



The PRIDE

Newsletter of Lions District 44-H ~ New Hampshire

August 2019 Volume 45 Issue 2

Lead from the

Thoughts from

District Governor Steve Middlemiss



We are back from the International Convention in Milan, and we had a fantastic time. What a great place to regroup with our fellow incoming District Governors and help each other work on plans for next year. President Jungyul Choi's of South Korea message is one of Diversity. Reach out and work with others to help make our communities a better place for all of us.

By the time you read this, your District cabinet has already been hard at work preparing for the upcoming year starting with the Pre-cabinet meeting. We worked on the budget for the upcoming year and how we can help you with your clubs and your service projects. Our goal is to continue to grow the District in order to serve even more in our communities. We discussed a few District Wide Service projects we would like to accomplish this year. More details later as we fine tune them. We are here to help you. Please reach out.

The Multiple District directories are completed thanks to MCC Fred Plett, 44 H Cabinet Secretary Val Wilson & 44 N PCC Terri McGrew. They look great and it's all to the hard work of these 3 people.

We hope to see you at the District's first Cabinet meeting of the year at the double Tree in Nashua.

I can't wait to visit each and every one of our fantastic clubs.

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

Don't forget to JUST ASK!

Yours in Lionism, DG Steve Middlemiss & Lion LeeAnn

Send all articles, pictures and information to PCC Deedee LaTulippe at

Newsletter 44h@outlook.com

Please send as a Word Document or JPG Format.

Deadline for submission is the 20th of each month.



DG Comments	Pg 1
Membership	Pg 2
Upcoming Dates	Pg 3
Photos of 102nd Convention	Pg 4
CST & MCC Notes	Pg 5
3VP Bob G. notes & GSF	Pg 6
GST & GLT Notes	Pg. 7
Directory	Pg 8
Fisher Cats	Pg 9
TSS/Nashua Lions	Pg 10
Vision & Conway Lions	Pg 11
Environment	Pg 12

In this Issue



Moultonborough	Pg 13
LYS	Pg 14
Hudson Lions	Pg 15
Hunger/Portsmouth Lions	Pg 16
Training/Dogsight/Diabetes	Pg 17
Golf/Hudson/Nashua	Pg 18
LCIF/Childhood Cancer	Pg 19
USA/CANADA FORUM	Pg 20
Rye/Camp Pride/NELC	Pg 21
Holiday Cards for Military	Pg 22

MEMBERSHIP MATTERS



District Membership	This Month	This Year
Opening Balance	1226	1226
Added members	10	10
Dropped members	20	20
Closing Balance	1216	1216
Net Gain/Loss	-10	-10
Worldwide	1,429,576	1,429.576



Club	New Member	Sponsor
Hudson	Mary Sargent	Ann Read
Hudson	Karen Furtato	Pat Hurney
Wakefield	Melissa K Cunliff	Ken Nelson
Wakefield	Pamela Weedon-Conti	Scott Gaudet
Wolfeboro	Leonard Pinault	None Listed



**DG Steve's
TRAVELS**



***Nashua Lions Club Sept 16
Meredith Lions Club Sept 24***

LOOKING FOR A WEBMASTER!

Contact DG Steve Middlemiss
22 Abbott St.
Hudson, NH 03051
H: 603-883-5205
C: 603-566-7616
E: cstmiddlemiss@gmail.com

Facebook NHLionsDistrict44-H
District Photographer
PCC Deedee LaTulippe
136 Lowell Rd. Hudson, NH 03051
C: 603-566-0691
E: liondeedee@comcast.net

Lions Fellowship
Nancy Greer O'Dowd
P.O. Box 1163 Wolfeboro, NH 03894
H: 603-569-2698 C: 603-569-1160
e: Lupesmom14@gmail.com

PEACE POSTER
Pamela Brewster
54 Leddy Dr.
Epping, NH 03042 C: 603-702-5393
E: pbrews@comcast.net

UNIFORMS/JACKETS/SHIRTS,HATS
Joe Kasper
63 Pine Hill Rd. Weare, NH 03281
H: 603-529-0439 C: 603-548-0286
E: JKasper@nedelta.com

GLT Pat Kimball
30 East Loop Sandown, NH 03873
C: 603-829-8433 E: pkimb56@gmail.com

GMT Al Goldstein
35 Main St. Atkinson, NH 03811
C: 603-913-1281
E: Algoldstein@comcast.net

GST Lenny Hall
14 Winslow Dr. Atkinson, NH 03811
C: 978-360-0958 E: lah3811@gmail.com

NEED HELP?

Club President Assistance

Here to help

SVDG Robert Gustafson
603-553-0531
email robert-gustafson11@gmail.com

Club Secretary Assistance

Here to help

CS Val Wilson
603-906-2353
email valenciawil@comcast.net

Club Treasurer Assistance

Daniel Guimond

603-458-7744

email

LionDanielGuimond@comcast.net

NEWSLETTER CONTEST

Congratulations July Winner

Gail Dacey! Pin was on Pg. 23

***Each month there will be a
photo of a Past District Governor's pin in the Pride. Find the
pin and email me the page you
found it on within 48 hours of
receiving this newsletter.***

***A drawing will take place and
the winner will be announced in
the September Newsletter. The
winner will receive a \$10.00
Dunkin Donuts gift card at the
NOV 10th Cabinet Meeting.***

UPCOMING EVENTS

8/4 44-H Cabinet Meeting
Doubletree, Nashua

8/11 44-N Cabinet Meeting
Edward MacDowell Lake
Peterborough, NH

9/14 LIONS CLUB
OFFICER TRAINING Delta
Dental, Concord, NH

9/19-21 USA/Canada Forum
Spokane, Washington

9/25 LTSSA Annual Meeting
Salt Hill Pub Lebanon, NH

9/26 NHAPPDG
Airport Diner, Manchester

10/25-27 NELC & Necrology.
Dedham Hilton, MA

10/30 MD44 Council
Meeting Airport Diner
Manchester, NH

11/3 44-N Cabinet Meeting
Enfield Community Center

11/10 44-H Cabinet Meeting
Puritan Manchester, NH



2019-2020 District Officers

DG 44-N Sue Lindberg

DG 44-H Steve & Lion LeeAnn Middlemiss

MCC Fred Plett





We hope you are all having a great summer! We look forward to seeing those of you attending the Cabinet meeting on August 4th at the Doubletree Hotel in Nashua, just few short days away!



Valencia
Cabinet Secretary
valenciawil@comcast.net
603-770-7705

Club Visits - DG Steve is looking forward to visiting each and every club this year! **Presidents and Secretaries** please look at your calendars and let us know when we can visit your club! We will also reach out to you, to find out when you can fit a visit into your meeting times.

9-14-19—Club Officer Training Forum at Delta Dental in Concord NH - Save this date! Important opportunity to learn the ins and outs of being a President, Treasurer or Secretary for your club! **FOR ALL LIONS!**...in the position currently or wanting to learn about these positions. Bring your laptops and all your questions! See flyer in newsletter for more details!

MyLCI - is the place to keep your membership data up to date and to make sure club officers are listed. The data base on MyLCI is the database used as the "source of truth". Please sure to notify your club secretary timely of any changes in your information, such as address, phone or email info so that the database is kept up to date and accurate.

MyLion - is the place to report past service projects and fundraisers, or to set up new activities to come and to invite and notify people of your upcoming activity! There will be training on MyLion in September at the Club Officer Training Forum mentioned above...so if you want to get help, learn more and share experiences on MyLion, this is the opportunity to do so! We are all going thru a learning curve with MyLion....so let's all help each other learn this new tool!

Semi-annual dues bills have been sent out! Please be on the lookout for these and send your dues back in a timely fashion. Prompt payment helps keep the cash flow going for the district. Please direct any questions regarding the dues bills to PCC Scott.



PCC Scott
Cabinet Treasurer
scottwils@comcast.net
603-770-3700

Cabinet Secretary Valencia and Cabinet Treasurer PCC Scott



Thoughts from Multiple Council Chair Fred Plett

Email: mccplett@gmail.com

Multiple Council Chair Fred Plett Notes



By the time you read this, the first Council meeting of the year will have taken place on July 31st, and it was a jam-packed agenda. Discussions will have taken place about MD 44 becoming a 501(c)(3) organization, about possible new parade uniforms, a possible float or NH band for the International Convention to be held in 2023 in Boston, and much else. We will give highlights as to what actually happened at both District Cabinet meetings.

Most of us are taking a couple of months off in the summer, but summer is rapidly passing by. Now is the time to plan to come out of the gates in September roaring. So while we are cooling our heels relaxing, let us also put some thought into stepping on the accelerator next month. Meanwhile, there are the cabinet meetings to look forward to, and we will see you there.



Thoughts from Second Vice-District Governor Bob Gustafson

Email: robertgustafson11@gmail.com

Hello fellow Lions! As I write this, your District Leadership is gearing up to have our Pre-Cabinet Meeting in anticipation of the August 4th Cabinet meeting in Nashua. I'm looking forward to supporting the goals of our new District Governor Steve. As you know, I've been asked to chair a committee to partner with the Fisher Cats baseball team to promote Lionism at one of their games against the Binghamton Rumble Ponies (love that name) on Saturday, August 24th so look further in to the District Newsletter and sign up via the forms provided! The Team's Executive Director of Sales has promised us good seats this year. So treat yourself to a ball game and promote the Lions at the same time!



LIONS SIGHT & HEARING FOUNDATION OF NH, INC

GRANITE STATE FELLOW (GSF)

AWARD TIME

Give recognition to 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.

The GSF 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 which include hearing aids and cataract surgery. Donations go directly into the LSHF Endowment

Clubs may donate to LSHF in \$100.00 increments

Donations may be banked for up to five years with a designation on the donation memo.

Applications are online at: nhlions.org

Contact Chairman PCC Roger LaTulippe at 603-566-0691

email: dgroger@comcast.net



Thoughts from Global Service Team Leader *Lenny Hall* Lah03811@gmail.com



Welcome to our new 2019-2020 leaders! People's needs are not diminished just because we get to take a little summer time off. Try to stay engaged with your communities. Get together with a few of your Lion friends and get a copy of the community assessment form (available on the LCIF website) and decide where the best places in your community are to find out what's really needed. Try the Library, Police Dept, Schools, YMCA's, Boys and Girls clubs. This is a great tool to pick up the stuff that you might be missing? Get your new members involved, listen to what they have to say. New fresh ideas!

Doing good things for others is contagious so don't be afraid to get others involved in your community service. It changes lives.

That's all for now. Let me know if I can help in any way? Guest speaker? Helping get a service project off the ground? Someone to talk to?

GSL Lenny Hall
978-360-0958

GLT Spotlight-Pat Kimball 44H

Happy summer, and so glad to be back for another year as your GLT.

As DG Middlemiss stated in his July Pride, his theme this year is Lead from the Heart. It does take a strong and caring heart to do what we do, and that is "We Serve." LIONS would not be here for 102 years, if we didn't have strong leaders, followers and supporters. We need them all so we can take an idea to completion, and provide for those in need, and have fundraisers so we can do more. We need those with experiences and knowledge to do a charity project, fix someone's home, provide food for the hungry, or provide glasses to some child or adult that can't see. When we focus on our mission which is make our communities, and the world a better place because we care, all the rest falls in the place.

Along with serving, we need to have leaders that will carry the good things we do from year to year, and decades to come. My goal is to find our next future leaders in our clubs, and find those diamonds in the rough, and let them shine through and provide them with tools to be a great leader. If anyone would like to know more about becoming a future leader in your club, zone, district, multidistrict, etc. please send me an email PKimb56@gmail.com or call me at 603-819-8433. I will be visiting zone meetings, and look forward to invites to your functions. Let's have a great year, and look forward to seeing you all at future events.

**DISTRICT GOVERNOR (DG)****Steve Middlemiss**

22 Abbott St.

Hudson, NH 03051

H: 603-883-5205

C: 603-566-7616

E: cstmiddlemiss@gmail.com**1st VICE DISTRICT GOVERNOR (FVDG)****Marie Hall**

26 Moonlight Dr.

Newmarket, NH 03857

C: 603-686-6935

E: mariehall326@gmail.com**2nd VICE DISTRICT GOVERNOR (SVDG)****Robert Gustafson**

16 East Rd.

Atkinson, NH 03811

C: 603-553-0531

E: robertgustafson11@gmail.com**CABINET SECRETARY-TREASURER (CST)****Valencia Wilson**, Secretary**PCC Scott Wilson**, Treasurer

59 Georgetown Drive

Center Barnstead, NH 03225

H: 603-906-2353

C: 603-770-7705 Valencia

C: 603-770-3700, Scott

Val email: valenciawil@comcast.netPCC Scott email: scottwils@comcast.net**MULTIPLE COUNCIL CHAIR (MCC)****Fred Plett**

65 Wallace Rd.

Goffstown, NH 03045

C: 603-660-0732

E: MCCPlett@gmail.com**Global Leadership Team (GLT)**

Patricia Kimball

30 Eastfield Loop

Sandown, NH 03873

C: 603-819-8433

E: pkimb56@gmail.com**Global Membership Team (GMT)**

Al Goldstein

35 Main St.

Atkinson, NH 03811

H: 603-362-6529

C: 603-913-1281

E: ALgoldstein@comcast.net**Global Service Team (GST)**

Lenny Hall

14 Winslow Dr.

Atkinson, NH 03811

H: 603-362-5743

C: 978-360-0958

E: lah03811@gmail.com**MEETING NEWS****LIONS YOUTH SERVICE**

Second Thursday of the month at

Hannaford's Kilton Rd.

Bedford, NH at 6:30PM

SIGHT & HEARING FOUNDATION

Third Thursday of the month at the

Airport Diner, Manchester at 6:30PM

HEALTH SERVICE OF NH

Fourth Tuesday of the month at

Hannaford's, Kilton Rd.

Bedford, NH at 6:30PM

TWIN SOCCER ASSOCIATION (LTSSA)

Last Wed of the month at

Lui Lui in West Lebanon

(Powerhouse Mall) Subject to change

Zone 1 Marilyn Richardson, Chair

P.O. Box 65

Hudson, NH 03051

H: 603-882-1997

C: 603-204-7914

E: marilyn@pcom.com**Zone 2 Mike Dolan, Chair**

5 Zoe Lane

Newton, NH 03858

C: 603-303-7950

E: mt4dolan@gmail.com**Zone 3 Randy Thompkins, Chair**

4 Coombs Farm Rd.

Greenland, NH 03840

H: 603-431-7352

C: 603-765-4965

E: rye642@comcast.net**Zone 4 PDG Gary Rodgers****16 Mountain View Dr**

Hudson, NH 03051

C: 603-883-4351

E: deputy.g.rodgers@gmail.com**Zone 5 Larry Williams, Chair**

232 Loudon Rd

Pittsfield, NH 03263

C: 603-435-7861

E: lwwildwilly@gmail.com**Zone 6 Doug Griffin, Chair**

74 Peaslee Crossing Rd

Newton, NH 03858

H: 603-378-0693

C: 603-944-1377

E: doug@seadec.com**Zone 7 Linda Rafferty, Chair**

24 Falcon Way

Hales Location, NH 03860

C: 781-820-4771

E: lindarafferty55@gmail.com

NHLIONSDISTRICT44-H





SECOND ANNUAL
LIONS NIGHT AT THE FISHER CATS

SATURDAY, AUGUST 24, 2019



Join us for Lions Night at the Ball Park
Game time is 7:05pm

PLEASE WEAR YOUR LION'S APPAREL



We will be on the field at 6pm
for ceremonies and first pitch activities.
Eyescreenings, Eyeglass collections,
our Lion Mascot, access to the infield
for a new member swearing in ceremony,
videos on the Jumbotron,
Soap Box Derby Cars, Fireworks!!!
Plus 100 Backpacks will be given to the
first 100 children that come to the Lions table.

Your District GST is your
contact to order tickets
(\$9 each).

Make out all checks to:
**Lions Multiple
District 44 of NH**

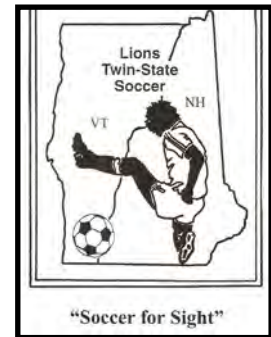
Send form and checks to:
**44N-GST Pamela Prentiss
(33 Prentiss Drive,
Chesterfield, NH 03466)**

or **44H-GST Lenny Hall
(14 Winslow Drive,
Atkinson, NH 03811)**



We have fabulous assigned seating this year in
Sections 107, 106, & 105 as
indicated in the above graphic of the stadium.
PLEASE USE THE FORM FOUND ON PAGE 6
TO ORDER YOUR TICKETS.

Nashua Lions Club Soccer Awards



King Lion Mike and Lion Greg made the long drive to Castleton State (VT) for the NH-VT Lions Twin State Soccer games. Despite the oppressive heat, the games were played. The Nashua Lions once again presented the 12th Player Awards to both the men and women from each state. The awards are in memory of PDG Joe Bielawski. The NH girls won 3-1 while Vermont took the boys game 4-1.

Congratulations to the NH Girls Soccer Team for their win of 3-1

**Twin State Soccer Matches NH/VT
Castleton College, Vermont July 20th**





Thoughts on Vision

From Melanie Saunders

Tips for safe vision this summer

With the warmer temperatures and increased outdoor activities of summer, comes a rise in eye injuries. Below are eye injuries and ailments that Mass. Eye and Ear, the only dedicated eye emergency room in New England, sees most during the summer. Take a look at some of the most common eye injuries and tips to stay safe while also having fun!

Sunlight-Related Eye Ailments

Protect your eyes in the sunlight with sunglasses, (polarized lenses are more ideal), especially if you are on or near the water. The reflection can make the glare from UV rays worse.

Swimming with Contact Lenses

Roughly 45 million Americans wear contact lenses, and some contact lens users may be tempted to jump into a pool or cool off at a water park on a hot summer day. Swimming while wearing contact lenses can result in serious eye infections that may cause corneal ulcers and could lead to vision loss.

Yard Work-Related Injuries

Summer can be a great time to revisit that yard work or woodworking project you've been putting off all winter, but it also means an additional risk to your eyes.

Whether you're grinding metal in the garage working on your car, pulling out fence posts or planting in the garden, always wear eye protection. The experts recommend safety glasses with shatterproof lenses.

What should you do if you experience an eye injury?

The experts note that if you suspect you have an eye injury, you should seek care from an emergency room staffed with ophthalmologists. Be sure to get treated as soon as possible if you experience an eye injury, as there is potential for vision loss.



Conway Area Lions Members Receive Awards at Spring Convention

Treasurer Steve Dolan and Rick Lammey received Granite State Fellow Awards, the highest form of recognition given by the Lions Sight and Hearing Foundation of NH.

Linda Rafferty received the "Melvin Jones Fellow" award, the highest form of recognition conferred by Lions International and is named after its founder Melvin Jones.



Jeri Maynard, Environment Chair



FLIP FLOPS! Everyone's favorite summer accessory! Back in the day, they weren't worn everywhere like now- they were "shower shoes" to be worn only at the beach, pool and the dormitory shower.

History shows us that a version of flip flops (made of leather) were worn by the early Egyptians in 1,500 BC and continue to be the shoe of choice (called by different names) for millions of people in many Asian and African Countries. In countless poor areas, these are the only shoes available to them. Our modern version of the flip flop is believed to be inspired by the Japanese "zori" which was brought to America by the US Soldiers serving in World War II.

Flip flops may seem like harmless adornments for our summer outfits but they are killing marine life. "Nine million tons of the popular footwear are washing up on the east African coast, mostly from Asia, India, China and Kenya.*" Problems have arisen because the dollar store versions, which are cheap to manufacture but break and wear out easily, are frequently discarded - winding up in landfills, beaches and oceans. Unfortunately, these low cost versions are made of materials that are not earth or animal friendly (plastic, certain types of foam, etc.).

So how can we reduce the impact on the environment? Well, the next time you need to replace your flip flops, resist the urge to buy the cheaper versions and invest in a higher quality that will not only last longer but will probably save you money in the long run. There are several shoe manufacturers out there who have taken this cause to heart and are manufacturing environmental friendly styles made of natural materials; i.e. recycled plastic, upcycled tires, cork, hemp, natural rubber, recycled polyester and upcycled industrial hoses.

When your old flip flops are no longer suitable, you can investigate/look on-line for recycling centers (TerraCycle for one) or community groups that will send their collections to recycling organizations. You might also look on-line for ideas on how you can recycle; how about knee pads for gardening, gripper pads for furniture, DIY rubber stamps, door stops, and, of course, endless craft projects.

So enjoy your summer whether on vacation, bumming around town, or only walking to the pool- just be sure to take good care of those iconic symbols of summertime fun!

*Julie Church. Founder and former CEO of Ocean Sole- the Flip Flop Recycling Company

Moultonborough Lions Club



Moultonborough Lions Club President Peter Allen displays one way the club is trying to go “Green” by providing drinks in paper cups instead of plastic bottles.

The Town of Moultonborough once again paid the bill (thank you, thank you, thank you) for the Moultonborough Lions to host a free picnic at the old Lions Club after the 4th of July Parade.

Twenty two Lions stepped forward to help out this year (a record for sure) and they decided to go “Green”. Thanks to the efforts of President Peter Allen, the utensils were wooden, the bottles of water donated by C. G. Roxane were transferred to a big jug and returned for recycle, lemonade was made in another big jug and both were served in paper cups. The club also used paper napkins and paper plates. Moultonborough Lions members doing their best to help the environment. Lions Pride. Can you feel it?

Over 350 people were served in about 2 hours. Each year the club gets better and better at organizing and making things run smoother. It is a pretty difficult task when that many people arrive almost at the same time ready to eat. This year things seemed to run much more smoothly. Thank you to the community for the patience you displayed. Thanks for all the nice comments received

Moultonborough Lions Club held its Annual Scholarship Recognition Dinner on Monday night. Earlier this year, the club awarded six \$1,500 scholarships to students from Moultonborough and Inter-Lakes. In the package each student received was an invitation to the dinner for the student and his/her parents. This is a long standing tradition of the club and one members always look forward to.



Moultonborough Lions Club President Peter Allen with Scholarship recipients Cassidy Sturgeon and Katie DuBois.



LIONS YOUTH SERVICES

MEETING HIGHLIGHTS- 11 July 2019

Many thanks to Lion Eric Olsen and his family for coming to the July meeting to help fill the backpacks that are designated to be distributed at the Lions at the Fisher Cats ballgame. With the extra help, we were able to fill them at record speed.

Also attending the meeting was Kris Pavlik from the Barrington Area Centennial club. Kris was most welcomed in joining us and she agreed to participate in Lions Youth Services goals for the upcoming year. Thank you Kris.

An email went out to all Lions announcing that we have BackPacks available to be filled. A decision was made that we would ask for "School Supplies" donations for elementary age students to fill these packs and the supplies will be collected during the upcoming Cabinet meetings. Please bring all "School Supplies" donations to your district's meeting; if you are unable to attend, please be sure to give the donation to someone you know who will be attending the meeting. Cabinet meeting dates are August 4th, District 44H and August 11th, District 44N.

Next LYS meeting is scheduled for Thursday, August 8th at 6:30 pm at Hannaford Supermarkets on Kilton Rd in Bedford NH. Please join us and find out how you can help out. All Lions are welcome to attend.

PEACE POSTER CONTEST - *Journey of Peace*

There are still a few remaining kits left (2 actually) and if we have any by the time of the Fisher Cats ballgame, you can purchase them there. If you or your club wishes to purchase a kit, please contact Virginia Edwards and she will get one to you. Each kit costs \$12.00. It's still not too late to participate, perhaps you can get your local library interested or a youth group in your area during the last month before school begins. Please contact Virginia Edwards at vdgvirginia@yahoo.com

LIONS at the FISHER CATS

VP Lenny Hall indicated that we are still in need of volunteers for the game. If you can help out, please contact Lenny at lah03811@gmail.com for details. Below is your contact information for ordering tickets. There is more detailed information in this month's newsletter where you will find an order form.



Your District GST are your contact to order tickets (\$9 each)

Make out all checks to;
Lions Multiple District 44 of NH

Send form and checks to:
44N-GST Pamela Prentiss
(pepotr@myfairpoint.net)
(33 Prentiss Drive,
Chesterfield, NH 03466)
or

44H-GST Lenny Hall
(lah03811@gmail.com)
(14 Winslow Dr., Atkinson, NH 03811)



HUDSON LIONS CLUB INSTALLATION AND AWARDS



Awards presented at Installation on June 24th.

President Margaret and PCC Celeste, Awards Chair, are pictured in photos.

Granite State Fellow (GSF) Progressive Granite State Fellow (PGSF)

Melvin Jones Fellow (MJF) Progressive Melvin Jones Fellow (PMJF)

Top L-R:

Pauline Boisvert PGSF, Peggie Lever GSF, Linda Hedrick MJF, Kimberley Fournier MJF, Lillian Bellisle PMJF,

Jeri Maynard PMJF, Incoming President Don St. Onge pins President Margaret St. Onge GSF

Hudson Lions Club World Class Centennial Award

PCC Scott Wilson, President Margaret and Centennial Presidents PCC Celeste Ricupero and Valencia Wilson



**NOKID
HUNGRY™**
SHARE OUR STRENGTH

GAIL DACEY, CHAIR

"The test of the morality of a society is what it does for its children" Dietrich Bonhoeffer
Most but not all of us are aware of 68 hours. The mission of End 68 hours of hunger is to meet the needs of those local school children who confront approximately 68 hours of hunger between the free lunch they receive in school on Friday afternoon, and the free breakfast they receive in school on Monday. Many clubs collect food at their meetings and drop it off at their SAU or they donate money or conduct food drives. There is a very real need for this. Many districts continue to put together bags to be picked up by parents in the summer. Children are hungrier in the summer as there is no more free lunch. Check with your school districts to see what you can do to help during the summer. If your area doesn't have this program you can contact [end68hoursofhunger@gmail](mailto:end68hoursofhunger@gmail.com) (954)304-1321 in Somersworth or [www, end68hoursofhunger.org](http://www.end68hoursofhunger.org)
Remember New Hampshire has many hunger children.

Portsmouth Lions Club raise money for the Food Pantry



The Portsmouth Lions Club held a community service project to raise money for [Gather Food Pantry](#) at the Portsmouth fireworks on July 3rd.

We collected food and almost \$600 to help Gather Food Pantry with their mission.

This was our inaugural event for the Gather Food Pantry. Portsmouth Lions are making this an annual event.

Many thanks to the City of Portsmouth for working with us!



New Hampshire Association of Past & Present District Governors

Club Officer Training Forum

Location: Delta Dental, Conference Center

Two Delta Drive, Concord, NH 03301

Date: Saturday, September 14, 2019

Registration: 8:00 – 8:45 am

Welcoming & MD Committee updates: 9:00 – 9:15 am

Classes: 9:15 – 11:30 am

President

Secretary (Please bring your Laptops)

Treasurer

ALL LIONS ARE WELCOME TO ATTEND. It's never too early to think about having knowledge for a future officer's position in your club.

Closing get together 11:30 – Noon

Serving: Coffee, Tea, Breakfast pastries, yogurt, fruit and water. **No Cost to Lions**

Presenters must have an accurate count for each class in order to have enough handouts.

You must RSVP and state which class you will be attending

NO LATER THEN September 1, 2019

To RSVP please e-mail or call PCC Celeste Ricupero (Committee Member)

E-Mail : ricupero7@comcast.net Phone: 603-321-0737

Looking forward to seeing you,

Associations Forum Dean, PCC Jim Robinson & Forum Committee



THE DOGSIGHT PROJECT

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



Hot Dog!

What do you do for your dog in the summer heat? Same thing for small children – go swimming! Or, failing that, have a bath! Why not combine the two? Rosie isn't thrilled by the prospect of a bath, but fill the same pool with water and toss a couple of balls in, and she's ready to play for an hour or so. I learned a few years ago to put the shampoo on a hand towel and then rub that on her, so even that part of the bath makes her happy. Since I start this whole adventure with the idea of getting soaked myself, everyone ends up happy.

You can dive into the DogSight 2019-2020 campaign by sending a donation in now. Checks should be made out to **LSHF** with **DSP** on the memo line. Send to:

The DogSight Project
c/o Linda Piekarski
15 Edgewood Ave
Keene, NH 03431

Thank you for your support!!

Linda Piekarski

Chair, the DogSight Project

piekarski@ne.rr.com

Raised for Fideco in 2019-2020: \$0

PCC Celeste Ricupero, Diabetes Chair

Email: ricupero7@comcast.net



Diabetes Risk Test

This simple tool can help you determine your risk for having type 2 diabetes.

1 How old are you? Write your score in the box.

Less than 40 years (0 points)

40–49 years (1 point)

50–59 years (2 points)

60 years or older (3 points)

2 Are you a man or a woman? Write your score in the box.

Man (1 point)

Woman (0 points)

3 If you are a woman, have you ever been diagnosed with gestational diabetes? Write your score in the box.

Yes (1 point)

No (0 points)

4 Do you have a mother, father, sister, or brother with diabetes? Write your score in the box.

Yes (1 point)

No (0 points)

5 Have you ever been diagnosed with high blood pressure? Write your score in the box.

Yes (1 point)

No (0 points)

6 Are you physically active? Write your score in the box.

Yes (0 points)

No (1 point)

7 What is your weight status? (See chart at right. See other side for metric units) Write your score in the box.

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

(1 Point) (2 Points) (3 Points)

You weigh less than the amount in the green column (0 points)

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009.
Original algorithm was validated without gestational diabetes as part of the model.

Additional Risk Factors for Diabetes

In addition to the factors scored in the Risk Test, race or ethnic background can play a role: type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, and Asian Americans and Pacific Islanders.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

Symptoms of Diabetes

People with type 2 diabetes often have no symptoms. When symptoms appear, they often include:

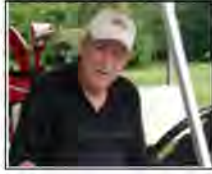
- Frequent urination
- Being very thirsty
- Tingling, pain, or numbness in the hands or feet
- Blurry vision

Problems Related to Diabetes

Diabetes can lead to other serious health problems such as:

- Heart disease and stroke
- Kidney problems
- Foot problems (ulcers and amputation)
- Nerve damage
- Eye problems and blindness

visit us on Facebook
[facebook.com/AmericanDiabetesAssociation](https://www.facebook.com/AmericanDiabetesAssociation)



HUDSON LIONS CLUB
13th ANNUAL LION AL LEVESQUE
GOLF TOURNAMENT
 Benefit of Hudson Lions Club Charities

SATURDAY SEPTEMBER 21, 2019

Whip-Poor-Will Golf Club
55 Marsh Rd. Hudson, NH
7:00 Sign-in – Four Man Scramble 8:00AM

TOURNAMENT FEE
\$ 100.00 PER PERSON

Fee includes:
Green fees, power cart, prize fee and lunch

For information call:
Bob Giaquinto: 603.459-9437
Email: bob.giaquinto@microchip.com

2019 HUDSON LION AL LEVESQUE
MEMORIAL GOLF TOURNAMENT



10#: 673364 IRS EIN: 02-0502889
 501(c)(3) Charitable Organization
www.hudsonnhlions.org



Thank You
For your continued sponsorship and
support of the Hudson Lions Club
1947 – 2019
Celebrating 72 years of service
to New Hampshire and the
Greater Hudson Community

The Lions Club is an international network of 1.4 million men and women in 200 countries and geographic areas who work together to answer the needs that challenge communities around the world. The Lions Club was started with a quest to end preventable blindness.

Some of the charities the Hudson Lions Club supports are Scholarships for Hudson students graduating from high school and continuing their education on a higher level. A \$1,000 scholarship is awarded annually to a student in college pursuing a career in the medical field. We provide food baskets for those in need at Thanksgiving and Christmas. We support the food pantry and adopt several families for Christmas, providing gifts and food. Our main focus is sight and hearing providing care for those in need.

WE ACCEPT AND RECYCLE EYEGLASSES

To support our endeavors we host fund raising events such as this golf tournament.

Company Name: _____
 Contact Name at Company: _____ Position: _____
 Address: _____
 Phone: _____ Fax: _____ Web Page: _____
 E-mail: _____

Make checks payable to: Hudson Lions Club Mail to: 2 Baltusrol Drive Hudson, NH 03051
 Call Bob Giaquinto: 603-459-9437 or E-mail: bob.giaquinto@microchip.com

☐ GIFT CERTIFICATES ACCEPTED

NAME: _____

AMOUNT: _____

☐ **Golf Tournament Sponsorship**

When: Saturday September 21, 2019
 7:00 AM sign-in 8:00 AM 4-man Scramble

Where: Whip-Poor-Will Golf Club Hudson, NH

Golf Tournament Sponsorships:

- | | | |
|---------------------------------------|-----------|-------|
| <input type="radio"/> Hole Sponsor | \$100.00 | _____ |
| <input type="radio"/> Contest Sponsor | \$250.00 | _____ |
| <input type="radio"/> Cart Sponsor | \$500.00 | _____ |
| <input type="radio"/> Lion Sponsor | \$1000.00 | _____ |

Golf Tournament Players:

☐ Greens Fees, Cart, Lunch
 \$100.00 x # _____ = \$ _____

Player #1 Name: _____

Player #2 Name: _____

Player #3 Name: _____

Player #4 Name: _____

TOTAL GOLF SPONSORSHIP \$ _____

HUDSON LIONS CLUB RECEIPT

Date Received: _____ Payment type: Cash or Check # _____ Amount Received: \$ _____
 Received by: _____

Nashua Lions Club Golf Tournament

Sunday, October 6, 2019
Amherst Country Club
Amherst, NH

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

\$125 per person/\$500 per team

Entry Fee includes: Green Fees, Cart, Swag Bag, Mulligans, Raffle Ticket, and Meal before Awards Ceremony.

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



LCIF has lowered the Per Member Average to be a Model Club. While we know that this amount may be a real stretch for many Clubs, I'm sure that there are some who will now be able to consider a 5 year Plan to get to that level. Look at how much you gave for the last 2 years and see if the Model Club is attainable.

If your Club has not traditionally given to LCIF please ask yourself and your Club Leadership "WHY NOT" Our goal this year is 100% Club Participation!

Here is the reason you should give:

Charity Navigator Thinks We're "Exceptional"

For six years in a row, we've been honored to receive Charity Navigator's top rating of four stars.

Service has been the hallmark of Lions Clubs International since it was founded in 1917. It is the world's largest service club organization with 1.4 million members in 205 countries and regions. Lions Clubs International Foundation (LCIF) was begun in 1968 to take that service to new levels by tackling global problems as well as assisting Lions with large-scale local humanitarian projects. Through LCIF, Lions meet the needs of their local and global communities. LCIF has evolved to become an internationally recognized humanitarian organization and the largest blindness prevention organization. LCIF is able to leverage its funds by partnering with other non-governmental organizations and corporations that share a common mission. The Foundation grants, on average, \$30 million annually. LCIF is particularly proud of its SightFirst program, launched in 1990 to reduce and eliminate the causes of preventable blindness worldwide. Through the program, it has helped more than 30 million people.

I hope you can help too!

Thank you. Bill Rathbun, Past Council Chairman



CHILDHOOD CANCER

Childhood Cancer Facts

- **2 minutes** a child is diagnosed with cancer every two minutes
- **13%** increase in incidence of childhood cancer over the last 20 years
- **6 years** average age at diagnosis of children with cancer
- **>90%** of childhood cancer deaths occur in low resource settings
- (from Lions International website)



Mary Tremblay

Pediatric Cancer, Chair

mntremblay@earthlink.com

September is Childhood Cancer month - start thinking about how your club can support families with children with cancer in and around your community. Contact the Salvation Army, town welfare office, school nurses to let them know your club is willing to give assistance to families who may need gas or grocery cards, rides to treatment, maybe a ramp built at a home, or other needs,

Read next month for some contacts in New Hampshire that we can work with.



Creating
BETTER
Leaders

2019 | Spokane, WA
September 19-21, 2019

To Register or Get More Information Go To: www.lionsforum.org/

Event Information:

Welcome to the 43rd Annual USA/Canada Lions Leadership Forum. Our tentative scheduling follows previous scheduling with past Forums. Please remember, times and schedules are subject to change as final preparations are in progress. Please note we have expanded our seminars with special guest speakers. You will soon see a complete schedule of seminars including updates of our Strides Walk and hands-on project. Follow us on our web page, Facebook page and email updates.

Thursday, 9/19/19

7:00 AM-3:00 PM	Registration Opens Convention Center/ Hotels
8:00 AM-5:00PM	Forum Office Opens
8:00 AM-5:00PM	Exhibits Open
8:00AM- 8:30AM	Forum Store Open for Special Needs
8:30AM-12:00PM	Forum Store Opens for All
11:30AM-2:00PM	Strides Walk Around the Park
2:00PM-4:30PM	Forum Store Open
2:00PM-5:00PM	Seminars
3:30PM	Lions University Graduation
6:00PM-8:45PM	Opening Event Celebration/ Dinner

Friday 9/20/19

8:00 AM-12:00PM	Forum Office Open
8:00 AM-5:00PM	Exhibits Open
8:00AM- 11:00AM	Forum Store Open
8:30AM-11:10AM	Seminars
11:30AM-1:40PM	Friday Luncheon / Keynote
2:00PM- 5:00PM	Forum Store Open
2:00PM-4:40PM	Seminars

Saturday 9/21/19

8:00 AM-3:00PM	Forum Office Open
8:00 AM-3:00PM	Exhibits Open
8:00AM- 11:00AM	Forum Store Open
8:30AM-11:10AM	Seminars
11:30AM-1:40PM	Saturday Luncheon /Keynote
2:00PM- 3:00PM	Forum Store Open
2:00PM-4:40PM	Seminars
6:00PM-8:45PM	Closing Event / Dinner

September 19-21, 2019 • Register Today... www.lionsforum.org
Spokane, Washington



36th Annual Rye Lions Car Show & Cruise-IN

September 15, 2019
(rain date September 22)
Parsons Field
Washington Road, Rye, NH
Trophies & Awards 2:00 pm

TROPHY CLASSES

Cars \$10
Spectators \$3
Free Parking

- Special Interest
- Customs
- Mustangs
- Thunderbirds
- Muscle Cars
- Camaros/Firebirds
- Hot Rods
- Sports Cars
- Street Machines
- Antique: pre 1950
- Classic: 1950, 1960, 1970 & later
- Trucks: pre 1960, 1960 & later
- Corvettes: pre 1968, 1968 & later
- Volkswagens: Open Class
- People's Choice • Best of Show

Non-competitive Cruise-In Area

**Great Food
Music
Door Prizes
Raffles**

Contact: Alan
603-379-2080

Check our web site at www.rye.nhliions.org



Camp Pride Barbecue

September 15, 2019 10am to 3:30pm Meals 12:30

\$10 Adults \$5 Children (12 & under)

RSVP to: lionscamppride44h@gmail.com

Let us know who you are, number attending and your choice of

Half chicken **OR** Hamburgers and Hot Dogs

Salads, fruits, lemonade, water

Or you can mail the same information with payment to:

Lions Camp Pride

PO Box 157

Atkinson, N.H. 03811

Camp Address: Lions Camp Pride Way New Durham, NH



SAVE THE DATE

New England Lions Council 2019-2020 Meetings

For more information contact: NELC Pres. PDG Sandra Hurd
603-424-8922 or axstewart@comcast.net

October 25-27 - Dedham Hilton - 25 Allied Drive - Dedham, MA 02026

Saturday Tentative Seminars/Trainings

Service Launch Pad - My Lion - Pediatric Challenge - DG Roundtable

Low Vision New England - Go to Meeting

Saturday Evening Dinner - Banquet - speaker TBA - Raffle

Sunday - Necrology Service - Meeting (DG Reports)

January 3-5, 2020 - Connecticut

TBD: Holiday Inn Norwich,
Hilton Garden Inn Preston or another Eastern CT Hotel.

May 17 - Regatta Conference Center - Eliot, ME

One day including Seminars, Brunch Buffet for \$20
Final meeting and DG reports





Holiday Cards for our Military Challenge



And here we go again...

I'm excited to kick it all off again. Since the beginning of July, I have close to 2,000 newly signed cards. I am feeling the support and enthusiasm, especially as I recently traveled to DC and met with our US NH Senators and Congresswoman/man. I am thrilled to have the support of the *LIONS* and am eager to connect with you as to how to go about spreading the news of the Challenge and engaging as many Lions in NH as want to join in."

I have a website now (very exciting)
www.militaryholidaycardchallenge.com
 I'm available at 603-689-4191
 And email holidaycardsnh@gmail.com

Best, Laura Landerman-Garber, Ph.D.



Our goal is to deliver your warm holiday wishes to active duty military in all five branches of the U.S. service in time for the winter holidays. Boxing and shipping takes time. That means that we need to set deadlines well in advance of the holidays. Your efforts to work within these limits are appreciated.

*The deadline for Holiday Cards
is October 31, 2019.*

Where to drop off completed cards?
 Most Drop Stations will have FREE cards for you to sign.
 Please take as many as you need.
 After signing them, return them to the Drop Station or to the address noted below.

**Hollis Pharmacy Hollis, NH
 Martha's Exchange in Nashua, NH
 Franklin Loan and Savings Banks
 Seedlings Café in Merrimack, NH
 Sal's Pizza on Storrs Street in Concord, NH
 Ground Support LLC 19 Proctor Hill Road Hollis, NH**

**PLEASE VISIT THE
WEBSITE FOR
FURTHER DETAILS!**

Please follow these guidelines when instructing participants how to sign cards. These guidelines will help to assure that all cards are acceptable to the United States Postal Service for shipping and to the military.

1. Please address the card to "Dear Warrior"
2. Write a holiday greeting, keeping in mind that our Troops are diverse in their holiday practices and beliefs.
3. Write a personal note. For example: How do you celebrate the holidays? What are your family memories of holidays? The Troops enjoy learning about things that happen in your hometown or region of the Country. The messages can be serious or funny or both, always keeping in mind that appropriate language and wording are important!
4. Sign your first name **ONLY** and the town and state where you live.
5. If you are or have been in the Military, please consider including that information. IF you are a member of a club such as Lions or Rotary Groups, please consider including that information. If you are an elected official or a First Responder, please consider including that information in your Card.
6. If your card is homemade, please keep the size to no larger than an 8 x 11 size paper folded in half.
7. If you have an envelope, please do NOT seal it and there is no need to address the outside of the envelope. If you want to do so, please consider writing Warrior on the outside of the envelope. Feel free to decorate the envelope if you want to do so. Do not be concerned if you do not have an envelope!