

The PRIDE



“SIDE – BY – SIDE”, WE SERVE

FEBRUARY 2018 ❖ Volume 43 ❖ Number 8



DISTRICT GOVERNOR (DG)

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

1st VICE DISTRICT GOVERNOR (FVDG)

Jerry Vaccaro (Marilyn)
74 Chase Road
Londonderry NH 03053
H: (603) 437-14-8
C: (603) 204-7752
E: jvac1408@comcast.net

2nd VICE DISTRICT GOVERNOR (SVDG)

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

CABINET SECRETARY-TREASURER (CST)

Paul Gilberti
42 Island Pond Road
Atkinson, NH 03811
H: (603) 436-2025
C: (978) 595-7536
E: CSTPaul44H@comcast.net

MULTIPLE COUNCIL CHAIR (MCC)

Christine Greenwood
PO Box 832
Keene, NH 03431
H: (603) 355-1653
C: (603) 762-424
E: cgreenwood@walpolebank.com

Global Membership Team

PDG Al Goldstein (Christine)
35 Main St,
Atkinson, NH 03811
H: (603) 362-6539
C: (603) 913-1281
E: AlGoldstein@comcast.net

Global Leadership Team

Dick Lemieux
9 Old County Road
Plaistow, NH
H: (603) 382-9599
C: (603) 548-6712
E: 04dlemieux@comcast.com

Global Service Team

Marie Hall
C: (603) 686-6935
E: mariehall326@gmail.com

Thoughts from *District Governor Sam Longbook*

DG Sam, Hello My Fellow Lions

Club visitation is in full swing to complete by March. There have been a few reschedules, but all is going well. I have enjoyed visiting with clubs bringing greetings & information from LCI.

Fantastic News: The Global Membership Team has chartered the Newmarket Lions Club.

Please support this new club by attending their charter night on Sat Feb 17th.

Information and application included in newsletter

Importance of membership: District, our challenge here is to increase membership and very importantly to work on Retaining our current Lions. Get these members and all Lions involved in a project; find an area of interest in one or all of LCI's 5 service platforms (Vision/Hearing, Environment, Hunger Relief, Childhood Cancer and Diabetes).

Lions Clubs International focus is to increase services in these 5 service areas and any area of interest to your club to improve and grow Lionism. All lions are needed to meet the challenge.

The Clubs and District need to focus on increasing Membership and improving Retention.

The district is working on strengthening clubs, providing information and Leadership training to individuals and helping with items like establishing an e Club House Web sites.

While conditions have improved in our country there is still a very big need in our communities.

[We need more Lions in more clubs to meet these needs and challenge](#)

[Orientation: It is in the best interest of clubs to hold an Orientation for New as well as for existing Lions.](#) Need help with an orientation; contact me or the leadership team.

My challenge to clubs, if you dropped members this year reach out to them to come back and or replace them and add 1 or 2 more to have a positive club membership growth.

Thanks FVDG Jerry and Hudson looks like we will charter a new Leos club

Thanks SVDG Steve moving forward with club training on "e Club House web site"

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

Call me at 329-5603 / 327-1133 or e-mail me at dgsam44h@comcast.net

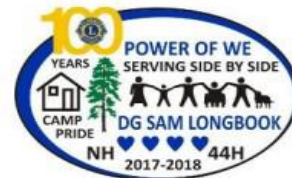


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Travels with the DG

February 2018

Feb 1. Atkinson Lions
Feb. 5 Hampton Area Lion
Feb. 6 44H Leadership Mtg.
Feb. 7 Rye Lions
Feb . 8 LYS Bd. Mtg.
Feb. 13 Back Surgery
Feb. 22 Salem Lions
Feb. 26 Suncook Valley Lions
Feb. 27 Epping Lions

March 2018

Mar. 4 District 44H Cabinet Mtg.
Mar. 7 N. Conway Area Lions
Mar. 8 Laconia/Gilford Lions
Mar. 11 District 44N Cabinet Mtg.
Mar. 12 Hudson Lions
Mar. 15 Wakefield Lions
Mar. 19 Moultonborough
Mar. 21 Windham Lions
Mar. 22 Plaistow Lions
Mar. 26 Somersworth Lions
Mar. 27 MD Health Service Mtg.
Mar. 29 PDG Meeting

Events Calendar

February

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

March

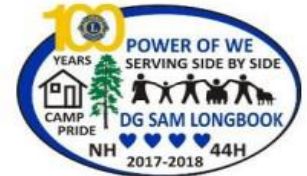
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Thoughts from First Vice District Governor *Jerry Vaccaro*

The Multiple District Programs Need Help!

The Lions working the Multiple District programs such as the Lions Sight & Hearing Foundation, Lions Youth Services and others have done some great work for the needy people of New Hampshire.

The Lions in these programs work hard. Some of these Lions have been involved for many years and now need and want to have new Lions to help them to continue these great programs. We all know that by having new hands and new ideas that these programs can grow and continue helping the needy of New Hampshire. It's time for growth, it's time for new ideas, and it's time to visit these programs, find your niche and HELP.

The District Leadership has been urging clubs to increase Membership and recognize New Leaders now it's time to urge Lions to join a District program. So it is time to find your niche and join.

I am always available for any questions regarding District programs. If you want to go to a meeting I would be glad to escort you, Just Ask.

Jerry



Thoughts from Second Vice District Governor *Steve Middlemiss*

Notes From the 2nd VDG

We are into the second half of our Lionistic year. With the addition of the Newmarket Area Centennial Club, we are now positive for membership, but we need to add to those numbers. Please support this new club by either attending their Charter Night on February 17th and/or by donating funds. I know they would appreciate it.

Let's help DG Sam by committing to add to our membership. Does your club have a plan for membership growth? We usually create a plan for our events and fundraisers, but does your club have membership events planned into your calendar?

Have you planned a date where some of your members are willing to go out into the community and speak to business owners and others to invite them to your next meeting? Do you have a flyer that you can hand out during these visits as well as at your events? Many times we are lacking in membership growth simply because potential members don't know who we are or how to contact us.

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.

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

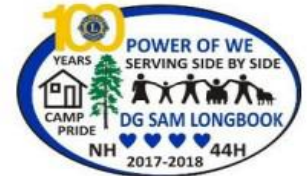


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Thoughts from

Cabinet Secretary-Treasurer *Paul Gilberti*

Fellow Lions,

Half way through the winter!! This past month DG Sam and I visited nine different clubs

I have included a number of photos from the different clubs we visited.

By now you should have received the second half of the year's District Dues Billing. It is based on membership counts as of January 1st. Please send me your checks in a timely manner as the District relies on those funds for it various projects and expenses.

I have included the registration for the March Cabinet meeting in this newsletter. You will note that the actual meeting is only 2.5 hours. That is because once we adjourn, hopefully all of us will be participating in a Meals Packaging Project. More information on this in the newsletter.

Please remember to keep updating MyLCI with your project reports, as well as your membership numbers each month. This is the only way that International learns what your club is doing.

And do not forget to submit a Public Service Announcement each month to your local newspapers or cable companies. It is free advertising to get the word out on what your Lions club is doing for your community. This will help a lot when you are trying to recruit new members. Lions – the world's best kept secret!

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*

Hello MD44 Lions !

What a FANTASTIC MD44 convention – thank you to EVERYONE who attended. Special THANK YOU to MCST Deb Hogancamp, PCC Celeste RiCupero, PCC Scott Wilson, PID Ed Farrington and PCC Ellie Johnson for your help and guidance ! Personally, I feel PCC Scott missed his calling – he was a fantastic derby announcer.

The convention yielded a LARGE donation box FULL of donations for the Corpus Christi Food Pantry – thank you PID Ed Lecius for delivering the car load full on behalf of MD44.

The derby night was a huge success with over \$1,000.00 being generated. There was also ANOTHER \$1,050.00 generated from a Edelman autographed jersey donated by PDG Andy Porter from Massachusetts – A TOTAL OF \$2,050.00 donated to LCIF by MD44 !!!!

MD44 - THANK YOU FOR ALL YOUR GENEROSITY !!!

Remember – people may feel your words, but they certainly feel your attitude !!!!!

In Lionism,
CC Christine

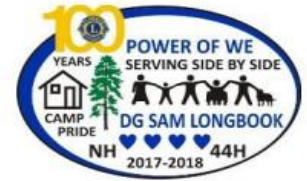


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Thoughts from
Global Membership Team Leader *Al Goldstein*

More members = More hands for service

Each new member impacts the lives of 70 people annually!

We are proud to welcome the new club The Newmarket Area Lions Club. 25 members strong 1750 people will be impacted by what they do. The club is up and running and already planning their first event. It all started by asking someone if they would like to join a Lions Club. You can do this too, all you have to do is ask. The special thing about starting a new club or adding members to an existing club is asking. I challenge everyone to ask someone to join. Every one of us had a reason to join. What was yours? Share that reason with someone else and show them the joy of offering needed service to someone in need.

Please share your Ask One experience with us and I will put it in my space in next month's Newsletter. Let's do a grass roots membership drive by all of us asking someone to join us and help make a difference in our community, state and the world.

The challenge is on!



Thoughts from

Global Leadership Team Leader *Dick Lemieux*

Here we are, coming around the turn for this Lionistic year.

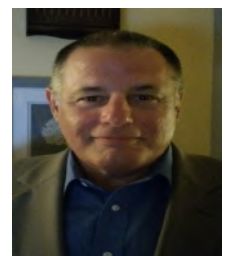
Club projects are underway, holiday plans are done, membership and retention are always a concern.

The beginning of a new year is a good time to evaluate ourselves and consider what needs to happen to improve.

These elements of a successful club from LCI may be helpful:

- Club members have conducted service projects that are meaningful to them
- The club has achieved a net growth in membership and involves new members in activities quickly
- The club communicates effectively with members and the public
- Meetings are held regularly and are meaningful and positive
- Club officers participate in zone and district leadership training
- The club is in good standing and reports regularly

I will also add from our Code of Ethics-“ To be careful with my criticism and liberal with my praise; to build up and not destroy”

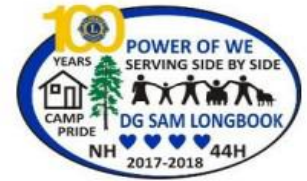


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Thoughts from
Global Service Team Leader Marie Hall



Does your club report all of your service projects to MyLCI each month?

Club presidents, make sure that you check to ensure this is happening! Your club wants to get credit for all the good work you do. I found a club recently that had not reported for the past 12 months. Call or email CST Paul Gilberti if you need help.

Has your club completed a Centennial Service Project?

You still have 5 months to do this. Let me know if you need to help with ideas or search on MyLCI for suggestions. Any physical project that is marked with the Lions logo will qualify. Is there a Lions sign marking the entrance to your town? How about a park bench or picnic table?

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
E: doug@seadec.com

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)
H: (603) 569-2698
C: (603) 387-6808
E: lupesmom14@gmail.com

Peace Poster Contest

Marilyn Richardson
H: (603) 882-1997
C: (603) 204-7914 E: Marilyn@pcom.com

Facebook Administrator (2)

PCC Deedee LaTulippe
C: (603) 566-0691
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
H: (603) 778-0966
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

H: (603) 883-8565
C: (603) 3203614
E: lionjeri@comcast.net



**District 44-H Cabinet Meeting
Crown Plaza, Nashua, NH**



March 4th, 2018

\$19.00

Join us for breakfast

Scrambled Eggs

Buttermilk Pancakes

Bacon

Home Fries

Sliced Fruit

Breakfast Pastries

Coffee/ Tea/ Orange Juice Station

8:10 am – 8:55 am Registration and Social

8:55 am Call to Order

9:10 am – 9:40 am Breakfast

This meeting will adjourn by 11:30 am in order to start the Meal Packaging Project.

Name(s): _____

Club: _____ **Total Attending:** ___ x \$19.00= _____ **Check #** _____

**Please mail checks to: CST Paul Gilberti
42 Island Pond Road, Atkinson, NH 03811**

Email: cstpaul44h.comcast .net H: 603-426-2025 C: 978-595-7536

**Make checks out to: Lions District 44-H
No Later Than February 26, 2018**

Please help the committee by making your reservations early.

District 44H Hunger Service Project

Let's provide meals for the hungry

in your Communities



Be a special Lion, join the District in doing a meal packaging service project to package 10,000 meals to be distributed to food pantries in our district.

The March 4th Cabinet meeting at the Crown Plaza Hotel in Nashua will be cut short to provide sufficient time to package 10,000 meals. With 60 to 80 Lions, we will be able to complete the packaging in an hour. You will walk away with a great feeling of accomplishment and satisfaction serving by providing meal to your fellowman.

We have arranged a company to set up and provide all necessary suppliers to complete packaging of 10,000 meals.



Questions contact: IPDG Al Goldstein or DG Sam for info.

Start Now

Plan your Spring Convention Get Away



Our District 44H Spring Convention is the weekend of May 4th to the 6th. Planning is underway for a fun weekend with time to Relax, Socializing and shopping at the outlets.

Save the date and talk with your fellow Lions about attending

More to Come





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



**NEWMARKET CENTENNIAL LIONS CLUB
CHARTER NIGHT**

SATURDAY, FEBRUARY 17, 2018

**GRILL 28 @ PEASE GOLF COURSE, 200 GRAFTON RD.,
PORTSMOUTH, NH 03801**

5:45 pm Social - 6:30 pm Dinner

Reservations must be received before FEB. 7, 2018

MEAL COST \$38.00 PER PERSON

Buffet, Cash Bar

RETURN THIS PORTION

**NEWMARKET CENTENNIAL LIONS CLUB CHARTER NIGHT
RESERVATIONS**

**PLEASE RETURN THIS PORTION WITH CHECK MADE PAYABLE TO:
EXETER LIONS CLUB**

MAIL TO:

**Michael Baillargeon
11 Michael Bennett Road
Brentwood, NH 03833**

**(603) 778-8496
kebail@comcast.net**

DEADLINE FEBRUARY 7, 2018

NAME OF CLUB _____ # ATTENDING _____

AMOUNT ENCLOSED: _____ (\$38.00 PER PERSON)

NAME(S): _____

We look forward to seeing you Feb. 17, 2018 !!

Hudson Lions Club JOIN THE CELEBRATION



1947 - 2017

March 24th, 2018

Saturday
3pm to 7pm



White Birch Catering Hall
222 Central Street, Hudson, NH 03051



Reservation form and invites
Being sent out shortly



Sandown LIONS Club

Invites you to join us for a traditional
**St. Patrick's Day Corned Beef & Cabbage,
and Shepherd's Pie Fundraising Dinner**

Saturday, March 24th

At the

Sandown Recreational Building

25 Pheasant Run Drive

(off 121A behind the Police Station)

4:00 p.m. to 6:30 p.m.

GREAT FOOD, FUN & RAFFLES

\$10.00 ADULTS

\$8.00 CHILDREN 3 TO 12

UNDER 3 FREE



**NOT SPONSORED BY SANDOWN RECREATION OR
THE TOWN OF SANDOWN**

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

Lions Camp Pride NEWS ... We Serve

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



Spring project planning is well underway, as we will be opening back up before you know it!
We have only 1 more bunkhouse Binns, and 4 total metal roofs, before we can say no more roofs for the next 50 years or more.

Anyone interested in helping out at camp this Spring, we have lots of projects.

Just drop me a line and we can make arrangements.

Spring schedule work days are all Saturdays we are looking for volunteers for any of these or all of these dates [if your club has a different date in mind just let us know]

May 12
May 19
June 9
June 16
June 23

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. 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

Importance of Mutual Understanding and Trust

Reading the January issue of the LION Magazine I was drawn to the 54 Years Ago in the LION that reflected to January 1964. It noted that The LION mourned the death of U.S. President John F. Kennedy and recounted his admiration for Lions. Twice Kennedy had met representatives from Lions Clubs at the White House. He especially appreciated the Lions for their person-to-person service, which, in his words, was “the most effective means of achieving mutual understanding and trust.”

This struck me as Lions working in their communities on projects are always involved in some manner providing person-to-person service. Further, knowing several people with sight challenges depend on mutual understanding and trust. They improve listening skills and mobility skills all of which require trust to enable them to carry on life being able to be connected, participate in activities with others. They are striving to be independent which again is based on understanding and trust.

When Lions work on a OKS screening project schools and day care centers trust them with the screener to help preschoolers and those in school checking their vision with the Spot Screener to see if they need to see an optometrist or ophthalmologist to correct vision issues. Thus, in President Kennedy words person-to-person service is the most effective means of achieving mutual understanding and trust.” This points out the importance of person-to-person service as “We Serve”

Where there is a need there’s a Lion

Here’s looking at you – Lion Lang Plumer

HUNGER

We have talked about the numerous ways that we may have an impact on our communities concerning hunger, but do you know how hunger and malnutrition are **directly** impacting your community or district? Why not conduct a [Community Needs Assessment](#) with a special focus on [hunger](#)?

Discover Contact your local department of public health, or similar organization, to learn about the needs in your area and which populations are at the greatest risk of hunger and malnutrition.

Identify organizations, including Lions and Leos Clubs in our district, which are already mobilized around hunger and assess where there are gaps in the services provided.

Plan Based upon what you have learned and discovered, submit a plan of action including recommended service goals for hunger to District Governor Sam. In this process, you may want to discuss your plans with the GST Coordinator, Marie Hall and Zone chairs for their feedback. It is possible they are already implementing a project that would benefit from inclusion of a hunger – related service element.

Act Build awareness of the need, the goals and the service plan by offering a hunger-focused seminar
Formalize partnerships with other organizations to enhance local impact.
Promote funding opportunities offered through LCI and LCIF that might support club and district hunger projects.

Celebrate Make sure you report your hunger projects using [MyLCI](#).
Share news about hunger projects with the Public Relations Chairperson.
Celebrate progress and success by recognizing all participants.

Submitted by

PCC Jim Robinson



ENVIRONMENT

How many of us have something hanging in your closet or vacationing in your bureau drawers that you haven't worn or used for ages?? The best of us may attempt to purge but the old "maybe some day this will fit" or "this will be back in style soon" comes to mind and we never get around to donating or (heaven forbid) throwing those unused items away. But have you ever wondered what would happen if you should ever decide to rid your home of these outdated or no longer wanted items?

Clothing, as well as linens, curtains, uniforms, and other fabrics, are considered to be 100% recycleable textiles. In NH, there are several organizations where you can donate your clothing (Salvation Army, Good Will, Savers, St. Vincent de Paul, and Planet Aid to name a few). You may also see drop off boxes for the American Legion, Am Vets, and other non- profits that sponsor a box and receive funds from their collections. From the moment you put your donation (which is tax deductible) into a collection bin, your clothing (or other fabrics) begin an interesting journey.

You may think that all your once loved items will go to some needy person in your neighborhood but that is not always the case. Once "textiles" are collected, they are sent to the organizations' sorting center where, in the case of above named charities, they are sorted into different categories. The items that are deemed marketable are sent to their thrift shops for sale to the public. Those not selected are bundled into bales and sent to a "textile processor" who sorts them once again. Clothing and items that the processors feel are still useable are then sent to third world countries (mostly in Africa) for sale in small enterprises. Those items not suitable for resale are then sent to "textile recyclers" who send them off to fiber and rag companies that can make new items from them (think car-seat stuffing, industrial wipes, home insulation, pet bedding, athletic equipment and carpet padding). **SO**, you can donate almost any fabric (especially to Planet Aid and Good Will) and a use will be found for them.

So much information is out there (go to Planet Aid.org or Earth911.com but here are a few interesting facts:

1. Americans throw away about 85% of their clothes- most everything can be reused/repurposed: 45% is re-used as apparel, 30% recycled into industrial wipes, 20% processed into new fibers/products, 5% unuseable due to mildew or other contamination per www.SMARTasn.org
2. Textiles thrown away end up in land fills which increases CO2 and methane gases into the atmosphere; 3-4 lbs of CO2 are saved for every pound of clothing spared from disposal.
3. If you throw away a bag of 10 lbs of clothing a year, it will save 14,000 gal of H2O and reduce the amount of insecticides released into the soil, because of plants(cotton) grown for new clothes
4. 17 Gallons of H2O and 66 BTUs of energy are used to create 1 shop towel; none are used for a recycled rag/disposable wipers. Laundry of non recycled shop towels also emit toxic chemicals into waste water which may end up in your local water ways.
5. Planet Aid estimates it collects 100 million Lbs of textiles per year, i.e. 100 Million Lbs not going into your local land fills, leading to the "greenhouse effect" which is more emission of CO2 into the air.

Save the Planet Week is April 16-22 - why not sponsor a clothing/textile drive (similar to the shoe collection program)and donate to one of the organizations above. [Planet Aid Drop Off Boxes](#) are found everywhere and their New England Headquarters are located right here in Hudson, NH. You might want to inquire about sponsoring a drop off box to help collect funds for your club (you would need a permanent location for the box)...

Type 2 Diabetes

If you don't exercise, are seriously overweight, or have a host of family members with type 2 diabetes the odds that you too, will develop the disease become increasingly likely.

Diabetes risk appears to be higher among woman with breast cancer who carry the BRCA1 and BRC2 gene mutations. Researchers looked at health data from more than 6,000 woman with the breast cancer genes and found that though they had no increased risk for diabetes before their breast cancer diagnosis, those who went on to develop breast cancer were twice as likely to develop diabetes in the following 15 years.

Symptoms of type 2 diabetes

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and irritability
- Blurred vision
- Cuts/ bruises that are slow to heal
- Tingling/ numbness in hands and feet
- Skin, gum, or bladder infections

Stay Healthy

PCC Celeste

STATUS of the ENVIRONMENTAL PHOTO CONTEST

Recently, DG Sam received the following communication regarding the future of the Environmental Contest. These decisions were made at the November International Board of Directors Meeting.

“Technology is changing the way we connect, take photos and share content with our communities and the world.

*To take advantage of new opportunities created through social media and exciting tools like the **MyLion** app, the Marketing Communications Committee has recommended that LCI develop new contests that are designed for our mobile-friendly, instant-sharing culture. This will help us engage even more Lions and Leos and give us a great way to share our service stories with the world. Due to this new direction, LCI will no longer host the Environmental Photo Contest or other photo contests at this time.*

*We will be announcing a new contest hosted in the **MyLion** app after June, when the app will be available globally. We will share details with Lions and Leos as soon the new contest is announced. We're looking forward to engaging Lions in more innovative ways than ever before.”*

We will keep everyone posted as to the new procedures, etc...

Jeri Maynard, District Environment Chair, E: Lionjери@comcast.net

LIONS YOUTH SERVICES NEWS



"THE FUTURE of PEACE"

*Celebrating 30 Years
Lions International
Peace Poster Contest*



*Above left to right,
Hudson Lion Chair Lillian Bellisle, ID Jennifer
Ware, 1st Place Winner Mackenzie Franek,
Hudson President Valencia Wilson and Lions
Youth Services President Marie Hall.*

*On Saturday morning during the Mid-Winter
Convention, Mackenzie Franek was honored
and was presented as the first place MD44
District winner for the 2017-2018 for the
"The Future of Peace" Peace Poster Contest.*

*Mackenzie with her poster is featured to the
right here along with her Art teacher
Jan Walsh of Hudson Memorial.*

Congratulations Mackenzie!





MEMBERSHIP MATTERS



	This Month	This Year
Opening Balance	1,168	1,181
Added Members	30	88
Dropped Members	13	84
Closing Balance	1,185	1,185
Net Gain/Loss 0	17	4



THE DOGSIGHT PROJECT

**A Program of the New Hampshire Lions
Multiple District 44 – Health Services Board**



Paw Thoughts!

Every year about this time, I start talking to everyone I know who loves dogs about Musers' Secret. It's a paw salve that protects dogs paw pads from salt and ice. It's a bit pricey, but it really works and a single jar of it lasts a winter. The good news is that there are look-alike products out there that are less expensive. Look for non-toxic, non-staining products. Rosie is very much a princess when it comes to feeling things and she dislikes ice crystals between her toes. Given her "body sensitivity," booties are out of the question. She alerts me to her opinion that the ground is too cold by walking on three legs – frequently a different three in the same walk – or limping. When I use Musers' Secret, no funny walking or limping. If you've got a Snow Prince or Princess, give paw salves a try.

To all our loyal DogSight supporters – thank you for your generosity at Mid-Winter!

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

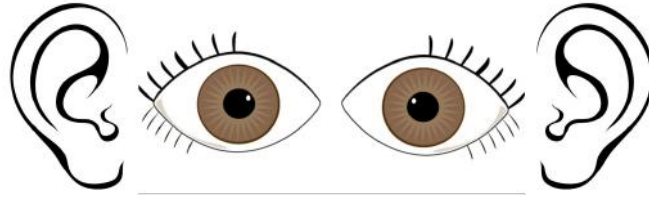
Chair, the DogSight Project

lpiekarski@ne.rr.com



Goal: \$15,000 Raised to Date: \$8,600

Health Services Board - Stories to Warm Your Heart



There are some changes we wanted to let you know about.

First, by the time you read this, HSB may have a new name. We may be called Health Services of NH or HSNH.

Next, if you have eyeglasses to recycle, you can bring them to cabinet meetings and/or conventions. The Eyeglass and Hearing Aid Coordinators are Jill Healey for 44N and Randy Thompkins for 44H. They make sure the glasses are recycled through Lions Club Recycling Centers. If you would like to make a donation to help with shipping costs please send them to the Hampton Area Lions Club at P.O. Box 1088, Hampton NH 03843.

If you take them to Lenscrafters, they destroy the glasses and sell the pieces for scrap. Proceeds are given to their OneSight program.

Finally, with all the screenings that you all do, what happens after the screening? One of our members shared the follow up she received from the OKS Coordinator for the Hampton Area Lions Club:

"All seven of the concerns raised by Spot screening have been or are being addressed."

Three have returned reports indicating no treatment required at this time,

One will receive eyeglasses that are yet to arrive,

One is followed at a Children's Hospital for long term congenital eye issues,

One has an appointment with an eye doctor, expecting that an insurance question will be resolved,

One is between appointments but has seen the eye doctor and is undergoing evaluation."

It is nice to know that the screenings are finding issues that can be treated.

Remember: Submit your vision screening reports!

44H goes to Becky Brown (beckbrown@hotmail.com)

44N goes to Darlene Royce (darlene.b.royce@hitchcock.org)

Keep Screening!

Sue Lindberg

HSB Chair

The Barrington Area Centennial Lions celebrated their first anniversary in January. As part of serving the Barrington community, it is estimated that the members have served over 3,000 people! As part of the celebration, District Governor Sam Longbook visited our club. While there, he officially presented our Four Diamond Centennial Service Club Award, inducted our new member Kat, and presented our very own Carole Frankiewicz with a Lion of the Quarter award!


The Barrington Lions would like to thank the Atkinson club for their ongoing support, the many clubs in 44H who have helped us along the way, and give a special thanks to our Guiding Lions, Marie Hall and Jim Robinson. *Here's to another great year!*



DG Samuel Longbook and Lion of the Quarter Carole Frankiewicz.

**SOME PEOPLE LIVE
AN ENTIRE LIFETIME
WONDERING
IF THEY'VE MADE A
DIFFERENCE
IN THE WORLD**

LIONS
DON'T FACE THAT PROBLEM





Sam visit with the Wolfeboro Lions after a new member induction



DG Sam induced new Wolfeboro Lion Sharon Vanderheiden January 23, 2018



Sam visit with the Derry Lions with 2 members inducted



Visitation at Londonderry club on Jan 22nd



Visitation at Pelham club on Jan 25th





Good Morning Sam, This is Christie from the Litchfield Lions Club. Attached is a photo of the books our lions club got for CHAD. The total was 909 books from infant to young adult. The books will be making their way to CHAD sometime this week.



On January 9, 2018 the Wolfeboro Lions Club donated a check for \$500.00 to the Wolfeboro Library Foundation towards the new addition and renovation of the present library. In the picture are (L-R) John Askew, Wolfeboro Lions President; John Sandeen, Library Foundation President; Cindy Scott, Library Director; and Bob Woerheide, Library Foundation Treasurer.

Mid Winter Convention



Mid Winter Convention



Mid Winter Convention

