



The PRIDE

Newsletter of Lions District 44-H ~ New Hampshire

Serving in Harmony

Teaching the world to serve in perfect Harmony

November 2018 ❖ Volume 44 ❖ Number 5



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Thoughts from
District Governor Jerry Vaccaro

Hello fellow Lions.

Last month I was wrong. September was great for so many Lions but October was just outstanding. Where do I start! Maybe clubs, yes clubs. As District Governor and as a Lion, I did not realize the outstanding service projects that so many clubs participate in. Some make you cry, some make you smile and some just make you feel good. Another is meeting the new club Lions that will strengthen our district and have new visions of how to help their club and communities.

Talking about service projects, how about our Kid Sight screenings. The Kingston Lions reported that a school nurse shared a story how a flagged student, after going to an eye specialist, had discovered a tumor behind the students eye. Tumor was caught early, saving the child's eye and possible more serious complications. This is what it's all about -fellow Lions.

Let's not forget the Zones chairs all working on zone projects. More to come on these projects and how they will affect their club communities. Oh yes, how about getting two zones together recently, inviting 80 plus Lions all participating in "The Outreach Program", can you believe over 12,000 meals made up and shared trough the zone clubs. Thank you zone 2 chair Mike Dolan and zone 6 chair Doug Griffin with help from GMT/PDG Al Goldstein. What a time!

I am looking forward in seeing as many lions, Leos and friends at our upcoming District 44H Cabinet meeting, being held at the Wolfeboro Inn, Wolfeboro, NH on Nov 4th.

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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CST Mark	Page 4
MCC Sam	Page 4
GMT Al	Page 5
GLT Pat	Page 5
GST Lenny	Page 6
LCIF Scott	Page 6

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Peace Poster Contest

Erin Freda
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Uniforms/Jackets/Shirts/Hats & Emblems

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and

Joyce Brothers (Jeff)
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Travels with the DG



Moultonboro
Visitation



Zone 2 & ^
HZone
Meeting for
Hunger



Loudon Visit



Training



Kingston Visit



NELC

Events Calendar

◀November▶

- 11/1–Epson-Chichester Visitation
- 11/4- MD44H Cabinet Meeting
- 11/7 –Windham Visitation
- 11/8--Lions Youth Services Mtg, 6:30pm Location Hannaford's, Bedford, NH
- 11/10– LTSSA Tryouts
- 11/11– MD44N Cabinet Meeting
- 11/14-Camp Pride Meeting Camp Pride Meeting, 6:30pm Location: Auburn Tavern, Auburn, NH
- 11/15-- Sight & Hearing
- 11/20- Exeter Visitation
- 11/24– Camp Pride Fundraiser
- 11/27– Epping Visitation

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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Global Service Team
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LCIF Coordinator
Scott Wilson
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Vision Service Platform
Langdon Plumer
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Diabetes Awareness Service Platform
Celeste Ricupero
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Hunger Service Platform
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Thoughts from Cabinet Secretary-Treasurer *Mark D'Amico*



Greetings fellow Lions!

There's still time! Are you still on the fence about attending the District 44H Cabinet Meeting this November 4th? There's no need to hesitate. Just show up! You can pay at the door! In fact I'm asking you to please come. We would love nothing more than to have every Lion in the district attend this cabinet meeting. There is no better way to learn about all of the activities in your district .

If you haven't already, please remember to pay your dues. The invoices have all been sent so, if you haven't received an e-mail with your invoice please let me know.

Thanks for all that you do.

CST Mark

Thoughts from Multiple Council Chair *Sam Longbook*



See Page 10.....

Sam had a lot to say this month!

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PO BOX 65,
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C: (603) 204-7914
E: marilyn@pcom.com
Clubs: Hudson, Litchfield, Nashua, Salem,
Windham, Nashua Everest Centennial
Pelham Centennial

ZONE 2 CHAIRPERSON

Mike Dolan
5 Zoe Lane
Newton, NH 03858
C: (603) 303-7950
E: Mike.Dolan@bauer.com
Clubs: Atkinson, Hampstead, Plaistow,
Sandown, Kingston

ZONE 3 CHAIRPERSON

Melanie Saunders
12 Lyford Lane
Brentwood NH, 03833
C: (339)234-0982
E: melanieleesaunders@gmail.com
Clubs: Epping, Exeter, Hampton Area,
Portsmouth, Rye, Seabrook

ZONE 4 CHAIRPERSONS

Elizabeth Ferriera
16B Mercury Drive
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Clubs: Auburn, Chester, Derry,
Londonderry, Raymond,
Epsom / Chichester, Suncook
Valley Area

ZONE 5 CHAIRPERSON

Deleted

ZONE 6 CHAIRPERSON

Doug Griffin
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Clubs: Dover Cocheco River, Rollinsford /
South Berwick, Somersworth, Saddleback
Mountain

ZONE 7 CHAIR

PDG Toni Olden
95 Plymouth St
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Clubs: Conway Area, Laconia / Gilford,
Meredith, Moultonboro, Wakefield,
Whittier, Wolfeboro, Loudon,

Thoughts from

Vice District Governor Steve Middlemiss



Thank you to everyone who attended the MD Fall Training Seminar last month. I hope that it was helpful and that you left with more knowledge to build your clubs membership and leadership. There are some great courses at International through the **Lions Learning Center** as well. It is the goal of each of your District Leadership team to help your clubs in any way we can. Obviously stronger clubs will make for a stronger District. Please don't hesitate to contact me if you would like me to talk to your club about any issues.

Let's continue to work with DG Jerry to continue to strengthen our District.

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



Hi All,

It's hard to believe we are already into the 5th month of our Lions year! Time to take stock of how your club leaders are doing and how the club is doing on its membership goals.

When do you start looking for new members and club leaders? Yesterday!

Have you reached out to our District GMT and GLT? Did you attend the training forum on Oct. 13? Email me if you would like to receive a copy of the "I Didn't Know That" session. Shortly we will be busy with our holiday service projects and fundraisers. Early November is a great time to ask for volunteers for your projects. Once they see our good work, they will want to be a Lion, too!

See you at the cabinet meeting !

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Thoughts from
Global Membership Team Leader *PDG Al Goldstein*



Membership-Social Media

What does one have to do with the other. In many instances a prospective member takes a look at your club via the internet to see what you're up to and if this is something they may be interested in. This includes Facebook as well. Another big reason to keep your internet sites up to date is to announce when, where and what time your club meets as well as some type of invitation letting people know you are looking for new members. I took the time to look at many sites and it is easy to see there is work to do in many instances.

A couple of weeks ago Zones 2 and 6 did a service project and the Kingston club placed quite a few pictures on Facebook. A non-Lion reached out to them looking for membership information in Her town. Lucky for us we are starting a club there and I was able to reach out to her and invite her to our next meeting. I urge all of you to use the internet to help strengthen your clubs. If you don't have anyone with the background to do this then I see the perfect opportunity to recruit someone who does.

Membership Matters. When is the last time you asked someone to join a club?

"Don't believe everything you read on the internet" Abraham Lincoln

PDG/GMT Al Goldstein

Thoughts from
Global Leadership Team Leader *Pat Kimball*



GLT Spotlight Notes: **TRAIN, RETAIN, MAINTAIN** (This month covers **TRAIN**)

I want to express my thanks and appreciation to all the instructors and those who attended the NH LIONS Forum held on Saturday, Oct 13. Unfortunately, the participation was less than we anticipated and planned for. There will be training again in the spring, and hope to have more participation for the next one. We will again canvas the zone chairs to see what training they would like to have for future events.

There is also training available on the LCIF website. There is the Leadership Resource Center which has training and development programs to promote the personal growth and leadership excellence. The website is changing in late October, so please check out the new site, which will have an all new look and easy to use tools.

I look forward to seeing you at the next Cabinet Meeting being held on November 12 in Moultonborough, NH.

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Thoughts from
Global Service Team Leader *Lenny Hall*



The Service project: Let's do a roadside clean-up. Things to think about?

- 1) *Get Town approval*
- 2) *Notify local P.D. (need escort?)*
- 3) *3) proper signage (vests and banners) Make sure townspeople know who to thank!*
- 4) *Get enough help. Members, family members and especially kids. Nice to have some young legs Potential Leos and new members!*
- 5) *Get Plenty of bags. You will be surprised at just how much trash there is. Maybe recycle the metal and plastics?*
- 6) *Who's gonna pick the bags up? Some towns will help out with the pick up, others will let you use the town dumpster if available?*
- 7) *It's hard work so have fun*
- 8) *Don' forget the water!! Especially don't forget to report the service project to My Lion*

Thoughts from
LCIF Coordinator *PCC Scott Wilson*



Melvin Jones Recognition

When you and your club make a donation in support of Campaign 100, it can be earmarked for a Melvin Jones.

Melvin Jones Recognition is a terrific opportunity to highlight the work of Lions in your club but don't stop there. Consider a Melvin Jones as recognition of a person or business in your community. Presenting a Melvin Jones to a business is an opportunity to introduce Lionism to a wider audience. Invite your community newspaper and town cable channel to attend the recognition ceremony. Doing the ceremony at the business brings in all of the employees and hopefully some of their family members. **Make it an event worthy of media coverage. It is a chance to celebrate Lionism.**



Call on me to discuss options for your Lions Club. I am happy to review ideas and help with ways to bring on the magic of marketing and community recognition.

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*



*Oh where Oh where
could her article be!!!*

Thoughts on VISION

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



Everyone's vision can change with age

As you age, it is normal to notice changes in your vision. Vision changes can make it difficult to perform everyday activities, such as reading, walking safely, taking medications, performing self-care and household tasks, and driving

Some changes are normal. These changes include the following:

- Losing focus, making it harder to focus vision up close.
- Having trouble distinguishing colors, such as blue from black, or where an object ends and its background begins.
- Needing more light to see well and more time to adjust to changing levels of light (e.g., going from a room that is dark to one that is brightly lit).

These changes do not have to stop you from enjoying an active lifestyle or maintaining your independence. These vision changes can often be corrected with the following:

- Glasses
- Contact lenses
- Improved lighting

Where there is a need there's a Lion

Here's looking at you – Lion Lang Plumer



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Thoughts on ENVIRONMENT
from *Jeri Maynard*



What really should go into your recycling bin? Let's start with the items that shouldn't be put in your recycling bins: plastic grocery bags, greasy pizza boxes, garden hoses and clothes. **Plastic grocery bags** are probably the most common misunderstood item. Each community has its own recycling policies so it is important that you are familiar with your town's list of no-nos. Plastic grocery bags require a different collection system and several stores, i.e. WalMart, Target, Market Basket, Home Depot, have recycling bins at the front of their stores. Bags are then sent out to special recycling centers and are turned into backyard decking, fences, pipes and new plastic bags. So what can we do with those grocery bags to keep them out of the local landfill?

- (1) **Take them back to the store:** put in their specified recycling bin or clean and reuse to pack your own next load of groceries (might have to double bag them).
- (2) **Reuse them at home:** use as liners in your wastebaskets(bath, kitchen, car), wrap delicate items (think Christmas ornaments) for storage or moving, cut them up to protect table and countertops when cooking or crafting, use as stuffing for decorative pillow cases, make a bed for the dog by stuffing a large pillow case. Keep nearby (stuffed in a plastic bag) so they are always handy...
- (3) **Crafting:** Bags can be cut into strips and strung together to make "plarn" which can be turned into woven baskets, tote bags, purses, etc. Directions on how to do that can always be found on a DIY website like www.Pinterest.com

Thoughts on DIABETES
From *Celeste Ricupero*



What Foods can I eat if I have diabetes?

Vegetables: nonstarchy: includes broccoli, carrots, greens, peppers, and tomatoes

Starchy: includes potatoes, corn, and green peas

Fruits: includes oranges, melon, berries, apples, banana, and grapes

Grains: at least half of your grains for the day should be whole grains

Includes: wheat, rice, oats, cornmeal, barley, and quinoa

Examples: bread, pasta, cereal, and tortillas

Proteins

Lean meat – chicken or turkey without the skin, fish,

Also eggs, nuts and peanuts, dried beans and certain peas, such as chickpeas and split peas or try a meat substitutes, such as tofu

Dairy: nonfat or low fat

Milk or lactose – free milk if you have lactose intolerance, yogurt, cheese

Stay Healthy,
PCC Celeste

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Thoughts for HUNGER from *Bob Gustafson*



The United States Department of Agriculture has a nice web site at nal.usda.gov. I was especially interested in their list of frequently asked questions under various headings in the Food and Nutrition Information Center (FNIC) section:

- Food Composition
- Health and Wellness events
- Meal Planning, Shopping and Cooking
- Dietary Guidance
- Food Safety
- FNIC Services
- Weight Management
- Dietary Supplements
- Research
- Food Labeling
- Food Allergies and Intolerances

contact. Please make use of this site. It has a wealth of information regarding the general category of Hunger.

It really was interesting reading and I would recommend the site to anyone curious about the above categories. The site's internet address is nal.usda.gov/fnic/faq.

If you're in a Lions club that's interested in bringing a Speaker in to talk about Food, Nutrition and Hunger, category number 2 above offered several good ideas of who to



MEMBERSHIP MATTERS



District Membership	This Month	This Year
Opening Balance	1187	1194
Added Members	12	24
Dropped Members	4	23
Closing Balance	1195	1195
Net Gain/Loss	8	1
Worldwide	1,473,638	1,473,638





*Hello from MCC Sam
White Cane Day Collection
Happy Thanksgiving
Lion Berny & Sam*



Congratulation to Dean Henry McKee and the Forum committee for conduction a great MD 44 Forum on Lions topics. All Lions in attendance learned a lot and felt their time was well spent. We wish more Lions had attended the 2018 - 2019 Forum.

IRS TAX FILING and STATE CHARTIBALE FILING

NH: Remember to file your New Hampshire paperwork with the Charitable Trust unit and a \$75.00 check to maintain your nonprofit status. On line form at www.doj.nh.gov/charitable-trusts

IRS: Dear Lion, Please remember that all Lions clubs, districts and multiple districts that have annual gross receipts less than US\$50,000 and do not have to file Forms 990 or 990-EZ must file the e-Postcard (also known as 990-N). If your Lions club, district or multiple district has a foundation, which is a separate legal entity, the appropriate form will need to be filed as well.

Please view the document at the link below for important information regarding your annual tax filing obligation. [LEARN MORE](#) Kindest regards, Legal Division, L C I

LCI's "THE NEW VOICES INITIATIVE "

New Voices Initiative celebrates the contributions made by women as Lions Clubs International welcomes its first female International President. Showcasing New Voices in your district will promote gender parity, encourage clubs to recruit and retain women, and help close the gap between men and women in leadership

New Voices are Lions who demonstrate exceptional influence, as it relates to women, in one of four areas:

- Service They are ready whenever and however communities need them. New Voices are women in Lions who participate regularly in service projects and the men who help make women more visible in service.*
- Membership Lions make up the largest service club organization on earth – and they are always looking for more caring people who want to make a difference with them. New Voices work hard to recruit and retain new female members, welcoming everyone into the Lions family.*
- Leadership Lions are global leaders in community and humanitarian service. New Voices are influential female leaders and men who support women in leadership roles.*
- Marketing Lions bring unprecedented reach and compassion to their service. New Voices are women and men who amplify women's stories.*

Remember: *We are known through "OUR SERVICE"*

MCC Sam Longbook



District 44-H Cabinet Meeting



Join us for breakfast

Wolfeboro Inn



90 Main St

Wolfeboro, NH 03894

November 4, 2018

Overnight Rooms: Check-in 3:00pm Nov 3, Checkout 11:00am Nov 4

\$125.00 per night plus 9% state tax

Price guaranteed until Oct 2nd FIRM, \$159.99 after that date

\$22.00

Scrambled Eggs

Bacon

Home Fries

pancakes

Fruit

8:15am – 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 October 25, 2018

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

The Lions Club of New Hampshire presents:

Camp Pride 30th Anniversary



WANTED



**We are looking for
Basket Donations for
our raffle**

Please contact:

Jeri Maynard

lionjeri@comcast.net

Marilyn Vaccaro

jvac1408@comcast.net

featuring the
of



music
PEAR...

Sold Out



Chris Zito



Paul D'Angelo



Mitch Stinson



CALENDAR RAFFLE TICKETS MAKE GREAT STOCKING STUFFERS and BIRTHDAY GIFTS, ETC

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.

*Will Your Club Be The **FIRST** To Return All Their Stubs?????????*

THANK YOU

Camp Pride Board of Directors



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 _____



THE DOG-SIGHT PROJECT



A Program of the New Hampshire Lions

Multiple District 44 – Health Services of New Hampshire

Oh, How He’s Grown!

There is so much to tell you about how much Judge has grown! At 5 months, he’s almost 40 pounds of gentle intelligence. He returns every Saturday to Fidelco for classroom work and his new homework assignments. One week it’s been meeting and greeting other dogs; this week it was learning how to go through doors. Think about it: there are 4 ways a door can open – out with the hinges on right or left and in with hinges right or left. Not only will Judge have to help his handler through the door safely, he’ll need to keep his own tail safe too! So much to learn!



The annual DogSight Project appeal letter has gone out! 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
 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.

The message came from one of our Multiple District Lions Clubs here in NH and highlights why we do what we do for the people in our communities:

“The school nurse shared something with us today that I wanted to pass along. She said that there was one particular student that we screened by our club last year and was flagged for follow up testing, resulting in the student’s parents going to an eye specialist. Upon further testing, a tumor was found behind one of the student’s eyes. This was caught early enough, thanks to our screening, and the tumor was removed and proper treatment was done immediately. If this was not caught as early as it was, the student would likely have lost their eye and had more serious complications. This hits home and is exactly why we do these screenings. It reinforces the good we are doing and the positive impact we have in our community! Where there’s a need, there’s a Lion!”

Thank you for all of the vision screening being done across New Hampshire.

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 4



onsSight & Hearing

Foundation of New Hampshire, Inc

PO Box 970, Concord, NH 03302-0970

Li-

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.

Things you should know!

The Lions Sight & Hearing BOD now meets at the Airport Diner, 2280 Brown Ave. Manchester, NH 03103. Third Thursday, 6:00 PM Social, 6:30 PM Meeting

All Club or personal donations to S&H should be sent to Lions Sight & Hearing Foundation, P.O. Box 970, Concord, NH 03301, We are a 501(c)(3) Foundation.

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

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



LIONS YOUTH SERVICES

October's meeting had a large attendance, thank you for participating in Lions Youth Services and what we try to accomplish with bettering and supporting the youth of New Hampshire. We hope that all will continue in their interest and support of this group.

It looks like we have filled the vacant 44H Director's position for the board. Thank you Pam Brewster from the Epping Lions we look forward to you joining us.

The **Calendar Raffle** has been filled and completed (lots of great prizes, (31 chances to win with a limited number of tickets!) and was given the okay to be sent off to the printer. Tickets will be available for purchase during the upcoming November Cabinet meetings and if there are any left to sell, they will be available at the MD44 Mid-Winter Convention in

January. (District 44H Cabinet meeting on November 4th and District 44N Cabinet meeting on November 11th.) Please stop by to pick up a ticket or two for this great raffle. To repeat, this will be a January Calendar (\$5.00 each or 5 for \$20.00). The drawing will take place during the February Lions Youth Services

meeting and the winners announced soon after, published in the March newsletters and during the March Cabinet Meetings. Please contact

Harry Armstrong at harrya616@yahoo.com if you wish to purchase tickets directly. Keep in mind there is a limited number of tickets so get your tickets while they last!

The PEACE POSTER CONTEST

deadline is fast approaching (November 15th is the official date). As many of the schools will be closed on November 6th (Election day) and November 12th (Veterans day, the time to get the peace posters in by this date has been shortened by a few days. Please check with your contact at the school to get the best date possible to judge the entries and to pick them up so that the District Governors have a chance to select a winner. The following is a list of some of the most often rules of LCI that have disqualified a poster. Please use these as a guide when judging your participants but refer to the rules that was in the poster kit for the complete list. Any rule not met will be considered

disqualified. Hopefully, this will not be the case.

- Student must be 11, 12 or 13 years of age on November 15.
- Artwork must be no smaller than 13"x 20"
- Artwork must be no larger than 20" x 24"
- Three-dimensional entries will not be accepted. Nothing may be glued, stapled or attached to the artwork in any way.
- The use of lettering or numbering on the front of the poster, in any language, is not allowed.
- All artist signatures should be written on the back of the poster only.
- The winning entry should complete the sticker that was provided and placed on the back of the poster.
- Artwork should be done on a flexible material so it can be rolled for shipping in a mailing tube. Do not fold the poster.

Once these rules are met, it is the club's responsibility to choose a first place winner. The club may also choose to select a 2nd and a 3rd place entry as well. We would also like to advise the clubs that they may also turn in up to 10 participants from their club. **Please be sure to advise Virginia Edwards, LYS Peace Poster Director and 44H Chair Erin Frieda of all participants so that they can make arrangements to have all entries photographed. Please photograph the winning poster and all other entries, identifying the name of the participant's poster and the sponsoring club. Please email this information and photos to Rhonda Wynne at rwynnemilford@comcast.net. All photos will be framed for display at the Mid-Winter Convention. *If you should have any concerns or questions, please be sure to contact Virginia Edwards or Erin Frieda.*

BACKPACKS 4 KIDS is a new Multiple District 44 Service Project that Lions Youth Services will be rolling out in 2019!

This service project has been approved to be done at the Mid-Winter Convention in January 2019. There will be a room reserved for all Lion volunteers to help put together a total of 200 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 reading books. A donation of \$2.50 per BACKPACK to Lions Youth Services will be required to cover all costs.

In the meantime, LYS is looking for donations of coloring books and storybooks on the day of the service project so that they may be included in these BACKPACKS!



**LYSNH
BENEFIT FOR
LIONS YOUTH SERVICE**

No. xxxxxx

Thirty-One chances to win for just five dollars!
One ticket drawn for each day and returned to
the ticket pool for the next day's drawing.

Tickets \$5.00 each or 5 for \$20.00

Drawing to be held February 14th, 2019

JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Friday	Thursday	Saturday
		1 \$25 Bristol Lions Club	2 Gift Basket from You're Beautiful Salon & Day Spa Lion Stephanie Crawford	3 \$50 DG 44H Jerry Vaccaro	4 \$50 Irving Gas Card Jake's Canaan NH	5 \$50 GST Lion Lenny
6 \$75 Gas Card PCC Lions Christine & Jason	7 \$25 Atkinson Lions Club	8 ½ Gal Wood- lawn Farm Maple syrup Canaan NH	9 \$50 Gift Card Blake's Lions John & Rhonda Wynne	10 2017 Melvin Jones Centennial Silver Dollar	11 \$25 Tupperware Marie Hall	12 \$25 Gift Card Canaan Hard- ware Canaan NH
13 \$40 Gift Certif- icate Mickey's Roadside Café Enfield NH.	14 \$25 Shell Gas Card Lion Harry Armstrong	15 \$200 cash in Memory of Harold. Lions Rhonda & John Wynne	16 4 Gate Passes to Canaan Li- ons Moto-X 2019 season	17 \$50 gift Card to Rockler Woodworking & Hardware	18 \$25 Shell Gas Card Lion John Wynne	19 2 Bag Chairs Canaan Hardware Canaan NH
20 \$50 MD 44	21 \$25 Canaan Lion Patricia Mayo	22 2 Solar patio or Garden Lite's Canaan Hardware Canaan NH	23 ½ Gal Wood- lawn Farm Maple Syrup Canaan NH.	24 \$50 Canaan Lions Club	25 2 Solar patio or garden Lite's. Canaan Hardware Canaan NH	26 \$100 Lions Al & Virginia Edwards
27 \$100 PDG 2 Lion Henry McKee	28 \$25 Tupper- ware Marie Hall	29 2017 Melvin Jones Cen- tennial Silver Dollar	30 \$25 Atkinson Lions	31 \$100 DG Lion Fred Plett		

*SAMPLE
COPY
OF
LIONS
YOUTH
SER-
VICES
JANU-
ARY
CALEN-
DAR
RAFFLE
TICKET

GET
YOUR
TICK-
ETS
TODAY*

Donation list for LYSNH Calendar Raffle 2019

- 1 \$25 Bristol Lions Club
- 2 Gift Basket from You're Beautiful Salon & Day Spa Lion Stephanie Crawford
- 3 \$50 DG 44H Jerry Vaccaro
- 4 \$50 Irving Gas Card Jake's Canaan NH
- 5 \$50 GST Lion Lenny
- 6 \$75 Gas Card PCC Lions Christine & Jason
- 7 \$25 Atkinson Lions Club
- 8 ½ Gal Woodlawn Farm Maple syrup Canaan NH
- 9 \$50 Gift Card Blake's Lions John & Rhonda Wynne
- 10 2017 Melvin Jones Centennial Silver Dollar
- 11 \$25 Tupperware Marie Hall
- 12 \$25 Gift Card Canaan Hardware Canaan NH
- 13 \$40 Gift Certificate Mickey's Roadside Café Enfield NH.
- 14 \$25 Shell Gas Card Lion Harry Armstrong
- 15 \$200 cash in Memory of Harold Lions Rhonda & John Wynne
- 16 4 Gate Passes to Canaan Lions Moto-X 2019 season
- 17 \$50 gift Card to Rockler Woodworking & Hardware
- 18 \$25 Shell Gas Card Lion John Wynne
- 19 2 Bag Chairs Canaan Hardware Canaan NH
- 20 \$50 MD 44
- 21 \$25 Canaan Lion Patricia Mayo
- 22 2 Solar patio or Garden Lite's Canaan Hardware Canaan NH
- 23 ½ Gal Woodlawn Farm Maple Syrup Canaan NH.
- 24 \$50 Canaan Lions Club
- 25 2 Solar patio or garden Lite's Canaan Hardware Canaan NH
- 26 \$100 Lions Al & Virginia Edwards
- 27 \$100 PDG 2 Lion Henry McKee
- 28 \$25 Tupperware Marie Hall
- 29 2017 Melvin Jones Centennial Silver Dollar
- 30 \$25 Atkinson Lions
- 31 \$100 DG Lion Fred Plett



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, December 26, 2018 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

Atkinson & Salem Lions Club



We Serve

Established 1977

Invites you to **TEST YOUR BLOOD GLUCOSE (A1C)**

FREE

National Diabetes Day

FREE

Wednesday, November 14, 4-8pm

Atkinson Community Center, 4 Main St., Atkinson, NH

SIGNS & SYMPTOMS OF HIGH BLOOD SUGAR



Very Thirsty



Needing to urinate more often



Very Hungry



Infections or injuries heal more slowly than usual



Blurry Vision



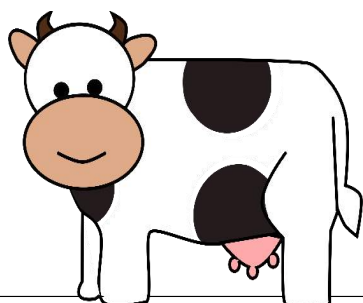
Sleepy

The Atkinson Lions, in partnership with the Salem Lions, will be bringing in Healthcare Professionals to test for Diabetes and offer information about this insidious disease.

The Diabetes A1C Test measures your average blood sugar level over the past 2-3 months. It's like a "memory" of your blood sugar levels, it shows how well your body is controlling your blood sugar levels over time.

The American Diabetes Association recommends an A1C of less than 7%. If you test higher than this level, you will be advised to see your Primary Care Physician. Note this information will be kept strictly confidential. Unfortunately, many people are completely unaware they may have Diabetes. Complications include Eye Disease, Cardiovascular Disease, Kidney Disease, Nerve Damage, Amputations and Pregnancy Complications.

**PLEASE COME & GET TESTED.
IT'S FREE & COULD SAVE YOUR LIFE!**



MEAT RAFFLE

**The Sandown Lions welcomes you on
Saturday November 9th, 2018**

American Legion Post 34

176 Main St, Plaistow NH

From 6:00 pm – 8:00 pm

**Multiple raffles winners to receive top
quality meat. Proceeds to benefit
charitable causes of the
Sandown Lions Club.**

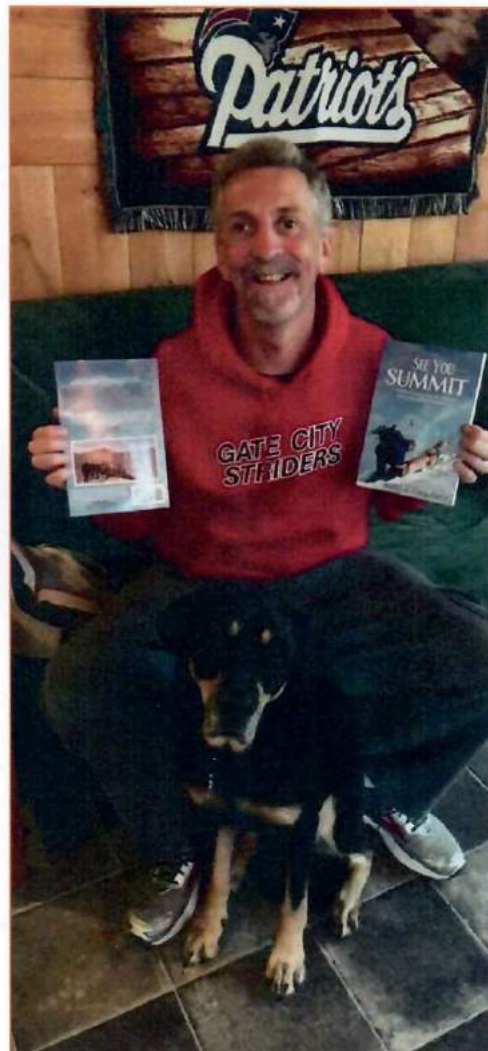
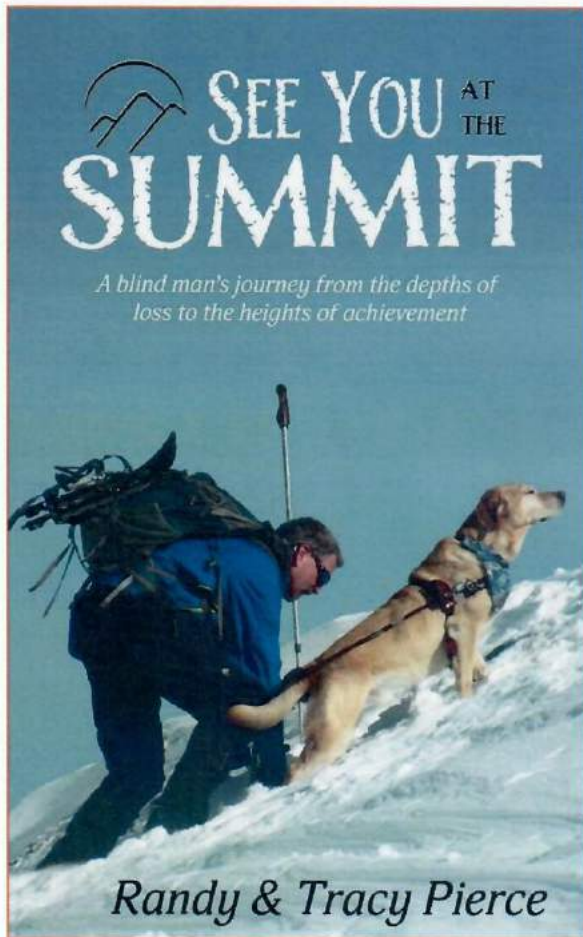
Hudson Lions Club



Hudson Lion's Club Past President Randy Pierce has written his inspiring story.

Available on Amazon. The proceeds benefit his charity, 2020 VisionQuest, which has raised hundreds of thousands of dollars in support of vital charities: training guide dogs, and adjustment-to-blindness services — both of which return those stricken with blindness to full, rewarding lives.

Randy Pierce was on top of the world, 22 years old, fresh out of college and thriving at an excellent job. His promising future seemed certain. Then, in just two short and devastating weeks, an unexpected neurological disorder plunged him into blindness. Randy, believing his future had vanished in the blink of an eye, wondered, "How can my life have meaning now?"



Moultonboro News



Photo Caption: Moultonborough Lions Club members broke a record in getting the mass mailing ready for their Annual \$5000 Raffle to be drawn at the Holiday Fair at the Moultonborough Central School on Dec. 1st. The secret??...check it out...many hands make light work! Looks like the Lions motto "We Serve" in action. (Missing is picture taker Joe Keegan)

Press Release: Got Mail? If not, you will soon because seventeen Moultonborough Lions Club members showed up for the annual "Stuffin" party (sounds much better than mass mailing). Your letter, tickets and return envelopes, are now in the mail if you haven't purchased your annual \$5,000 raffle ticket yet. This is a Major Fundraiser for the Lions and they ask for your support.

With all the hoopla with Mega Millions, and Mega Billions, the Raffle cannot compete with the amount of money you can win but it sure can compete with the odds! Support the Lions, keep it local, and whether you win or lose, you win! Because the money raised will go right back to the community. Can't get much better than that.

Lion(s) Eileen & Bob Zewski have chaired this event for a number of years and are proud and thankful for the support they have seen from fellow Lions selling tickets and from the community buying tickets.

This has been a wonderful year for the Moultonborough Lions Club. They celebrated their 55th Anniversary, they welcomed 10 new members, and once again they will make someone very happy with a \$5,000 check right before Christmas. You could be that lucky person!

If you would like to find out more about Lionism call Joe & Pat Keegan at 253-9916. Remember the Lions motto is "We Serve".

Submitted by

Patricia Keegan
253-9916

Press Release:

Moultonborough Lions Club members voted to Adopt-A-Shelf at the Inter-Lakes Food Pantry in Moultonborough and fill it with pasta for three months. Lion(s) Joe and Pat Keegan delivered the first installment of 13 cases of pasta (over 200 lbs.) to the pantry on Wednesday. This will be repeated again in November and December at a cost to the Lions of \$200 per month.

According to Amy Norton, CEO of the Food Pantry and Thrift Shop, the Lions have been very supportive of the pantry since its inception and she is very thankful for all they have done over the years.

Did you know that as an organization, club, small group of friends, etc. you can Adopt-A-Shelf for a week, a month or longer? If you are thinking of doing something charitable over the Holidays, keep it local by contacting the food pantry at 603-476-5400 and asking about the Adopt-A-Shelf Program.

Any donation will be greatly appreciated.

The Moultonborough Lions Club meets on the first and third Mondays of every month. The first Monday is a business meeting starting at 7 p.m. and the third Monday is a dinner meeting starting with a social hour at 6 p.m. with dinner at 7 p.m.

If you would like to find out more about Lionism, call Joe & Pat Keegan at 253-9916. Remember the Lions motto is "We Serve"

Submitted by,
Pat Keegan
253-9916



Photo Caption: Moultonborough Lions Club members Joe & Pat Keegan deliv-

Salem News



BizFest promoting Lions and our joint Diabetes detection event.



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 EYEGLASS PROJECT

(as of July, 2018)

Regular glasses sent to VA since project began in 2006:

238,140 pair

Sunglasses sent to VA since project began in 2006:

43,760 pair

Total glasses sent to VA since project began in 2006:

281,900 pair

Total cost of shipping since 2006:

\$15,203.38

(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
December 4, 2018 6:30p Place TBD

ZONE 2 Mike Dolan P: 603-909-7950 E: mike.dolan@bauer.com
November 13, 2018 Austin 17 house, Brentwood, NH in the
Grace Ministries Bldg 6:30 pm

ZONE 3 Melanie Saunders P: 339-894-0982
E: melanieleesaunders@gmail.com
TBD

ZONE 4 Beth Ferriera P: 603-820-7085
E: bostonrdsxs25@yahoo.com
TBD

ZONE 6 Doug Griffin P: 603-944-1377 E: doug@seadec.com
November 13, 2018 Austin 17 house, Brentwood, NH in the
Grace Ministries Bldg 6:30 pm

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: barrintonNHLions@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

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

