



The PRIDE

Newsletter of Lions District 44-H ~ New Hampshire

Serving in Harmony

Teaching the world to serve in perfect Harmony

January 2019 ❖ Volume 44 ❖ Number 7

Teams

Together



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Thoughts from
District Governor Jerry Vaccaro

Hello fellow Lions. January starts the New Year and starts the second half of my District year. So, my District team is ready and willing to help all clubs in Membership, Leadership and Service.

Use the famous words "Just Ask". Our Lion challenge is to make our District the strongest in all of these categories.

In visiting clubs, many have added "New" members, please make them active in your club as soon as possible, challenge them to come up with projects, fundraisers, and involve them in your leadership team. Bottom line make them an important part of your club. Looking over the dropped members list, it clearly indicates that these new members drop within the first six month to a year because they do not feel part of the club. We need to retain these members so let's all try to make them an important part of your club!

Both Districts will be participating in our annual "Mid-Winter" convention, being held at the Double Tree by Hilton Hotel, Nashua, NH, January 25th - 27th, 2019. What a great opportunity for your club, your new members to participate in meeting Lions from all over the state of NH. (Refer to the registration forms in this newsletter)

I want to thank all the District Lions clubs that I have visited and look forward to visiting your club. Please contact my CST Mark DiAmico via e-mail

markd@gmail.com to set up a visitation.

Until next time, Yours in Lionism,

DG Jerry



Thank you for what
you do!



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In The Pride

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LCIF Scott	Page 6

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Peace Poster Contest

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Raymond Visitation



Chester Visitation



Events Calendar

January

1/9--Camp Pride Meeting
Camp Pride Meeting,
6:30pm

Location: Auburn Tavern, Auburn, NH

1/10--LYDNH

1/15—HSNH

1/17– Sight & Hearing

1/18-1/20-NELC weekend

1/25-1/27- Mid Winter

12/30– LTSSA

Please send all articles, pictures, and information to Marilyn Vaccaro at newsletter44h@outlook.com.

Please send in word or jpeg format.

Deadline for submission is 20th of each month!

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Diabetes Awareness Service Platform
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Hunger Service Platform
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Thoughts from Cabinet Secretary-Treasurer *Mark D'Amico*



The New Year is always an exciting time and I'm eager to see what it has in store for our District. With new beginnings come new opportunities so I'd like to encourage each of you to branch out in 2019 and try something new in Lionism. As I'm sure you know by now, Mid-Winter convention is at the end of this month. I can think of no better way to kick off the new year than by attending the convention; particularly if you've never been to one before. The conventions are fun, inspiring, and a terrific way to meet people like yourself who are dedicated to helping their communities so I hope to see you there.

With that please allow me to take a moment to thank each and every one of you for all that you've done, both for Lions International and for the members of your community

Thoughts from Multiple Council Chair *Sam Longbook*



Hello from MCC Sam

Lion Bery and I hope all Lions and their families had a very Happy Holiday Season

Just a few words on the Club and District Global Action Team

All clubs should have a functioning Global Action Team in place with the

- Global Action Lead being the Club President,
- Global Membership Lead being the Club Membership Chair
- Global Leadership Lead being the Club 1st Vice President
- Global Service Lead being a Club Past President or Active Member

If these Club Global positions are in place and functioning they can help to strengthen and grow the club, develop club leadership and provide for new and improved service projects.

The GAT structure is especially beneficial for smaller or struggling clubs as well as to sustain well-functioning clubs.

The GAT was initiated two years ago and promoted last year. Descriptions of these positions are on line at LCI (LIONSCLUBS.ORG). Club Officers, Boards and Members should review the details in these club rolls. District Lions should familiarize themselves with the Club GAT rolls.

Districts have the same GAT structure as the clubs with well-defined rolls and responsibilities to help Clubs with; Membership, Leadership and Service.

All clubs should utilize the District GAT resources to benefit their Clubs thus benefiting their community and the club members.

*Don't forget Mid-Winter convention is coming Jan 25 to 27 2019.
Friday Night will be enjoyable live DOO WOP Quintet with 50 & 60 Music
Brush up on trivia from that era*

Lion Bery and I are wishing everyone a happy and prosperous 2019 New Year

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ZONE 3 CHAIRPERSON

Melanie Saunders
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Londonderry, Raymond,
Epsom / Chichester, Suncook
Valley Area

ZONE 5 CHAIRPERSON

Deleted

ZONE 6 CHAIRPERSON

Doug Griffin
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Clubs: Conway Area, Laconia / Gilford,
Meredith, Moultonboro, Wakefield,
Whittier, Wolfeboro, Loudon,

Thoughts from

Vice District Governor Steve Middlemiss



Lion LeeAnn and I hope that everyone had a very Merry Christmas, Happy Hanukkah and a Happy New Year. Let's continue that spirit into the new year.

As we start the second half of our Lionistic year, I hope that clubs are reviewing their membership for potential officers to lead them into the next year. Our next Lionistic year will be here before you know it, so it is time to prepare. Look at those who have been important in helping with your fundraising and service projects. Let's start the new year with all of our officers in place.

It is equally important to continue in building our membership. Remember to invite family, friends and co-workers to help you with your projects. It is a great way to get them interested in what you do as a club, as they see how much impact you have in your community. So don't Just Ask others to be members. Start out by Asking them to work with you on the many efforts you perform for your communities.

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

FVDG Steve Middlemiss

Thoughts from

Second Vice District Governor Marie Hall



I want to use my newsletter space this month to honor Karen Plumer, who passed away unexpectedly earlier in December. Karen treated the Exeter Lions the way she treated her family; she was often opinionated and never failed to say things the way she saw them. When I announced my desire to run for second VDG to our club, I was worried that Karen would not deem me worthy. Instead, after the vote was taken for 100 percent endorsement, Karen was the first one to congratulate me and offer her support. I will remember her kindness and her feistiness. I feel grateful to have had a nice visit with her at the hospital the night before she died (she was complaining about the food).²

Please value the opinions of all Lions in your clubs. In 2019 let's work together to remember Lions who are no longer with us and share their legacy by bringing new Lions into our clubs to continue service to our communities.

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Thoughts from
Global Membership Team Leader *PDG Al Goldstein*



Happy New Year to all,

As we begin our new year I will continue to remind you all how important membership is to your club. Adding members brings new leaders, service and fundraising ideas and most importantly more folks to help serve.

Twice in December I had the honor of inducting new members into our clubs. Both times the members were directly associated with service projects. They liked what they saw and felt as though they wanted to be part of it in the future. It is very important to have a point person prepared to talk to anyone who asks about joining to be able to give the asking person the right information and to get a number or email address to follow up with them as well. Trust me it works.

Just a quick update on the Danville club. Mike B. is hard at work and the new officers are in place. Watch for future notifications of the Charted Night Celebration.

Lastly make sure you are taking advantage of the new voices in your clubs

Best to you all,

Thoughts from
Global Leadership Team Leader *Pat Kimball*



GLT Spotlight Notes: TRAIN, RETAIN, MAINTAIN

This month I want to discuss the Guiding LION program and upcoming Leadership opportunities. The Guiding LION is a trained and certified LION who assists other clubs who basically orients and trains club officers and members, advises and motivates club growth, and assist clubs with resources, project management, recruiting, meeting operations, etc. There used to be a requirement that you have had to be a club president to become a Guiding LION, which is no longer the case. The Guiding LION is assigned for a two-year term by the District Governor. If you know someone in your club that would excel in being a Guiding LION, or are interested, please contact me. Leaders might want to canvas your club and ask for volunteers to become one. The Guiding LIONS we currently have trained are currently working with clubs, or in a leadership position with limited amount of available time. There is a need in the district.

The district is planning on conducting a Guiding LION training session in the near future. In order to plan this training, we need to identify how many LIONS are interested. We have identified clubs that would benefit having a Guiding LION to maintain their club and retain their members. Please consider being a certified Guiding LION, if not now, than maybe in the future.

It is also time, to start looking at opportunities for leadership positions within the clubs, zones, district and multi-district. If you are currently in a leadership position and plan on changes in the fall of 2019, canvas your club now for a replacement. If there is a need for training, we could plan a spring training event so that we have trained LIONS before the transition.

I look forward to working with the zones and clubs with their community projects, and identifying future leaders. I hope to see you at the Mid-Winter convention in January.

Happy Holidays. Wishing you and your family for a safe, happy, and healthy New Year.

GLT Pat Kimball

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Thoughts from
Global Service Team Leader *Lenny Hall*



By the time you read this month's GST report Christmas will be in your taillights. Hopefully it was everything you hoped it would be. This month I would like to tell you all about a service activity that's available to all. I'm in possession of two soap box derby cars. One of them carries the Lions Camp Pride name and the other has the Lions Youth Service name. If you haven't seen them they are a sight to behold. Send me an email or a text and I will forward a picture to you. What makes these cars so special is that they are made to carry a special needs child accompanied by an adult. We raced them last year at the Dover NH official soap box derby race. Your own PDG Al Goldstein and his grandson raced one and the other was driven by Atkinson Fire chief Mike Murphy and his grandson. A dozen or so Lions attended and will attest to the fact that all had the time of their lives. These cars are available to any Lions in the multiple district and their special needs passengers. We hope to use them as much as possible in 2019 and hopefully you all will take advantage of them. The derby people will let us race these cars multiple times in the same race with different sets of drivers and passengers if needed. After all it's for the kids and they all win and get awards. What an opportunity to show our stuff, get some smiles and show support for what I know is a great event. Let me know how I can help, invite your friends and ask all Lions to support this event. My cell 978-360-0958 Email lah03811@gmail.com Lenny

Thoughts from
LCIF Coordinator *PCC Scott Wilson*



Reducing the incidence of **Diabetes and Childhood Cancer, Fighting Hunger**, Improving our **Environment**, Reduce avoidable **Blindness**, Provide **Disaster Relief** and Support **Humanitarian Causes** in the areas of the elderly, the disabled, orphans and others adversely impacted by societal and economic factors.

This Campaign is and will help so many. Please dedicate or create a fundraiser to support Lions Clubs International Foundation.

Yours in Service
Scott A Wilson, LCIF District 44-H Coordinator



Every day, Lions Clubs International Foundation (LCIF) works to fulfill our mission:

"To support the efforts of Lions clubs and partners in serving communities locally and globally, giving hope and impacting lives through humanitarian service projects and grants."

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Thoughts for CHILDHOOD CANCER from *Mary Tremblay*



The Hampton Area Lions found that a family they are helping this Christmas, through the Salvation Army, has a child with cancer. The child goes into Boston for treatment, so the club added a gas card to the gifts, and will work with the SALvation Army to see what other needs they can meet for the family during the year. The Salvation Army may be a way for your club to reach out and help families dealing with pediatric cancer patients. Best wishes to all for the New Year.

MaryThe Hampton Area Lions found that a family they are helping this Christmas, through the Salvation Army, has a child with cancer. The child goes into Boston for treatment, so the club added a gas card to the gifts, and will work with the SALvation Army to see what other needs they can meet for the family during the year. The Salvation Army may be a way for your club to reach out and help families dealing with pediatric cancer patients. Best wishes to all for the New Year.

Mary

Thoughts on VISION From *Langdon Plumer* Healthy vision can help keep brain in shape



Importance of Mutual Understanding and Trust

I wanted to share this article with NH Lions again so - -

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



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Thoughts for ENVIRONMENT from *Jeri Maynard*



ENVIRONMENT

As I was working on my article for this month, a **more timely** news broadcast caught my attention - *Christmas wrappings and your recycle bin*. I (and several people I have surveyed) did not know that **MOST** of your Christmas and other wrappings are **NOT** recyclable and should go directly into your trash collections! **NO-NOs include:** **BOWS:** most are made of a plastic/paper composite and that does not even include the glue for adherence **WRAPPING PAPER:** Paper with metallic, glitter or velvety flocking cannot be recycled. Unlaminated plain paper is totally recyclable. To test if recyclable, crush wrapping into a ball, if it stays bundled up, it can be recycled. **GIFT BAGS:** are nice as they can be reused (so don't feel guilty if you do- you are saving the landfill...) **IBBONS:** remember the term "Tanglers" from last month, well, ribbons are also tanglers and end up wrapping around the shafts/discs at the recycling facility. Tanglers, like plastic bags, twine, or anything else long and stringy can shut down your recycling plant. **CHRISTMAS CARDS:** Most are OK but not shiny, glittery, metallic or those printed on photo paper. You can safely recycle the paper portions (back part of card) and most envelopes. **SHIPPING BOXES:** Cardboard boxes are great to recycle and because of on-line shopping are in abundance. However, the packing materials: plastic air pillows, bubble wrap, plastic bags/wrap must go into the trash **TISSUE PAPER:** Found two different thoughts about recycling tissue paper- one thought: definitely NO because most tissue paper is already recycled paper, therefore fibers are already shortened to a point it cannot be recycled again. Others say tissue paper is OK- guess that choice is up to you. **WHAT CAN WE DO TO HELP?** (1) Reuse gift bags, ribbons and bows (2) Use less tape and sticky stuff when wrapping (3) Use old comics, maps or other paper materials to wrap (4) Use unlaminated paper or even refold used paper (remember Mom saying "save the paper"?). Follow the rule: it is better to reuse or not use at all!

HAVE A HAPPY AND GREEN RECYCABLE NEW YEAR

Thoughts on DIABETES From *Celeste Ricupero*



The diabetes portion plate

How to divide your plate

The diabetes portion plate is an easy to use tool that can help you visualize your portion sizes and make smart, healthy choices about what you eat.

Nonstarchy vegetables

Fill 1/2 of your plate with nonstarchy vegetables, such as tomatoes, green beans, peppers, zucchini, artichokes and broccoli.

Whole grains and starches

Fill 1/4 of your plate with grains and starchy foods, such as whole-grain breads, high-fiber cereal, brown rice, whole-grain pasta, potatoes, and beans.

Protein

Fill 1/4 of your plate with protein, such as skinless chicken, lean cuts of beef or pork, fish, shrimp, eggs, and tofu.

Berries with Banana Cream

1/2 small ripe banana, cut into chunks

1/3 cup reduced-fat sour cream

1 tablespoon frozen orange juice concentrate

2 cups sliced strawberries, blueberries, raspberries or a combination

1/8 teaspoon ground cinnamon or nutmeg

Combine banana, sour cream and orange juice concentrate in blender, blend until smooth.

Place berries in two serving dishes. Top with banana cream mixture, sprinkle with cinnamon. Garnish as desired.

Makes 2 servings

Nutrients per serving: 1 cup berries with about 3 tablespoons banana cream

Calories 162 calories from fat 29% total fat 6g

Saturated fat 3g cholesterol 20g sodium 26g

Carbohydrate 27g fiber 6g protein 3g

Dietary exchanges 1 1/2 fruit 1 fat

Stay Healthy
PCC Celeste

Happy New Year

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Thoughts for HUNGER from *Bob Gustafson*

Much research has indicated that inflammation in our bodies produces diseases such as diabetes, heart disease, arthritis, high blood pressure and other diseases. If this research holds up to scrutiny, doesn't it presuppose that eating anti-inflammatory foods may relieve inflammation in our bodies? Here are the some top food items that relieve hunger while also producing anti-inflammatory properties:

- 1) Green leafy vegetables
- 2) Bok Choy
- 3) Celery
- 4) Beets
- 5) Broccoli
- 6) Blueberries
- 7) Pineapple
- 8) Salmon
- 9) Bone Broth
- 10) Walnuts

Perhaps you don't like all of these food items, but maybe you can pick two or three of them and add them to your diet. So, eat that Broccoli and add the Walnuts!

Get healthy.



MEMBERSHIP MATTERS



District Membership	This Month	This Year
Opening Balance	1210	1194
Added Members	8	50
Dropped Members	12	38
Closing Balance	1206	1206
Net Gain/Loss	-4	+12
Worldwide	1,438,625	1,438,625





District 44-H Cabinet Meeting



Join us for breakfast



Join us for Breakfast



\$23.00

222 Central St
Hudson, NH 03051

March 10, 2019

8:30am – 9:00am Registration and Social
9:00am Call to Order
9:15am Breakfast

Please MAIL checks to: CST Mark D’Amico

17 Fairway Dr Apt 26, Derry, NH 03038

Email: markd44h@gmail.com

TEXT: 603-374-3741

NAME _____ CLUB _____

Make checks out to: Lions District 44-H

No Later Than February 27, 2018

Please help the committee by making your reservations early.
Dress code: Red Jackets – Lions Shirts---Lions sweatshirts



Lions Camp pride

Commemorative Walkway

Become a part of History – BUY A BRICK TODAY

Join us in creating commemorative walkways by purchasing a personally engraved brick to be permanently installed at Camp Pride. Any name or message up to 3 lines of 14 characters each can be engraved on each brick. Each line will be centered by the manufacturer. Company Logos are also possible: Personalized bricks are a great way to:

- Recognize a club anniversary, event or member
- Remember lost loved ones with bricks :in memory of them
- Recognize your children, grandchildren, parents, and other special people
- Mark a birth, anniversary, graduation or other special event in your life
- Honor an employee or friend, advertise a business
- Give a unique and lasting gift for the Holidays

Here’s how you can contribute: Three lines \$75.00

BRICK ORDER FORM

NAME: _____

ADDRESS: _____

CITY: _____

PHONE _____

Payment may be made by check to: **Lions Camp Pride**

1	2	3	4	5	6	7	8	9	10	11	12	13	14

Check Number: _____

MAIL TO: Lenny Hall, 14 Winslow Dr, Atkinson, NH 03811

Date: ___/___/___ Amount _____

LIONS CAMP PRIDE

Camp Pride's Annual Booster Club Calendar

Camp Pride's Annual Booster Club Raffle

It's that time of year again! All clubs are asked to help support Camp Pride by selling the 20 tickets (you can always send for more). This is an easy way for your club to contribute to Camp Pride and not break your bank accounts...

Remember, tickets may be sold to club members, friends, business associates or even bought by the club as a chance to enhance their treasury

Tickets remain at \$10.00. On the back of the ticket, you will notice the businesses and friends that have sponsored a date on this year's calendar- please consider patronizing our sponsors if they are in your club's vicinity.

There will be a total of thirty-one (31) drawings, all taking place at the Mid-Winter Convention in January. Each drawing represents a particular day in January. **Any ticket drawn will be redeposited** into the raffle basket so there are numerous chances to win.

Please return all your stubs, checks and any unsold tickets directly to Lion Lillian Bellisle at 29 Cedar Street, Hudson, NH 03051. If you have questions or need additional tickets, please call her at 603-889-0285 or e: mail: Lionjeri@comcast.net.

As in the past, all proceeds from this raffle will be used to further Camp Pride operations and maintenance.

Of you haven't bought your tickets yet, they will be available at Mid Winer

THANK YOU

Camp Pride Board of Directors

Lions Camp Pride NEWS ... We Serve

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

The 2018 year brought many challenges and continued improvements to camp.

We lost a lease group who had been with us for 9 years, and we did not bring on any new groups.

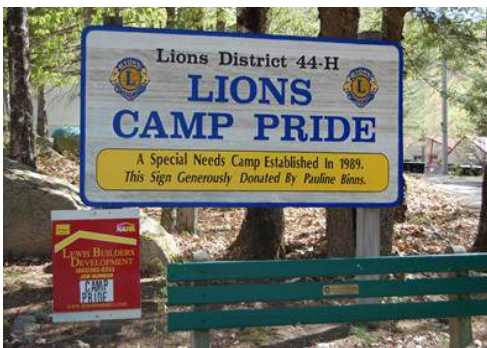
We were however successful in managing thru this difficult time and ended the year making a small profit. The efforts that were put forth by many to help in making this happen were too many to mention. All I can say is "We Serve" was at work at Lions Camp Pride.

Improvements to camp assets included the following, 100 LED lights installed in the dining hall, a new walk in cooler, the final 4- metal roofs installed, a complete new shallow water front ramp system, replacement of 2 foundations, window and doors plus many more items.

The generosity of Lions Clubs, LCP board members, local businesses, and individual citizens of New Hampshire, made all these improvements possible thru their donations of time, talent and financial support..

We encourage all lions of our district to get involved in camp and when possible bring your family and friends to utilize what it has to offer.

Please visit us on FB <https://www.facebook.com/LCPNH/> and/or our Web site <http://www.lionscamppride.org/> to get more information about what transpired this year.



Happy New Year.....



THE DOG-SIGHT PROJECT



**A Program of the New Hampshire
Lions
Multiple District 44 – Health
Services of New Hampshire
Judges Debut!**

Judge made his debut with “Travels with Ruby.” We presented at the Rivendell Academy in Orford, NH to a school assembly. Theresa Ford told the students about puppy raising while Kerry Ford (left, with Judge) walked Judge around the gym. Later, I talked about the process of getting a guide dog and showed what Rosie can do for me. We counted the day a great success.

The annual DogSight Project appeal letter has gone out! Thanks to all who have already responded. Please send donations to **DSP Chair Linda Piekarski, 15 Edgewood Ave, Keene, NH 03431** and make checks payable to **LSHF** with **DSP** on the memo line. Your contribution supports the training that makes Judge the puppy into Judge the Fidelco Guide Dog. Thank you!

Linda Piekarski
See you at Mid-Winter!
Chair, the DogSight Project
lpiekarski@ne.rr.com



Health Services of New Hampshire (formally Health Services Board) is a committee of the Multiple District 44 of New Hampshire.

Operation KidSight is entering the second half of the screening season with school starting after the New Year’s break. Remember the screening is just part of the process. Please send us the results of the screening so we can build upon the screenings of the past few years. Each year we have been able to screen more children than the previous year. We only know this because you have taken time to tell us with the filing of the Event Screening Summary Form. It tells us who was screened, and when and how many were recommended for an eye exam and other important information. Last but not least is the data from the screening. We are collecting this information as a legacy of our screening process. Someone, years from now, will be able to utilize this data to better help future generations of children in our great state of New Hampshire.

Thank you for all the vision screening you do throughout the year. Don’t forget to screen as many children as you can in day care centers. This is the perfect age to help identify a vision challenge.

Become a **Health Services of NH Visionary** – we are a group of great people doing great work for so many great people across the state of New Hampshire.

PCC Scott Wilson
Chairperson, Health Services of New Hampshire
A Committee of Multiple District 44



LIONS YOUTH SERVICES

Lions Youth Services will be voting on candidates, as there are openings from both districts, during the Mid-Winter convention Saturday, January 26 at their annual meeting scheduled at 12:10 pm. Please consider joining Lions Youth Services and help support the youth in your community, in your district, in New Hampshire!

Join us at the next very important,, very special LYS meeting on JANUARY 10, 2019—6:30 am at Hannaford's in Bedford! for more details....



PEACE POSTER CONTEST

There will also be a special presentation made for the winners of the 2018-2019 Peace Poster contest during the Mid-Winter convention on Saturday, January 26th.

The winning poster is from District 44N Pinardville Lions club, Stella Belanger and the runner-up Mackenzie Franek is from District 44H Hudson Lions. All entries received will also be on display. All framed photos on display may be picked up at the end of the presentation by any member of a club attending the convention. All photo images will be placed in next month's newsletter so why wait until then when you can come to the meeting on Saturday, January 26th to get an on-hands upfront glimpse of the winning posters as well as all the posters on display.

Come to show your support of this great contest it will amaze you as to how creative and artistic some of our youth of New Hampshire interpret "Kindness Matters"!

CALENDAR RAFFLE

There will be tickets on sale if you haven't already purchased a ticket. If there are any left, why not purchase a few more!

Tickets will be on sale up to February or until they are sold out! You have 31 chances to win! Tickets are \$5.00 each or 5 for \$20.00.

There are cash prizes, gift baskets, gas cards, and many other great items to win. Drawing will be held February 2019.

To purchase your tickets...**Contact Harry Armstrong at harry616@yahoo.com**



BACKPACKS 4 KIDS

Backpacks will be stuffed and filled on Saturday, January 26, 2019 at 2:15 pm during the Mid-Winter Convention. All Lion volunteers will be helping put together a total of 250 BACKPACKS!

These BACKPACKS will be available for children in hospitals throughout the state. The children will receive a drawstring backpack filled with crayons, stickers, removable tattoos, coloring books and story books.

A donation of \$2.50 per BACKPACK to Lions Youth Services will be required to cover all costs. Donations have already been made including the Nashua Lions, Brookline Lions and Moultonborough Lions. *Thank You!!!*

If you or your club have new coloring books and new storybooks to donate to this project, please be sure to bring them with you. If you have books to donate but are unable to attend or volunteer, please be sure to contact President Al Goldstein or any other member of Lions Youth Services so that arrangements may be made to have them collected in time for this project.

Thank You!!!

ALL DONATIONS ARE WELCOMED AND GREATLY APPRECIATED!

Atkinson Lions Club Fundraiser

THE ATKINSON LIONS CLUB PRESENTS



A MUST SEE CONCERT!

ANOTHER

GREAT X-MAS GIFT IDEA!

TEQUILA SUNRISE

“The #1 Eagles Tribute Band”



FRIDAY, APRIL 12, 2019

Timberlane Performing Arts Center

Get ready for an unforgettable night of unforgettable music! Another Tequila Sunrise, *America's Premier Tribute to the Eagles* is coming to the Timberlane Performing Arts Center for a special, one-night-only performance. Enjoy smash hits and deep cuts from the Eagles studio collection, as well as numbers from the solo careers of Don Henley, Joe Walsh, and Glenn Frey. This is the closest you can ever come to seeing the Eagles LIVE in concert, and ATS delivers in spades - **DON'T MISS THIS NIGHT!!**

Tickets start at \$25.00

Timberlane Performing Arts Center
40 Greenough Road • Plaistow, NH 03865
Phone Box Office at 603-257-5257

TICKETS ONLINE AT
www.mktix.com/trpac

MULTIPLE DISTRICT MID WINTER CONVENTION



**MULTIPLE DISTRICT 44
59th MID-WINTER CONVENTION
DOUBLE TREE BY HILTON, NASHUA, NH
JAN. 25 -27, 2019**

Our Invited Guests: PID Dr. Robert Littlefield and Spouse Kathy From Oviedo, Florida

Lion #1 _____ CLUB _____

Lion #2/guest _____ CLUB _____

Home Tel. # _____ email _____

<u>Plan</u>	<u>Meals and registration</u>	<u># of persons</u>	<u>total cost</u>
A	Fri. banquet, entertainment, Sat night hors d'oeuvres and Sat. banquet		@ \$65.00
B	Sat. night hors d'oeuvres and banquet		@ \$ 38.00
C	Fri. night banquet and entertainment		@ \$ 27.00

Total Amount Due \$ _____

Friday night: Italian Buffet: Pasta, Red marinara sauce, Meatballs, Sausage, Eggplant parmesan, Salad
Friday Dessert: Cake and Ice Cream

Please make meal choices for Saturday Night Banquet:

Mediterranean Chicken: sundried tomato, artichoke hearts, scallions, feta crumble, garlic, white sauce

Lemon Pepper Haddock: grape tomatoes, white wine, basil

Vegetarian: Butternut Squash Ravioli: Maple allspice crème, toasted sunflower seeds, scallions

Saturday Dessert: Carrot Cake

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 January 15, 2019

Hotel Reservation: Lions Convention Room rate: single or double \$115.00/night plus tax

Call the Double Tree hotel @ 603-886-1200 and identify yourself as part of the group of NH Lions Multiple District 44.

All reservations must be made by Wednesday, January 14, 2019 for the special rate. You will call and pay the hotel direct for your room.

Send reservation form and check for meals to: **Make checks payable to: Lions MD 44 Convention Fund**

Mail Registration and checks to:

PCC Celeste Ricupero, Convention Coordinator

7 Winn Ave, Hudson, NH 0305

(603) 321-0737

MULTIPLE DISTRICT MID WINTER CONVENTION

59 th ANNUAL LIONS
NH MULTIPLE DISTRICT 44 CONVENTION
DOUBLE TREE BY HILTON, NASHUA, NH

JANUARY 25 - 27, 2019

***Our Invited Guests: PID Dr. Robert Littlefield and
Spouse Kathy from Oviedo, Florida***

Friday January 25 th

3:00 - 6:00 pm Registration
3:00 - 5:30 pm Hospitality rooms open
6:00 - 7:00 pm Cash bar and Social
7:00 pm Dinner
8:00 - 9:30 Entertainment
9:30 pm Hospitality rooms open

Saturday January 26th

7:30 - 8:30 am Registration
8:30 - 11:45am Multiple District Meetings
11:45am - 12:10pm Sight and Hearing Annual Meeting
12: 10 – 12:30 Lions Youth Services Annual Meeting
12:30 pm Lunch on your own
2:15 - 3:00 pm Filling up backpacks with LYS
3:00 - 5:00 pm Hospitality rooms open
5:30 - 6:15 pm Cash bar and Social
6:15 pm Grand March for Head and Subhead tables
6:30 - 9:30 pm Banquet and Program

Hospitality Room will open following the banquet and program
11:00 am check out on Sunday Morning

MULTIPLE DISTRICT MID WINTER CONVENTION

**ROBERT S. LITTLEFIELD, Ph.D.
PAST INTERNATIONAL DIRECTOR
LCIF – TRUSTEE FOR CONSTITUTIONAL AREA I**



Dr. Robert S. Littlefield from Oviedo, Florida, USA, was elected to serve a two-year term as a director of Lions Clubs International at the association's 97th International Convention held in Toronto, Canada, July 4 through 8, 2014. Following his term on the LCI Board, he was appointed to a three-year term (2016-2019) as a Trustee on the LCIF Board of Directors representing Constitutional Area I (largest constitutional area membership). He is Chairperson of the 2019 DGE School scheduled for Oak Brook, IL, and Milan, Italy.

Director Littlefield is Founding Director of the Nicholson School of Communication and Media at the University of Central Florida in Orlando.

A member of the Fargo (ND) Lions Club since 1984, and associate member of the Oviedo Winter Springs Lions Club (FL) since 2016, Littlefield has held many offices within the association, including district governor, LCIF district coordinator, GLT district coordinator, council chair, multiple district convention chair, multiple district public relations chair, and is a certified guiding Lion. He served as president of the North Dakota Past District Governors' Association and was inducted into the ND Lions Hall of Fame in 2017.

In recognition of his service to the association, he has received numerous awards, including the District Governor Excellence Award, nine Presidential Certificates of Appreciation, an International Leadership Award, the Senior Builder Key Award, and five International President's Medals. He is Progressive Melvin Jones Fellow and a Second Century Ambassador.

In addition to his Lions activities, Director Littlefield is active in numerous professional and community organizations, including the National Communication Association, the American Forensic Association, the National Speech and Debate Educators Association, and the Pi Kappa Delta National Forensic Honorary.

Director Littlefield and his wife, Lion Kathy, have two children and two grandchildren.

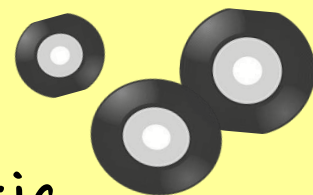
MULTIPLE DISTRICT MID WINTER CONVENTION



MD 44
Mid-Winter Convention
Friday Night



Doo Wop &
Vintage 50's & 60's Music



Dress up for an evening of music & FUN !

New England Council

NEW ENGLAND LIONS COUNCIL WINTER WEEKEND CONFERENCE

Friday, January 18 - Sunday, January 20, 2019

Wyndham Providence Airport Hotel

1850 Post Rd. Warwick, RI 02886

call (877) 999-3223 (mention New England Lions Council)

*(Deadline date is 12/18/18 rate not guaranteed after that date)

Room Rate - \$109.00 plus taxes (13%) includes Breakfast!!

Saturday lunch (calzone buffet) \$25.00

Saturday dinner (choice of Salmon or Chicken) \$40.00

NELC membership \$10.00

Hospitality Room (Friday and Saturday night)

GUEST SPEAKERS ** 12 SESSIONS of TRAINING

FUN and GAMES ** LIQUOR WAGON RAFFLE

Saturday, January 19

Breakfast at Blue Fire Bar and Grill (opens at 6:30am)

Free breakfast voucher at hotel with your check in or on your own if not staying at hotel

Registration 7:30am-12:00noon

First session 9:00am-9:45am

Second session 10:00am-10:45am

Third session 11:00am-11:45am

Lunch 12:00noon-2:00pm (games)

Fourth session 2:15pm-3:00pm

Fifth session 3:15pm-4:00pm

Sixth session 4:15pm-5:00pm

Hospitality Room 5:15pm-6:45pm

Dinner 7:00pm-9:00pm (Guest Speaker)

Hospitality Room 9:00pm -11:00pm

Sunday, January 20

Breakfast opens at 6:30am

Guest Speaker at 9:00am

NELC Business Meeting begins at 10:00am

New England Council

New England Lions Council

Winter Weekend Conference

Friday, January 18-Sunday, January 20, 2019

MEAL RESERVATION INFORMATION: Deadline is Friday, January 11, 2019

Friday, January 18 – Dinner on your own

Saturday, January 19

		<u>Qty.</u>	<u>Cost</u>	<u>Total</u>
Lunch (Calzone Buffet)		_____	\$25.00	_____
Dinner (Salmon or Chicken)	Salmon	_____	\$40.00	_____
	Chicken	_____	\$40.00	_____
Special needs	Vegetarian	_____	\$40.00	_____
			Total \$	_____

EVENT REGISTRATION INFORMATION

NELC Membership 2018-2019 fiscal year	_____	\$10.00	_____
If you already paid NELC membership 2018-2019	_____	\$0.00	_____
			Grand Total \$ _____

NAME: _____

Contact Info: Phone # _____ Email _____

District / State: _____ District Position: _____

Club: _____ Club Position: _____

Please make checks payable to: NELC

Please mail checks to: C S/T PDG Bill Donnellan 11 Addington Circle East Weymouth, MA 02189

Training Sessions / Roundtable Discussions

<u>Meeting Times</u>	<u>Newport North</u>	<u>Newport South</u>
9:00am-9:45am	myLion app update	Conflict Resolution
10:00am-10:45am	Service Ideas (5 Global causes)	Club Officer Troubleshooting
11:00am-11:45am	Club Extension	Disaster Preparedness
2:15pm-3:00pm	Chartering A New Club	PR and Social Media
3:15pm-4:00pm	Zone Chair Training	Everything you wanted to know about Lions, but were afraid to Ask
4:15pm-5:00pm	VDGE's and DGE's training	Millenniums, Traditions and Protocol



From January to June the Sandown LIONS Club will be collecting plastic bags as part of a recycling project. The bags may be torn but they should be clean. Once we have collected 650 pound or approximately 50,000 bags the **Trex Corporation** will donate a recycled bench that will be placed in the playground at the Sandown Recreation Center.

Any time you have a collection of bags, please send me an email or call me or any member of the club. I will consolidate them into a bigger bag, weigh them and get them to our recycling partner Hannaford's in Hampstead.

Thank you for your help.

What can be recycled?



- Grocery bags
- Bread bags
- Case overwrap
- Dry cleaning bags
- Newspaper sleeves
- Ice bags
- Wood pellet bags
- Ziploc and other resealable bags
- Produce bags
- Bubble wrap
- Cereal bags



Fran Rosenau

Sandown LIONS Club, VP

fsrosenau@mygsc.com

603-887-5131 (home phone)





Lions
Sight & Hearing
Foundation of New Hampshire, Inc
PO Box 970, Concord, NH 03302-0970

To: All Lions in Multiple District 44

From: PCC Jim Robinson, President LS&HFNH

Subject: LIONS SIGHT & HEARING FOUNDATION OF N.H. INC., ELECTIONS

Where: MD-44 Mid -Winter Convention, Doubletree, Nashua, NH

Date: January 26, 2019

Each year per Article 2E of the Articles of Agreement, the Foundation seeks dedicated Lions to run for four (4) Director positions. The S&H Board is looking for Lions of Excellence, willing to take an active role in the affairs of Lionism at the Multiple district level. This year we have **(4)** positions to fill, thus we need **two** to be elected from District 44-N and **two** from District 44-H. We encourage members of every Lions Club in the state to consider this request carefully, and to nominate and support a member willing to serve for a three-year term as Director of the Foundation. We urge your Club to nominate a Lion to be placed on the ballot. Please have your club secretary send notification of your club support of their nominee to Sight & Hearing Foundation C/O PCC Jim Robinson, 15 Wildbrook Dr., Plaistow, NH 03865, or send E-Mail to Jimrbnsn15@comcast.net before January 14, 2019. Please consider a position on the BOD. WE NEED YOUR HELP!!

Things you should know!

The BOD will propose a By-Law change at the Mid-Winter Convention. All Lions in good standing may vote at this meeting.

We will be accepting donations from individual Lions and clubs at the Mid-Winter Convention. How about awarding a Granite State Fellow? The proceeds will go to the S&H Endowment Fund.

PCC Ray Hill is the current Project Chair.

The minimum contribution from a club to process a Hearing or Cataract application has been increased from \$100.00 to \$150.00. effective September 1, 2018.

PCC Jim Robinson
President
Lions Sight & Hearing Foundation

*Warm Your Heart This Winter Season
With*

Soup and salad

on

February 16, 2019

4:00 p.m.-6:00 p.m

At the Sandown Recreation Building

Brought to you by the

Sandown LIONS Club

By Donation

*Homemade soup from our club members: Chicken noodle,
Clam Chowda, Chili and more. There will be Mac & Cheese
for the kids, along with hot drinks and desserts.*



GRANITE STATE FELLOW



LIONS SIGHT & HEARING FOUNDATION OF NH, INC GRANITE STATE FELLOW

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

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

This recognition comes with a beautiful plaque, a lapel pin and a letter honoring the recipient.

By making a donation of \$500.00 to LSHF you not only give recognition but you are aiding a NH Citizen who is in need of our services. Donations go directly into the LSHF Endowment. Clubs may donate to LSHF in \$100.00 increments for up to five years with a designation on the donation memo for a Granite State Fellow.

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

Applications are online at: nhlions.org

Contact Chairman PCC Roger LaTulippe at 603-566-0691
email: dgroger@comcast.net

Zone 1 Christmas Project

As a Zone project this fall, Zone 1 decided to donate toys to the Boston Children's Hospital Oncology/Hematology and Bone Marrow Transplant Units. These toys are placed in an area in the hospital where parents of pediatric cancer patients can select gifts for their children for Christmas making things just a little less stressful for the parents at an extremely stressful time in their lives. Hudson, Litchfield, Nashua, Salem and Windham Lions clubs and the Leo Club at Alvirne High School donated almost \$3000 worth of toys. When the Leo Club heard about the project, they asked if they could be involved because they wanted to purchase a specific item on the hospital's wish list. The Leo Club donated four hairless American Girl dolls that the hospital gives to young girls undergoing chemotherapy treatments. Zone Chair Marilyn Richardson and Lion Linda Hedrick, of the Hudson Lions club, recently delivered an SUV full of toys to the hospital where they were gratefully accepted. The hospital staff were amazed when they saw the amount of toys that were being donated.





Eyeglass & Hearing Aids Collection & Recycling

Randy Tompkins

1 Coombs Farm Rd, Greenland NH 03840

Res Phone: 603-431-7352

E-mail : Rye642@comcast.net

Please remember to bring your clubs collected

Eyeglasses and hearing aids to the cabinet meetings and

Conventions as well as any checks.

USED EYEGLOSS PROJECT

(as of Nov 2, 2018)

Regular glasses sent to VA since project began in 2006:

239,785 pair

Sunglasses sent to VA since project began in 2006:

44,005 pair

Total glasses sent to VA since project began in 2006:

283,879 pair

Total cost of shipping since 2006:

\$15,358.11

(does not include donations from other District Clubs)

**Please send contributions to the Hampton Lions to help offset
The cost of shipping !!**

District 44H Zone Meetings

ZONE 1 Marilyn Richardson C:603-204-7914 E:Marilyn@pcom.com

Tuesday April 16, 2019

TBD

ZONE 2 Mike Dolan P: 603-9-303-7950 E: mike.dolan@bauer.com

Tuesday March 12, 2019

ZONE 3 Melanie Saunders P: 339-894-0982

E: melanieleesaunders@gmail.com

Wednesday, January 30 at 6:30pm at the Old Salt in Hampton.

ZONE 4 Beth Ferriera P: 603-820-7085

E: bostonrdsxs25@yahoo.com

Wednesday Feb 20, 2019 @ 6:30 PM in Raymond TBD

ZONE 6 Doug Griffin P: 603-944-1377 E: doug@seadec.com

Tuesday March 12, 2019

ZONE 7 PDG Toni Olden C:603-677-2431 E: toniolden@gmail.com

TBD



2018-2019

District Directory CORRECTIONS

Pg 31—Meanie Saunders

E: melanieleesaunders@gmail.com

Pg 34—**Newsletter Contest**

Gail Dacey (not Darcy)

Pg 36—**Lions Camp Pride**

E:lionscamppride44h@gmail.com

Telephone: 603-482-6115

Pg 39—**Barrinton Area LCIF Coordinator**

E:teufelchgen1955@gmail.com

Club Email: barringtonNHLions@gmail.com

Pg 45—**Exeter Lions Club**

President Patricia Izzo

E:pa93055@gmail.com

Pg 30—**Mark D'Amico**

17 Fairway Dr Apt 26

Pg 31—**Marilyn Richardson**

C:603-204-7914

Pg 56—**PID Ed Lecius**

E: lioncommish@gmail.com

Pg 66—**Huguette "Yogi" Fregeau**

PO Box 1422

Pg 66—**Salem Lions Club**

Meeting time is 6:30pm

Pg 66—**Marilyn Hamel**

E: pilotdad66@gmail.com

Pg 148—**Dacey, Gail**

remove "44H Zone 1 Chair"

Pg 149—**Dennis, Robert**

E:rdennis4@comcast.net

Pg 169—**Marilyn Richardson**

E: Marilyn@pcom.com

Pg 67— Eric – olsenel@comcast.net

E rica - olsenej@comcast.net

Michelle – mixic13@gmail.com

Bob – bocobe@gmail.com

Please send any District Directory Corrections to newsletter44h@outlook.com

Please note in the subject line "District Directory Corrections"

NEWSLETTER SUBMISSION AND DEADLINE

Deadline for submitting articles to be published in the newsletter is the

20th of each month.

Do not send PDF documents

To keep the size of the newsletter reasonable, most event articles will be reduced to
1/4 page.

Clubs and district committees with multiple articles for the same newsletter should consolidate the articles into one submission that does not to exceed one page.

Newsletter submissions should be sent to Marilyn Vaccaro at:

newsletter44H@outlook.com

NEWSLETTER DISTRIBUTION

This newsletter is E-Mailed via Constant Contact to all District 44-H members who have e-mail addresses on file with LCI ~ Lions Clubs International.

- ⇒ Presidents and secretaries, please coordinate and make a copy available to members that to not have E-Mail.
- ⇒ All E-Mail changes must be made on the LCI website by your club secretary.
- ⇒ If you have opted out of receiving the newsletter in error, to receive the newsletter

MULTIPLE DISTRICT DIRECTORY

Any corrections to the Multiple District

Directory for 2018-2019 should be sent

to: newsletter44h@outlook.com

Please say “Directory Correction” in the subject line

