

The PRIDE



“SIDE – BY – SIDE”, WE SERVE

APRIL 2018 ❖ Volume 43 ❖ Number 10



DISTRICT GOVERNOR (DG)

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E: slongboo@comcast.net

1st VICE DISTRICT GOVERNOR (FVDG)

Jerry Vaccaro (Marilyn)
74 Chase Road
Londonderry NH 03053
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2nd VICE DISTRICT GOVERNOR (SVDG)

Steve Middlemiss (LeeAnn)
22 Abbott Street
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CABINET SECRETARY-TREASURER (CST)

Paul Gilberti
42 Island Pond Road
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MULTIPLE COUNCIL CHAIR (MCC)

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Global Membership Team

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Global Leadership Team

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Global Service Team

Marie Hall
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Thoughts from *District Governor Sam Longbook*



Fellow Lions and Dear Friends

Congratulations Portsmouth Lions.... 80 Years of Service

Congratulations Hudson Lions.....

Since the last Newsletter, I was readmitted to the Hospital and

transferred to rehab. I would like to Thank all for you for your continued support. CST. Paul will be rescheduling any visitations. I have been unable to attend.

The March Cabinet meeting was very successful and I thank all of you who attended.

Following the meeting, we worked as a team to provide 10,000 meals for the less fortunate citizens in our district . A total of 20 clubs participated in the Project, with 120 Lions working together for only 50 minutes. Each club left with boxes of food for their town Food Pantries or the “68 Hours of Hunger Project”.

Lastly, we have been notified by Lions International that multiple District 44 is the only District in the United States who are showing a positive membership. Congratulations and keep up the good work.

Yours in Lionism

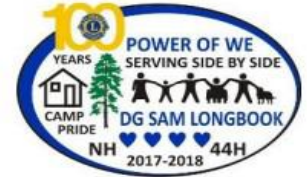
D.G. Sam

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Travels with the DG



Epping Meeting



Hudson Meeting



Hudson Meeting

Events Calendar

March

- 3/14 Camp Pride Meeting 6:30pm,
Location Auburn Tavern Exit 2
off Rt. 101, in Auburn NH
- 3/08 Lions Youth Services Mtg, 6:00pm
Location: Hannaford in Bedford
- 3/15 LSHF Meeting, 6:30pm
Blake's 353 S Main St. Manchester
- 3/27 Health Services BoardMtg,6:30pm
Location Hannaford ,7 Kilton Rd.
Bedford, NH
- 3/28 Twin State Soccer Assoc 7:00pm
Luis Luis in West Lebanon
(Powerhouse Mall)

April

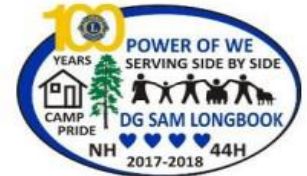
- 4/11 Camp Pride Meeting 6:30pm,
Location Auburn Tavern Exit 2
off Rt. 101, in Auburn NH
- 4/12 Lions Youth Services Mtg, 6:00pm
Location: Hannaford in Bedford
- 4/19 LSHF Meeting, 6:30pm
Blake's 353 S Main St. Manchester
- 4/24 Health Services BoardMtg,6:30pm
Location Hannaford ,7 Kilton Rd.
Bedford, NH
- 4/25 Twin State Soccer Assoc 7:00pm
Luis Luis in West Lebanon
(Powerhouse Mall)

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Thoughts from First Vice District Governor *Jerry Vaccaro*

PU 101'S and LEADERSHIP



It's very important for clubs to start now to review their club leadership. Hopefully your club has asked members that have shown the ability to work on those important fund raisers or club projects to become a part of your club leadership. These members, even though they had not been part of your leadership, have shown the ability to work with others and make things happen are your future club leaders. They may say "I'd rather be just a worker", it's up to your leadership team and possibly a mentor of your club to encourage them to step up. Assure them that they have your support and especially the full support of the club to help them. Once you have your club leadership completed please make sure that you complete the "PU101" form to LCI. This form has to be submitted to LCI by May 15th. Please make sure all pertinent information is correct at LCI; such as correct address, correct e-mail (e-mail is very important) for all your members; especially your new leaders.

New Leadership is important for all District Lion clubs. Leadership is important to grow our District so please encourage this growth.

Please encourage your new leaders to attend our Spring District Convention in North Conway on May 4th-May 6th. Please refer to the Flyers found in this newsletter. I'm a cell call away for any questions you might have and I'm always available for a club visit.

Yours in Lionism,

Jerry

Thoughts from Second Vice District Governor *Steve Middlemiss*



As we continue to move forward through the second half of our Lionistic year, I hope that clubs have been reviewing their membership for potential officers to lead them into the next year. We should have already begun the nominating and voting process on our upcoming officers. Look at those who have been important in helping with your fundraising and service projects.

These are two areas where great leaders can come from. Do you have someone in your club that motivates members to work on projects? Are they able to coordinate everyone's efforts to achieve a common goal? Are they able to work around obstacles? Does this person seem to be able to work with everyone? That's a leader, even if this person doesn't see it in themselves. These members should be encouraged to expand their role in your clubs. We have many members in our clubs who are leaders, they just need a little nudge.

The Lion's year is growing short so let's put on a renewed effort continue to add to our membership. Let's continue to work toward DG Sam's having his year close on the positive side. Look to include friends, family and co-workers in helping your club with upcoming service projects. Showing them how we serve our communities is a great way to attract them to our cause.

Does your club have a web site and Facebook page? Is it up to date? If a potential member were to Google your club, could they find you and with up to date information? So many of us rely on social media today to communicate and find things we are interested in, and we as clubs need to use it to inform and attract new members. Lion Jay DeRoche and I have begun working and planning our next e-Clubhouse training session and I will be reaching out to clubs to offer a chance to join us.

Thank you Clubs for all your efforts to help those in your communities. You are what makes it Great to be a Lion!!

Please don't hesitate to contact me with any questions you might have. 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

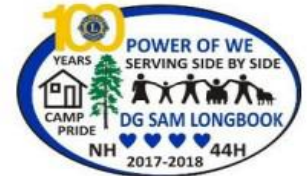
SVDG Steve Middlemiss

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Thoughts from

Cabinet Secretary-Treasurer *Paul Gilberti*

Since our last newsletter, DG Sam and I have been on a few more visitations. We had a great time over in Epping, meeting at the library. We met an interesting young woman, attempting to raise money to travel to help others. Visited Hudson and had a fantastic meal, put on by High School students.

Speaking of which, Hudson's 70'th Anniversary was a great event. Not only were we taken on a tour of the history of this club, we were also treated to some of the best accordion music by the Showstoppers Ensemble, a group directed by MCC Deedee LaTulippe.

As some of you are aware, due to complications from back surgery, DG Sam was readmitted to the hospital, and later rehab. We were hoping that he would be out by Easter but it does not look promising. I have rescheduled many of his visitations and we are both looking forward to visiting all of you soon.

Sam's Homecoming is just around the corner. Please get those registrations in ASAP!

Spring Convention is almost here as well. This is election time and if you want to vote, please pay your International and District dues. There are still four clubs that have not paid the district. You know who you are – from my emails.

PU101s are coming due in May. Get them in as soon as you know who your new officers are. This will make things easier for next year's multiple district directory committee.

If any club Secretary or Treasurer would like any assistance or additional training, please do not hesitate to reach out to me. I would be happy to assist.

Serving side by side,

CST Paul Gilberti E: CSTPaul44H@comcast.net H: 603-426-2025 C: 978-595-7536



Thoughts from

Multiple Council Chair *Christine Greenwood*

Help MD44 join Lions worldwide for the Worldwide Week of Service to Protect Our Planet

A healthy planet starts with healthy communities. The month of April, Lions around the world will participate for a special Worldwide Week of Service dedicated to protecting our planet and the environment in your community. This international event is a great opportunity to support our new global service framework, and our goal of serving 200 million people per year by 2021, by promoting a healthy environment in your community.

Please consider hosting a project to protect the environment in your community during April 16-22.

Ideas for this service projects are:

- Clean up a park or beach
- Start a recycling program
- Plant trees, shrubs or flowers
- Provide clean drinking water to your community.

Here's how your club can take part in this special event:

1. **Plan your project** - Host a [service project](#) that impacts the environment in your community during the week of April 16-22.
2. **Promote your project** - Publicize your project to showcase your club and the power of service. Remember to wear your [Lions branded gear](#) when you're serving to increase your visibility.
3. **Report your project** - Report your service on the [MyLCI Service Activity](#) including the date the event was held.
4. **Share your photos** – Take many photos, share with the newsletter editors and LCI !!

THANK YOU MD44 Lions !
Yours in Lionism, CC Christine

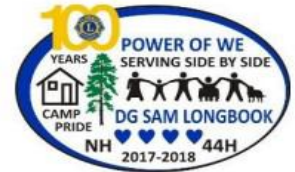


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Thoughts from
Global Membership Team Leader *Al Goldstein*

Hard to believe but the end of the Lions year is in sight. The annual election of District Officers and Spring Convention is just a month away. Your club too is electing the officers for next year. Wouldn't it be nice if the pool for candidates was bigger and deeper. It can be, it all starts with asking one. Membership does matter and a big reason to continue to add is to keep our clubs fresh. New ideas, new energy and new people to enjoy serving our communities.

One of the conditions for earning Club Excellence recognition is to end the year plus one. At this time we have many clubs that would not qualify for that reason. The thing I saw when I calculated this was how many clubs lost no members this year and only have to add one. You all work so hard all year doing what you do to serve the needs of your community you deserve to be recognized.

I challenge you all to work at adding the members you need to qualify for Club Excellence recognition. I truly believe you all deserve it.

Just Ask One
Happy Spring
GMT/IPDG
Al Goldstein



Thoughts from

Global Leadership Team Leader *Dick Lemieux*

Another snow storm is hitting us as I write this. Another opportunity to not work out at the gym. Clearing the driveway and walk ways will do the trick.

Well, we are finishing another Lion year and need to plan for next year.

The 1stVP (the GLT at the club level) should already have prepared a ballot of officers for next year.

The clubs need to vote them in by next month, and report those results to the District Governor and International.

The next opportunity for training will be at the NH Lions Forum Saturday April 14, 2018.

This will be conducted at Delta Dental Conference Center at 2 Delta Drive, Concord NH.

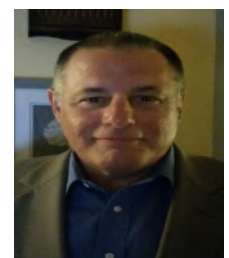
Of special interest, is the Secretary and Treasurer class training. Any new person

Interested in doing any of these jobs should sign up.

How to recruit new lions and a round table of discussion from PID/PDG are other highlights that club officers would enjoy.

At the last cabinet meeting I gave a shout out to all guiding Lions and zone chair people. YOU are the movers and shakers

Of this District . You are middle management and the conduit to the clubs for the DG and the G team.

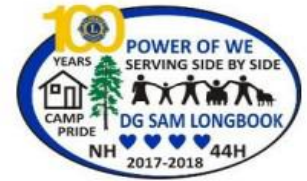


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Thoughts from
Global Service Team Leader Marie Hall



The Worldwide Week of Service to Protect Our Planet is April 16-22. A healthy planet starts with healthy communities. Hosting a service project is a great way to support our new global service framework and LCI's goal of serving 200 million people by 2021. See the list of ideas later in the newsletter. Don't forget promote and report your projects. I see a lot of clubs posting fundraising events on their Facebook pages, but I would like to see a lot more posts featuring service projects!

If your club needs some ideas about projects that meet the five service platforms of Hunger, Vision, Environment, Diabetes and Pediatric Cancer just drop me an email and I will send you out the GST handouts.

Yours in Service,
GST Marie

Leadership Directory

ZONE 1 CHAIRPERSON

John Deschenes

7 Galway Road
Nashua, NH 03062

H: (603) 888-3911
C: (603) 233-2929
E: ljdeschenes@gmail.com
Clubs: Hudson, Litchfield, Nashua,
Salem, Windham,
Nashua Everest Centennial
Pelham Centennial

ZONE 3 CHAIRPERSON

Melanie Saunders

12 Lyford Lane
Brentwood NH, 03833

C: (603) 339-234-0982
E: melanieleesaunders@gmail.com
Clubs: Epping, Exeter, Hampton Area,
Portsmouth, Rye, Seabrook

ZONE 5 CHAIRPERSON

Jeni Williams

14 Emerson Drive
Center Barnstead, NH 03225

C: (603) 781-5597
E: jeniwilliams1@live.com
Clubs: Epsom / Chichester, Loudon,
Saddleback Mountain, Suncook Valley
Area

ZONE 7 CHAIRPERSON

Marie Valliere
95 Plymouth Street
Meredith, NH 03253

H: (603) 279-6016
E: keylion03@gmail.com
Clubs: Conway Area, Laconia / Gilford,
Meredith, Moultonboro, Wakefield,
Whittier, Wolfeboro

ZONE 2 CHAIRPERSON

Mike Dolan

5 Zoe Lane
Newton, NH 03858

H: (603) 382-9642
C: (603) 303-7950
E: Mike.Dolan@bauer.com
Clubs: Atkinson, Hampstead, Plaistow, Sandown,
Kingston

ZONE 4 CHAIRPERSONS

Elizabeth Ferriera

16B Mercury Drive
Londonderry, NH 03053

H: (603)
C: (603)
E: bostonrdsxs25@yahoo.com
Clubs: Auburn, Chester, Derry,
Londonderry, Raymond

ZONE 6 CHAIRPERSON

Doug Griffin

74 Peaslee Crossing Rd
Newton, NH 03858

H: (603) 378-0693
C: (603) 944-1377
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Clubs: Barrington, Dover Cochecho River,
Rollinsford / South Berwick, Somersworth

Leadership Directory

Hunger Relief Chair

Jim Robinson
C: (603) 247-2015
E: jimrbnsn15@comcast.net

Information Technology (Webmaster)

Jay DeRoche (Kathleen)
H: (603) 382-7024 W: (508) 475-0397
john.deroche@comcast.net LCIF Coordinator

PCC Bill Rathbun

H: 606-707-9285
E: pdgbill33y@yahoo.com

Lions Fellowship

Religious Committee

Nancy O'Dowd (Tom)
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C: (603) 387-6808
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Peace Poster Contest

Marilyn Richardson
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C: (603) 204-7914 E: Marilyn@pcom.com

Facebook Administrator (2)

PCC Deedee LaTulippe
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E: liondeedee@comcast.net
Cheryl Cataldo
H: (603) 859-1089
C: (603) 380-0547
E: casac25@hotmail.com

Health Service Committee Liaison

Scott Wilson
C: (603) 770-3700
E: scottwils@comcast.net

Pediatric Cancer Chair

Mary Tremblay
H: (603) 926-2069
C: (603) 308-3704 E: mntremblay@earthlink.com

Public Relations & Lions Information

Carl Rutigliano
H: (603) 329-717

Uniforms/Jackets/Shirts/Hats & Emblems

Joe Kasper (Joanne)
H: (603) 529-0439
C: (603) 548-0286
E: jkasper@nedelta.com

Vision Chair

Langdon Plumer
7 Gray Lane
Exeter, NH 03833
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C: (603) 770-6499
E: langplumer@gmail.com

Diabetes

PCC Celeste Ricupero
C: (603) 321-073 E: ricupero7@comcast.net

District Photographers (2) PCC Deedee LaTulippe

C: (603) 566-0691
E: liondeedee@comcast.net
Joyce Brothers PH: (603) 323-8295
E: joyce@conwaydailysun.com

Environment Chair Jeri Maynard

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C: (603) 3203614
E: lionjeri@comcast.net

HAMPSTEAD LIONS CLUB

Cordially invites you to our

Homecoming Banquet for DG Sam Longbook

DATE

Sunday, April 15th, 2018 3:00 pm to 6:00 pm

DINNER BUFFET

Salad, Vegetable Medley, Red Bliss Potatoes, Roast Turkey Breast, Maple Dijon Glazed Pork, Sirloin with Merlot Sauce, Brownie Sundae Station

COST

\$38 per person

WHERE

Castleton, Windham, NH

HOW

Please R.S.V.P. by April 1st to:

CST Paul Gilberti

Number of Guests: _____ X \$38 = \$ _____

42 Island Pond Road

Atkinson, NH 03811

NH Lions Forum

Saturday April 14, 2018
Delta Dental Conference Center

2 Delta Drive, Concord, NH

8:00 AM to 1:00 PM

8 - 8:30 Registration Coffee & Pastries

Opening 8:30-8:45

time	Vermont Room	Maine Room	New Hampshire Room	Merrimack Room
9:00 - 9:30	Secretary Class	President Class/ Protocol	PR & Social Media Beginner Class	Treasurer Class
9:30 - 10:00		1st VDG Jerry Vaccaro 1st VDG Fred Plett PCC Ellie Johnson	Lion Tom Reynolds	CT John Wynne
10:00 - 10:30		Public Speaking/ Interesting Meetings	GST Team Who, What, Why	Sight & Hearing How to apply/qualify
10:30 - 11:00	2nd VDG Sue Lindberg Lion Marilyn Vaccaro	Lion Joe Kasper	Lion Marie Hall Lion Bob Hansen II	PCC Ray Hill PCC Jim Robinson
11:00 - 11:15	BREAK			
11:15 - 11:45	How to Recruit New	Lions Orientation DG Eric Lindberg PDG Toni Olden	PR & Social Media Intermediate Class	HSB Training - OKS Screeners
11:45 - 12:15	Lions IPDG Al Goldstein	PID/PDG Round Table Discussion	Lion Tom Reynolds	Lion Bob LaFerriere Lion Christine Day
12:15 - 12:45	Tail Twisting 2nd VDG Sue Lindberg	All PIDs, PCCs, PDGs Available	How to Enhance Service Project with Social Media 2nd VDG (RI) Michael Hawes	Running Large Fundraisers PCC Mike Baillargeon ZC Joe Sirois
12:45 - 1:00	CLOSE			
1:00 - 2:00 Bonus Class	Special Guest Speaker: PDG Paul Baker, LCI Lions Personality - How to effectively put together boards and committees			
Please list class sessions for each attendee so Presenter/Facilitator can be prepared with enough printed materials and have enough seats set up				
Name				Class
Email				Class
Phone #				Class
Lions Club				Class

Earlybird Deadline: register before March 31 cost is \$5/person

After March 31, Registration cost will be \$10.00

Make check payable to: NHAPPDG (New Hampshire of Past & Present District Governors)

Mail to: PDG Bill Brown, 30 Gertrude Rd., Windham, NH 03087

Request for District 44-H Spring Convention

Hi Everyone,

As in the past few years we would once again like to hold a Friday Night raffle.

We could use your help with baskets, gift certificates or any item you may wish to donate as All Would Be Appreciated.

You can bring the item with you on Friday evening.

I will have cards available for you to write the item and name of donor on it. The raffle table will be set up in the back of the banquet hall on Friday.

Any questions please contact me

603-321-0737 Cell phone

ricupero7@comcast.net

Thank you so much for all you do.

PCC Celeste Ricupero.

Spring Convention Chairperson

MENU FOR DISTRICT 44-H SPRING CONVENTION

MAY 4, 2018 – FRIDAY EVENING BANQUET DINNER

ITALIAN BUFFET

Antipasto platter, including salami, capicola and mortadella, assorted cheeses, olives, roasted peppers
Artichoke hearts, pepperoncini and tuna, minestrone soup, focaccia bread, tomato and mozzarella salad,
with basil and balsamic vinaigrette, cheese tortellini alfredo, penne marinara, chicken parmigiana,
Display of assorted Italian pastries
Assorted sodas and waters

MAY 5, 2018 - SATURDAY EVENING SIT DOWN BANQUET

New England Clam Chowder

Garden salad with assorted dressing

Prime Rib of Beef Au Jus with horseradish cream sauce

Grilled Marinated Vegetables over cous cous (for vegetarians)

Baked Boston Haddock with Seasoned bread crumbs, and fresh Lemon Beurre Blanc

DESSERT

Chocolate Layer Cake



44th ANNUAL DISTRICT 44-H SPRING CONVENTION
NORTH CONWAY GRAND HOTEL
72 COMMON COURT, NORTH CONWAY, NH
MAY 04- 06, 2018

International Guests: International Dir. Connie LeCleur-Meyer and Lion Michael from Wisconsin

Lion #1 _____ Club _____ Plan _____ Meal: Fri _____ Sat _____

Lion #2/guest _____ Club _____ Plan _____ Meal: Fri _____ Sat _____

Home Tel. # _____ e:mail _____

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

Plan	Meals and Registration	# of persons	total cost
A	Fri. banquet & entertainment. Sat. night banquet & hors d'oeuvres	@	\$ 70.00
B	Friday banquet & entertainment	@	\$ 32.00
C	Sat. night banquet & hors d'oeuvres	@	\$ 38.00
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: Italian Buffet # _____
- Saturday: Baked Boston Haddock # _____
- Prime Rib of Beef Au jus # _____
- Grilled Marinated veggies over Cous Cous # _____

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 April 15, 2018.

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 Convention 44-H
All reservations must be made by Friday, 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

44TH ANNUAL LIONS 44-H CONVENTION
NORTH CONWAY GRAND HOTEL
NORTH CONWAY, NH
MAY 04 -06, 2018
WEEKEND SCHEDULE

FRIDAY, MAY 4

3:00-6:00 PM	REGISTRATION	
3:00-5:00 PM	HOSPITALITY ROOM OPEN	HOSTED BY THE EXETER CLUB
6:00-7:00 PM	COCKTAILS- CASH BAR	
7:00 PM	DINNER & ENTERTAINMENT	
9:00 PM	HOSPITALITY ROOM OPEN	

SATURDAY, MAY 5

8:00-9:00 AM	REGISTRATION	
9:10-9:40 AM	MEMORIAL SERVICE	
9:50-12:00 PM	CABINET MEETING AWARDS AND ELECTIONS	
12:00 NOON	LUNCH ON YOUR OWN	
3:00-5:00	HOSPITALITY ROOM OPENS	HOSTED BY THE EXETER CLUB
4:00 PM	DGE RECEPTION WILL BE HELD IN THE HOSPITALITY ROOM	(WITH THANKS TO THE EXETER CLUB) HOSTED BY THE HUDSON LIONS CLUB EVERYONE WELCOME
5:30-6:15 PM	DISTRICT GOVERNORS RECEPTION	
6:30 PM	DISTRICT GOVERNORS BANQUET	
10:00 PM	HOSPITALITY ROOM OPENS	

SUNDAY MAY 6

11:00 AM	CHECK OUT	
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Lions Camp Pride NEWS ... We Serve

Lions District 44-H Service to Mankind, Inc. Established 1989



In just over a month we will begin the process of opening up for another year of providing an unforgettable summer camp experience to hundreds of individuals. We need your help to continue this long standing tradition.

Spring schedule work days are all Saturdays. We are looking for volunteers for any of these dates

May 12 May 19
June 16 June 23

Other days may be available just contact us
Team work is the key to our current and future successes.

Summer Help needed, we have one maintenance position and five kitchen helper openings, please contact us with any interest. These jobs are open May- August depending upon position.



Thank you for caring about our camp! *Peter*

Peter LaPointe, President Lions Camp Pride hampstead.lions@gmail.com. 978-479-0454 cell

Camp Pride Board of Directors meets the 2nd Wednesday of each month,

Social 6pm meeting @7:00pm, at the Auburn Tavern, Auburn NH.



Vision

Lions Eye Health Program (LEHP)

The [Lions Eye Health Program \(LEHP\)](#) is a community-based education program empowering Lions to promote healthy vision and raise awareness of the causes of preventable vision loss.

LEHP Objectives

- **Encourage the early detection and timely treatment** of diabetic eye disease, glaucoma and age-related macular degeneration (AMD) and the appropriate treatment for low vision.
- **Help educate people** at risk for eye disease and encourage them to seek appropriate treatment.
- **Establish community activities** that promote awareness of eye health.
- **Increase awareness** of the network of local eye health organizations. Collaboration with these organizations may provide useful resources for Lions interested in promoting awareness of eye health and the causes of preventable vision loss.
- **To find further information:** *Google Lions Clubs International, Click on SERVE, Click on [Lions Eye Health Program](#) and scroll to find a wealth of information about Vision Care Information.*

This is a great resource for Lions Clubs service projects as “We Serve”

Where there is a need there's a Lion

Here's looking at you – Lion Lang Plumer



PROJECT IDEAS ENVIRONMENT

LEARN

- Tour a recycling and waste management facility with your club.

ACT // BEGINNER

- **Plant trees.** Consult your local environment authorities to determine the type and number of trees needed, as well as the location for planting.
- Meet on a monthly basis and clean up a beach, community space, or roadside area as a club.
- Hold an environment themed photo contest at a local school. Reward the winner with a tree planted in their honor or another green form of recognition.
- Challenge all Lions in your club or district to add at least one green habit to their daily lives. Inspire others by sharing your actions on social media. Habits might include:
 - Using a reusable water bottle or coffee mug rather than disposable products.
 - Changing to energy-saving lightbulbs.
 - Setting a time limit for your shower to reduce water consumption.
- Develop a Green Living Tip Sheet and share it electronically with members of your community or network.
- Recognize a local organization or community leader for their efforts in environmental conservation.
- Calculate your carbon footprint with an online calculator. If your footprint is bigger than you would like, purchase carbon credits that are Gold Standard Certified and brainstorm ways you can lower your carbon input.
- Volunteer with your local park service to maintain trails. You will help more people access and enjoy nature!
- Commit to "Meatless Mondays", or not eating meat one day each week.
- Collect used cellphones and donate them to individuals in need.

ACT // INTERMEDIATE

- Lead an after school nature walk for young students. Encourage them to make observations and ask questions, then have them draw a picture of their experience afterwards.
- Host a community viewing of an environmental film or documentary.
- Save water by surveying your homes and community for leaks in sinks, communal spigots or water fountains. Contact relevant officials if repairs are needed.
- Work with city officials to paint "no dumping" signs near road drainage areas.
- Identify where to recycle toxic items and share/advertise its schedule of collection campaigns.
- **Organize an environmental mural competition.** Paint the winner's artwork in an appropriate area to beautify your community and promote environmental awareness.
- Implement a community recycling drive where people donate gently used items to charity organizations.
- Share a meal with students at your school. Afterwards, teach them how to sort their recyclables and trash.

ACT // ADVANCED

- Develop a demonstration garden or landscaping plot using native plant species to encourage restoration of the local natural habitat and water conservation.
- Sponsor a training program for small farmers on how to make and use organic fertilizers and pesticides.
- Produce a monthly nature program on the local public radio station. Feature environmental topics of local interest, interview environmental activists in your community and promote Lions environmental projects.
- Host a public debate on controversial environmental issues in your community. Share the results with government officials.
- Partner with a local carpenter (or use a DIY tutorial) to build a rain barrel. Then, hold a training with community members to promote using barrels for watering and irrigation.
- Organize an alternative transportation incentive program in your community to encourage walking, biking, public transportation and carpooling.
- Work with local schools to establish organic school gardens and a composting program to improve the quality of school meals and reduce waste.

Hunger

Nutrition Word Find

E L P V S T I S P E S J S E O
D T B R E S L T R M E Y G N X
B U A M O A E A N E L T O I Y
D R L R R T C N X B B E N H G
R E E E D H E E L A A F U S E
H E N A T Y R I C L T A T N N
E I N L K C H T N N E S R U E
M W A N I F I O D E G W I S N
W E U S I V A T B T E E E H Z
H B E Q E D G S X R V D N C Y
S N I M A T I V T B A F T N M
S T I U R F Y T A I A C S U E
H E A L T H Y G R A I N S L S
T U Q H C S J Y V M P E E L S
T C H D W N U T R I T I O N L

ACTIVE
BREAKFAST
CARBOHYDRATE
DAIRY
DINNER
ENZYMES
EXERCISE
FRUITS
GRAINS
HEALTHCARE
HEALTHY
HELMET

LUNCH
MINERALS
NUTRIENTS
NUTRITION
OXYGEN
PROTEIN
SAFETY
SLEEP
SUNSHINE
VEGETABLES
VITAMINS
WELLNESS

Submitted by PCC Jim Robinson

Diabetes

How to Stabilize Your Blood Sugar Levels

Stabilizing your blood sugar levels is one of the most important things you can do when managing your type 2 diabetes. Problem is, when you add up all the time you spend exercising, planning out your meals, and checking your blood glucose levels, it's easy to feel overwhelmed.

To make your job easier, it helps to create a routine. "Consistency is key". "Eating at the same time each day, taking your medication at the same time, and exercising at the same time can help you to create consistent patterns to your blood glucose levels". And that's not just helpful in the short term – it's helpful for the future, too. Because one thing's for sure: Staying on top of your blood glucose levels is crucial for your health.

Eat fruits and vegetables daily

Aim for most of your grains to be whole grains, such as whole grain bread and whole grain cereal.

Enjoy legumes and beans weekly

Have nuts and seeds around for an easy snack between meals

Substitute oily fish and skinless poultry for most meat selections

Aim for only 1 to 2 high fat, red meat servings weekly

Enjoy 2 to 3 servings of low – fat or fat – free dairy choices daily, such as a glass milk, yogurt, or low – fat cheese

Limit or avoid processed foods, meats, and items with added sugars, such as baked goods, sodas, and other drinks with added sugars.

Stay Healthy,

PCC Celeste

Eyeglass & Hearing Aids Collection & Recycling

Randy Tompkins

1 Coombs Farm Rd, Greenland NH 03840

Res Phone: 603-431-7352

E-mail : Rye642@comcast.net

Please remember to bring your clubs collected

Eyeglasses and hearing aids to the Spring

Convention as well as any checks.

USED EYEGLASS PROJECT (as of February 19, 2018)

Regular glasses sent to VA since project began in 2006: 222,621 pair **Sunglasses sent to VA since project began in 2006: 41,368 pair**

Total glasses sent to VA since project began in 2006: 263,989 pair **Total cost of shipping since 2006: \$13,796.20**

(does not include donations from other District Clubs)

Please send contributions to the Hampton Lions to help offset

The cost of shipping !!



MEMBERSHIP MATTERS

	This Month	This Year
Opening Balance	1,201	1,181
Added Members	0	111
Dropped Members	0	91
Closing Balance	1,201	1,201
Net Gain/Loss 0	0	20



THE DOGSIGHT PROJECT

A Project of Health Services of New Hampshire Lions

Multiple District 44

Mud, Mud, Mud



By law, guide dogs are admitted everywhere the public is, so their grooming must be the best. New Hampshire in April is mud season though, no getting around it. Dogs fur just seems to collect the dirt. Rosie is just like any other dog when it comes to that, so she gets wiped down a lot, brushed with a slicker a lot, and because mud season is also shedding season, brushed with an undercoat brush a lot. She's not so keen on having her paws wiped but loves the extra brushing. Impeccable grooming is a high standard, but she's worth the effort!

If your club is interested in being a part of a matching LCIF grant, please let me know. Perhaps we can have More Fidelco vans with New Hampshire Lions Club names traveling the country!

To all our loyal DogSight supporters – thank you for your generous support!

Donations may be sent at any time 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



Goal: \$15,000 Raised to Date: \$24,450

WOW!!! Thank You, MD44 Lions



New England Lions Council Spring Weekend

At the Doubletree by Hilton

16 Ella Grasso Turnpike, Windsor Locks, CT

Celebrating Lions Appreciation Day at Fidelco,
103 Old Iron Ore Road, Bloomfield, CT (Saturday)

Friday, May 18 to Sunday, May 20

Friday, May 18

5:00 to 7:00 pm Registration check-in at Double Tree
7:00 to 9:00 pm Welcoming Reception (cash bar) hot and cold appetizers

Saturday, May 19

Breakfast on your own Doubletree restaurant open 7 am to midnight every day
10:00 am to 3:00 pm Lions Open House at Fidelco
2:00 to 3:00 pm Registration at Doubletree (for those who did not arrive on Friday)
3:00 to 3:45 Seminar at Doubletree, LCIF History in New England - Lion Frank Rowe
4:00 to 4:45 Seminar NELC Webpage Introduction - Lion Mike Haws
6:00 to 10:00 pm 6:00 - Purchase dinner at Skyline if desired
8:00 - Comedy Show at the Skyline Restaurant (\$20), Raffle
Proceeds to benefit LCIF

Sunday, May 20

8:30 to 10:00 Breakfast at Doubletree - Keynote Speaker, Lion Mark Lyon ID candidate
10:00 to 11:30 NELC Meeting - DG Reports
11:30 End of Weekend

*****REGISTRATION*****

Hotel Room Rate per night is \$119 plus tax. Call 860 627-5171.

Identify self as with the New England Lions Council - May 18 to 20 (Either one or two nights)

DEADLINE for Rooms - April 29, 2018

Comedy Night @ \$20 per person	Number attending _____	Total \$ _____
Sunday Breakfast @ \$27 per person	Number attending _____	Total \$ _____
TOTAL DUE		\$ _____

Make check payable to: NELC and mail to: PDG Sandra Hurd
NELC Sec'y Treasurer
116 Turkey Hill Road
Merrimack, NH 03054

Phone: 603 424-8922 Email: oxstewart@comcast.net

Registration Deadline for Comedy Night, and Breakfast - May 6, 2018

SAVE THE DATE

HOMECOMING LUNCHEON for DG Eric Lindberg

Saturday June 9th, 2018

11:00 am to 2:00 pm

Hosted by the Brookline Lions Club at
The Brookline Event Center

Details to be announced in April



Gift Certificates
Raffles

B.Y.O.B
Free Chips
and
popcorn



Londonderry Lions Club Presents..

Bobby and the Sharptones

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



We Serve



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

Date: Friday, April 7, 2018 Lions Hall Mammoth Road,
Londonderry, NH
Time: 7-11pm

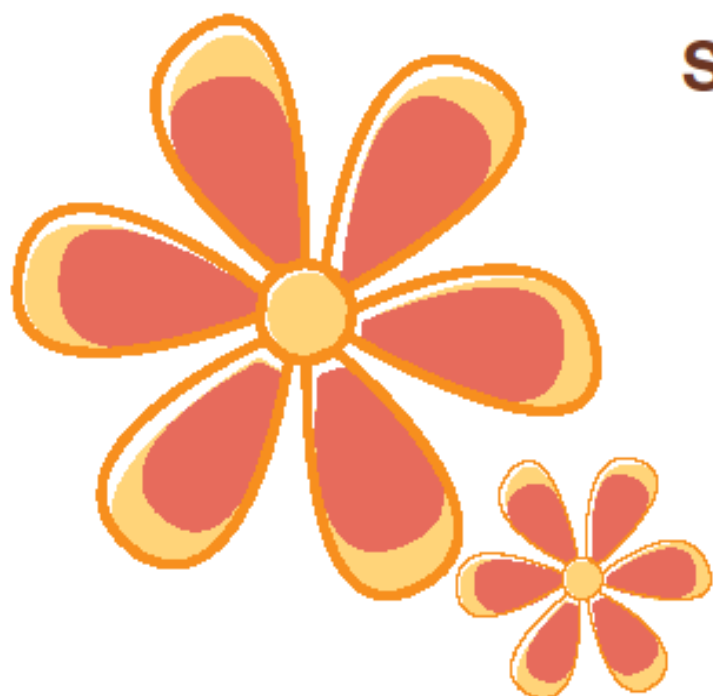
Cost \$20/person, \$35/couple ... Reserve tables available
For tickets and information call Jerry,
603-434-5307



49TH ANNUAL EXETER AREA LIONS CLUB

AUCTION

LIVE AUCTION • SILENT AUCTION • RAFFLES



SATURDAY, APRIL 7

Talbot Gym
Linden St., Exeter



NO ADMISSION PRICE
FAMILY-FRIENDLY



NHSPCA COLLECTION
DOOR PRIZES

GIFT CERTIFICATES GALORE,
AUTOGRAPHED ITEMS,
WINE TASTING,
GOLF COURSE TICKETS,
& MORE



CHECK OUR
FACEBOOK
PAGE FOR
MORE DETAILS



5pm Preview and Silent Auction start • Live Auction starts at 6pm
Gary Guptill, Auctioneer

Electronic Waste Collection Day
Laconia/Gilford Lions Club
April 14
Gilford Cinemas 8 Parking Lot (new location!)
8:30 AM – 12:30 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, April 14 in the Cinemas 8 parking lot in Gilford from 8:30AM to 12:30PM - **Note: this is a new location!** For a small disposal fee (most items are \$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 Cinemas 8 parking lot, 9 Old Lakeshore Road in Gilford on Saturday, April 14 between 8:30AM and 12:30PM. 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). A TV needing more than one person to lift will be \$40. Anything with a cord not listed will also be accepted.

You CANNOT drop off: smoke detectors, oils, paints, thinners, batteries (except car 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 that, in most cases, is 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 14 from 8:30AM to 12:30PM at the Gilford Cinemas 8 parking lot (a new location!). No matter how large or small, every item adds up!



Join the Sandown Lions Club
for their annual...
Poor Man's Tax Supper



Saturday, April 21st
4:00 p.m. - 6:30 p.m.

at the
Sandown Recreation Building
25 Pheasant Run Drive
Sandown, NH

Serving ziti, meatballs, bread, salad,
beverages and desserts

Adults: \$6.00; Children 5 to 12: \$4.00

50/50 Raffle



*A portion of the proceeds
will go to
Lion's Camp Pride*



THIS IS NOT A TOWN SPONSORED EVENT



Jaffrey-Rindge Centennial Club
CHARTER NIGHT CELEBRATION



Saturday, April 21, 2018

The Shattuck Golf Club, 53 Dublin Road, Jaffrey, New Hampshire

5:00 – 6:00 PM Social Hour & Appetizers 6:00 PM Dinner & Program

MEAL COST \$35.00 PER PERSON

Buffet: Chicken, Eggplant Parmesan, Vegetables, Salad and Rolls

Cash Bar

Reservations must be received before April 7, 2018

In honor of the Centennial, we invite you to wear vintage Lions clothing, pins, hats, etc. that you may have!

RAFFLE TABLE: The J-R Centennial Club would love a donation of items specific to your club, such as tickets to your next event, etc. to raffle off! Please email Brenda Salmonson to reserve your space for your item on the raffle table. bls@wjplaw.com

JAFFREY-RINDGE CENTENNIAL LIONS CLUB CHARTER NIGHT RESERVATIONS

PLEASE RETURN THIS PORTION WITH A CHECK MADE PAYABLE TO:

Jaffrey-Rindge Lions Club

MAIL TO:	Jaffrey-Rindge Lions Club c/o William Phillips PO Box 603 Peterborough, NH 03458	603-924-1922 bls@wjplaw.com
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NAME OF CLUB: _____ NO. ATTENDING: _____

AMOUNT ENCLOSED: _____ (\$35.00 PER PERSON)

ATTENDEES: _____

If you would like to reserve a table for your group of 6 to 8 people: please circle YES NO

Reservations must be received before April 7, 2018

**3rd ANNUAL
KINGSTON NH LIONS FOUNDATION
GOLF TOURNAMENT**



Saturday, May 5, 2018
Apple Hill Golf Club – East Kingston, NH
Scramble Format - 7:30am shotgun start



The Kingston NH Lions Foundation is a 501(c)(3) Non-Profit Organization
Serving Kingston, Newton, Fremont and surrounding communities

All proceeds from this fundraising event will benefit:
Drug Awareness, Treatment, Recovery Services & Education
Beneficiaries: Chucky's Fight, SoROCK, Austin 17 House and other charities

\$110 entry fee per player includes:
18 holes of golf with cart; coffee & donuts; BBQ buffet; gifts & prizes
Registration deadline: April 20, 2018

Sponsorship/Advertising Levels:

Platinum - \$1,500 – banner, signs throughout the course, tournament foursome & logo items
in player gift bags

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

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

All donations are tax deductible!

Contact: Kingston NH Lions Foundation
PO Box 183
Kingston, NH 03848
kingstonnh.lions@gmail.com



CONWAY AREA LIONS CLUB

4th CHARITY

GOLF TOURNAMENT

Proceeds will be donated to the Conway Police Department to purchase additional Tactical Simunitions Equipment utilized to train officers in active shooting situations

FRIDAY MAY 18th 2018

North Conway Country Club Golf Course

4-person team Scramble

Entry Fee \$90 per person

Individuals can also enter & will get on a team

Entry Fee includes chance to
Win a Golf Vacation in our
Hole-in-One Contest

Other Contests include
Closest to the Pin
(Mens & Womens)

Straightest Drive & Putting



EVENT SCHEDULE

7:30 - 8:15 Registration

8:30 Shotgun Start

1:00 Luncheon

Awards & Raffles

Contact John Rafferty (603) 356 - 9383 or johnjrafferty@gmail.com to register

DEADLINE Friday May 11th



44th Annual Great Smith River Canoe and Kayak Race

The 44th Annual Great Smith River Canoe and Kayak Race, sponsored by the Wolfeboro Lions Club, will be held on Saturday, May 19, 2018, starting at 1:15 p.m.

The race begins at the Allen Albee Beach on Lake Wentworth, passes through Smith River to Crescent Lake, down the lower Smith River to Back Bay and then to Dockside. The race is approximately 4 miles long and includes a mild white-water stretch and two short portages. There are 19 classes intended to accommodate paddlers of all abilities.

Registration runs from 10 a.m. to 12:45 p.m. on the day of the race at the Albee Beach. Registration forms are also available at sporting goods stores in Wolfeboro, the Wolfeboro Town Hall and at the Wolfeboro Chamber of Commerce. For additional information, call Roger Murray at (603) 569-5454.



Moultonborough Lions Club members created a Green Scene as they celebrated St. Patrick's Day at their dinner meeting.

This has been a tough winter for the Moultonborough Lions Club. The snow storms seemed to happen on Mondays and Tuesdays causing the Lions to cancel meetings and BINGO but did not stop the club from reaching out to the community.

Lions were able to meet and approve a \$500 sponsorship for the Ossipee Concerned Citizens Walk-a-Thon in May, \$200 to sponsor an athlete in Twin State Soccer, \$200 Full Page Ad in the Latchkey Cup Race, and \$100 donation to the Newmarket Lions Club as they start a new club.

In keeping up with the commitment to the Reading Is Fundamental program, the club purchased and delivered books to every student at the Sandwich Central School to the delight of the children. This is the 'Fun' part of "We Serve"!

On March 28th the Lions will join Moultonborough Women's Club in reading to the students at Moultonborough Central School.

If you would like to find out more about Lionism please contact Joe & Pat Keegan at 253-9916. Lions meet on the first and third Mondays of each month. Remember our motto is "We Serve"! Like us on Facebook or check us out at www.moultonboroughlionsclub.org.

Saturday, March 10

Portsmouth Lions Club Diabetes Day at Families First

(Left to Right) Andy Allen, Mary Malloy, Families First nurse; Dr. Presley Dickson, Dr. Craig Hartenstein, Dr. Amy Pruszynski, Portsmouth Lions Club; Stephan Smith, Portsmouth Lions Club; Amanda Rose, Portsmouth Lions Club; Randy Tomkins, Rye Lions Club.



This was when I presented our newest Food Pantry in Salem - We Care Charity run by Shefali Kalyani also in the picture





The Rye Lions welcomes their newest member Sandi Lane.
With Sandi is Randy Tompkins (sponsor) and 2nd VP Art Ditto.

Moultonborough Lions Club members Joe & Pat Keegan were among many members who participated in the “Reading Roost” program at the Moultonborough Central School recently. Lions members took turns throughout the day reading to the students and having the students read to them. So much fun was had by all! Hope they invite us back soon!





LIONS SIGHT & HEARING FOUNDATION OF NH, INC

GRANITE STATE FELLOW

In January 2002, PCC Peter DeMoya, implemented a fund raising program for LSHF. This fundraiser he named as the GRANITE STATE FELLOW.

You can recognize an outstanding member of your Lions Club or a person in your Community with a Granite State or Progressive Granite State Fellow. Many clubs recognize an outgoing president with this award. This is the highest form of recognition in the State of New Hampshire.

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 LSHF Endowment. Clubs may donate to LSHF in \$100.00 increments for up to five years with a designation on the donation memo for a Granite State Fellow.

Currently there are 383 Granite State Fellows and 16 Progressive Granite State Fellows.

Applications are online at: nhlions.org

Contact Chairman PCC Roger LaTulippe at 603-566-0691

email: dgroger@comcast.net