

# The PRIDE



## “SIDE – BY – SIDE”, WE SERVE



OCTOBER 2017 ❖ Volume 43 ❖ Number 4

### DISTRICT GOVERNOR (DG)

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37 St. John Ln  
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### 1st VICE DISTRICT GOVERNOR (FVDG)

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### 2nd VICE DISTRICT GOVERNOR (SVDG)

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### CABINET SECRETARY-TREASURER (CST)

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### MULTIPLE COUNCIL CHAIR (MCC)

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### Global Membership Team

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35 Main St,  
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H: (603) 362-6539  
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### Global Leadership Team

Dick Lemieux  
9 Old County Road  
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### Global Service Team

Marie Hall  
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E: mariehall326@gmail.com

Thoughts from *District Governor Sam Longbook*

### **GREETINGS FROM DG SAM,**

With vacation time behind us, and the district leadership working hard on preparations for the year, we are looking forward to a very successful year in fellowship and Lionism.

I have already had the pleasure of attending the Nashua Everest 2<sup>nd</sup> year celebration and the Kingston Leos supporter appreciation dinner.

CST Paul and I have begun club visitations with Nashua on Sept. 18<sup>th</sup> and Meredith on Sept 26<sup>th</sup>.

I am looking forward to my club visitations and an increase of membership.

Please contact CST Paul at [cstpaul44h@comcast.net](mailto:cstpaul44h@comcast.net) or (978) 595 - 7536 to schedule your club visit.

A successful well attended fall Secretary and Guiding Lion training was held on Sept 16<sup>th</sup>.

Planning and preparations is underway for 44H “**Lions Development Workshop**” to be held on Saturday, Oct 28<sup>th</sup>. The workshop is open to all Lions, for details; see the flyer in this newsletter.

The Lions Leadership Institute will be conducting training in Denver CO during November 2017.

The district is pleased to send 2<sup>nd</sup> VDG Steve Middlemess to Advance Lions Leadership training.

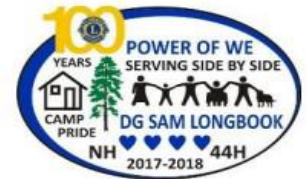
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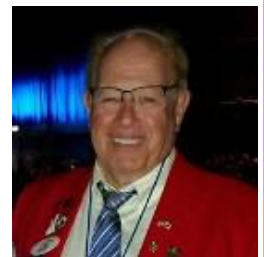


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### Thoughts from *District Governor Sam Longbook (cont.)*



We are also proud to be able to send three Lions (Peter Allen / Moultonborough, Bob Gustafson / Atkinson and Chris Lynch / Kingston) to Emerging Lions Leadership Institute for training (ELLI).

USA/Canada Forum, Portland OR

The Longbook's and the Middlemiss's were pleased to represent District 44H at the Forum. We attended 3 days of classes that covered many exciting topics, including Membership, Leadership and “new” Service, which are the elements of the Global Action Team (GAT) for the future of Lions.

We had many inspirational speakers first was; Jen Bricker, who was born without legs and spoke in a light hearted way about **“Everything is Possible”**.

We also had the pleasure of hearing the keynote speaker Dr. Willie Jolley the #1 motivational speaker in America. He was high energy and delivered nuggets on how every person can live a better life, one day at a time. He was very excited and impressed about the work and accomplishments of Lions. *Willie left us with looking forward; “The Best is Yet to Come”*

As your DG this is my wish for the coming year.

“Power of We” as “WE WORK SIDE BY SIDE to SERVE”

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

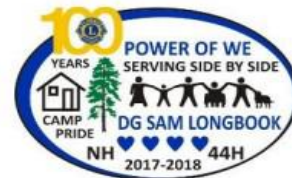
Call me at 329-5603 / 327-1133 or e-mail me at [dgsam44h@comcast.net](mailto:dgsam44h@comcast.net)

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### Travels with the DG



#### District 44H at the Forum

The Longbook's and the Middlemiss's were pleased to represent District 44H at the Forum.

We attended 3 days of classes that covered many exciting topics, including Membership, Leadership and “new” Service, which are the elements of the Global Action Team (GAT) for the future of Lions.

### Events Calendar

#### October

- 10/11 Camp Pride Meeting 6:30pm,  
Location Auburn Tavern Exit 2  
off Rt. 101, in Auburn NH
- 10/12 Lions Youth Services Mtg, 6:00pm  
Location: Hannaford in Bedford
- 10/19 LSHF Meeting, 6:30pm  
Blake's 353 S Main St. Manchester
- 10/24 Health Services BoardMtg,6:30pm  
Location Hannaford ,7 Kilton Rd.  
Bedford, NH
- 10/25 Twin State Soccer Assoc 7:00pm  
Location: Elks Club, Lebanon NH

#### November

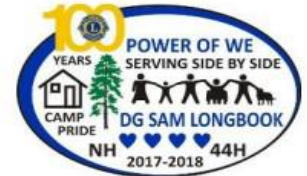
- 11/08 Camp Pride Meeting 6:30pm,  
Location Auburn Tavern Exit 2  
off Rt. 101, in Auburn NH
- 11/09 Lions Youth Services Mtg, 6:00pm  
Location: Hannaford in Bedford
- 11/16 LSHF Meeting, 6:30pm  
Blake's 353 S Main St. Manchester
- 11/28 Health Services BoardMtg,6:30pm  
Location Hannaford ,7 Kilton Rd.  
Bedford, NH
- 11/29 Twin State Soccer Assoc 7:00pm  
Location: Elks Club, Lebanon NH

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Thoughts from  
First Vice District Governor *Jerry Vaccaro*

### LIONS DEVELOPMENT WORKSHOP

**WHEN** SATURDAY OCTOBER 28<sup>TH</sup>

**WHERE** DELTA DENTAL, CONCORD NH



Please mark your calendars, it is must for every lion to attend!!!

The District leadership are all working hard to put an educational program together for all and I mean **ALL** Lions.

Yes, we will be discussing **Membership** but in ways on how to work your community and your Chamber of Commerce in getting your club new members.

**Leadership Training** is always a necessary to grow your club. Knowing how to approach and direct your club will be presented; so that you as a leader, will understand your leadership roles.

How does **Club Orientation** effect your club retention and membership? Find out why a properly oriented old/new Lion will remain a Lions for many years.

Learn about how, we as a Lion Club, can **Serve** your community and the needy of your community.

Yes, a Lion Development Workshop for all, so bring your whole club. The more the merrier and the more questions asked the better Lions we will all become.

See you there,

Jerry

Thoughts from  
Second Vice District Governor *Steve Middlemiss*

Notes From the 2<sup>nd</sup> VDG



**Leadership** is an important aspect of our organization.

From a committee chair to the President of your club to the leaders of our District, good leadership is important. But how do we find leaders. Do you have someone in your club that motivates members to work on projects? Are they able to co-ordinate 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 take training courses provided by International as well as the District. Help them to develop these abilities to gain the trust in themselves to move into Leadership positions. We have many members in our District who are leaders, they just need a little nudge. There are some great courses at International through the **Lions Learning Center**. Presidents, please encourage these members to look into these courses and ask them to attend this year's **Lions Development Workshop**. It is being held on Saturday, October 28<sup>th</sup> at Delta Dental. We will be touching all aspects of Lionism, so this workshop is for all who want to get more out of being a Lions member.

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

Please contact me if you would like me to visit your club.

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](mailto:cstmiddlemiss@gmail.com).  
Don't forget to JUST ASK!

Yours in Lionism

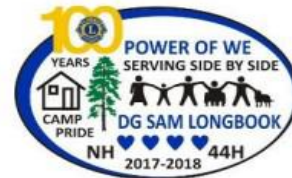
SVDG Steve Middlemiss

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### Thoughts from

#### Cabinet Secretary-Treasurer *Paul Gilberti*

This month I attended the training workshop at Delta Dental in Concord for Guiding Lions. The information presented was excellent and anyone can benefit from it. In the other room, training for club secretaries was being conducted.

There will be a Lions Development Workshop at Delta Dental on Saturday, October 28<sup>th</sup>. Please try to attend. It is for ANY and ALL Lions.

As the summer is winding down and fall begins, DG Sam and I are visiting clubs in the district. We attended a dinner meeting in Nashua, at the Crown Plaza Hotel, hosted by King Lion Kamal, where they were honoring the memory of past Lion Philip Flynn.

Last week, we attended a meeting in Meredith, hosted by Zone Chair and President Marie Valliere and we had a very nice home cooked meal. I have included pictures of both meetings within this newsletter.

The leadership continues to meet and work on membership.

Any clubs interested in scheduling a visit, please reach out to me via email as soon as possible as the District Governor's calendar fills up very quickly.

Serving side by side,

CST Paul Gilberti E: [CSTPaul44H@comcast.net](mailto:CSTPaul44H@comcast.net) H: 603-426-2025 C: 978-595-7536



### Thoughts from

#### Multiple Council Chair *Christine Greenwood*

Hello NH Lions !

Happy Fall to all ! The leaves are changing colors, the days are warm and the evenings are cool & crisp. Fall is my favorite time of year..... And Lions is another favorite of mine. Keeping members engaged and trained on the many aspects of Lionism is a passion of mine.

Keeping your club healthy and strong is important with making sure your club operates effectively AND keeping the members satisfied. Members need to feel involved and that they are making a difference of helping others ! There are many tools available to ALL members at [www.lionsclubs.org](http://www.lionsclubs.org), **HOWEVER** each District will be hosting an in-depth training which will cover the importance of improving membership, providing an effective orientation, the impact of retention and providing leadership skills. These trainings are interactive with an many opportunities to ask questions which are specific to your club allowing the ability to collaborate together with other clubs on how to improve.

**I would like to challenge EACH club to send one member from their club to their District training in October. Each club that has a member in attendance will be entered into a special drawing which will be held at the November District Cabinet meetings for a special gift from me personally !**

Hope to see many Lion smiles at the District upcoming training !

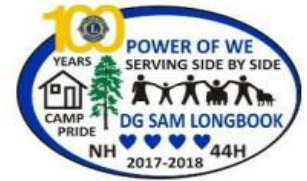


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### Thoughts from Global Membership Team Leader *Al Goldstein*

Hello Lions,

Looks like fall has finally arrived. This is a good time of year to invite someone to your Lions Meeting or perhaps a service or fundraiser. Many times the latter is a great way of showing others what we do.

I want to share a couple of words with you. Sponsor and Mentor. We have all been invited to become a Lion. Those who invited us to join are our sponsors. They saw something in us to invite us to share what they enjoy. They are our first Lion leader. The other word is mentor. They are the Lion we looked up to for their skills in service, fundraising, or leadership. We all had or have that person in our Lions life.

Are you that person? Are you a sponsor? Are the members you invited to join still engaged? If not perhaps a simple phone call and an invitation to come back to a meeting is what they need. Offer a ride. You saw something in someone that inspired you to ask them to join.

The two important words will be a topic of conversation at our Lions training on the 28<sup>th</sup>. This event is for all Lions to learn and discuss these and many other topics to help grow our organization and make us stronger.

I hope we fill the room to capacity and enjoy each other's company and have some good conversations.

Thanks for all you so.

Al Goldstein

IPDG/GMT

Membership Matters



### Thoughts from Global Leadership Team Leader *Dick Lemieux*

At the club level, the GLT is the 1stVP. The name may have changed, but the responsibility has not. Keeping it simple (KISS), you should attend the leadership training in October.

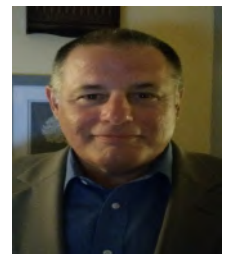
If you have new members, plan an orientation meeting to include sponsors.

At the first of the year, you should look for candidates for next year's BOD. This will be your chance to get your people in place.

Ballots need to be formed and voted in by April. You might be asked to plan for the incoming installation.

Last, you will need to step up for the KL, if that person is unable to be in attendance for a meeting.

When you look at this over ten months, it's easy to plan

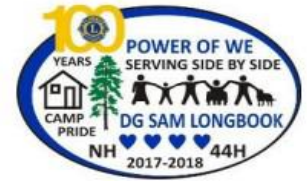


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### Thoughts from *Global Service Team Leader Marie Hall*

Centennial Legacy Projects  
Connecting Through Community

As Lions, we identify community needs and take action to meet those needs. If your club has not completed a Centennial Legacy Project, you have until June 30, 2018 to complete one.

#### Level 1: Raise Your Community Visibility

- Post new Lions signs
- Donate a park bench, statue or fountain

#### Level 2: Provide a Community Gift

- Refurbish a park or playground
- Fund Resources for the visually impaired
- Donate a vehicle to a community organization

#### Level 3: Make a Community Impact

- Build a clinic
- Expand a library or school
- Develop a training center

Inviting your community to help with a large-scale service project such as a legacy project is a great way to recruit volunteers who may become Lions. If your club has already completed a project, make sure you report it to MyLCI under the Community and Culture activity type. Clubs can earn a special banner patch. Your project may also qualify as a Centennial Service Challenge Project. More on that next month!



### HUNGER RELIEF

I know everyone is aware that Lions Clubs International has taken on Hunger Relief as a major initiative as we move forward into our second hundred years. It is our responsibility as New Hampshire Lions to support this meaningful initiative.

What do you know about hunger in New Hampshire? If you are like me, probably not a lot, so let's start with some general knowledge. The largest food bank in NH is located in Manchester at 700 East Industrial Park Dr.

What is a Food Bank? According to their web site [nhfoodbank.org](http://nhfoodbank.org) A food Bank is the center of food collection and distribution in a community. In essence, foodbanks collect, sort and re-distribute food to the community. Traditionally, a food bank does not distribute food directly to those in need. Instead, food banks serve an extensive network of organizations in their respective communities. These organizations serve one part of the community and know the needs of the people there.

Bottom line is that the Food Bank helps supply your local Food Pantry. *For a list of the Food Pantries in our state just go to [foodpantries.org](http://foodpantries.org).* I'm sure your local food pantry would be thrilled to hear that you want to support them by having a food drive.

Please make sure that you document and share your event success stories.

What are you waiting for? Do it now before winter gets here!

Submitted by

PCC Jim Robinson

## Leadership Directory

### ZONE 1 CHAIRPERSON

John Deschenes

7 Galway Road  
Nashua, NH 03062

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

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C: (603) 303-7950  
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Clubs: Atkinson, Hampstead, Plaistow, Sandown,  
Kingston

### ZONE 4 CHAIRPERSONS

Elizabeth Ferriera

16B Mercury Drive  
Londonderry, NH 03053

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

### ZONE 6 CHAIRPERSON

Doug Griffin

74 Peaslee Crossing Rd  
Newton, NH 03858

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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

Nancy Greer O'Dowd (Tom)  
H: (603) 569-1160  
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

Marilyn Vaccaro  
H: (603) 437-1408  
C: (603) 204-7251  
E: jvac1408@comcast.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: lionjери@comcast.net



# MEMBERSHIP MATTERS

	This Month	This Year
Opening Balance	1,142	1,181
Added Members	0	14
Dropped Members	0	53
Closing Balance	1,142	1,142
Net Gain/Loss	0	-39

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**Congratulations Lions!**  
**1.4 Million Members**

Keep the momentum going...Ask One today!





We Serve

## *Lions Development Workshop*



### Announcing District 44H, 2<sup>nd</sup> Annual Workshop

All Lions are invited, especially Presidents, Vice Presidents,  
Club Officers and Any Lions interested in learning,  
growing and advancing in Lionism.

Class Date: Saturday, October 28, 2017

Location: Delta Dental, Concord, NH

Time: Registration at 8:00am                      Session start 9:00am to 1:00pm

Breakfast: Coffee and Pastry

Lunch: Will be provided

Subjects: Membership - Approach to & Club Impact

Orientation - Essential Element for Lions

Retention - Importance & Impact on Club

Leadership - Skill Development

*Explanation on LCI'S Global Team and Roles (Club & District)*

District Leaders and Global Team preparing material to be presented

Please RSVP BY: Thursday Oct 26, 2017

To: PCC Celeste Ricupero

At: Ph. # 603-321-0737

e Mail ricupero7@comcast.net



**District 44-H Cabinet Meeting  
#139, Old Route 109, Moultonborough, NH**



**November 12, 2017  
\$15.00**

**Join us for breakfast**

- French Toast Sticks
- Scrambled Eggs
- Bacon / Sausage
- Roasted Potatoes
- Fruit Cup
- 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 \$15.00= \_\_\_\_\_ **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 November 8th, 2017**

Please help the committee by making your reservations early.

# Lions Camp Pride ..... NEWS

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



New metal roof on Pelham Bunkhouse is completed by Lion Peter Houde of Somersworth Lions Club and 2 of his friends [ non Lions]

What a fantastic job!

We have only 1 more bunkhouse Binns, and 4 more buildings remaining, before we can say no more roofs for the next 50 years or more. An we make this happen in our 30<sup>th</sup> year?

Anyone interested in helping out at camp this fall, we have lots of brush to cut, and painting which can be done any day any time. Just drop me a line and we can make arrangements.

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](mailto:hampstead.lions@gmail.com). 978-479-0454 cell

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

*New England Lions Council  
Serving the needs of the Districts of New England*

*NELC Fall Meeting with Necrology Service  
October 20<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup>, 2017*

*Mt. Snow Grand Summit Resort, West Dover, Vermont*

*Schedule of Events:*

*Friday, October 20<sup>th</sup>: 5:00 p.m. – 10:00 p.m. – Hospitality Room  
7:30 p.m. – Lions Trivia Challenge*

*Saturday, October 21<sup>st</sup>: 8:00 a.m. – Noon – Registration  
8:00 a.m. – 9:30 a.m. – Breakfast (dress code – casual)  
10:00 a.m. – 11:00 a.m. and 11:15 a.m. – 12:15 p.m.  
Information Sessions 1 & 2 AND Information Sessions 3 & 4*

*FEATURING: Constitutional Area 1-A GMT Coordinator PCC Mahesh Chitnis  
Constitutional Area 1-A GLT Coordinator PDG TJ Anand  
Constitutional Area 1-A GSA T Coordinator Lion Ken Chew  
Visually Impaired Fishing Tournaments  
2 possible additional sessions to be scheduled*

*12:30 p.m. – Lunch – Guest Speaker (dress code – Lions Dress)  
Kaelyn Mudrak, LEAP Program Manager  
RESOURCE – A Nonprofit Community Enterprise*

*2:30 p.m. – New England Lions Council Meeting*

*6:00 p.m. – Social Time – Cash bar*

*7:00 p.m. – Dinner – Guest Speaker (dress code – Cocktail / Business)*

*IPID Jerome Thompson, Constitutional Area 1 GMT Coordinator*

*9:30 p.m. – 11:00 p.m. – Hospitality Room*

*Sunday, October 22<sup>nd</sup>: 8:00 a.m. – 9:30 a.m. Breakfast (dress code – casual)*

*10:00 a.m. – NELC Necrology / Memorial Service*

*Safe travels home.*



**We Serve**



New England Lions Council  
Serving the needs of the Districts of New England

Fall Conference  
with Necrology / Memorial Service  
October 20, 21 and 22, 2017

**ROOMS ONLY RESERVATION INFO**

Mt. Snow Resort and Conference Center  
89 Grand Summit Way  
West Dover VT 05356

Grand Summit Hotel Room - \$105  
Grand Summit Studio Room (Murphy / Sofa) - \$99  
*(either room, add 10% tax, 8% resort fee)*

Check in: 4:00 p.m.

Check out: 11:00 a.m. (late check out available)

Valet parking complimentary

Call 1-800-245-7669 or 1-800-817-0764

Reference: New England Lions

Deadline: September 29, 2017

Website: [www.mountsnow.com](http://www.mountsnow.com)

Please check website for local activities/shopping



**We Serve**



New England Lions Council  
Serving the needs of the Districts of New England

Fall Conference  
with Necrology / Memorial Service  
October 20, 21 and 22, 2017

MEALS RESERVATION INFO: Deadline is October 15, 2017

October 20, 2017: Meals on everyone's own choice.

October 21, 2017: Breakfast \_\_\_\_\_ @ \$22 = \_\_\_\_\_

Lunch \_\_\_\_\_ @ \$25 = \_\_\_\_\_

Dinner \_\_\_\_\_ @ \$37 = \_\_\_\_\_

(Meal Selection: Grilled Bistro Steak \_\_\_\_\_ Chicken Marsala \_\_\_\_\_ Vegetarian Option \_\_\_\_\_)

October 22, 2017: Breakfast \_\_\_\_\_ @ \$25 = \_\_\_\_\_

Dietary needs: \_\_\_\_\_

EVENT REGISTRATION INFO: Member \$5 \_\_\_\_\_ Non-member \$10 \_\_\_\_\_

Grand Total: \_\_\_\_\_

Name: \_\_\_\_\_

District: \_\_\_\_\_ District Position: \_\_\_\_\_

Club: \_\_\_\_\_ Club Position: \_\_\_\_\_

Contact Info: Cell \_\_\_\_\_ Email: \_\_\_\_\_

Please mail to: C S/T PDG Sandra Hurd, 166 Turkey Hill Road  
Merrimack NH 03054

Or phone: 603-424-8922 or email: [axstewart@comcast.net](mailto:axstewart@comcast.net)



**We Serve**





Semi-Annual  
**Psychic**  
**FAIR**

Sat. October 28<sup>th</sup>  
10am-4pm

Located at the Hudson  
Community Center  
12 Lions Ave, Hudson



Event Sponsored  
by Hudson Lions Club

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

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

[www.nhlions.org/hudson](http://www.nhlions.org/hudson)

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





# Hear Ye! Hear Ye!

## Save the Date



### District 44N Cabinet Meeting November 5, 2017

Puritan Backroom  
245 Hooksett Road, Manchester NH  
9 am - 12:30 pm

Come one, come all! Plan to attend the November Cabinet Meeting!  
There will be food, fun, friends, and a special guest speaker, PDG Andy Porter from Massachusetts.  
He will be bringing new membership ideas!

Registration	8:30 - 9:00 am
Meeting Opening	9:15 - 9:30 am
Brunch	9:30 - 10:00 am
Resume Meeting	10:00 am
Adjourn	12:30 am

Cost is only \$20 per person  
Please make checks payable to: Lions District 44N  
and mail to:  
**CS Virginia Edwards**  
**P.O. Box 311**  
**Danbury, NH 03230**

Don't miss out. Seating is limited so make your reservation today! And bring a friend!  
The room will only hold 120 people, maximum!

Name: \_\_\_\_\_ Club: \_\_\_\_\_

Name: \_\_\_\_\_ 1st Cabinet Meeting? \_\_\_\_\_

Amount Enclosed: # \_\_\_\_\_ attending @ \$20/pp = \$ \_\_\_\_\_

**Deadline of October 30!!**

## HAMPTON AREA LIONS COMPLETE CENTENNIAL PROJECT



Pic #1

The newly installed Five Corners Playground in Hampton, NH showing new state of the art activities for children.

Pic #2

Members of Hampton Area Lions Club prepare to serve cake after the ribbon cutting for the new playground. Shown left to right are: Betsey Davis, Judy Geller, Dyana Martin, Chris Gies, Charlene MacDonald, Kristin Miranda, Leo Gies, District Governor Sam Longbook and Mary Tremblay.

On Monday, July 31, the ribbon cutting ceremony for the new Five Corners Playground officially opened the playground to the public. Dyana Martin, Hampton Recreation Director and Lions Centennial Project Coordinator conducted the opening ceremonies and Chairman of the Board of Selectmen, Jim Waddell, performed the ribbon cutting. The playground, a joint venture between the Hampton Area Lions and the Town of Hampton was the Hampton Area Lions Club Centennial Project. The town citizens voted to approve the playground and town employees prepared the site. Hampton Area Lions agreed to help the contractor install the equipment, purchase the fencing to properly border the area of the playground, and donate a Commemorative Bench. This project exemplifies Lions International goal of working with the community in completing a project with a visible and long lasting impact. Governor Sununu, who declared this to be the "Year of the Lion" in New Hampshire, sent a very nice letter of congratulations to the Hampton Area Lions Club, which was read as part of the opening ceremony.

Upon completion of the opening ceremony, the playground was officially open and ceremonial cake was served. For the many children present, it was a tough decision to head for the playground or get some cake first, but all seemed to enjoy both.

# Electronic Waste Collection Day



Fundraising event to benefit:

## Laconia-Gilford Lions Club

When: **Saturday, October 21**

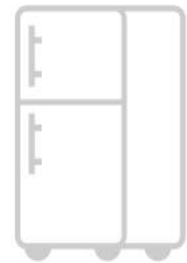
Where: Lowe's Parking Lot  
1407 Lakeshore Road, Gilford, NH

Time: 9:00 am to 1:00 pm



### What we are accepting:

Mice or keyboard	\$1	Air Conditioner	\$10
Laptop	\$5	Dehumidifier	\$10
CPU	\$5	Microwave	\$10
Servers	\$5	CRT Monitor	\$20
CD / DVD Player	\$5	TV < 25"	\$20
Camcorder	\$5	TV > 25"	\$30
VCR	\$5	Very Large TV	tbd
Audio Visual Equip	\$5	Dryer	\$20
Speaker	\$5	Gas or Electric Stove	\$20
Printer	\$5	Dishwasher	\$20
Copiers, Fax, Scanner	\$5	Refrigerator	\$20
Phone System	\$5	Freezer	\$20
Phone (land or cell)	\$5	Water Heater	\$20
UPS System	\$5	Washing Machine	\$20
Humidifier	\$5	Car batteries	\$ 5
Cords, Cables, Computer Accessories \$5 (Free if recycling something else)			



Anything with a cord not listed will be accepted. Price will be determined at the time of drop off.

### What we CANNOT accept:

Oils, paints, thinners, batteries, tires, mercury containing items such as fluorescent & CFL light bulbs or thermometers, capacitors, ballasts or any other hazardous waste.

***“Don't Throw It Out, Recycle It!”***

Thank you for supporting the Laconia-Gilford Lions



## The Laconia/Gilford Lions Club

Pictured caption: (from L) Mike Adams, Lois Smith and President Allyn Bridge

### INTERNATIONAL LIONS-

The Laconia/Gilford Lions Club helped celebrate the latest edition of the Laconia Multicultural Festival by debuting its inaugural booth there. "We have assisted the Festival before," explained Club President Allyn Bridge, "and decided to go a step further this year. As this is the centennial year of our organization, whose official name is the Lions Clubs International, it made sense to help the Lakes Region celebrate its cultural diversity and rich ethnic heritage. Ours is the largest service organization in the world, and chapters in many nations help people in need—including right here, where the Laconia/Gilford Lions have been active for 70 consecutive years. The Lions booth was very successful as an outreach/informational effort, and we would like to thank the Laconia Human Relations Committee, the Belknap Mill and the Festival Committee for being so welcoming. We Lions will return!"

### Conway Lions Spaghetti Dinner / 25th Anniversary Wedding Vows Renewal

How many Lions Clubs can say that their dinner event consisted of an impromptu 25th Anniversary Wedding Vow Renewal? [That's what happened at our 1st Annual Spaghetti Dinner.](#) A couple from New Jersey was visiting the Valley for Mud Bowl Weekend stopped at the Lutheran Church, next to where our spaghetti dinner was being held. It was their 25th wedding anniversary and they were trying to locate the office of the church so they could speak to someone about renewing their vows. Being Saturday, and after 5:00 pm, no one was available, until our own Beth Gray mentioned the fact that she was a Notary Public and would be honored to officiate and renew their vows for them. Coincidentally, they had bought each other new rings as anniversary gifts. They returned to their hotel to fetch the rings and came back 45 minutes later to a wedding ceremony complete with wedding music, ring bearer, flowers, photographers, head table, many "guests", and a delicious spaghetti and meatball dinner. Top that, Lions!



## Sight & Hearing Foundation for the month of October

For those of you who are unable to attend the S&H meetings please be aware that we have had a major change to the Board of Directors. Lion John Wynne who is the President of the Milford Lions Club has agreed to join us in the position of Treasurer for the Sight and Hearing Foundation. John has a long history in accounting and he currently is the treasurer for District 44N, and the Lions Youth Development of N.H, Inc. He has provided his accounting skills to the Milford Lions over the past several years. The Sight & Hearing Foundation is very busy evaluating cases brought before the Board. If anyone has a question as to how to go about submitting an application for either hearing aids or cataract surgeries please contact PCC Jim Robinson at 603-247-2015 or email him at [jimrbgnsn15@comcast.net](mailto:jimrbgnsn15@comcast.net). He would be very glad to hear from you. If you would like to see the S&H in operation you can attend any monthly meeting on the third Thursday of the month. All meetings are held at Blake's Restaurant at [353 So Main Street, Manchester 03102](#). [Social begins at 6 PM and the meeting begins at 6:30 PM.](#)

PCC Raymond Hill

President S&H



## THE DOGSIGHT PROJECT

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



### Watch!

“Watch!” That’s one of my dog’s words. It means that there’s something happening that I want her to notice. It costs \$45,000 to create a Fidelco German Shepherd Dog Guide. Because of the generosity of MD44 Lions (and Lionesses!!!), every three years we sponsor a dog! The DogSight Project will be sending out our letter requesting donations in September – so watch for it and please read it to your clubs. We sincerely hope you will respond with historic MD44 Lions generosity.

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](mailto:lpiekarski@ne.rr.com)



Goal: \$15,000 Raised to Date: \$400



## **6 Diabetes Food Swaps That Can Help Lower Your Blood Sugar**

**If you have diabetes then you know how important a healthy lifestyle is. However, a diabetes diagnosis doesn't mean you can't eat the foods you love. Instead of completely ditching your old diet, resolve to make a few small substitutions. By replacing a low-fiber food with a high-fiber version, for example, you can help keep glucose levels under control and feel full sooner so you eat less. Other little changes can help with portion control and weight loss.**

**Try making a few of these easy changes and see how small swaps can make a big difference in managing your diabetes and your overall health.**

- 1- Eat Whole Grains Instead of Refined**
- 2- Eat Dark Leafy Greens Instead of Light Ones**
- 3- Eat Baked Chips Instead of Fried**
- 4- Eat Whole Fruit Instead of Fruit Juice**
- 5- Eat Steel-Cut Oats Instead of Boxed Cereal**
- 6- Eat From a Small Plate Instead of a Large One**

*[Stay Healthy](#)*

*PCC Celeste*



## Environment

Fall has arrived and winter will soon be upon us! Now is a good time to start thinking about the 4<sup>th</sup> Centennial Challenge (CSC) "Protecting our Environment" and the World Service Week (WWS). Dates for the WWS are April 16, 2018-April 22, 2018. Hopefully, every club will participate in this challenge.

Researching environmental issues specific to New Hampshire, I came up with the following major concerns:

Solar Power: resistance from energy companies and special interest groups

Saving the Monarch Butterfly: Pollution-driven climate change is part of the problem, toxic food sprays are also contributing- how can we promote organic farming?

Bees: Spoke about Bees and pollinators in the June newsletter; lots can be done to help them

Global Warming, Climate Change: Check out the Regional Greenhouse Gas Initiative

Clean Water: One of the most pressing issues in NH

Air Quality: caused by both human factors and environmental factors

All of these concerns may seem impossible to solve, but if little steps are taken by individuals and groups, then progress in getting solutions will come in leaps and bounds...

Lions International has an online pamphlet, "[Green Team Caring for the Environment](#)", which gives excellent ideas for environmental projects that your club could implement over the coming year. You will find ideas in the following areas: Community Clean-up projects, Tree Planting projects, recycling Projects and Education projects. Go to the LCI.org site-members center- we serve- environment- click on Lions Green Team (in the paragraph description) -info for environmental chairperson (left hand side)and download the "[Lions Green Team Kit](#)" Many of the ideas address the problems that we are seeing in NH. In the future I will try to give clubs more specific information on each of the above.

***"We are the first generation to feel the sting of climate change, and we are the last generation that can do something about it."*** - Washington State Gov. Jay Inslee

Jeri Maynard, Environmental Chair

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



PLEASE CONTACT LENNY HALL AT  
LAH03811@GMAIL.COM OR CALL HIM AT 978-360-0958



NAME: \_\_\_\_\_  
(please print)

CLUB: \_\_\_\_\_ ARTWORK ATTACHED: \_\_\_\_\_ (YES)  
(please print)

PHONE #: \_\_\_\_\_ EMAIL: \_\_\_\_\_

MAIL ENTRY BY NO LATER THAN OCTOBER 5, 2017 TO:

LIONS YOUTH SERVICES, PO BOX 3996, CONCORD, NH 03302

### LIONS YOUTH SERVICES NEWS

- ★ The "New Logo" contest deadline is getting near, please use the above information and get your artwork into Lion Lenny Hall as soon as possible.
- ★ Final information concerning the Peace Poster contest is listed here in the newsletter. If you should have any questions, please contact one of the members listed for your club.
- ★ CHaD Book Drive - is continuing through the year. If you have new or slightly used books to donate, please bring them to your cabinet meeting or contact either Marie Hall or Henry McKee to schedule a pickup of your books.
- ★ Lions Young Leaders in Service Awards - your Zone Chair or Henry McKee will be discussing this program during your next zone meeting. This program is based upon the recognition of young people for their service to the community. If you would like further information, please contact your Zone Chair or Henry.
- ★ Lions Youth Service Meetings—all Lions from both districts are welcome to attend meetings and provide support in LYS endeavors. Meetings are held once a month at 6:30pm on the 2nd Thursday at Hannaford's in Bedford, Kilton Road. Ask someone in your club to join you, and carpool together to the meeting. Hope to see you on October 12th!



## ” THE FUTURE of PEACE” 2017-2018 PEACE POSTER CONTEST

The deadline to order a Peace Poster kit was October 1<sup>st</sup> – All participants are now busy creating their artwork for the 2017-2018 “The Future of Peace” Peace Poster Contest. This is the 30<sup>th</sup> anniversary of the Lions International’s Peace Poster Contest!

According to our records, twenty-five clubs are participating with 47 kits sold. The deadline for turning in all posters is November 15<sup>th</sup>. Your club should judge all posters by this date and select a winner. Many clubs choose a winner as well as a 2<sup>nd</sup> and 3<sup>rd</sup> place winner. We are also asking that in addition to these front runners, that you collect all posters from all participants and turn them in. Be sure to use the sticker provided in your kit for the winner (1<sup>st</sup> place) and all information required is completed before it is turned in for final judging by the District Governor. All other posters should include the printed labels that were in the previous Roar and Pride newsletters or given out for your use. These labels should be placed on the back bottom right hand side of each poster so that they can be easily identified by all. Please be sure that all LCI rules and regulations are followed when judging each poster. For example, size of poster, no writing on the front of the poster, etc. as, unfortunately, they will be disqualified from the contest and that would be a shame!

**All District 44H clubs;** Barrington, Chester, Conway, Derry, Epsom-Chichester (2), Exeter, Hampstead, Hudson (2), Kingston, Londonderry, Saddleback Mtn (2), Salem (2), and Sandown  
If you are attending the Cabinet Meeting on November 12<sup>th</sup> and you have collected your club’s posters, please bring your posters to the meeting. If you are unable to do this, they will be accepted by mail until November 15<sup>th</sup>. They should be mailed directly to District Governor Sam Longbook at 37 St John Lane, Hampstead NH 03841. Please contact Marilyn Richardson to coordinate your plans at [marilyn@pcom.com](mailto:marilyn@pcom.com)

**The following 44N clubs** should forward their posters to Stephanie Crawford by no later than November 15<sup>th</sup>; Andover, Canaan (6), Claremont, Concord (8), Franklin (4), Orford (4) and Pemi-Baker. Please contact Stephanie at [youarebeautifulskin@gmail.com](mailto:youarebeautifulskin@gmail.com) to coordinate.

**The following 44N clubs;** Amherst, Brookline, Merrimack, Milford and Pinardville should forward their posters to Rhonda Wynne at [rwynnemilford@comcast.net](mailto:rwynnemilford@comcast.net) by no later than November 15<sup>th</sup>. Please contact Rhonda to coordinate.

If there is any club not listed above who has purchased a kit and is participating in the contest, please contact Rhonda Wynne at [rwynnemilford@comcast.net](mailto:rwynnemilford@comcast.net)

### THE PROCESS:

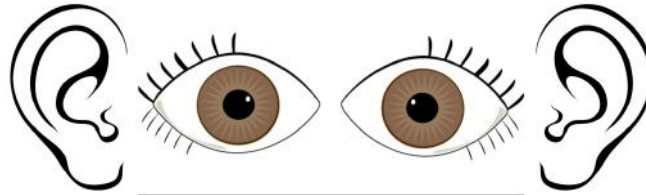
Each poster received will be photographed and framed. DG Sam is looking for someone in their district to photograph their posters but all posters should be directed to Lion Marilyn Richardson or sent to DG Sam regardless.

District Governor Sam Longbook and District Governor Eric Lindberg will select a winning poster from their respective districts. The two winning posters will then go to MCC Christine Greenwood which she will judge and choose the winning poster. After selection is made MCC Christine will forward the final winning poster to LCI to be judged some time in February 2018. Please be sure to advise the winner that their original poster will not be returned to them once it goes to LCI. The winner will receive a nicely framed photocopy of their poster. All other participants will receive back their original posters plus an 8x10 framed photocopy of their poster after the Mid-Winter convention.

All winning posters will be photographed and framed for display at the mid-winter convention in January 2018. In addition to the winning club posters, depending upon the number of participating posters received, they too, will be photographed and framed for display. Hopefully, we will have a significant number of posters to display.

**New this year;** Lion Youth Services will be awarding the District 44 winning poster with a monetary award and **will also be awarding the runner up with a monetary award.** Both will be highlighted and on display with all posters at the Mid-Winter convention. Winners and their families will be formally invited to attend.

## Health Services Board - Stories to Warm Your Heart



This month our story is actually a letter that the Jaffrey Rindge Branch Club received and said we could share:

“I am a 38 year old and I have been wearing corrective lenses since the age of 7. 4 months ago my glasses broke beyond repair. I am a single, low-income, woman and a current eye exam along with new glasses was extremely unaffordable on my budget. Not having glasses was preventing me from new job opportunities and driving.

I was referred by a friend to the Lions Club for the program that is offered to assist people with vision care. Gratefully I was accepted. I have received a complete eye exam and was given a choice of frames. It took 7 days for my new glasses to come in.

Since then I have gone to a job interview and was offered a job pending a vision screening. Without the glasses, the job opportunity would not be possible.

I am so grateful to Lions.”

Remember: Submit your vision screening reports!

**Tip of the month:** If you have already done the schools in your area, try scheduling screenings at the day cares in your area. That is the perfect age for the screenings to do the most good!!

Also, please send in your heartwarming stories so that we can share the good feelings! We want to have one for every month this year.

Sue Lindberg  
HSB Chair





Lions Clubs International  
**FOUNDATION**

# OUR FOUNDATION

As the entire Southeast continues to struggle with the after effects of Harvey and Irma I'm sure many of you and your Clubs are looking to make LCIF donations to help with relief efforts. This should help you clarify how to do this to insure your Club's donation is utilized as you intend.

Your checks should be forwarded to: LCIF, Department 4547, Carol Stream, IL 60122-4547. In the memo line of the check please state: Disaster Relief, Harvey. If you want your donation to go towards a Melvin Jones Fellowship, please also state: "Towards MJF to be named"

You may also donate by credit card on line. The link to the donation form is: [Donate Now](#) . Please pass this on. As always, please remember that 100% of all donations go directly to disaster relief.

In addition, should you choose, you may forward your donations to me and I will forward them on to LCIF.

Lions Clubs International Foundation (LCIF) stands with Lions. LCIF helps Lions' projects reach more people and benefit more communities. Have you ever thought about if the service project in your community could have reached more people if provided additional resources? Have you ever been involved in a project that you wish could have helped more people? LCIF grants are available to help you do that.

Receiving a grant for your service project may seem like an abstract idea, but it is possible to accomplish this for your own community. The donations that LCIF receives go directly to Lions who apply for grants and meet the required criteria.

Think about the service projects your club is participating in. Can a grant make your projects more impactful to your community or the community you are serving? In addition, think about this the next time you consider giving a donation to LCIF.

We have some exciting changes happening to our grants framework, so I hope you will talk with your club about LCIF and the potential grant opportunities available to you.

Should you have any questions or need assistance please do not hesitate to call or email me.

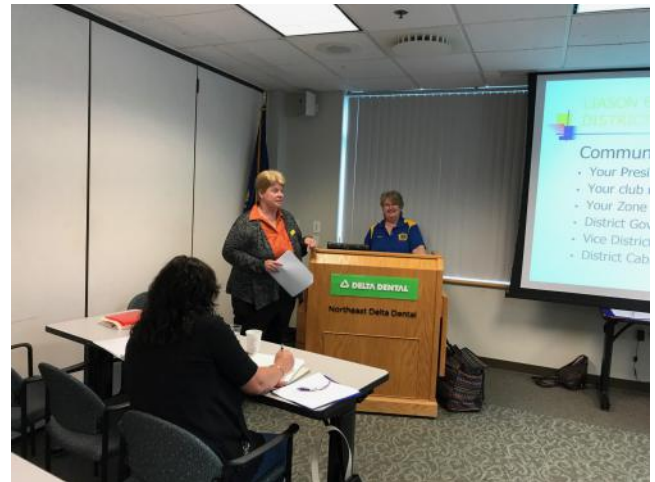
Thank you.

Bill Rathbun, Past Council Chairman

LCIF District Coordinator

Pdgbill33y@yahoo.com

## Secretary and Guiding Lion classes held on Saturday, September 16, 2017



*Lions Bonnie St Jean and Marilyn Vaccaro providing training recently on Saturday, September 16, 2017 with approximately 14 Lion members in attendance from both districts.*





*Attending a meeting in Meredith, hosted by Zone Chair and President Marie Valliere and we had a very nice home cooked meal*



*Attended a dinner meeting in Nashua, at the Crown Plaza Hotel, hosted by King Lion Kamal, where they were honoring the memory of past Lion Philip Flynn.*

*District 44H at the Forum.*



Save  
the  
Date!

## Making a difference with passion & vision.... WE Serve !

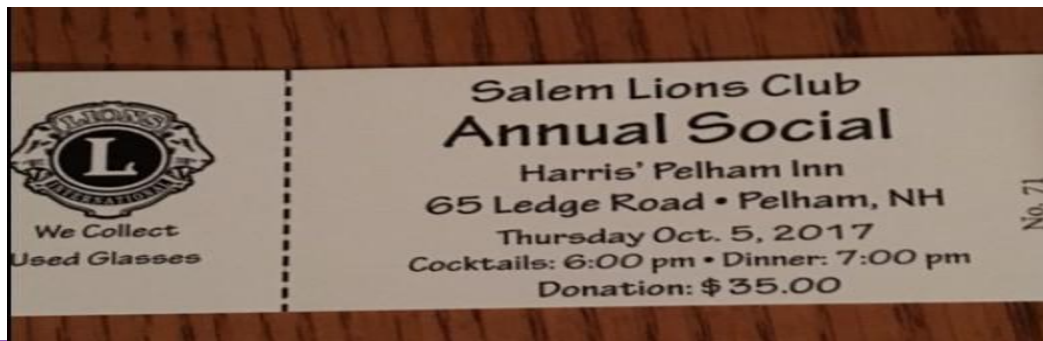
58<sup>th</sup> Annual Lions MD44  
Mid-Winter MD Convention  
Crowne Plaza, Nashua NH  
January 26-28, 2018

Very Special Guest – ID Jennifer Ware  
And so much more .....

Look for **MORE** details next month !!!

### *Fall Social from the Salem Lions Club. Hope to see you there!!!!*

Contact Yogi at [yogithelion@gmail.com](mailto:yogithelion@gmail.com) or Carol at [carolsargent@comcast.net](mailto:carolsargent@comcast.net) for tickets.



## CAMP PRIDE CALENDAR RAFFLE

Every year NH Lions Camp Pride has a Booster Calendar Raffle during the month of January. This is always a successful fundraiser but was even more so last year when local businesses and loyal Lion supporters sponsored a January date of their choosing. We are offering the sponsorships again this year and would welcome your support. Sponsors could be a local business or a supporter that would like to honor a loved one during the month of January; sponsors select the date(s) of their choice. Remember, the earlier you choose your date and submit your sponsorship check, the more choices you will have for your date selection. Sponsorship forms are available from any Camp Pride Director or by E-mailing a request for one to [Lionjeri@comcast.net](mailto:Lionjeri@comcast.net)  
**Deadline for submission has been extended to OCTOBER 1, 2017.** More information may be obtained from Lion Lillian Bellisle, Raffle Chair, at 603-889-0285