ocho Rios, Jamaica. They've also appeared at the Reno (NV) and Lionel Hampton (Moscow, ID) Jazz Festivals. The band has achieved "Superior" ratings at every event and consistently placed among the top ten college instrumental and vocal ensembles in national competition.

Membership in BC bOp! is determined by competitive auditions held at the very beginning of the academic year, in September. Auditions are held for instrumentalists, including trumpeters, saxophonists, trombonists, and rhythm section members. Auditions are also held for vocalists.

BC bOp! is under the direction of **Sebastian Bonaiuto, Director of Bands.**

Don't miss out on this wonderful opportunity to enrich your lives through the beautiful sound of music.

If you would like to find out more about Lionism please call Joe & Pat Keegan at 253-9916. Remember our Motto is "We Serve".

Submitted by

Patricia Keegan

253-9916

Semi-Annual
Psychic
FAIR

Sat. October 29th
10am-4pm

Located at the Hudson
Community Center
12 Lions Ave, Hudson



Event Sponsored
by Hudson Lions Club

For Info Contact:
Lillian 603-889-0285 or Jeri 603-883-8565
email: lionjeri@comcast.net

Join in the Fun!
Check out our many vendors selling their wares!

www.nhlions.org/hudson

What's in Your Future?
What do you wish for?





HUDSON LIONS CLUB COW PIE BINGO WINNER!

Congratulations to Laurie Lyons Jasper of Hudson, winner of the Hudson Lions Club annual Cow Pie Bingo prize of \$1,000! Pictured are Club president PCC Celeste Ricupero, Laurie Jasper and Bingo Chair MCC Scott Wilson. The event was held August 11-14 at Hudson Old Home Days. All proceeds from the event benefit the Hudson Lions Charities.



Salem Lions

This photo is from a breakfast for Ed Callahan our club member who was honored at this breakfast for the great and wonderful work he did for many,

Electronic Waste Collection Day

Laconia/Gilford Lions Club

October 15

Gilford Lowe's Parking Lot

9 AM – 1 PM

Got an old computer collecting dust in your closet, or a broken air conditioner sitting on the back porch? What do you do with such items when you replace them? Everything from laptops, phones and computers to TVs cost a fortune to haul away.

Turn all that junk over to the Laconia-Gilford Lions Club during their Electronic Waste Collection Day on Saturday, October 15 in the Lowe's parking lot in Gilford from 9 AM to 1 PM. For a small disposal fee (most items are \$1 to \$5), not only will we take your old electronic items off your hands, we will recycle them. The disposal charge is almost always less than the prices at local transfer stations. Cash or checks will be accepted but not debit or credit cards.

Just bring your electronics to Lowe's parking lot, 1407 Lakeshore Road in Gilford on Saturday, October 15 between 9 AM and 1 PM. Club members will even help you unload them! You do not have to be a resident of Laconia or Gilford to take advantage of this fundraiser - it is open to everyone.

Items you may want to consider dropping off are laptops, CPUs, servers, CD/DVD players, camcorders, AV equipment, VCRs, speakers, copiers, faxes, scanners, printers, phones (land and cell), phone systems, UPS systems, humidifiers, cords, cables and computer accessories (all \$5).

In addition, we will also take microwaves, air conditioners, dehumidifiers (all \$10), computer monitors and TVs less than 25" (\$20), TVs 26" and larger (\$30). For very large TVs, a base rate plus will be charged. Anything with a cord not listed will also be accepted.

You CANNOT drop off: oils, paints, thinners, batteries, tires, items containing mercury such as fluorescent and CFL light bulbs or thermometers, capacitors, ballasts, or any other hazardous waste.

Don't miss this opportunity or you'll be storing these things another year - "Don't throw it out, Recycle it!" You'll not only help the environment by disposing of your unwanted electronics responsibly but also help the Lions, the largest service organization in the world, raise funds to meet pressing needs in our community: eye glasses and hearing aids, food pantries, college scholarships, holiday food baskets for needy families, youth sports programs, are just a few of the local charitable organizations that we assist. All that for a disposal fee of \$1 to \$30 per item depending on size (in most cases, less than the cost at local transfer stations).

The Laconia-Gilford Lions Club appreciates your help with their Electronic Waste Collection Day fundraising event and wishes to thank in advance everyone who contributes to making a real difference in our community.

Look for the yellow Lions' vests on Saturday, April 23 from 9 AM to 1 PM at the Gilford Lowe's parking lot. No matter how large or small, every item adds up!

Lions Club Electronic Waste Collection Day



Suggested photo caption: Laconia-Gilford Lions Club members (from left to right) Matt Soza, Allyn Bridge, Marylin Brown, Eileen Morey, Lois Smith and Mike Adams working at last spring's Electronic Waste Collection Day (missing from photo: Bill Chandler, Norm Paquette and Chris Guilmett).

BLOOD DRIVE



American
Red Cross

Loudon Elementary School

7039 School Street ~ Loudon, NH

Friday, October 7th
1:00 pm ~ 6:00 pm

EVENT AND YUMMY SNACKS FOR DONORS
SPONSORED BY
LOUDON LIONS CLUB AND
LOUDON ELEMENTARY PTA

Walk in or for an appointment, please visit redcrossblood.org
Or call 1-800-RED CROSS (1-800-733-2767)

Environment

Since 1972, Lions International has had a formal policy regarding the protection of our environment. In our 100th year of service, there are four Centennial Service Challenges (CSC); one of which is “Protecting Our Environment”. While Lions Clubs are encouraged to implement environmental projects throughout the year, Worldwide Service Weeks of Service (WWS) are special weeks when clubs are asked to focus their efforts on addressing local issues. This year’s environmental week of service is: April 17-April 23, 2017 with the theme “WWS to Protect Our Planet”. This is when your Centennial Service Challenge project should be done. Instructions on reporting your CSC activities will be in a future newsletter.

In the meanwhile, Fall is fast approaching and there are many activities that clubs could do to help the environment. Some examples are removing debris from a roadway, waterway, nature trail, school, etc.; raking autumn leaves for the elderly or disabled; removing graffiti from public buildings, bridges or fences; landscaping a public area. I know many clubs already do some of these activities but I am asking that your club secretary or environmental project chair forward a copy of your activity report to me. I will keep track of each club’s activities and report directly to the District Governor.

On a different note, information on our Environmental Photo Contest was passed out at the Cabinet Meeting in August. A copy of the front and back of that hand out will be e-mailed to each club’s President and/or Secretary. This is open to all Lions and Leos- there are four categories: (1) Animal Life, (2) Urban or Natural Landscape, (3) Plant Life, and (4) Weather Phenomenon- so get that camera out and start snapping- lets have plenty of entries to choose from...

Jeri Maynard, Environmental Chair

Cell: 603-320-3614 E: Lionjeri@comcast.net



NELC WEEKEND

TRAINING SEMINARS ~ MEMORIAL SERVICE SATURDAY BANQUET ~ SUNDAY MEETING



October 14-16, 2016 ~ Crowne Plaza ~ 2 Somerset Parkway ~ Nashua, NH

+++++

*** Fri & Sat: Deluxe room incl: Sat & Sun morning Breakfast \$106+ tax. Call the Crowne direct to reserve room ~ 603-886-1200 ~ Reference NELC. (Cut off date for room rate was September 14) Check with Crowne for any possible extension. ***

Hospitality Room Open Fri and Sat afternoons ~ Windsor Room on 2nd Floor

Saturday, October 15 ----- Deadline to register is October 10th

8:00 Registration \$15 (Regist. fee waived for members)

Check in Hunt Room ~ Across from Speakers Corner Restaurant

9:00 to 11:30 ~ Trainings See Page 2

11:45 Lunch in Hunt Room ~ Sandwich Wrap Buffet ~

Choice Ham and Dill Havarti OR Chicken Salad (Circle One) \$22

Includes Beverage ~ Dessert

12:45 Travel to Rindge, NH, Cathedral in the Pines

2:00 Memorial Service

5:00 Hospitality Suite ~ Windsor Room ~ 2nd Floor

6:00 Banquet ~ Dinner Buffet Hunt Room ~ Featured Speaker \$40

Featured Speaker - Lion Randy Pierce, Hudson Lions Club

Mountain Climber, Runner, # 1 Fan - New England Patriots

MENU Chicken Caprese~sauteed chicken breast~tomatoes, Mozzarella, Provolone

Lemon Pepper Haddock~baked Atlantic haddock w/pepper crust

Baby Greens salad~Baby Spinach Salad~ Potato or Rice

Fresh~Bread~Beverage~Dessert

Sunday, October 16 ----- Deadline to register is October 10th.

9:00 Registration \$10 (Sunday only) (Regist. fee waived for members)

9:45 to 11:30 ~ Trainings See Page 2

11:30 Lunch in Hunt Room ~ Soup du Jour ~ \$22

Grilled Chicken Caesar Salad~Fresh Breads~Beverage~Dessert

PURCHASE ALL THREE MEALS FOR \$80.00 SAVINGS OF \$4.00.

12:30 NELC Meeting in Hunt Room

Name: _____ Address: _____

District: _____ Tel. No.: _____ Email: _____

District Position: _____ Club Position: _____

MAIL REGISTRATION FORM & CHECK (Payable to NELC) to OR EMAIL by 10/10/16

PDG Ken Emery ~ kpemery1960@gmail.com ~ 802-578-7483

146 Eagle Park Drive



NELC WEEKEND
TRAINING SEMINARS ~ ~ MEMORIAL SERVICE
SATURDAY BANQUET ~ ~ SUNDAY MEETING

All NE Lions are welcome to be members of the NELC. Dues are \$10 per year.
Payment of dues at the weekend waives registration fees.

WEEKEND TRAININGS

- Saturday A.M. GMT / GLT for DG's and GMT / GLT Multiple District / District Coordinators
Presenters: PID Ed Lecius, GMT Constitutional Area 1-A Coordinator
PDG Karen Ressler, GLT Constitutional Area 1-A Coordinator
- Saturday A.M.: Club Presidents, VPs and Wannabees:
So you are in office and wondering what to do to get through the Year!
An advanced and interactive class at how to have successful projects, fun meetings, and quell conflicts.
Presenters: PID Carolyn Messier and Lion Marie Salpietro
- Saturday A.M.: Club Secretaries/Treasurers;
The Power Team that Keeps a Club Alive. An intense look at both positions with an emphasis on working as the team that they must be.
Presenters: PDG Carolyn Gile
- Sunday A.M. The Internet - Can Your Club Be Seen?
A tutorial on gaining a unified face to be found in today's world – taught by a young Lion!
Presenter: Lion Michael Haws
- Sunday A.M. RC/ZC - The Backbone of Your District!
An interactive look at what is required vs. what is needed to successfully get the job done
and properly support your DG Team. Both for current new or old, and wannabees.
Presenter: CC John Youney

If you have any questions on any of the weekend, please contact me.
PDG Samdra Hurd, NELC Director, at 424-8922 or axstewart@comcast.net

***** Deadline to Register (snail mail or email) is October 10th *****



The DogSight Project

A Program of the New Hampshire Lions

Multiple District 44 – Health Services Board

A Good Start!

We're off to a great fundraising start for this Lions year. One club has sent in their donation already! Your letter from the DogSight Project will be mailed this month. Please read it to your clubs! You may donate to any accredited guide dog school other than Fidelco through the DogSight Project by including that information with your contribution. By default, donations go to Fidelco, and only Fidelco donations of \$300 or more will receive a banner patch.

As always, thank you New Hampshire Lions for your support of all guide dogs, and in particular for your support of the DogSight Project and the Fidelco Guide Dog Foundation!!

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

Diabetes Awareness

Don't Just Sit There

If your day involves a lot of sitting still, get up and get walking. Even just standing for five minutes every half hour could help your body better control blood glucose. Researchers studied 22 overweight postmenopausal women with prediabetes. One group sat still for 7 ½ hours. The other two groups interrupted sitting every half hour by either standing up or walking on a treadmill for five minutes. Compared with sitting still, walking lowered post-meal glucose levels by 34 percent, while simply standing lowered those levels by 28 percent. What's more, those who had interrupted their sitting by standing or walking still had lower glucose levels the next day.

Source: *Diabetes Care*, published online Dec. 1, 2015

Marie Hall Diabetes Awareness Chair marie-hall326@gmail.com
[hall326@gmail.com](mailto:marie-hall326@gmail.com) 603-686-6935



Lions Clubs International
FOUNDATION

OUR FOUNDATION

Is your Club doing It's part are YOU?

Lions Clubs International Foundation (LCIF) is the charitable foundation of Lions Clubs International

Every day, Lions Clubs International Foundation (LCIF) works to fulfill our mission: **"To support the efforts of Lions clubs and partners in serving communities locally and globally, giving hope and impacting lives through humanitarian service projects and grants."**

Since our founding in 1968 we have strived to sustain Lions' humanitarian service goals throughout the world, awarding over 12,000 grants totaling more than US\$900 million, in the four key areas of sight, youth, disaster relief and other humanitarian efforts.

We give sight. LCIF is providing vision for those in need all over the world by combating eye diseases, creating infrastructure to improve eye care delivery, increasing the number of trained eye care professionals and making vision care more equitable and sustainable.

We support youth. All young people deserve to have an education, feel cared for and experience healthy development so they can have the chance to achieve their dreams. Through our **positive youth development program**, Lions Quest, LCIF is helping children learn to work together, make positive decisions and serve their communities. The Foundation also supports youth through constructing schools, youth centers and vocational training centers.

We provide disaster relief. Lions are often some of the first to arrive at a disaster to provide relief, and Foundation support is right there with them. We help devastated communities survive after disasters and bring hope by assisting in long-term efforts of rebuilding of homes and lives.

We address humanitarian needs. From working to combat global health issues such as measles and diabetes to empowering those with disabilities to lead more independent and fulfilling lives, LCIF is dedicated to a range of humanitarian service projects. The Foundation continues to develop and expand programs that meet

Thank you.

Bill Rathbun, Past Council Chairman
LCIF District Coordinator

"Give 'til it hurts"

New Hampshire Sight & Hearing Foundation

Greetings to all NH Lions from your:
NH Sight & Hearing Board of Directors

Would your club like to learn of all the areas in which your NH Sight & Hearing Foundation operates?

We would be happy to have a Board Member speak at a Club and/or Zone Meeting. Contact me to set up a time and date.

We are seeking Lions who would like a position on the Sight & Hearing Board. Please contact me if you would like to be part of the exciting and rewarding work that we do for those less fortunate than ourselves in the State of New Hampshire.

Open positions are 2 each in 44H and 44N.

Come and join us at our next meeting on October 18, 2016, at Hanaford's Board Room (upstairs) – 7 Kilton Road – Bedford.

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



Lions Youth Services

NH Lions Serve CHaD

Lions Youth Services invites all Lions clubs in MD-44 to participate in this Reading Action Program Service Project. CHaD serves 70,00 patients each year, equaling 300,000 outpatient visits. LYS asks each club to start collecting NEW (for sanitary reasons) books for all age groups from 6 months to 18 years old. This can include board books, music and sound books, audio books, crossword and game books, Mad Libs, braille books, etc.

LYS will be accepting your donations at the November cabinet meetings and at the Mid-Winter Convention.

CHaD will distribute the books to all their inpatient and outpatient hospitals and clinics; truly a chance to reach children all across NH and beyond!

Lions attending the Mid-Winter Convention will be asked to sign cards of get well and cheer to be inserted in the books. For questions, contact President Marie Hall or Vice-President Rhonda Wynne.

The Burden of Diabetes in New Hampshire



Diabetes is growing at an epidemic rate in the United States. According to the Centers for Disease Control and Prevention (CDC), nearly 30 million Americans have diabetes and face its devastating consequences. What's true nationwide is also true in New Hampshire.

New Hampshire's diabetes epidemic:

Approximately 130,862 people in New Hampshire, or 11% of the population, have diabetes.

- Of these, an estimated 34,000 have diabetes but don't know it, greatly increasing their health risk.
- In addition, 370,000 people in New Hampshire, 36.2% of the adult population, have prediabetes with blood glucose levels higher than normal but not yet high enough to be diagnosed as diabetes.

Diabetes costs an estimated \$1.4 billion in New Hampshire each year.

The serious complications include heart disease, stroke, amputation, end-stage kidney disease, blindness – and death.

Diabetes is expensive:

People with diabetes have medical expenses approximately 2.3 times higher than those who do not have diabetes.

- Total direct medical expenses for diagnosed and undiagnosed diabetes, prediabetes and gestational diabetes in New Hampshire was estimated at \$1 billion in 2012.
- In addition, another \$360 million was spent on indirect costs from lost productivity due to diabetes.

Improving lives, preventing diabetes and finding a cure:

In 2015, the National Institute of Diabetes and Digestive and Kidney Diseases at the National Institutes of Health invested \$1,970,618 in diabetes-related research projects in New Hampshire.

The Division of Diabetes Translation at the CDC spent \$175,496 on diabetes prevention and educational programs in New Hampshire in 2014.

Sources include:

- Diabetes Prevalence: 2014 state diagnosed diabetes prevalence, cde.gov/diabetes/data; 2012 state undiagnosed diabetes prevalence, Dell et al., "The Economic Burden of Elevated Blood Glucose Levels in 2012", *Diabetes Care*, December 2014, vol. 37.
- Diabetes Incidence: 2013 state diabetes incidence rates, cde.gov/diabetes/data
- Cost: Dell et al.
- Research expenditures: 2015 NIDDK funding, projectreporter.nih.gov; 2014 CDC diabetes funding, www.cdc.gov/funding/profiles

Mary Hall

NOVEMBER IS AMERICAN DIABETES MONTH®

mariehall326@gmail.com

Happy Birthday to YOU!



SAVE the DATES



JANUARY 27-29, 2017



Lions turn 100 year old!

**Friday
Night
Buffet
&
Party**

**We are giving away \$500+
in prizes and gifts
on Friday Evening.**

Registration Form & more Information are coming.



WEBSITE DEVELOPMENT UPDATE

"The purpose for a new Multiple District website is to advance the NH Lions in their ability to provide pertinent information

that will educate and promote our members and also increase membership by providing a vital Multiple District website".

The Website Development Committee will send a survey to every Lion in early August because we value your

feedback. We hope you will share your great ideas.

PCC Terri McGrew

NEW MEMBERS

Submit your photos of your new members and have them featured in the newsletter! DG

Al is brainstorming a membership contest so be sure to promote membership to your club. Let's go Lions!!

ALERT

ALERT

ALERT

IT CAN HAPPEN ANYTIME, SUMMER OR WINTER,
NIGHT OR DAY

YOUR TOWN COULD HAVE A NATURAL DISASTER,
UNUSUAL OCCURRENCE, OR LOCAL EMERGENCY

IS YOUR LIONS CLUB READY TO HELP OUT???????

HERE ARE THE STEPS TO START ON YOUR ROAD TO
SUCCESS

CHOOSE A LIONS ALERT COORDINATOR IN
YOUR CLUB

RECOGNIZE THE PERSON IN YOUR COMMUNITY
THAT IS THE EMERGENCY MANAGEMENT DI-
RECTOR

REPORT YOUR PROGRESS TO ME BY SEPTEMBER

CONTACT ME @ 603-736-9942 OR gibjudi@gmail.com

Thank you, Judi Gibson, Lions Alert coordinator

Is your club on Facebook?
Are you a friend of the District page?
Have you liked the District Page?

Facebook is more than just getting the word out about your upcoming events or posting about what happened at those events. It's also for passing on information about Lions International and new

breakthroughs in vision issues, Guide dogs, hearing programs and other data. The idea is to like the page and then share it. When you share a district post it goes to all your friends. They find out what Lions in our district are doing as well as finding out about Lions in general. Some of us have the same friends and think that's already been shared so we don't have to. I may not have all the same friends in New Hampshire that you do but I still share things on Facebook. By sharing I reach people all over the globe whom I have friended. Check it out.



NHLionsDistrict44-H

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.



October Newsletter Contest:

Radical Riddles!

What fall dessert do mathematicians love?

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



HEALTH SERVICES BOARD

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

EYEGLOSS & HEARING AIDS COLLECTION & RECYCLING

Dave Rogers
166 Rockingham Road, Auburn NH 03032
Res phone: 603-627-1036
E-mail: DRCR0966@comcast.net

EYEGLOSS SHIPPING DONATIONS

Donations are welcome to help offset
The cost of shipping the eyeglasses
Please send checks to:
Hampton Area Lions Club
PO Box 1088 ~ Hampton, NH 03843

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