The PRIDE

Newsletter of Lions District 44-H New Hampshire

March 2020 Volume 45 Issue 9

Lead from the



Thoughts from DG Steve Middlemiss

As we continue to move forward through the second half of our Lionistic year we find ourselves at a crucial time. It is already March and we are currently in the red for membership. Your District Leadership has been working hard to overcome this deficit, but we need your help. We still have time, but we need to double our efforts. As I have been mentioning at my visitations, membership should not be looked at as a challenge but as an opportunity. An opportunity to grow and more importantly an opportunity to serve!

We have switched gears and are now working to develop a new club in the City of Rochester. We had a very successful canvassing event on February 1st with some great leads. I would like to thank those who joined in on this day (PCC Mike Baillargeon, Lion Karen Baillargeon, IPDG Jerry Vacarro, ZC Randy Tompkins, FVDG Marie Hall, SVDG Bob Gustafson, GMT PDG Al Goldstein, PCC CST Scott Wilson, myself, and PDG Bill Brown). Our Leadership at work!! If you know of anyone who is community minded from the Rochester area please reach out to them and have them contact PCC Mike email: mdbail@comcast.net or GMT Al at algoldstein@comcast.net about info on the next organizational meeting.

We have also begun our **Just Ask One** challenge. There will be a \$50 (thanks to SVDG Bob's donating \$25 toward this prize) gift card given out at the March cabinet meeting as well as a \$50 gift card given out at Spring Convention in May. Beginning January 20th for each new member you sponsor your name will go into a hat to be drawn at these events. Remember how you felt when you were asked to join this amazing organization. Wouldn't you like to spread that feeling? Reach out to family, friends and co-workers. If every member did so and 10% agreed to join, we would increase membership 177 members. Reach out and **JUST ASK ONE!**

I hope that clubs have begun reviewing their membership for potential officers to lead them into the next year. Look at those who have been important in helping with your fundraising and service projects. These are two areas where great leaders can come from. They have already proven themselves with their efforts. Time is growing short as we need to send this list to International soon so please begin this effort.

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. JUST ASK ONE! DG Steve & 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 DECEMBER 15th



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MEMBERSHIP MATTERS



District Membership	This Month	This Year
Opening Balance	1,183	1,226
Added members	9	57
Dropped members	9	100
Closing Balance	1,183	1,183
Net Gain/Loss	0	-43
Worldwide	1,418,268	



Club	New Member	Sponsor
Danville	Kaitlin M Drislane Joseph Witty	Deborah Witty
Hudson	John L Leone	Rachel Guill
Kingston	Leanne Casaletto Robert Pagliarulo	Karen Lumnah Gail Ramsey
Nashua Everest	Abhishek Karki Radhe Shyam	Ajay Rana Baht Ajay Rana Baht
Windham	Tom Winter	William Brown





March 10 Wolfeboro, March 16 Newmarket Area, March 17 Loudon, April 2 Atkinson

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

E: <u>liondeedee@comcast.net</u>

Lions Fellowship
Nancy O'Dowd
P.O.
Box 1163 Wolfeboro, NH 03894
-387-6808
pesmom14@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

CHILDHOOD CANCER Mary Tremblay E: mntremblay@earthlink.com

DIABETES
PCC Celeste Ricupero
E: ricupero7@comcast.net

ENVIROMENT:

Jeri Maynard E: lionjeri@comcast.net

HUNGER Gail Dacey E: grd514@aol.com

VISION
Melanie Saunders
E: melanieleesaunders@gmail.com

NEED HELP?

Club President Assistance
Here to help
SVDG Robert Gustafson
603-553-0531
email robertgustafson11@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 Winners 2020
Jan: Nancy Poulin, Hudson
PDG Celeste Ricupero pin Pg 13
Feb: PID Ed Lecius Nashua PDG Al
Goldstein's pin Pg 10

Monthly 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.
The winner will be announced in the
Newsletter and will receive a
\$10.00 Dunkin Donuts gift card at
the May 2nd Cabinet Meeting

UPCOMING EVENTS

3/1 44-H Cabinet Meeting Holiday Inn, Manchester 3/7 Stride Walk for Diabetes 3/7 44-N Cabinet Meeting McAuliffe Shepard Disc Ctr 3/22-23 NH Leadership Institute 3/26 NHAPPDG Airport Diner 4/2 501 (C) (3) Meeting 6:00pm Blakes, 353 Main St. Manchester 4/4 Guiding Lion Training, Delta Dental, Concord 9:30AM 4/22 Earth Day, Climate Change 4/24-4/25 Vision Weekend Nashua Courtyard by Marriott 5/1-3 44H Spring Convention, **N Conway Grand Hotel** 5/8-10 44N District Convention Loon Mt. Resort 5/16 DG Steve Homecoming at Camp Pride—Pig Roast 6/20 MD Leadership Training-**Health Services of NH Meeting** Monthly 4th Tues 6:30PM Hannaford's Com. RM 7 Kilton Rd. Bedford **Sight & Hearing of NH Meeting** Monthly 3rd Thurs 6:30PM Airport Diner, Brown Ave Manchester **Youth Development Meeting**

Monthly 2nd Thurs

Hannaford's Com. Rm

7 Kilton Rd, Bedford





46th ANNUAL DISTRICT 44-H SPRING CONVENTION NORTH CONWAY GRAND HOTEL 72 COMMON COURT, NORTH CONWAY, NH MAY 1-3, 2020



Our Invited Guests: International Director Mark and Lion Carolyn Lyon

Lion #1	C	CLUB		
Lion #2/guest		CLUB		
Home Tel. #	email			
Plan	Meals and Registration	# of persons	Cost	total cos
A Fri. banquet,	entertainment, Sat. night banquet - Chicken () Fish ()	@ \$66.00	1
	entertainment, Sat. night banquet Filet Mignon ()		@ \$76.00	
	and entertainment only		@ \$30.00	
D Sat. night bar	nquet only Chicken () Fish ()		@ \$36.00	
	nquet only MEDIUM WELL ONLY Filet Mignon ()			<u> </u>
Sat. night dessert - dinner cost	- Choose one: Chocolate Layer Cake () or Cheesecake w	ith Strawberrie	s () Inclu	ided in
	Summer cookout Buffet: Steak tips, grilled marinated chicke on, Freshly Baked Cookies and Brownies	Fotal Amount D n, salads, corn o		,
Baked Boston Had Filet Mignon, Saud	l Chicken: with Sauce Supreme dock with Seasoned Breadcrumbs, and Fresh Lemon Beurr ce Bordelaise MEDIUM WELL ONLY served with fresh rolls, butter, Chef's choice of vegetable,		o, garden s	alad, coffee
Please note any sp	ecial dietary needs			
Saturday and Sun	day Breakfast and Saturday lunch will be on your own. T	here is a restau	rant at the	hotel.
	Deadline for Meal Reservations is Apri			
Market September 1997	IN TIME IS 4:00PM. PLEASE DO NOT EXCPECT YOU	Supplementary of the supplement	COLUMN TOWNS OF STREET	The state of the s
One Night	: Lions Convention Room rate: single or double \$119.00/ t Stay \$139.00 Wednesday / Thursday Stay \$89.00 otel @ 1-800-655-1452 and identify yourself as NH Lions I			2 nights
All reservations m	ust be made by Tuesday, March 31, 2020 for the	special rate	<u>.</u>	
You will call a	nd pay the hotel directly for your room.			
Make checks paya	ble to: "Lions District 44-H"			
Mail Registration	form and checks to:			
PCC Celeste Ricu	pero, Convention Chairman			
7 Winn Ave, Huds	son, NH 03051			
(603) 321-0737	ricupero7@comcast.net			

District 44-H Spring Convention Friday Night Entertainment-May 1st

Jonathan Sarty r/Songwriter

Jonathan Sarty (Classic Americana) is a native of New England and founder of the White Mountain Boys, the Jonathan Sarty Band, and the popular Cold River Radio Show (hosted by Jonathan and his renowned Cold River Radio Band). An accomplished songwriter, recording artist, and performer with an extensive repertoire covering a variety of genres along with his own adaptations of Classic American Hits. Known for a great voice and versatility he has been entertaining crowds of all kinds throughout New England and beyond for decades. He has developed his repertoire through years of professional performing. In addition to his own original music his catalog features classic crooners by the likes of Sinatra, Cole, and





Fitzgerald, Classic Country songs performed by artists such as Johnny Cash, Ray Charles, Willie Nelson, Marty Robbins, Hank Williams and other greats. Jonathan covers everything

from Elvis Presley Hits to Classic Rock Hits by artists such as Neil Young, Tom Petty, Bob Seger, the Eagles, and more. From American Songbook Standards, Classic Country, Classic Rock, Rock'n Roll, Boogie Woogie, and love songs to ballads and folk songs by artists such as Cat Stevens and Jim Croce. Whether singing Bob Dylan's works or songs of the Moody Blues Jonathan makes each song his own with style. Playing to his crowd adeptly has made Jonathan Sarty a New England commodity, which explains why he is performing hundreds of shows a year regionally and throughout his homeland of New England. Whether performing with the Jonathan Sarty Band, his fabulous Cold River Radio Band, or a solo show, Jonathan is a dedicated performer who never fails to put on a great show. His theory is... "If you don't intend to give it 100%, don't bother doing it at all."

Sharpen your music trivia as we will also be playing "Name that Song"! Prizes will be awarded to those who guess the correct song title first!

*****Friday Night Raffle Fun!****

We are requesting raffle donations for the Spring Convention Friday Night Raffle event! Theme gift Baskets, individual items, wine/ alcoholwhatever you can contribute would be greatly appreciated! The more raffle items, the more fun, and more chances to win! If you can contribute a raffle item, please contact Cabinet Secretary Valencia Wilson, at valenciawil@comcast.net



or via phone 603-770-7705. Donations can be brought to the March 1st Cabinet meeting, or bring your item to Spring Convention. If you can't do either of these, other arrangements can be made to pick up your raffle

donation. Please be sure to label your donation with your Club name, so we can be sure to identify and thank who contributed items.

Thank you in advance!





International Guest International Director Mark Lyon and Lion Carolyn Lyon

Mark S. Lyon, from Brookfield, Connecticut, USA, was elected to serve as international director of Lions Clubs International at the association's 101st International Convention, held in Las Vegas, Nevada, USA, June 29 through July 3, 2018.

Director Lyon has worked in corporate legal administration and financial services for 36 years. He is currently board administration manager with Synchrony Financial.

He has been a member of the Brookfield Lions Club since 1996 and has held a number of offices within the association, including district governor, GLT district coordinator, cabinet secretary, multiple district council chairperson and multiple district GLT coordinator.

In recognition for his service, he has received numerous awards including an International President's Award and an International President's Leadership Award. He has also been recognized as a Connecticut Knight of the Blind and a Connecticut Ambassador of Sight in addition to receiving four International President's Certificate of Appreciation, he is the recipient of a number of project and service related certificates.

Director Lyon is a Progressive Melvin Jones Fellow. His wife Carolyn Faris Lyon is also a longtime Lion and Melvin Jones Fellow.

District 44-H Spring Convention Schedule

FRIDAY MAY 1ST

3:00-6:00 pm Registration
3:00-5:00 pm Hospitality room open
6:00-7:00 pm Cocktails- cash bar
7:00 pm Dinner & Entertainment
Hospitality room open following banquet

SATURDAY MAY 2ND

8:00-9:00 am Registration 9:10-9:40 am Memorial Service 9:50-12:00 pm Cabinet Meeting Awards & Elections 12:00 noon Lunch on your own 3:00-5:00 pm Hospitality room open

SATURDAY MAY 3RD

4:00 pm DGE reception in Hospitality room. Exeter Lions. Everyone welcome 5:30-6:15 pm DG Reception 6:30 pm DG Banquet Hospitality room Opens Following banquet

SUNDAY MAY 3RD

11:00 am checkout

For further info:
Celeste Ricupero
603-321-0737
Email: ricupero@7comcast.net





Thank you **Hampton Area Lions** for your outstanding efforts and service.

Clubs may assist in the shipping of eye glasses by making a monetary donation to the **Hampton Area** Lions Club.

Hampton Area Lions Eyeglass Sorting

At MD44 mid-winter convention, Jan 24-26, NH Lions brought a large assortment of used eyeglasses for delivery to the Hampton Area Lions Club. Thank you to all the clubs who donated glasses and money for shipping. As a result of this latest effort, approximately 7000 pairs of glasses were shipped, bringing the total shipped to date from Hampton to Lions Eyeglass Recycle, Roanoke, VA to over 347,000 pairs of eyeglasses.

When the eyeglasses were in hand, a group of Hampton Area Lions inspected them to ensure glasses were complete with no defective lenses nor broken or distorted plastic frames. Those not meeting requirements were discarded. If metal framed glasses did not meet requirements, the lenses were discarded and metal saved for processing. As the glasses are sorted, they are separated by regular or sunglasses. BUT WAIT THERE IS MORE! When this inspection and sorting is complete, Lion Ted Davis checks every pair and packs them for shipment. As a result of his inspection, he itemizes any errors made in the club sorting process, briefs members on their work and issues a grade on the overall effort. Note - he is one tough grader, but his second effort, coupled with club member checks, helps to eliminate some of the time that would be spent by Roanoke volunteers having to sort out defective glasses.

Photos: Lions Ted Davis & Lee Gies breaking out the boxes of glasses for checking. Members inspecting and sorting glasses, sorted glasses for Ted's final inspection and packing.

GUIDING LIONS TRAINING

Delta Dental Facility at 1 Delta Drive, Concord NH

Open to all Lions April 4th at Delta Dental

8:30AM Registration

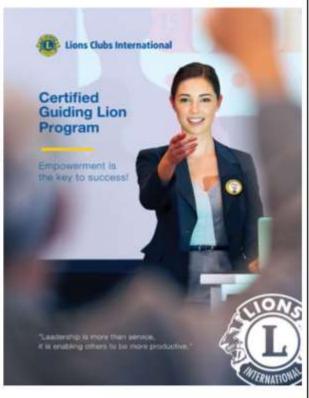
9:00AM to 1:00PM Training, about 3 1/2 hours.

This is a great training tool for Lions who are willing to work with new clubs, ailing clubs and Lions who would like to bring these practices back to their own club, but in a non-global leadership roll.

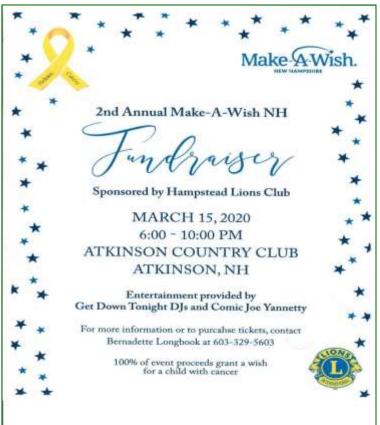
For additional information and reserving seats, please email: DG Steve at cstmiddlemiss@gmail.com

Guiding Lions assist a club to:

- Be successful in its first two years of operation
- Orient and train club officers and members
- Motivate & support club growth & development
- Locate resources available to assist the club







GMT AI Goldstein E:algoldstein@comcast.net

HINTS TO RECRUIT NEW MEMBERS

Print business cards for your club members with the location and time of meetings.
 Leave a space for a name and number to contact.



- If you meet someone who is interested, follow up with an invitation to your meeting, this is crucial.
 Make sure you get contact info from prospective members including their phone number and email.
- Utilize Social Media
- Most importantly, set a goal for the number of new members your club can handle.

I look forward to seeing you at the Cabinet Meeting, Invite a new club member to attend with you.

The reward is more members more service!



DISTRICT 44-H MEMBERSHIP CHALLENGE

Effective January 20, 2020

The sponsor of every new member will have their name entered into a drawing for a gift card.

The drawings will be done in 2 parts.

The 1st drawing will be at the Cabinet Meeting,

Sunday March 1st, Concord Holiday Inn.

The 2nd drawing will be at the Cabinet Meeting, Saturday May 2nd, North Conway Grand Hotel.

For every member you recruit

your name will be added to the drawing.

You do not have to be present to win but it sure would be nice.

If every member asked and recruited 1 our membership would double. Just like baseball does not have any 1000 hitters you will not get everyone you ask to join but, if you don't ask anyone things will not change.

New members bring new leaders and fresh ideas and added energy.

Any Questions: PDG/GMT Al Goldstein 603-913-1281
DG Steve Middlemiss 603-566-7616







March Greetings!



Secretary position—a very important officer positions of your club!

Soon your club will be electing officers and board members for next year. Please consider becoming the secretary for your club! The secretary is the communicator and organizer of the club - maintaining records, recording minutes, and reporting member updates and activities of the club online to Lions International. Having been a club and district level secretary, I can answer any questions you may have about this position! Some clubs have more than one person handling secretary duties, sharing the work.

Ask me how this might work for your club!

Notes from Cabinet Treasurer PCC Scott It happens every 5 years . . .

Time to register you non-profit with the State of New Hampshire's Corporate Division.

Go to www.sos.nh.gov to confirm the non-profit status of your club.

If you filed in 2015, your club will show as "in good standing"

You will then file for another 5 years.

If your club hasn't filed, your non-profit status will say "not in good standing"

In this case, you will have to file to establish you non-profit status.

I will be sending out information on how to complete both processes.



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

Cabinet Secretary Valencia and Cabinet Treasurer PCC Scott

Multiple Council Chair Fred Plett: Email: MCC Plett@gmail.com



We had our last council meeting of the year on February 19th, which was my last official duty as your Council Chair, other than to show up at District meetings and NELC and look important.

At the Council meeting, the District Governors voted to raid the Multiple Council budget for \$600 to support RLLI. We had \$600 set aside to file a 501(C)(3) with the IRS, but that will not happen this year after the formation of that organization was tabled at the Midwinter Convention until next year, so we have the money, but it will be reallocated.

We discussed purchasing GoToMeeting / GoToWebinar, \$32 per month, which is \$384 a year. I am to come up with a formula how to split the cost between the Multiple Council, Districts 44N and 44H, and the Multiple District Committees (LTSSA, LYSNH, HSNH, LSHF), the Committee contributions not to exceed \$50, with a possible contribution from the New Hampshire Association of Past and Present District Governors. Of course, each organization will have to buy in. The District Governors can decide for the Districts, and the sitting Multiple Council Chair can for the Multiple District, because it is a small amount of money, but each MD Organization will need to have votes. However, for 2019-2020, our current fiscal year, the Multiple Council will foot the entire bill, so any allocation will be going forward after this year. This new tool will allow calling in to meetings, cutting the need to drive to meetings significantly.

PID Ed Lecius informed us by E-Mail that there will be a contest in Singapore for Third Vice President, and there are rumors but no evidence yet that there will be a contest for International President.

There are endorsed candidates for both positions.

I have formed a 501(C)(3) Committee to take up discussion as to whether we should plow ahead with some variant of what was proposed at Midwinter convention, or to look at other alternatives. There are other alternatives. I set the first meeting for April 2, 2020 at 6 PM at Blake's Restaurant, 353 Main Street, in Manchester. All are welcome.



Congratulations to Kim Taylor for winning the lottery ticket raffle prize sponsored by the Meredith Lions Club. Recently the club had their annual "Day at the Mug" and that was one of the raffle prizes. The second was a "MUG" mug. The mug hangs above the bar and the owner gets the honor of using it every time they visit. There are only a limited number of mugs and it is rare that there is availability. The winner was Don Ewing. A percentage of the proceeds for the day were set aside to the club to aid in their local mission "To Serve". The funds aid in eyeglasses and hearing aids plus scholarships to students at Inter-Lakes.

Pictured: Kim Taylor and Lion Marie Valliere

Conway Area Lions getting a demo of Retinal Scanner used for diabetic eye screenings. Some of the fundraisers helped purchase the piece of equipment.







My name is than King, and in 2017 it was diagnosed with an Inherited Retinal Disease (IRD), which is causing my central vision to deteriorate. As this is a genetic issue with the cells in my retina not working properly, the issue cannot be corrected with glasses or contact lens. As of now, there is no cure for the disease. However,

genetic research is leading the way to develop new drugs and therapies to correct the issue.

I am a law enforcement officer and am currently employed as a Detective with the Cerroll County Sheriffs.

Office in Ossippe, NH. I have been a law enforcement officer since 2003 and hope to continue in this cereer for as long as my eyesight allows. Although I accomplish the goals of my job differently than most officers, using assistive technology and visual aids still allows me to perform my duties.

I am an axid sports enthusiast and have competed in numerous triathlons over the years to include the IRONMAN race in Lake Placid, NY this past July.

I am excited for the opportunity to compete in the 2020 Boston Marathon, as through my fundaming I can contribute to research and funding for a cure. I feel as though it is a way that I can directly contribute to help myself and others affected by the disease.

A fundraising spaghetti dinner will be held by the Conway Area and Whittier Lions Clubs on Saturday, March 28, 2020 at the Madison Elementary School from 5:00-7:00 PM, to help Brian King raise money for the Mass Eye and Ear Infirmary. The school is located at 2069 Village Road in Madison, NH.

You may also give donations to a Conway Area or Whittier Lions Club member or donate directly by visiting:

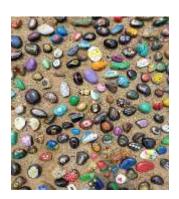
www.tinyurl.com/king-fundraiser.

Lions Camp Pride of New Hampshire Lions District 44-H Service to Mankind, Inc. Established 1989









Photos by
Pat Rossiter
LCP Camp
Administrator



2020 Spring projects are in the planning stages, this spring we will complete the Archery Range roof and landscaping, trim work around new windows, addition of a low impact Horizontal Climbing Wall, improvements in the dining hall, completion of the Adirondack Shelter repairs, miscellaneous painting projects etc. none of this is achievable without the help of volunteers, please make a effort to plan a day to help out.

Thank you for caring about our camp! Peter

Peter LaPointe, President Lions Camp Pride <u>lionscamppride44h@gmail.com</u> Cell: 978-479-0454

Camp Pride Board of Directors meets the 2nd Wednesday of each month,

Social 6pm meeting @7:00pm, at the AirPort Dinner Manchester.







You too can create your own magic by visiting Lions Camp Pride!!







Feb 22, DG Steve, PID Ed Lecius and Cabinet Treasurer PCC Scott Wilson attended the Everest Centennial Lions Club meeting.

DG Steve inducted 3 new members and PID Ed conducted an Officer Installation.

The Everest Club presented a gift to DG Steve.



The Merrimack Lions Club cordially invites you to join us in celebrating the

50th Anniversary Of Our Chartering

Sunday, April 19th 2020 – Noon to 4PM Social Hour Commences at 12 Noon Dinner Buffet to follow at 1:00PM

> The Puritan Backroom Pappas Room 245 Hooksett Road Manchester, NH 03104

Cost per person \$42.00 - Cash Bar

RSVP: by April 1, 2020

Make checks payable to Merrimack Lions Club PO Box 246 Merrimack, NH 03054

Any questions please contact: Phil Przybyszewski at 603-424-3311 or philpreski@gmail.com



Windham Lions Club Celebrates 80 years



Renée Bailey President Marie Russi

As we begin our 50th year serving Lions International and our Windham Community, we are very thankful for the many opportunities our club has had in promoting the great works of Lionism. It has been and continues to be a rewarding experience for our members to lend a "helping hand." We look forward to another 50 years!

Please join us in our celebration on:

Sunday, April 19, 2020
Costleton Banquet and Conference Center
58 Enterprise Drive
Windham, NH
3:00 p.m.

The cost is \$50.00 per person which includes International Cheese and Cracker display, Caesar Salad, Chicken Marsala with potatoes and vegetable, Strawberry Shortcake, coffee and tea. Dancing to the beat of our own D.J., Lion Skot Parél. We look forward to a fun-filled evening.

We hope you will be able to join us! Below is a reservation form for your convenience. Please complete and forward to: Windham Lions Club, P.O. Box 312, Windham, NH 03087 no later than March 31, 2020. If you have any questions, please contact: Lion Pattie Provenzano @ pat.frank25@comcast.net

Windham Lions 50th Anniversary Reservation Form

	, , , , , , , , , , , , , , , , , , , ,	
Name	Club Name	
Address		
Telephone Number	Number of tickets	Amount Enclosed _
Thank you for your support!		

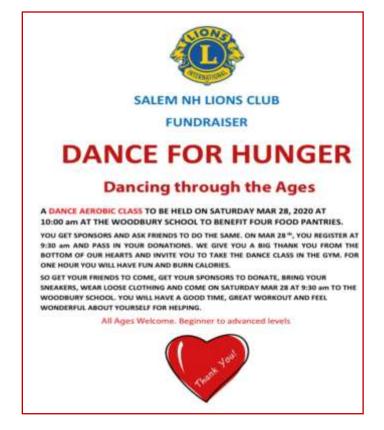
Gail Dacey: grd514@aol.com

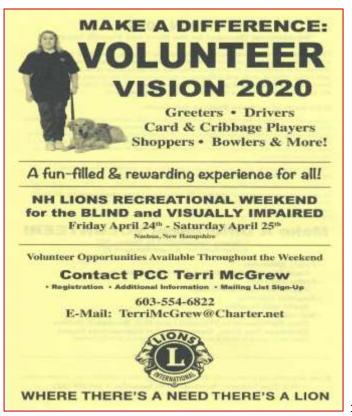
FOODS YOU CAN DONATE TO YOUR LOCAL FOOD BANK

This part is pretty easy. Food banks accept dry and canned food donations. What does that mean? Basically, any food that is "shelf-stable" or nonperishable – you can keep it in your pantry and it won't go bad. And remember, only donate food that hasn't reached its "sell-by" date yet. Specifically, food banks often need items like:

Peanut butter, Canned soup, Canned fruit, Canned vegetables, Canned stew, Canned fish Canned beans, Pasta (most prefer whole grain), Rice (most prefer brown rice). That's definitely not an exhaustive list but it covers a lot of what food banks and clients regularly need. Additionally, some food banks accept personal care and household items, since many families struggle to afford these items and they aren't covered by other food assistance programs like SNAP. If you're still stumped about what to donate, just look in your own pantry. Families struggling with hunger often can't afford the staples that we normally have stocked at home. Check your pantry and go from there. Even specialty foods like olive oil, dressings or marinades can be helpful if they don't need to be refrigerated.

What not to donate to a food bank: The number one rule to remember is this: if your donation is perishable, i.e. it's something that has a limited shelf life if not refrigerated, food banks won't accept it. But there are other categories of food that you can't donate. We've broken it all down into this handy list: Expired food: When considering what to donate, think about what you'd be comfortable serving your family. Chances are, you don't eat food that's past its "use-by" or "sell-by" date, so avoid donating anything past those dates to food banks as it could be unsafe to eat. Food with packaging concerns: This includes food with damaged packaging such as dented or bloated cans, packaging that is already open, or even items in glass containers, which can shatter and cause food safety concerns for any other food they're stored near. A good rule of thumb is if you wouldn't consider buying it new, don't donate it.





Alvirne Leo's Club Take the Penguin Plunge

On February 1, the Alvirne Leo's Club of Hudson, NH took to the waters at Hampton Beach for the annual Penguin Plunge for the NH Special Olympics and Alvirne Unified. Thanks to their advisers Lynn Morin and Lion Leslie Reven, the Leos raised \$4295 this year which also was 26% of the money raised by the Alvirne team!

This was the third year for the Leo's to participate. They have plunged every year since the Leo Club was formed. In the three years that the Leo's have plunged, they have raised \$17,388!



FRAUD AND SCAM



Lions in MD44 --

You may have received an Email from Daniel@r-binstruments.com offering assistance in applying for a grant related to the KIDSIGHT program.

This is a **FRAUD and SCAM!**

Daniel has been told to cease and desist suggesting that he is part of KIDSIGHT or authorized to make this representation!

He has been told by PID Dr. Ed Cordes -- head of the Lions Kidsight USA as well as LCI Legal.

Do NOT respond to him and please share this with your Lions!PID Ed Lecius



Saturday June 20th Multiple District Lions Leadership Training

More information forthcoming



COME JOIN US FOR OUR FIRST EVER



SATURDAY MARCH 7, 2020 3:00 PM

"STRIDES WALK for DIABETES!"

We will be having our walk starting at 3:00 pm on March 7th, 2020
just before the District Social in Concord. We will meet at the McAuliffe/Shepard
Planetarium Parking Lot. The walk will be 1 mile long.
All profits will go to sponsor camperships for Camp Carefree at Camp Pride in New Hampshire

First 70 people to register will receive a Safety Vest with the Lions Logo



There is a flat fee of \$20 to walk or you can get pledges over and above that amount.



The top 10 Lions with the most money raised will also get a Lions Diabetes Water Bottle.

SO GO OUT, GET PEOPLE TO PLEDGE OR DONATE AND COME HELP CHILDREN WITH DIABETES!

Name:	Club:
Name:	Club:
Number of Walkers:	<u>@</u> \$20 = \$
Total Amount of Pledges/Donations:	\$

PLEASE BRING THIS FORM AND FEES WITH YOU THE DAY OF THE WALK! OR TO REGISTER IN ADVANCE SEND TO:

CS HENRY MCKEE
13 TOWN RD 79, ORFORD, NH 03777
MAKE CHECKS OUT TO: DISTRICT 44N LIONS



FEBRUARY 13, 2020 MEETING

We had a fun-filled, fun-packed meeting with four special guests. Lion Deb Hogancamp attended with interest in joining our group and we welcomed her in as a new member of the board. Thank you Deb for joining us as forward to supporting their programs and provide them we continue to empower the youth of NH.

We also invited two representatives from HOBY NH (Hugh O'Brien Youth Leadership). Kate Aiken and Lyla Boyajian both gave us their presentations of HOBY and how it has effected their lives. LYS has supported HOBY for a number of years. We thank both Kate and Lyla for taking time out and presenting their experiences.

Also invited, I told you it was a packed meeting, was Monica Gallant, Director of Preventive Services from the Boys & Girls Club of Souhegan Valley. Monica described one of the many services that the Boys & Girls Club offers the children with their Children's Resiliency Retreat Prevention Program. The Children's Resiliency Retreat is specifically designed for children who are affected by a loved one's substance use disorder. This is a program designed especially for them-a safe place where they can learn:

- How alcoholism and drug addiction affect the family
- About the disease of addiction and whether to use
- How to recognize and handle feelings in positive ways
- How to develop positive feelings about themselves
- How to cope with problems safely
- How to make safe decisions
- How to get help, stay safe, and have fun

Having a loved one with substance use disorder can be a special challenge for a child. This program is a holistic approach providing both fun and education and include the arts, mindfulness activities, nature and adventure based learning which will help them learn how to openly communicate and rebuild trust,

The program will consist of one-day retreats each month, during the school year, for children and youth. Youth may participate in the program for as long as they would like.

After Monica made her presentation, we discussed the LCI Peace Poster Contest and the Fisher Cats Baseball

game. Right now, Monica is definitely interested in the Peace Poster Contest. Since the Boys & Girls Club is located in Milford, the Milford Lions will be contacted so that a peace poster kit is given to her as soon as one is available.

Many thanks to all our guests, and we, LYS, look with any service we can deliver.

2020-2021 PEACE POSTER CONTEST

As we wrapped up the 2019-2020 Peace Poster Contest, we have already set in motion for the new contest. This year's theme is "Peace Through Service. An order for kits has been placed and delivery is expected at any time.

An email will be going out to last year's participating clubs, asking them if they wish to purchase a kit.

We are also trying to reach out to the clubs to begin the contest NOW and not to wait until the next school year begins since this will give the students a longer time to create their poster. We also will to try to reach out to libraries in their communities and Boys & Girls clubs in their area. There are over 14 Boys & Girls clubs in NH.

Someone from Lions Youth Services will be attending the Cabinet Meetings in March and will take your order for a kit. If the kit is available by the time of the cabinet meeting, you will be able to purchase it then and take the kit with you. Look for more details about this year's contest!

JANUARY 2020 CALENDAR RAFFLE

The drawing took place on February 13th during our meeting. You can find the list of winners on the second page of LIONS YOUTH SERVICES

Next Meeting Date!

We will be meeting at the Airport Diner in Manchester at 6:30pm on Thursday, March 12, 2020.

Your input and suggestions are always welcome as we move forward to serving the youth in our communities.

Looking forward to seeing you on March 12th!





During the February 13th meeting, the drawing for the January Calendar Raffle was done. Below is the list of the winners and their prizes. Many thanks to Lion Harry Armstrong and all members of Lions Youth Services who promoted the raffle. Also many thanks for all the donations from various members and businesses in the area.

All winners should have been notified by this publication.

If not, please contact Larry Armstrong at harrya616@yahoo.com to claim your prize. CONGRATULATIONS TO ALL!

JAN 1	438	Carole Palmegiane	\$75.00 Budget Print West Lebanon NH
2	370	Virginia Edwards	Gift Basket, Your Beautiful Salon & Day Spa
3	9	Ron Whitcome	\$50.00
4	457	Lenny Hall	\$100.00 Mary Kay Products
5	266	Jeanne Bellemore	\$50.00
6	279	Mark Fischer	\$25.00 Gas Card
7	265	Fred Plett	\$50.00
8	63	Chris Guyette	1/2 Gal Maple Syrup
9	199	Deb Hogancamp	\$50.00
10	47	John Bayliss	\$25.00 Gas Card
11	235	Dave Berman	\$50.00
12	287	Eileen Kelly	Gift Cert. 603 Bakery & Deli (Canaan)
13	50	Onita Connington	\$50.00 Gift Card Canaan Hardware
14	69	Dawn Krar	\$50.00
15	157	Rye Lions Club	\$200.00
16	432	Knight Spellman	\$25.00
17	175	Tim H LBDI	\$25 Gift Cert. Common Man Restaurant
18	327	Ray Bouley	\$75.00 Gas Card/Jakes Market & Gas Canaan NH Rt 118
19	242	Bob Crawford	\$50.00
20	40	Paul Dalton	\$25.00
21	482	Ralph Steese	\$50.00
22	486	Bob Godbout	\$50.00
23	195	Virginia Edwards	1/2 Gal Maple Syrup
24	413	Atkinson Lions Club	\$50.00
25	254	Deb Hogancamp	\$50.00
26	38	Anne Hoag	\$50.00 Gas Card
27	257	Bruce Ribolini	\$50.00
28	474	Izzy Martinson	2 Adult Passes Ice Fishing Derby/Orford Fairlee Lion
29	479	Kirsten Davis	\$40 Gift Cert. Mickey's Roadside Café
30	307	Exeter Lions Club	\$100.00
31	16	Danielle Pray	\$50.00
1st Bonus	215	Pamela Prentiss	\$25.00 Gas Card
2nd Bonus	173	Cory True	\$25.00







Hampton Area Lions Club Winter Auction

Saturday March 7, 2020 Ashworth by the Sea

Doors Open at 5:30PM

\$25.00 Per person

Includes Dinner Buffet at 5:45PM Cash Bar

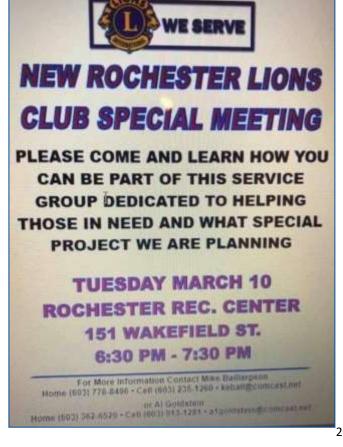
Many item for home and pleasure!

15% of profits will be donated to

Norris Cotton Children's Cancer Center at Dartmouth

Tickets can be purchased at the door or for tickets in advance or reservations for tables of 8-10 call: Lee Gies @ 603 926-4225,, or Ted Davis @ 603 926-6301







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 LSHF- NH GRANITE STATE FELLOW





Landon Plummer, LSHF President: langplumer@gmail.com

Our February meeting was an interesting and enjoyable one this month! I thanked the board for presenting a Progressive Granite State Fellow to me at Mid-Winter Convention. Next, introduction of PCC Roger LaTulippe as our guest and Granite State Fellow Consultant. Minutes taken by Secretary SVDG Virginia Edwards were reviewed and approved. Treasurer MCC Fred Plett presented his usual detailed report. He also reported on donations made since our January meeting totaling short of \$10,000.00 from the Parade of Checks, Twin State Soccer, and other sources.

Lion Alan Hoye, Project Coordinator presented six cases. Following discussion all were approved. Discussion regarding other sources to assist in these cases such as Vocational Rehabilitation and Senior Medicare

Roger LaTulippe brought us up to date on the Granite State Fellow program and suggested it is a good time to recognize a lion or business/person in the community that has worked with your club. Thanks to Roger for his time managing that program.

President Langdon Plumer moved on to the boards plan to set up a committee for a Stand-Up Comedy Night in the early fall of 2020. The plan is to initially identify of board members and keep it open to Lions with experience to join or assist with their expertise on specific items for the stand-up comedy night fund raiser. PCC Jim Robinson and Lion Richard Lemieux stepped up to be co-chairpersons for this event. Please contact either of them or President Lang Plumer if you are interested to help as there is much to do to properly plan this event and make it successful.

Mary Tremblay: mtremblay578@gmail.com

CHILDHOOD CANCER



SAVE A LIFE, BE THE MATCH!

Ask friends and family members to be the match. The donation process is free for the donor.

A bone marrow transplant is one of the treatments for a child who has leukemia. Leukemia is the most prevalent cancer in children ages 2 – 8 years old, but has a 90 – 98% survival rate. To learn more about how you can donate: www.bethematch.org



Melanie Saunders: melanieleesaunders@gmail.com

We all know that as we get older, our vision changes. Books get a little closer to our faces, we maximize text on our computer screens, and gasp...we stash cheaters all over the house. Just as our bodies change with age so do our eyes. Many of these changes in vision are normal, offer few serious risks, are not caused by disease or illness, and, in general, can be corrected with eyeglasses, contact lenses, or surgery. Other changes in vision, however, can be symptoms of serious eye disease. To know the difference and to catch a problem early, you should visit your eye care professional for a comprehensive eye examination.

I have included the most common age-related vision changes according to VisionAware below.

- Increased lighting requirements
 Older adults require three to four times more light to perform many everyday activities. Seeing clearly enough to read, write, sew and knit, or other activities usually requires a brighter, more focused light in addition to reading glasses or bifocals.
- Reduced contrast sensitivity. Seeing an object clearly against a background of the same color becomes more difficult and requires stronger contrast to make it stand out.
- Increased sensitivity to glare

- Decreased ability to judge depth perception. Difficulties judging distances accurately—the height of a step or curb, or the depth of a bathtub, for example—requires close attention to safety cues such as color, contrast and lighting.
- Decreased ability to focus close up
 As the eye muscles that control the
 switching of focus from far to near begin
 to lose flexibility, it becomes more
 difficult to focus on things close up.
 Seeing clearly enough to read a
 newspaper, sign your name,
 or sew usually requires reading glasses
 to accommodate this change in focus.

GLT Pat Kimball 44-H Pkimb56@gmail.com or C: 603-819-9433



The Regional LIONS Leaders Institute (RLLI) committee is excited for the upcoming March 20-22 training. There may be still some open seats, so if your plans have changed, or you have reconsidered attending, please contact me as soon as possible.

Also, the Multi District Guiding LION training is confirmed for April 4 at Delta Dental in Concord. Registration is at 8:30 am and will promptly start at 9:00 am. There is no cost to attend. We have clubs that need some extra attention, and we need to train some LIONS to assist. If you want to make a difference, please consider this training opportunity. We do need to get a count of attendees so we have sufficient training packets. See flyer in this Pride newsletter.

Please do not hesitate to contact me by email at Pkimb56@gmail.com or C: 603-819-8433. Thank you for all you do for your clubs, and communities.



Epping Lions Club 43rd Annual Lamprey River Canoe & Kayak Race Saturday April 25th

The Epping Lions Club will be hosting the 43rd annual Lamprey River Canoe & Kayak Race on Saturday, April 25th, 2020. The race takes place on the wild and scenic Lamprey River. The race is approximately 7.3 miles long, beginning at Mary Blair Park on Rt. 27 in Epping and ending downriver at the trail-landing near the Rt. 87 bridge. Registration begins at 8am and the race begins promptly at 9am. Categories for the race are: Male Solo, Female Solo, 2-person. Prizes will be awarded to the first, second and third place finishers in each category.

Race t-shirts will be available for sale. Race is run rain or shine, so come prepared! All entrants must wear a life preserver (no exceptions!). This race has been a staple in the community for over 40 years. The Lions took over the race from the Conservation Commission in 2009. Many entrants are familiar faces year after year and friendly rivalries continue after each running.

Registration is \$15/person and runs from 8am – 9am on race day only. If you would like an advance copy of the registration form, one can be emailed to you at your request. Please email Colleen Palmer at colleenmariepalmer@hotmail.com. Monies raised from this annual fundraiser are used to help members in our community who are in need of vision and hearing assistance.



46th Annual District 44-N Spring Convention Loon Mountain Resort 90 Loon Mtn. Road, Lincoln, NH 03251 May 8-10, 2020 EVENT REGISTRATION FORM Club Name: Contact Name: Email: Phone: Eddy Martenard Intertain Control of the Control of Consensonee Ineeding only no meals) T. Indicate any special decay treeds a Satuday Barquet and Horse of Onthers A. Wheel chair house Required Barel Independent Children to resident Town and The Real Property of the Landson Friday Meal: Enjoy a early Modified Back Yard BBQ, Buffet All Inclusive -Saturday Meal: Choose One Friday Buffet BH - Baked Haddock CF - Chicken Forestiere: Entertainment VL - Roasted Vegetable Lass Room Night . Saturday Reservation Deadline Banquet and April 15 2020 Hors d'oeuvres Full Name and Office \$30 \$5 \$75 Sub total Meals Registration Deadline 2 April 22, 2020 3 See below for đ early bird special Make Checks Payable to: Lions District 44-N Convention Fund TOTAL If there are any special dietary needs, please indicate here: Saturday Breakfast/Lunch and Sunday Breakfast will be on your own. There is a restaurant at the hotel and many other choices near the property. Hotel Reservation Process at Lions Convention Room rate: Send check for meals and registration form to: Club Room sleeps 1-2 105.00 per night Studio Room sleeps 1-4 136.00 per night Convention Chair PDG Alan Ricard Suite sleeps 1-6 222.00 per night PO Box 543 RATES INCLUDE ALL TAXES Canaan, NH 03741 Call Loon Resort at (603) 745-2244 and identify yourself as part of For other questions, please call Convention Chair Alan Ricard the NH Lions District 44N Spring Convention. at 603-530-1206 or email: Alanricardc26@gmail.com All reservations must be made by Wednesday, April 15th for the special rate. You will pay the hotel directly for your room reservation.

EARLY BIRD SPECIAL

Great news. Loon Mountain Resort has given us a Club Room for a two night stay, Sunday through Thursday, based on availability. This includes breakfast for two each morning.

The earlier you register the better chance of winning

Register by January 1 2020 received four chances to win Register by February 1 2020 received three chances to win Register by March 1 2020 received two chances to win Register by dead line and received one chances to win



MURDER in LINCOLN Deadwood Saloon

This case is about to go COLD...

We need help to find the killer.

A group of Lions will be on the case May 8, 2020.

This will take place at our Spring convention.

Look for details & sign up in this newsletter!

May 8-10, 2020

44N Spring Convention Loon Mountain Resort

Guest Speaker— Dr. José A. Marrero, International Director



Dr. José A. Marrero, from Arecibo, Puerto Rico, USA was elected to serve as international director of Lions Clubs International at the association's 102nd

International Convention, held in Milan, Italy, July 5 through July 9, 2019. Director Marrero has been a physician for 39 years and is currently a medical director for a community care clinic with emergency care, lab and X-ray facilities. His clinic is the primary care provider to most of the population within the surrounding areas.

Dr. Marrero also works as an emergency physician for a third-level medical facility which receives referrals from all medical facilities and hospitals within the Arecibo district. He became a Lion when he joined the Arecibo Capitan Correa Lions Club in 1996. Director Marrero has held a number of offices within the association including multiple district Diabetes Awareness and Action chairperson, multiple district GLT coordinator and recently, multiple district GST coordinator. He has served as a presenter in five Regional Leadership Institutes and three USA/Canada Forums, Director Marrero has also served as a member of several International Convention Election committees. In recognition of his service, Director Marrero has received 11 International President's Certificates, one International President's Leadership Award and two International President's Awards. Director Marrero and his wife, Annie, are both Progressive Melvin Jones Fellows. Director Marrero also supports an outreach program to the homeless population within Arecibo. Established by his son and the Arecibo Capitan Correa Lions Club, the program provides food, clothing and medical care to people in need. Director Marrero has served as president of his local chapter of the Puerto Rico College of Physicians and as a former city councilperson to the city of Arecibo.

Outside of his Lions and professional responsibilities, Director Marrero pursues an interest in botany and grows tropical bonsais and orchids in his home.

Jeri Maynard: lionjeri@comcast.net

Environment

Now that your New Year Resolutions are well established, I can only hope that a pledge to recycle household items is at the top of your list! The most virtuous resolution would be to buy and use less while realizing that almost everything we have can be reused or recycled in some way. But face it, we will always have items that must go into the "trash" - so here are some tips and reminders to get some of it out the door and not into the landfill...

Aluminum cans: leave the tabs on and don't crush them- they are easier to sort when intact

Plastic bottles and jugs: remove plastic caps, if plastic container has a #1 or #2 stamped on the bottom (inside a recycling triangle), they can be recycled. If your community has you sort metals, plastic, and glass, keep the metal lids with the cans- don't forget to clean all containers before you dispose of them

Plastic bags and plastic wrap: grocery bags, plastic mailers and shrink wrap <u>cannot</u> go into the recycling bins (they will jam the facilities machinery) - take to a plastic collection bin found at most grocery stores.

Newspapers, books, magazines, catalogs: If your library or local thrift store will take your books- great! If not, remove covers and spines of hard covers before putting them out.

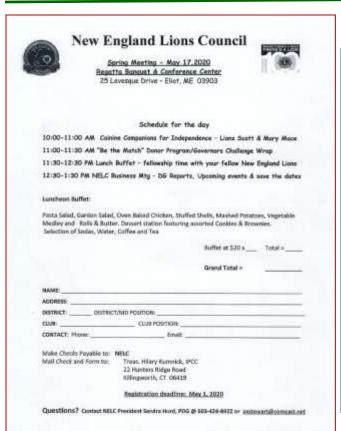
Cardboard: boxes with food stains (pizza boxes) or water damage cannot be recycled; feel free to cut away the damaged area and recycle what is left over.

Paper, envelopes: rather than shredding (shreds are difficult to recycle), use black marker to cover sensitive info.

Try to remove all tape and staples

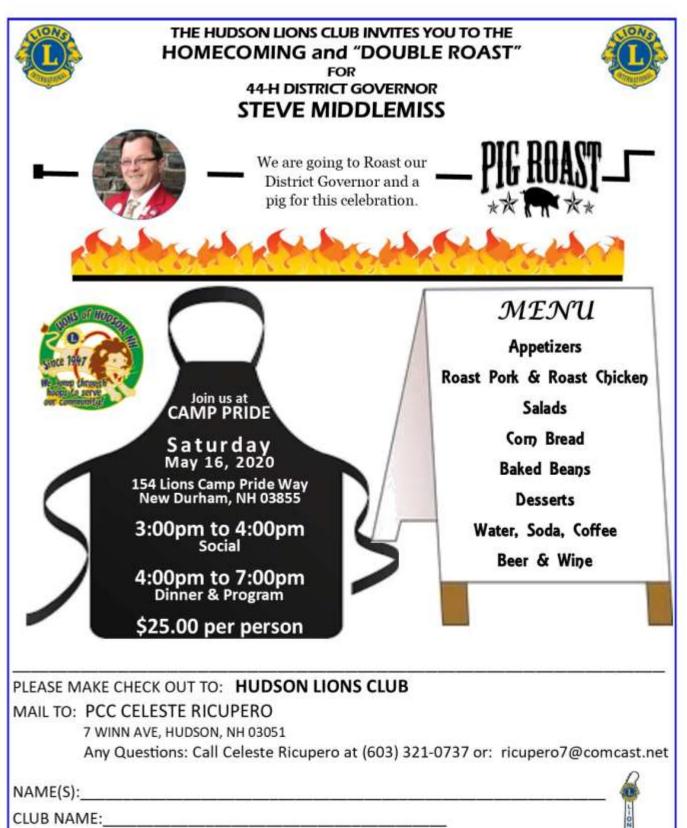
Glass bottles: remove metal caps and corks and do not deposit broken glass

Finally, become familiar with your community recycle program by visiting the town website-let's have a great green year!!









AMOUNT: \$_____ CHECK# _____

WOULD YOU LIKE ROAST, TOAST, OR SAY A FEW WORDS ABOUT DG STEVE?



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

C. 003 333 0331

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.net

PCC Scott email: scottwils@comcast.net

MULTIPLE COUNCIL CHAIR

MCC Fred Plett

29 My Way, 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

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Global Membership Team

GMT Al Goldstein

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Atkinson, NH 03811

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C: 603-913-1281

E: ALgoldstein@comcast.net

Global Service Team

GST Lenny Hall

14 Winslow Dr.

Atkinson, NH 03811

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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 Tompkins, Chair

1 Coombs Farm Rd.

Greenland, NH 03840

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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

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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: lindaraffery55@gmail.com



NHLIONSDISTRICT44-H

