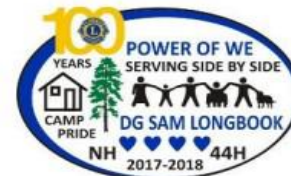


The PRIDE



“SIDE – BY – SIDE”, WE SERVE

JULY 2017 ❖ Volume 43 ❖ Number 1



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) 566-766
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

Thoughts from *District Governor Sam Longbook*

Hello My Fellow Lions,

Before I begin, I would like to sincerely thank Christine Goldstein who volunteered, to continue this year as the District Newsletter Editor.

As I write this, Berny and I are packing for our trip to Chicago to attend DGE training officially become your DG for the 2017-2018 year and the 100th Lions Convention.

It's been a long road and I have so many people to thank, starting with my wife Lion Berny, my club, and the many mentors guiding me through the years. I thank them for their support, their inputs and their inspiration.

This year has been rewarding and enjoyable working “Side-By-Side” with Lions from many clubs. I have had the pleasure of getting to know the great Lions in our district. We have sold XMAS trees, served meals, road side clean up, cut and fried French fries and did many vision screenings. Working together develops fellowship and makes our clubs and district stronger to serve our communities.

Chicago: DGE Training and 100 Lions Convention

Attended 4 days of DGE training classes where we learned more about LCI for the future. We also, attended the 4 days of Lions 100th convention from marching in the 5 hour parade to the general sessions including entertainment from the Beach Boys and Chicago.

We learned more about LCI Forward for the start of the next 100 years of Lions with emphasis on “We Serve”. The 5 service platforms were discussed (Environment, Hunger Relief, Sight, Pediatric Cancer and major focus on Diabetes). These are the areas of focus for We Serve. Information was presented of GMT, GLT and an outline of the new position Global Service Team (GST). The Lions APP “MyLION” was released during this time. This is a Face Book type APP dedicated and secured just for Lions to link up and share. Information on all of the above will be shared at the August Cabinet meeting.

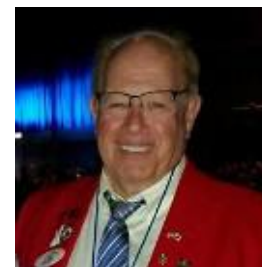
Lion Berny attended most all sessions and had a wonderful time for these 9 days.

The DGE training and the 100th Lions Convention were inspiring, motivating , enjoyable and rewarding. We enjoyed the fellowship with our fellow Lions.

DG Sam and Lion Berny

I am looking forward to the challenge of District Governor to improve our clubs and district.

If I can help in anyway please feel free to call on me. Yours in Lionism. Call me at 329-5603 / 327-1133 or e-mail me at slongboo@comcast.net

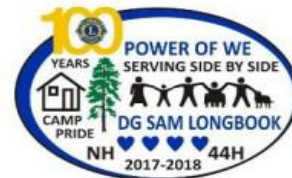


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In The Pride

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Travels with the DG

Our new District Governor
Sam Longbook and his lovely wife
Berny



Events Calendar

July

- 7/12 Camp Pride Meeting 6:30pm,
Location TBD
- 7/12 Lions Youth Services Mtg, 6:30pm
Location: TBD
- 7/20 LSHF Meeting, 6:30pm
Hannafords, Bedford NH
- 7/25 Health Services Board Mtg, 6:30pm
Location TBD
- 7/26 Twin State Soccer Assoc 7:00pm
Location: Elks Club, Lebanon N

August

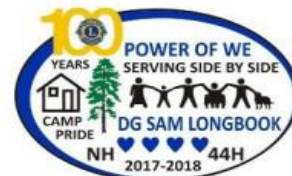
- 8/9 Camp Pride Meeting 6:30pm,
Location TBD
- 8/9 Lions Youth Services Mtg, 6:30pm
Location: TBD
- 8/7 LSHF Meeting, 6:30pm
Hannafords, Bedford NH
- 8/22 Health Services Board Mtg, 6:30pm
Location TBD
- 8/23 Twin State Soccer Assoc 7:00pm
Location: Elks Club, Lebanon NH

The PRIDE

“SIDE – BY – SIDE”, WE SERVE



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Thoughts from First Vice District Governor *Jerry Vaccaro*

Another Lion Year “TO SERVE”

Do you know your community’s needs? Have you searched your community for that special need? Maybe a child needing glasses or possibly hearing aids that cannot afford them. Have you contacted your school to see if children are going home without having any food for the weekend? Did you plan an eye screening or possibly hearing testing?



I’ve only mentioned a few possibilities “TO SERVE”. Motivate your club to take on a challenge, a project and make a difference. Publicize your projects and invite the community members to help. A great way to meet new community friends and maybe new Lion members. JUST ASK!

Like I said, another Lion year “To Serve”

Hopefully you have asked members of your club to participate in the upcoming first Cabinet meeting on August 6th, at Castleton Function Hall, Windham, NH. DG Sam has some great ideas and a Leadership Team willing to help your club. See you there.

1st VDG Jerry

Thoughts from Second Vice District Governor *Steve Middlemiss*

Notes From the 2nd VDG

What a Great Lionistic year we just had.

Great Job DG Al as well as the District 44 H leadership. As I write this we are plus 27 in membership due in part to the efforts of this leadership team. This makes it 5 consecutive years. I have been so fortunate to have been a part of the team effort.

Now I look forward to working with DG Sam, FVDG Jerry and the team that Sam has put together to continue to grow our District in both membership and leadership. Please remember that we are all here to work with and help you achieve your club’s goals.

I would like to thank everyone who supported me throughout the year and especially at Spring Convention by electing me as this year’s SVDG.

Thank you Clubs for all your efforts to help those in your communities.

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

Don’t forget to JUST ASK!

Yours in Lionism

SVDG Steve Middlemiss



The PRIDE



“SIDE – BY – SIDE”, WE SERVE

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Thoughts from Cabinet Secretary-Treasurer *Paul Gilberti*



Fellow Lions,

I am honored to be your Cabinet Secretary/Treasurer for 2017-2018 and I am looking forward to serving with you during this new year.

I hope all club secretaries and treasurers take advantage and use MYLCI for monthly reporting as I plan on looking for this information each month. If you need assistance, please do not hesitate to give me a call.

Our first cabinet meeting will be held on August 6th at the Castleton in Windham, just off 93 exit 3. All Club Presidents, Secretaries, Treasurers and Membership Chairpersons are expected to attend. All District Leaders, Zone Chairs, Committee Chairs are expected to attend. I hope to see everyone there.

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*



Greetings Fellow MD44 Lions

WOW – this past year was an exciting year in Lionism – membership grew immensely, motivation in both Districts increased and fun was had by helping to many people in your communities. Special thank you goes out to each and every Lion in MD 44 !!!

Let's continue this positive membership and motivation momentum into this year and beyond into the 21st Century ! **LCI Forward will be focusing the Lions on FIVE service areas with the goal of tripling our humanitarian impact by serving 200 million PER YEAR by the year 2021 with 1.7 million Lion and Leo members.** Program services will be focusing on Diabetes, Environment, Hunger Relief, Pediatric Cancer AND Vision !! Clubs all over the world will be asked to implement a Global Action Team Service Leader – each District Governor will be assigned a leader in the Districts and will be promoting each club to assign a coordinator for LCI Forward in the upcoming year to help with this important LCI goal !

Both District Governors are engaged and motivated about Lions and ready to work with each of your clubs to continue the passion of Lionism.

Proud to work beside everyone in MD44 !
MCC Christine

The PRIDE



“SIDE – BY – SIDE”, WE SERVE

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Thoughts from Global Membership Team Leader *Al Goldstein*

Membership Update: 2016/2017 Final Numbers

1181 Total members

177 New Members

146 Drops

+31

This was a great year in bringing in new members to the District. It would have been a great year if we did not drop so many members. 14% of our members left us for one reason or another. We work so hard to bring members into our clubs and then we let them go so easily.

The challenge to all of us this year is retention. Keep our new and old members engaged. Get everyone involved in club events. There is so much to accomplish every year to support our Lions motto “We Serve”. With a strong emphasis on service this year we will need all hands plus on deck.

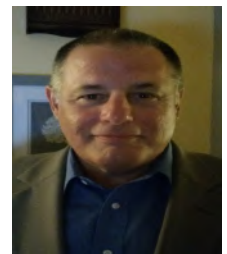
We are here to work with you to bring new members into your clubs. Please feel free to reach out and ask us.

DG Sam’s motto this year is “Side By Side We Serve”. I am committed to DG Sam and all of you to grow our District even bigger this year.

GMT 2017/2018 PDG Al Goldstein



Thoughts from Global Leadership Team Leader *Dick Lemieux*



Leadership Directory

ZONE 1 CHAIRPERSON

John Deschenes
7 Galway Road
Nashua, NH 03062

H: (603) 888-3911
C: (603) 233-2929
E: ljdeschenese@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

Doug Griffin
74 Peaslee Crossing Road
Newton, NH 03858

H: (603) 378-0693
C: (603) 944-1377
E: doug@seadec.com
Clubs: Atkinson, Hampstead, Plaistow, Sandown,
Kingston

ZONE 4 CHAIRPERSONS

Elizabeth Ferriera
16B Mercury Drive
Londonerry, NH 03053

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

ZONE 6 CHAIRPERSON

Mike Dolan
5 Zoe Lane
Newton, NH 03858

H: (603) 382-9642
C: (603) 303-7950
E: Mike.Dolan@bauer.com
Clubs: Dover Cochecho River, Rollinsford / South Berwick,
Somersworth

More Directory information to be added



MEMBERSHIP MATTERS

Let's get ready for a great year!!!!!!

**Congratulations Lions!
1.4 Million Members**

Keep the momentum going...Ask One today!



Lions Camp Pride NEWS

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

Nashua Bunk House gets a new foundation, doors, stairs and ramps

Brick walk ways get repaired, Mighty Mouse Ear Repaired



These pictures only represent a small number of the improvements that have been made across the camp this spring. The number of volunteers from clubs, local business, providing countless hours, has once again made a huge impact in Lions Camp Pride.

A special thanks to Lenny Hall, Phil Busby and Al Goldstein for their dedication.

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

Thank you for caring about our camp! *Peter*

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

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



**District 44-H Cabinet Meeting
Castleton Function Hall, Windham, NH**



August 6, 2017

\$19.00

Join us for breakfast

Scrambled Eggs

Pancakes

Bacon

Home Fries

Sliced Fruit

Breakfast Pastries

Coffee/ Tea/ Orange Juice Station

8:15am – 9:00am Registration and Social

9:00am Call to Order

9:15am Breakfast

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 August 1, 2017**

Please help the committee by making your reservations early.

Dress code: Casual, Club or District Shirts



LIONS TWIN STATE SOCCER ASSOCIATION, INC

68 JACK WELLS ROAD, DANBURY, NH 03230

"Soccer for Sight and Hearing"

To: Lions of Districts 44N, 44H, and 45

May 2017

From: LTSSA

Dear Lion: **On July 31st, someone will win \$1,000. Will it be you?**

You can only win if you play. You have 31 chances to win.

The people we serve, though the Lions Sight and Hearing Foundation of NH, Inc. and Vermont Lions Charities, are winning too, through your generosity and with your participation.

1 -- \$1,000 Winner on July 31st

1 -- \$300. July 1st

1 -- \$150. July 5th

1 -- \$200. July 15th Game Day

8 -- \$100. July 2,8,9,10,16,22,23,29,30th

19 -- \$50. July 3,4,6,7,10,11,12,13,14,17,18,19,20,21,24,25,26,27,28th -- \$10. Each ticket

Remember...there are: 31 chances to win multiple times.

Submitted by: Cheryl Powers, Director

HAMPSTEAD LIONS CLUB

FISHER CAT OUTING

FISHER CATS vs RICHMOND (Giants Farm Club)

Saturday August 5th

\$36 per person

Includes Game Ticket and 90 minute buffet

Group seating in new pavilion area all together. Seating includes swivel back chairs and a bar top in front of you for food and beverages

All you can eat buffet featuring hamburgers, hot dogs, lemon pepper chicken, baked beans, homemade mac and cheese, potato salad, watermelon, cookies, fruit punch, iced tea and water (cash bar available)

Early access (1/2 hour prior to the general public) to the entire ballpark

GAME TIME 7:05 BUFFET AVAILABLE FROM 6:35

ENJOY FINE FOOD, GAME & FELLOWSHIP

Book early to reserve your seat!

Send check payable to Hampstead Lions Club to;

Sheldon Porter 25 Pope Road Apt A4 Atkinson, NH 03811

**For more information, contact Sheldon Porter, sporterxx@comcast.net,
603-770-3148**



**Conway Area Lions Club
2nd Annual Saco River
Kayak and Canoe Benefit Race**

(Rescheduled from original race date of May 28th due to high water)

When: Sunday August 13, 2017

Where: Registration and starting line will be at the Saco Bound boat launch in Center Conway, NH and will end at the Swans Falls Campground in Fryeburg, ME. The cookout and award presentations will be held at the Swans Falls Campground.

Cost: Pre-registration: Adults: \$20 17 years and younger: \$15
Day of the Race: Adults: \$25 17 years and younger: \$20
Fee includes cookout and award presentations after the race
along with snack items at the start of the race.

Time: Same day registration and check in begins at 9am

**Proceeds from the race will benefit the
Laura Foundation**

For additional, up to date race information, visit conwayarealions.org/race
or follow us on FaceBook at facebook.com/SacoRiverRace
You can also contact Lion Rick Lamme @ 603-452-7011 or email us at
Saco.Race@gmail.com

Salem American Legion is bringing the 9/11 memorial to town Sept. 19-23rd. It has never been in New England before. They are looking for organizations to help support bringing it. Salem Lions are going to donate \$1,000.00. If we can get other clubs to join and reach \$5,000.00 we could be a reserved vendor and have a tent for the whole time promoting Lions, get 25 patches and a plaque and our Logo on an event banner. \$2,500.00 would get logo on banner, plaque and 10 patches. Since it has never been around here we would love to get some clubs to join us. If you have any interest please contact Gail Dacey grd514@aol.com or 603-898-6913.

Sept. 19-23
9/11 Never Forget Exhibit



THE MALL AT
ROCKINGHAM PARK
A SIMON MALL

“EAGLE” SPONSOR

\$5,000 +

Recognition on Sponsor Page (Print/Social Media)
Name/Logo on Event Banner
Flag of Heroes – 9/11 Memorial Flag
Twin Towers-9/11 NEVER FORGET Plaque
25 Commemorative Event Patch's
Reserved Vender “Pop-up-Tent” site

“PATRIOT” SPONSOR

\$2,500 +

Recognition on Sponsor Page (Print/Social Media)
Name/Logo on Event Banner
Flag of Heroes – 9/11 Memorial Flag
Twin Towers-9/11 NEVER FORGET Plaque
10 Commemorative Event Patch's

“WE WILL NEVER FORGET” SPONSOR

\$1,000 +

Recognition on Sponsor Page (Print/Social Media)
Name/Logo on Event Banner
Flag of Heroes – 9/11 Memorial Flag
Twin Towers-9/11 NEVER FORGET Plaque

“LIGHTS AND SIRENS” SPONSOR

\$500+

Recognition on Sponsor Page (Print/Social Media)
Flag of Heroes – 9/11 Memorial Flag

“FRIEND OF SALEM NH TUNNEL TO TOWERS COMMITTEE”

\$100.00+

Recognition on Sponsor Page

ANY AND ALL TAX DEDUCTIBLE DONATIONS ACCEPTED

FOR MORE INFORMATION – PLEASE CONTACT
PATRICK HARGREAVES OR CINDI WOODBURY
Salemnh911exhibit@aol.com or 603-890-3876



Plaistow Police Department

27 Elm St.

Plaistow, N.H. 03865

(603) 382-1200

PRESS RELEASE

May 17, 2017

Through a collaborative effort, the Plaistow Lion's Club, the Plaistow Police Department, and SoRock Coalition for Healthy Youth have been able to provide a Prescription Drug Drop Off Box for use by the community. This box is currently located in the lobby of the Plaistow Police Department (see photos attached). This project was spearheaded by King Lion Roy Walling III. This box is meant to help with the opioid crisis that is facing our State and the nation. The box will provide the opportunity to get unused prescription drugs out of resident's homes so they can be destroyed and will not fall into the wrong hands.

Also helping with this project was Sign Designs of Plaistow, Al's Locksmith of Plaistow, and McDivett Contractors of Kingston, NH.

Please direct any questions or need for additional information regarding this release to Roy Walling III of the Plaistow Lion's Club at (617) 270-3803 or re-walling3@comcast.net, Chief Kathleen Jones at (603) 382-1200 or kjones@plaistow.com, or Charlotte Scott of SoRock at (603) 642-3341 x 196 or So-RockNHCC@gmail.com



Charlotte Scott from SoRock (left), Chief Kathleen Jones (center), King Lion Roy Walling III (right)



Moultonborough Lions Club members Dawn Law and Joanne Lau proudly smile from behind after presenting 10 Moultonborough Academy students with \$1,000 Scholarships at Geneva Point last week.

The following recipients...Megan Duddy (Bicentennial Trust), Matthew Anderson, Sare Campbell, Hannah Finnegan, Mackenzie Kessler, Brianna Lear, Kelsey Make, Dylan McLaughlin, Angela Mudgett, and Noah Smith.

The club awarded a total of \$14,000 in scholarships this year. Lion(s) Joe & Pat Keegan awarded \$4,000 to Kailee Bennett (Bicentennial Trust), Nicholas Manville, Tyler Reid, and Justin Tinker at the Meredith Community Center the following night.

The Moultonborough Lions Club meets on the first and third Monday of every month. They also hold BINGO every Tuesday night starting at 6:30 p.m.

Just their way of giving back to the community. Just another way to be proud to be a Lion. Lions are always looking for new members to join the club. Think about it!

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

Moultonboro Lions

Moultonborough Lions get together to spruce up the Pelham cabin at Lions Camp Pride in New Durham. (l-r) Lloyd Conery, Mark Cotrupi, Dawn Law, Pete Strople, Sally Sibulkin, John Menken, Kathy Allen



Lions Camp Pride on Merrymeeting Lake in New Durham is a fully handicapped accessible facility. It was built and continues to be operated by the 42 Lions Clubs in eastern New Hampshire as a joint district-wide volunteer service project.

The Moultonborough Lions Club members have adopted the Pelham cabin and agreed to maintain it. Last weekend members got together and washed windows, cleaned bathrooms, painted the trim and hung new curtains that were made by Kathy Allen.

Lion Dawn Law and her husband Steve volunteered to seal the floors. This required multiple trips back and forth over days because it had to be done in sections. Tough job. Hard work. But now the Pelham cabin is ready for the summer campers to arrive. Just another reason to be proud to be a Lion!

If you would like to learn more about Lionism contact Joe & Pat Keegan at 253-9916.

Remember our Motto is "We Serve."

Submitted by Patricia Keegan 253-9916 NASHUA LIONS AWARD SCHOLARSHIPS

Nashua Lions Club



The Nashua Lions Club presented their 2017 Scholarships to three deserving students from Nashua North and South at their weekly meeting held at the Crowne Plaza Hotel. The meeting featured new Superintendent of Schools Dr. Jahmal Mosley. Taking part in the ceremony were Scholarship Committee chair Lou Marino, president Kamal Masand, North student Alexandra Norris, Dr. Mosley and North's David Barry. A third student, Nicholas Jones from North was unable to attend.

For more information contact:

Ed Lecius
603-321-6458

Chester Lions Club



The Chester Lions Club has had a very busy few weeks.

The eye screening was held at our Health & Wellness Fair.

Had a Memorial Day Service.

A team, (Colleen Towle, Sheryl Baker & Leslie Packard) walked in the 3K Walk for S

Installed a new member (Toni Amato) at our June Dinner meeting.



Nashua Lions Club Golf Tournament

Saturday, September 16, 2017
Amherst Country Club
Amherst, NH

18 Hole Four Person Team Scramble
Registration: 7:00 AM – 7:45 AM
Shot-Gun Start: 8:00 AM

\$125 per person/\$500 per team

Entry Fee includes: Green Fees, Cart, Swag Bag, Mulligans, Raffle Ticket, and Meal before Awards Ceremony.
(Please Note: After August 21, 2017 price increases to \$135 per person/\$540 per team.)

For more information, please contact Joel Ackerman at (603) 594-0299.

Rye Lions Club



On Saturday May 13th the Rye Community Ham & Bean Supper took place.

This free public event was a collaboration between volunteers from the Rye Lions Club, the Rye Congregational Church and Rye Senior Serve along with generous donations from the community.

Over a hundred guests were served delicious Ham & Beans, Brown Bread, Coleslaw and numerous choices of home baked pies.



The supper created awareness to the services that our Lions Club provides and hopefully peaked the interest of potential new members!

A good time was had by all ~including the volunteers!

Wolfboro Lions Club



Wolfboro Lions held their final meeting of the year Tuesday, June 27th with PDG Stanley Brothers installing new officers including King Lion John Askew; inducting new members Marilyn and Randy Zimmerman with sponsor Nancy O'Dowd; Leos were in attendance and thanked for the great amount of work they did this year.



NE College
 Henniker, NH
 Saturday, July 15th. 2017
 Girls Game starts at 4:00pm
 Boys Game starts at 6:00pm

\$5.00
 gets you in for both games

- The players are ready!
- The coaches and managers are ready!
- Are you ready to come to the LTSSA Soccer Games?

Calendar Raffle Drawings – 31 Chances to Win

Submitted by: Cheryl Powers, Director



THE DOGSIGHT PROJECT

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



Dem Bones, Dem Bones

Those bones at the bottom of this article will be emptied for next month's article. In 2016-2017 New Hampshire Lions contributed \$13,990 to Fidelco and \$300 to the Dog Guide Users of New Hampshire. Your generosity is appreciated by all those you help, even though they may not be able to tell you themselves!

We hope to continue our work of helping NH Lions understand the challenges of the blind and visually impaired and how support of the DogSight Project and Fidelco Guide Dog Foundation makes a real difference.

You can help us jump-start the new Lions year with a summer donation to the DogSight Project! Donations 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

 Goal: \$15,000. Raised: \$13,990

Environment

If you are like me, you probably are not the biggest fan of spiders and may wonder just why spiders are important. Well, there is a wealth of information out there about the benefits (and some unfavorable sides) to having spiders in your life. There are more than 45,500 species of spiders but only a very few have the ability to cause us harm- think the Black Widow, Brown Recluse and Yellow Sac spiders. All spiders have venom but their fangs are not deep enough to pierce the skin. Since all spiders are non-aggressive, the best advice is to not approach them, they only respond to movement and will only bite if feeling threatened.

So, next time you see a spider and pick up your newspaper, shoe, or vacuum, try to remember some of the benefits that spiders contribute to our lives:

Spiders feed on common household pests such as roaches, earwigs, **mosquitos**, flies and clothes moths- they will consume most of the insects in your home.

Spiders are cannibals- they eat other spiders- the best “man” wins- the long-legged spiders will eat black widow spiders- what a powerful ally!

Spiders help curtail disease spread by eating the above mentioned pests that can spread disease

Spiders are good for the environment (ecosystem); they eat bugs that feast on our crops such as aphids and caterpillars. Some experts claim there would be a famine without them. In this day of organic gardening, spiders are a source of natural pest control!

Spider venom is used in inventive ways in medicine- chronic pain control for one...

Spiders’ webs (silk), their design and strength, are being studied for use in parachutes and bullet proof vests

Other fun things to remember:

Spiders are called “ximu” by the Ancient Chinese and are considered a sign of good luck- especially if they drop from the ceiling. “Money Spiders” are thought to bring good fortune

Spider webs are believed to be the origin of tinsel for our Christmas trees according to East European folklore

Spiders are the inspiration for Spiderman- and he is awesome!

Even if you are spider-phobic, we need to give spiders the respect they deserve-



Spiders- they are on our side

LIONS YOUTH SERVICES NEWS

Lions Youth Services has recently elected their new board for the upcoming year 2017-2018:

- Presidents - Marie Hall & Henry McKee
- Vice President - Al Goldstein
- Treasurer - John Wynne
- Secretary - Cheryl Harvey
- Directors - Harry Armstrong, Stephanie Crawford, Joe Caouette, Virginia Edwards, and Rhonda Wynne

(All Lions from both districts are welcome to attend meetings and provide support in LYS endeavors. Meetings are held once a month on the 2nd Thursday at Hannaford's in Bedford).

CHaD GOT BOOKS PROJECT

Lions Youth Services continues to collect NEW or slightly used Books. If you have books to be picked up, please contact mariehall326@gmail.com Books may also be brought to the August Cabinet meetings.

PEACE POSTER KITS

Once you receive your kit, please be sure that you retain all needed material and give out only that is specified to the school or participating group. Rules, and regulations, deadline information is provided in the kit.
If your club wishes to order kits through Lions Youth Services, please contact Rhonda Wynne at rwynnemilford@comcast.net

NEW LOGO DESIGN

Lions Youth Services is looking to all club members to come up with a new logo. We will welcome all entries and designs and the winner of the new selected logo will win a prize to be determined.



LIONS YOUTH SERVICES
PEACE POSTER CONTEST 2017-2018
30TH YEAR ANNIVERSARY - "THE FUTURE OF PEACE"



This year we are celebrating 30 years of the Peace Poster contest. Thus far, we have sold 40 kits, with 19 clubs participating in this contest for this 2017-2018 Anniversary! We are making some changes in the introduction and presentation of the contest this year but the process remains the same. A list of clubs and the number of kits ordered are indicated below. Behind the scenes to help and offer support, help promote and introduce the contest to those clubs who may not have participated in the past, are:

Lion Stephanie Crawford, LYS 44N Director, youarebeautifulskin@gmail.com

She will be available to assist those clubs north of Concord, including Concord, for both districts. Lion Rhonda Wynne, LYS Director, rwynnemilford@comcast.net will be helping and offering support to the southern part of the state for both districts.

Lion Marilyn Richardson, 44H of the Hudson club, marilyn@pcom.com

will be serving as liaison for District 44H. If you should have any questions, please feel free to contact any one of us at the email addresses listed above. We are here to help.

The contest has begun but many wait until the school year begins. However, the Brookline club has taken another direction which you might find interesting or beneficial in your contest efforts. The Brookline club has the cooperation of their local public library with the contest by allowing kids, ages 11-13, (by 11/15/17), participate at a "Peace Poster Drop-In Workshop" at various scheduled times to work on their peace poster. Please contact the Brookline Lions to check out how to get something like this started in your community. School will be getting out soon, so please take advantage of this idea and opportunity for the summer months or even throughout the contest months.

You still have time to order a kit, so email me your request or you can order one online. Deadline for ordering a kit is October 1st. Look for further Peace Poster Contest information at the August Cabinet Meetings and upcoming newsletters. It's not too late to start a contest, don't wait, DO IT NOW!

44H Clubs – Conway, Derry, Epsom-Chichester (2), Exeter Hampstead, Kingston, Salem (2), Saddleback Mtn (3), and Sandown

44N Clubs – Amherst, Brookline, Canaan (6), Claremont, Concord (8), Franklin (4), Merrimack, Milford, Orford (3), Pinardville

THANK YOU for ALL THAT YOU DO! – Contact: Rhonda Wynne at rwynnemilford@comcast.net

New Hampshire Sight & Hearing Foundation

Greetings to all NH Lions from your:

NH Sight & Hearing Board of Directors

Greetings to all MD44 Lions. I want to Thank You all for the support given this year to your NH Lions Sight & Hearing Foundation.

It has been an exciting and rewarding experience for me personally as President. I thank you all for giving me the opportunity to be a part of helping those in need.

Our Endowment Fund increased \$57,000 this year, and we were able to assist people of New Hampshire in the amount of \$36,770.

Thank You for your generous donations.

OPEN POSITION

The Sight & hearing Foundation is seeking to fill the position of Treasurer for the upcoming year. If you feel you are qualified and would like to be considered, please contact either our incoming President, PCC Ray Hill at 673-8075 or myself, PDG Sandra Hurd at 424-8922.

Come and join us at our next meeting on July 20, 2017, at:

Blake's - 353 S. Main Street - Manchester - Starts at 6:30.

Let Pres. Ray Hill know if you will attend.

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

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

**Taking Care of Your Diabetes
Means Taking Care of Your Heart
Diabetes and Heart Disease**

For people with diabetes, heart disease can be a serious health problem. Many people don't know that having diabetes means that you have a greater chance of having heart problems such as a heart attack or stroke. Taking care of your diabetes can also help you take care of your heart.

Eat Well, Stop smoking, be active, Take your medicine, Cope with stress as best you can.

Eat foods high in fiber, heart healthy fats, low in saturated and trans fats, bake, broil or grill your food, Do not add salt.

Be active for 30 minutes a day.

Achieving a healthy body weight and moderate physical activity can help prevent the development of type 2 diabetes. To date, there is no proven therapy to prevent or cure type 1 diabetes. Diabetes is one out of five serves platforms LCI has added for 2017- 2018 and the future.

Stay Healthy,



Multiple District 44

*The Multiple District Directory for 2017-2018
is getting ready to go into mark-up.*



We need your club information for the next year's MD Directory.

For each Lions Club, we need to collect the contact information for your:

- President
- Secretary
- Treasurer
- Membership Chair
- Operation KidSight
- Centennial Chair

Club meeting location, dates, time, etc. All the information that allows one club to contact another club.

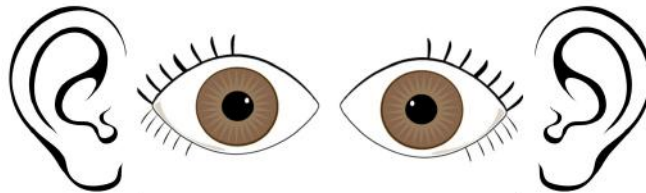
Website address, facebook, tweeter, etc.

All information should be sent to:

MCC Scott Wilson at: scottwils@comcast.net

Any question, please call me at: (603) 770-3700

Health Services Board - Stories to Warm Your Heart



The Health Services Board would like to try something a bit different this year. Instead of us writing an article every month telling you the same things we have been talking about for years, we are going to try to turn it around a bit. We would like YOU to tell us about a heartwarming story you experienced while doing things that fall under HSB. It could be about an OKS screening you did and something or someone made it all worthwhile. Maybe you were doing a hearing screening, volunteered at Vision Weekend, or did something with the DogSight Project that touched your soul. We want to hear about your "Aha" moment while your were volunteering for anything that falls under Health Services Board.

It would be wonderful to have 11 stories of how our volunteering has touched us and changed the lives of people in our communities. The topics can be OKS screenings, hearing screenings, Lions eye clinic, Vision Weekend, or DogSight.

Please send your story to Sue Lindberg, Chair of the Health Services Board at suelindbergnh@gmail.com . Please do not include names unless you have the permission of the person.

We look forward to being able to share some of your stories with the entire state. You never know, your story may be someone else's inspiration!





Lions Clubs International
FOUNDATION

OUR FOUNDATION

Does your Club donate to LCIF, do YOU?

Let your local community know what you are doing;

Thanks to all the Clubs that have donated so far this year

Give your club the recognition it deserves! Tell the local community about your club's support of LCIF to garner more community interest and awareness of your club and its various programs. [Read more](#) about how to promote your club and the Foundation.

Go to LCIF.org, click on resources and select 'Sample Press Releases' Simply click on a sample release and localize the release by replacing the bolded text with your club's information before submitting it to the local newspaper. All releases are formatted in a Word document. Be sure to delete the bold and (parenthesis) and then copy the final text onto your club's letterhead and e-mail to the newspaper. Be sure to include a local club contact name, phone number, e-mail address, website and social media links so the newspaper and readers can contact you to follow-up for more information. It's that easy!

When you give to the Foundation, you can be sure that your contribution is making a difference in the lives of people in need. It's easy to make a [donation online](#), and there are several [other ways](#) to make a donation and contribute. [Recognition programs](#) for Lions provide one way for us to honor the generous dedication Lions have to supporting LCIF.

If your Club does not donate to LCIF please encourage them to do so. As individuals we can also give. For as little as \$20.00 you can become a contributing Member. You can also set up a plan, either through your Club, or directly with LCIF to give on a regular basis.

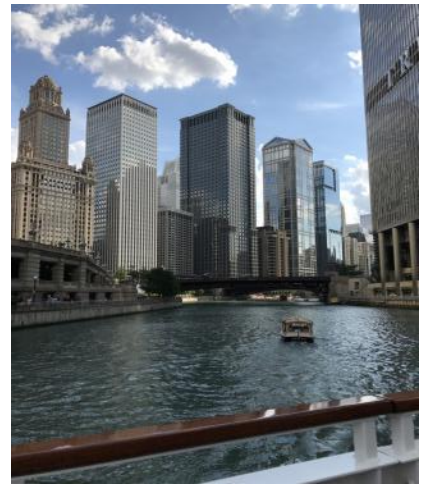
As your District LCIF Chairperson I am here to help in any way I can. If you have any questions or would like to donate, please contact me at PccBill.LCIF44H @yahoo.com

Thank you.

Bill Rathbun, Past Council Chairman
LCIF District Coordinator

“Give ‘til it hurts”

Lions Convention—Chicago July 2017



What a great time!!!!

