The PRIDE



Newsletter of Lions District 44-H New Hampshire

September 2019 Volume 45 Issue 3







Thoughts from

District Governor Steve Middlemiss



Leading From the Heart

We have completed our first Cabinet Meeting of the year and I would like to thank everyone who attended. I especially want to thank the Hudson Lions for showing up in numbers and helping us have a very successful event. We installed a great team of officers and Erik Lesniak of the Fisher Cats talked about the importance of our association and how the Fisher Cats want to help us get the word out.

I would like to thank all the Lions and family members who attended the Fisher Cats game on August 24th and made it another great event. Thank you to all involved in putting this event together.

Please, Please Club Presidents, Secretaries and Treasurers make every effort to attend the upcoming club Officer Training Forum. One of the pillars of this year's team goals is to train our Leaders both club and district to be stronger and feel more confident in their roles. The topic of MyLion will be covered in the Secretary class so even if you're not a Secretary and want to better understand this website please attend.

Please remember that we are here for you and you are welcome to reach out to us with your questions and concerns.

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 and 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.



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MEMBERSHIP MATTERS



| District Membership | This Month | This Year |
|---------------------|------------|-----------|
| Opening Balance | 1,216 | 1,226 |
| Added members | 6 | 16 |
| Dropped members | 3 | 23 |
| Closing Balance | 1,219 | 1,220 |
| Net Gain/Loss | 3 | -7 |
| Worldwide | 1,434,698 | 1,434,698 |



| 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



Sept 16, Nashua * Sept 24th, Meredith Sept 30th, Hudson

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 O'Dowd P.O. Box 1163 Wolfeboro, NH 03894 C: 603-387-6808 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

CHILDHOOD CANCER

Mary Tremblay
E: mntremblay@earthlink.com

DIABETES

PCC Celeste Ricupero E: ricupero7@comcast.net

ENVIROMENT:

Jeri Maynard

E: lionjheri@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** 603-770-7705

email valenciawil@comcast.net

Club Treasurer Assistance **Daniel Guimond** 603-458-7744 email

LionDanielGuimond@comcast.net

NEWSLETTER CONTEST

Congratulations July Winner

Kris Pavlik Barrington Lions. PDG Jerry Vaccaro's pin was on Page 17. 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 October Newsletter. The winner will receive a \$10.00 **Dunkin Donuts gift card at the** NOV 10th Cabinet Meetina.

UPCOMING EVENTS

9/12 LYS Airport Diner 6:30

9/14 LIONS CLUBS OFFICER TRAINING **Delta Dental, Concord**

9/19 LSHF

6:30PM Airport Diner

9/21 ZONE 7 Meeting 9:30AM-Noon Senior Center 3 Dore St. Ossipee, 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**

10/1 ZONE 1 Meeting 6:30PM Checkers/Alvirne High School, Rte. 102 Hudson

10/1 Zone 4 Meeting 6:30PM **Londonderry Lions Hall** Mammoth Rd.

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





44-H Cabinet Meeting August 4th at the Nashua Doubletree

SVDG Bob Gustafson, FVDG Marie Hall, Lion LeeAnn & DG Steve Middlemiss,

PCC Celeste Ricupero, CS Val & CT Scott Wilson



DG Steve had a very productive and enjoyable first cabinet meeting. Attending from the Nashua club were KL Mike, PID Ed, Lions John, Louise and Elaine



Thank you
Lion LeeAnn Middlemiss for the lovely Scarves from Milan

Hudson Lions Club Members





September Greetings to all fellow Lions!

9-14-19—Club Officer Training Forum at Delta Dental in Concord NH - Not too late to sign up! 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. For the secretaries class...Bring your laptops and all your questions! No cost....refreshments served. See flyer in newsletter for more details!

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

<u>Lions - Does your club secretary have your most current information?</u> Has your name, address, phone number or email address changed? Please be sure to let your secretary know of any updates to your information, so that it can be updated for club records, and on Lions Club International so that there is an accurate member data base.

<u>District Cabinet meetings</u> - Thanks to all who attended the August Cabinet meeting on 8-4-19! Our next cabinet meeting in on November 10th at the Puritan Backroom Restaurant in Manchester NH. These meetings are for all Lions, and there is a great deal of sharing of information, and meeting other fellow Lions, and learning what is happening at the District and International levels. The registration form is in the newsletter for further details.

Notes from Cabinet Treasurer PCC Scott:

<u>Semi-annual dues bills were sent out via email a couple weeks ago</u> Thanks to those that have paid promptly! Please be on the lookout for these invoices and send your dues back in a timely fashion. If you didn't' receive the invoice via email, or have any questions regarding the dues bills, please reach out to me. <u>Budgets</u> - Has your club developed a budget for the 2019-2020 year? Setting a budget keeps the club on target for fundraising, administration, and donation goals. If you need help with budget setting, or any other questions relating to finances in your club, please let me know.

Cabinet Secretary Valencia and Cabinet Treasurer PCC Scott



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



Thoughts from Multiple Council Chair Fred Plett Email: mccplett@gmail.com

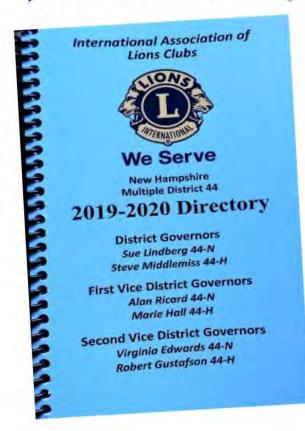


Summer is rapidly winding up, and we hit the ground running, in a new Lions year. The Annual Lions Night at the Fisher Cats will have been history. Read about it elsewhere in this publication. September 14th at 8:30 AM at Delta Dental in Concord will have training hosted by the NH Association Past and Present District Governors, featuring Presidents, Secretaries and Treasurers courses. These courses are not just for those currently occupying the positions but for those interested in learning, i.e, any Lion. And if you've held a position and don't think you need it, the requirements and methods

are always changing, and so you probably do need it. Many of us will be going to the USA-Canada Lions Forum in Spokane, WA. If you have never been to a Forum, you are missing out. The speakers are outstanding, inspirational and educational. So let us get on our saddles and start riding hard in this new year towards our goals!



DIRECTORY CORRECTIONS



Please send any needed
corrections
for the
Multiple District Directory to
C5 Valencia Wilson via email
to
valenciawil@comcast.net

Thank you!

Page 110 & 159 EXETER

OKS Coordinator, President LSHF

Lang Plumer 81 High Street Apt #3, Exeter NH 03833

Page 57 HILLSBORO

President

Stephen Gallagher (Tracie) 31 Old Drift Way Hillsboro NH 03244 603-396-1949

E: willys55cj3b@yahoo.com (Stephen)
E: traciegallagher@outlook.com (Tracie)

OKS Coordinator - TBD

(additional info) Vice President: Mary Morehouse-Rogers E: mimsypeg@aol.com

Page 69 MILFORD

OKS Coordinator

Rhonda Wynne 344 Elm Street Unit 61 Milford, NH 03055 H: 603-673-7534 C: 603-930-1181* E: rwynnemilford@comcast.net

LCIF Chair

John Wynne 344 Elm Street Unit 61 Milford, NH 03055 H: 603-673-7534 C: 603-930-1410 E: johnwynne61@comcast.net

Page 121 NASHUA

Secretary

John R. Deschenes 7 Galway Road Nashua, NH 03062 H:603-888-3911 C: 603-233-2929 E: ljdeschenes@gmail.com





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

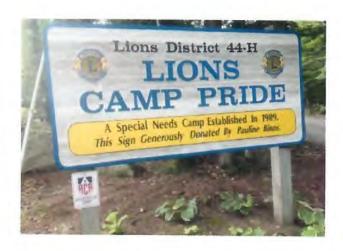
To RSVP please e-mail or call PCC Celeste Ricupero (Committee Member)

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

Looking forward to seeing you,

Associations Forum Dean, PCC Jim Robinson & Forum Committee





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





Camp Pride's Annual Booster Club Raffle

It's that time of year again! All Lions are asked to help support Camp Pride by procuring sponsors for each date during the Month of January. The more sponsors for the calendar, the more funds that will go directly to Camp for operations and maintenance.

Sponsorships may be sold to <u>club members, friends, business</u> <u>associates</u> and a great way to honor a special birthday, anniversary or to promote a local business. All sponsors will be acknowledged with their "message" printed on each ticket!

<u>Tickets remain at \$10.00</u>. There will be a total of thirty-one (31) drawings, all taking place at the Mid-Winter Convention in January. Each drawing represents a particular day in January. <u>Any ticket drawn will be redeposited</u> into the raffle basket so there are numerous chances to win.

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

Enclosed is a sponsor letter that you can copy and present to a potential sponsor





LIONS CAMP PRIDE ANNUAL RAFFLE SPONSOR FORM

Please fill in all the information AND

| Check off the information you would like placed on the 2020 Janu | ary Calendar Raffle |
|--|---------------------|
| NAME: | |
| OTHER DESIGNATION: | - |
| (if different from name or business, ex: birthday or anniversary date, or | ANONYMOUS) |
| ADDRESS: | |
| TOWN & STATE, ZIP: | - |
| BEST PHONE # E: MAIL: | |
| SPONSORED DATE: 1 ST CHOICE: | |
| If 1st choice is no longer available, please select a 2nd and 3rd choice: 2. | 3 |
| Please return check for date selected and a copy of this form to: | Check# |
| Lion Lillian Bellisle, 29 Cedar St. Hudson, NH 03051 Tel 60 |)3-889-0285 |

DEADLINE FOR SUBMISSION IS OCTOBER 1, 2019





Moultonborough Lions Club hosts their annual picnic dinner for Golden View, Forest View and Mountain View Nursing Homes



Moultonborough Lions Club held a Crazy Hat Contest at their August Dinner Meeting with Lion Larry LaPointe the "Grill Master" winning First Prize

Moultonborough Lions Club held its annual picnic dinner for three of the local Nursing Homes, Golden View, Forest View and Mountain View. The club has been doing this for many years and it is a dinner that both the residents and club members look forward to. Moultonborough Academy Music Director, Harmony Markey with student Katie Duddy, daughter of Lions Michelle and Jim Duddy, did a fantastic job entertaining everyone during the social and dinner hour. Katie has a lovely voice and it was fun to watch her mom and dad beam with pride. President Peter Allen called on Tail Twister Pat Keegan to lead the parade of Crazy Hats around the room so Harmony and Katie could judge the winner. After a short deliberation they announced "Grill Master" Larry LaPointe won First Prize. The Tail Twister presented Larry with a \$5 scratch ticket wishing him a BIG win. President Peter rounded off the night by leading a Sing-a-Long. Everyone went home smiling. Lions Pride! You can't see it. You can't touch it. But you sure can feel it!

At the 44-H Cabinet Meeting on Aug 4, before buying tickets for the 50/50 raffle SVDG Virginia and Lion Al Edwards talked that in the event either one of them won, they would donate the money to the newest Lion member attending the Cabinet Meeting for the first time. Virginia explained to the members that whenever they have won they donate and share with organizations in their community and that sharing is a good trait. Frances Caron of the Salem Lions Club was the newest Lions Member and first time Cabinet Meeting and Frances donated the money to LCIF. Virginia said that it was a good feeling for them and excitement for Frances and the club.



Barrington Lions Club



DG Steve visited the Barrington Area Centennial Club on 8-14-19. Pictured below:

Front L to R – DG Steve and VP Kristyne Pavlik
Back L to R: Lion LeeAnn Middlemiss, Secretary
Julie Oakley, Lion Tom Oakley, Lion Dorene
Hillsgrove, and Treasurer Carole Frankiewicz.

Thank you for a great visit and all you do for your community!

2019 SEPTEMBER



LEADSHIP DIRECTORY



VOL 45 ISSUE 3

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.net PCC 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: lindaraffery55@gmail.com



NHLIONSDISTRICT44-H







Join the Sandown LIONS for their Ham & Bean Supper



Saturday September 21,2019 From 4:30-6:30 P.M.

Sandown Recreation Building

25 Pheasant Run Drive Sandown, NH

Dine in or take
out menu
Ham, Beans,
Hot Dogs,
Rolls, Drinks,
and Deserts



\$7.00 per adult, children 12 and under \$4.00

Wolfeboro Lions Fifth Annual Chocolate Auction

39999999999

When: Saturday, September 28, 2019

Where: All Saints Church

What: 6:00 Social with appetizers,

6:30 dinner and dessert;

7:00 Auction

Cost: \$20 per person

BYOB!!

Join us for a fun evening and purchase some of our

wonderful chocolate confections

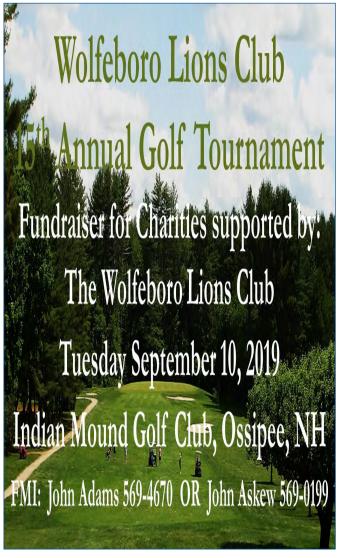
All proceeds go

to Lions Charities

RSVP to Eloise Adams: eloisea@metrocast.net

Don't wait! We sold out last year!!

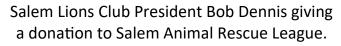
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anville Lions Club





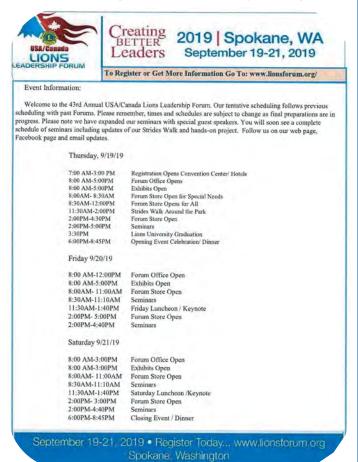






Thank you to all who supported the Danville Lions Book Sale at Kingston Old Home Days in August.









Hudson Lions Club President Don St. Onge along with Lion Peggie Lever presented Linda Pilla, Director of the George H. and Ella M. Rodgers Memorial Library of Hudson with 1,000 book bags donated by the Hudson Lions Club. The donation is in addition to the 500 that were donated last year and given out to Hudson Library Patrons. This project was created and carried out by Lion Peggie Lever.

Erin Beals is the 2019 recipient of the 12th Annual Lion Ron Boisvert \$1,000 Scholarship. The scholarship Is given for continuing education in the medical field. Erin is a Senior at UNH majoring in Occupational Therapy. Her grades and volunteerism are outstanding. Ronald Boisvert was an active member of the Hudson Lions Club since 1983 until he succumbed to cancer at age 68 in 2006. Although quiet in demeanor and a man of few words, he went about volunteering behind the scenes. Ron received an International President's appreciation award for his volunteerism.



Pictured are Club President, Don St Onge, Erin and her parents, Regina and Steve Beals. Front is Pauline Boisvert, spouse of the late Lion Ron Boisvert and PCC Roger LaTulippe, Scholarship Chair.



From a sponsorship to stuffing backpacks to KidSight Screening, the Nashua Lions once again stepped up to help Nashua students get ready for a new school year. Hundreds of backpacks were filled and over fifty students were screened as part of the 15th annual Nashua Goes Back to School program held at the Nashua Public Library. Club members helping included Lions Louise and John Deschenes, Gail and Lou Marino, Elaine and Ed Lecius, Fran Hendrickson, Deb Stoodley, Clay Rush, Kamal Masand, Eileen Kelly, Martha Ackerman, Nicki Englehart, Rick Dowd, Brian Rhodes, George Walker, June Caron, and Donna Courtemanche, along with Lion cubs Allyson and Kaylee.



Lions Sight & Hearing Foundation

The August meeting included approval of two cases presented by Alan Hoye, Project Coordinator. We got into a discussion of length of time it takes for some cases to be approved as there are delays for submission of applications, some application come in incomplete which may delay a decision until the next meeting on the third Thursday of the month. President Langdon Pumer is looking into how cases can be facilitated from start through approval.

We welcome a new audiologist at the Androscoggin Valey Hospital - Dr. Jonathan Campbell Au.D., CCC-A. We have been working with him for a while and he asked to be included under Hearing Practitioner - Contact List. Welcome aboard!

We also discussed the need for a Lion to step up to manage the Lions Multiple District Website to bring it up to speed and be the administrator to make changes and keep it current. HELP – this is great opportunity for a IT person to meet the Lions motto "WE SERVE" Please contact DG Steve Middlemiss 603-566-7616

The Board is looking for ideas for a fund raiser or two to help meet our mission of assisting local clubs meet the need for sight and hearing projects for members of their communities.

Thanks for being a Lion and your club for supporting your Sight and Hearing **Foundation**

Yours in Lionism, Langdon Plumer, President 2019-2020



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



Hello all, I'm back.

Summer is almost behind us and like most of you I am looking forward to another busy "Service" year. Hoping I will get to see a lot of you at the Fisher cats game on the 24th where we will spread the word about "Lionism".

Start selecting your service projects and putting your teams together to insure that those projects will be successful. Get new members involved early so they will feel like they are contributing and perhaps will become your future chairs?

Once again our global initiatives are Hunger, Vision, Environment, Diabetes, and Childhood cancer. Be sure to complete at least 3 of these so you can begin to qualify for your club excellence award.

One thing that I think we might all be a little weak on is our reporting of the service work that we accomplish. If this is true our club and it's because you are having trouble "My Lion" please consider attending the Lions education class on September 14th. I understand that there will be a large focus placed on helping us work with the new updated site.

I look forward to working with you again this year, especially if asked for anything specific; otherwise I will attend the zones meeting and render my observations and opinions even when you don't ask for them Ha! Ha!

Much success with all your projects. Don't forget to report!! Lenny

GLT Spotlight

As we kick off the new LION year, and to get it off to a great start there is a free Club Officers Training Forum being conducted at the Delta Dental Conference Center, 2 Delta Drive, Concord, NH on September 14. The training forum is mainly for incoming Presidents, Secretaries, and Treasurers, however others are welcome to attend to learn how LIONS operate. Even if you attended prior training sessions, this forum is worthwhile of your time to attend again.

As being part of the GAT Team, some GLT goals have been set for this upcoming year. One of those goals is that 40% of all incoming Club officers will complete the Club Officer training, so the upcoming training will give club officers the opportunity to complete this training, and hopefully exceed that goal. Another goal is that 95% of all Zone Chairpersons will complete Zone Chairperson Training, and we will add 10 Certified Guiding Lions this year. Watch for more details on upcoming training opportunities.

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.

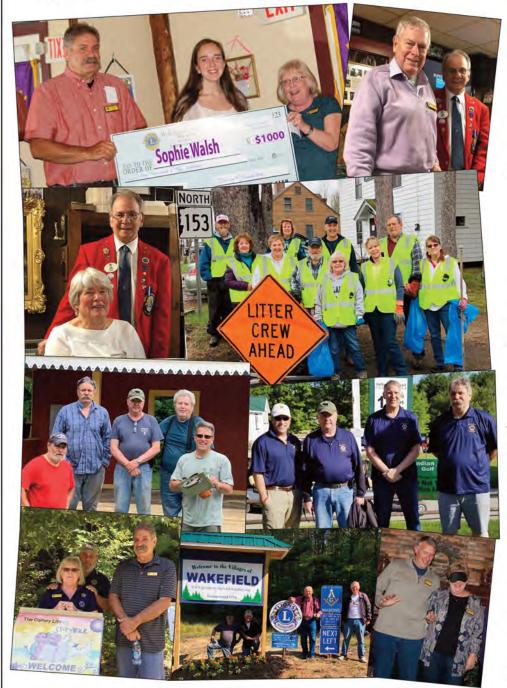
Let's have a great year, and look forward to seeing a lot of presidents, secretaries and treasurers at the upcoming Club Officer Training Forum. Please RSVP by September 7.

GLT Pat Kimball 44H





Proudly Serving Wakefield,
Brookfield, Milton, East Wakefield,
Middleton, Sanbornville & Union NH





Scholarship chair, Scott Gaudet and President Anne Palmariello present \$1000 education award to Sophie Walsh of Milton.

Tom Lavender receives 25 year service pin from District Governor Jerry Vaccaro. Pat Currier receives her 20 year service pin.

Lions participate in town cleanup day along busy Rte 153 in Wakefield.

Lions Joe Palmariello, Scott Gaudet, Ken Nelson, Wally Farnum and Jay Vanderhoof replace decking at Turntable Park. Missing from photo: Tom Daniels and Brian Vanderhoof

Jay Vanderhoof, Ken Nelson, Tom Daniels and Scott Gaudet represent Lions in Habitat for Humanity charity golf event.

Lions support Story Walk.
Two books on display as you
walk the Cotton Valley Rail
Trail at Turntable Park. Boy
Scouts built pedestals for
the pages to sit on.

Welcome to Wakefield sign spruced up by Al Poulin, Tom Mix, John Cannon, and Ralph Currier

New member Shelly Daniels, sponsored by husband Tom.

Like us on Facebook: Greater Wakefield NH Lions Club

Gail Dacey: grd514@aol.com

HUNGER ACTION MONTH THER TO SEE

September is Hunger Action Month, when the Feeding America nationwide network of food banks unite to urge businesses and individuals to take action in their communities. Orange is the official color of hunger and

Hunger Action Month

Stay involved this September Go orange at home or in your office

Don't forget to turn your Facebook and Twitter pages orange! Get your friends, family and co-workers to do the same. You can also turn your company page orange, wear orange or decorate your office with orange.

Hunger Action Month

Hunger Action Month (September) is the Feeding America network's nationwide awareness campaign designed to mobilize the public to take action on the issue of hunger. The campaign brings attention to the reality of food insecurity in the United States and promotes ways for individuals across the U.S. to get involved in the movement to help end hunger.

SEPTEMBER 12, 2019: Hunger Action Day®

To celebrate Hunger Action Day® on September 12 and bring awareness to the issue of hunger in our communities throughout September, buildings, landmarks and people across the country will go orange. Wear orange, turn your social media profile pictures orange, and encourage others to do the same!

Dates to be determined: WMUR and NHIAA Sponsor NH Tackles Hunger

A food drive will be hosted at high school football games in communities across NH. All food donated during this weekend will go to local food pantries.

I challenge you to do something in your community to promote hunger awareness during September.



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

What's Next for Judge?

I was asked at a Cabinet Meeting what will happen to Judge now that he was released from the Fidelco Guide Dog Program. His puppy raisers, Winchester Centennial Lions Theresa and Kerry Ford had two choices: they could keep Judge as a pet, or they could return him to Fidelco and let Fidelco find a home for him. The Fords decided to keep him (Seems like a no brainer to me). He will be going to obedience classes at the Humane Society at first. After that? Judge's story isn't over yet. We'll keep you posted on how he grows.

You can get the DogSight 2019-2020 campaign get a good start by sending a donation in early. Checks should be made out toe LSHF with DSP on the memo line. Please 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: lpiekarski@ne.rr.com

PCC Celeste Ricupero, Diabetes Chair

Email: ricupero7@comcast.net



Fresh, Frozen, or Canned?

For eye appeal and taste, fresh produce is hard to beat. But surprisingly, it may not always be the best choice. Fruits and veggies fresh from the garden or local farmers market will usually provide the most nutrients. But frozen vegetables and fruits, processed soon after harvesting, retain most of their nutrients. So, they're still a great choice.

Can the Can?

Eating canned fruits and vegetables can be just as nutritious as eating fresh produce. And if you're on a budget, choosing canned can help you pack more fruits and vegetables into your diet.

Juices labeled "100 percent fruit juice" also offer lots of vitamins and minerals, but they lack fiber. So, health experts advise focusing more on whole fruit. Dried fruit, too, is nearly as nourishing as fresh.

Just Eat 'Em!

Dietary guidelines emphasize eating a variety of fruits and vegetables every day, no matter what form. According to the U.S. Department of Agriculture's MyPlate, half of your plate should consist of

fruits and vegetables. For a healthy diet, women need 1½ to 2 cups of fruit and 2 to 2½ cups of vegetables a day. Men need 2 cups of fruit and 2½ to 3 cups of vegetables a day. Fresh, frozen, canned, dried, juice—they all count toward the daily recommendation.

To have lots of choices, buy fresh produce to eat within the next few days when it's in season, and stock up on frozen, dried, canned, or juiced fruits and veggies for later. Here are more tips to get the most from your produce:

- Purchase produce that isn't bruised or damaged. Fresh-cut produce, such as half a melon or bagged greens, should be refrigerated or surrounded with ice at the market.
- Keep perishable items and all precut or peeled produce in the refrigerator.
- Buy fruits canned in their own juice and vegetables canned without added salt. Use them immediately after opening.
- Steam veggies or cook them using as little water as possible until just tender.

Corn Chowder

INGREDIENTS

- 1 tbsp. vegetable oil
- 2 tbsp. finely diced celery
- 2 tbsp. finely diced onions
- 2 tbsp. finely diced green pepper
- 10 oz. package frozen, whole-kernel corn
- 1 cup peeled and diced raw potatoes (½-inch cubes)
- 1 cup water
- 1/4 tsp. salt
- black pepper to taste
- 1/4 tsp. paprika
- 2 cups low-fat or skim milk
- 2 tbsp. flour
- 2 tbsp. chopped fresh parsley

DIRECTIONS

- 1. Heat oil in a medium saucepan.
- 2. Add celery, onion, and green pepper. Sauté for two minutes.
- Add corn, potatoes, water, salt, pepper, and paprika.
 Bring to a boil; reduce heat to medium. Cook, covered, about 10 minutes or until potatoes are tender.
- Place ½ cup milk in a jar with a tight-fitting lid. Add flour, seal, and shake vigorously.
- Add gradually to cooked vegetables and then add remaining milk.
- Cook, stirring constantly, over medium heat until mixture comes to a boil and thickens. Serve garnished with chopped, fresh parsley.

PER SERVING

Serves four; serving size is 1 cup. Each serving provides: 186 calories, 5 g fat (1 g saturated fat), 5 mg cholesterol, and 205 mg sodium.



simplyhealthynh.org | 3





National Organization for Albinism and Hypopigmentation

August 9, 2019 Sam Longbook MD44 Council Chairperson

Via Email

Dear Mr. Longbook:

On behalf of NOAH, the National Organization for Albinism and Hypopigmentation, I'd like to thank all of the New Hampshire Lions clubs for their efforts to maintain and expand Camp Lion's Pride.

NOAH hosted our tenth Family Camp at Camp Pride this past July. We had families travel from as far away as California to participate.

The food this year was outstanding. The addition of the breakfast and salad bars was very well received. Patrick Rossiter was by far the best camp director you've ever had. He was 100% committed to ensuring we had a fun and safe experience. He was present and helpful without being overbearing. We look forward to the opportunity to work with him again in 2021.

Thank you to everyone who works so hard to maintain the camp. Those new docks you installed allowed moms a quiet place to cool off and share experiences. The raft on the deep side allowed a group of teens to hang out and just be teenagers trying to work together to all stand at once, or just knock each other into the water. The low ropes course continues to challenge and inspire our campers. Even the boring stuff, like new mattresses, matter (especially to the parents). ©

NOAH family camp is a place where kids with albinism and their families can come together to have fun and share experiences in a casual environment that is structured to meet their needs. Our kids are very sun sensitive, so our days are structured so outside activities take place at the beginning or the end of the day. While we were there, we couldn't help but notice the drawings for the new rec hall. Our program leaders were practically giddy with excitement and immediately began brainstorming ideas for expanding our program utilizing the new space.

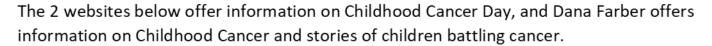
My son is a veteran camper. He gave me a kiss Saturday morning and said "See you Wednesday mom." It's worth noting, that I attended camp! He'd swing by for a quick checkin and then be off with his friends. My daughter was a counselor this year and she was excited to continue the magic for the next generation of campers. Both came home happy, and utterly exhausted.

> PO Box 959, East Hampstead, NH 03826-0959 USA Phone: (800) 473-2310 • (603) 887-2310 • Fax: (603) 887-6049 www.albinism.org • Email: info@albinism.org

September is National Childhood Cancer Awareness Month

Friday Sept. 27th is National Childhood Cancer Day

Ribbon Color is Gold



https://www.go4thegoal.org/national-pediatric-cancer-awareness-day

http://www.danafarberbostonchildrens.org/for-families/childhood cancer facts.aspx

At the District Advisory I presented a list of needs for Dartmouth Hitchcock Child Life program, which provides a variety of items for both in & out patient children. If your club would like the list, so they can donate some of the items, please contact me and I will email it to you.

Yours in Lionism, Mary Tremblay Mtremblay578@gmail.com

Let's all wear Gold on Friday Sept. 27th and help spread the awareness of Childhood Cancer



Thoughts on Vision
From Melanie Saunders

September brings the start of a new school year and the opportunity for Lions to actively participate in the Operation Kids Sight Program.

If you are a new member or a member of a new club check it out to see where you fit in as part of this great program. Perhaps you recently retired and have a little extra time during the week to help during the school day when you haven't in the past. OKS screenings are a perfect way to promote healthy vision right in your own community.

Why Screen Vision in Young Children? According to educational experts, 80% of learning is visual • Most young children don't get their vision screened until they have problems learning. By then, it may already be too late. • Unless vision problems are detected early and corrected, they risk becoming permanent by age 7. • For example approximately 5% of all children under age 7 will have amblyopia (also known as lazy eye), a treatable disorder that can result in permanently reduced vision when not addressed by an early age.

If you are interested in learning more: Contact Lion Bob Laferriere, OKS Coordinator: f.laferriere@comcast.net



LIONS YOUTH SERVICES

MEETING HIGHLIGHTS-8 August 2019

Thirteen members and three guests attended the meeting on Thursday, August 8th at Hannaford in Bedford, Kilton Road. Committee's reported updates on the Lions Quest program, BackPacks, Peace Poster contest and the Fisher Cats game. Pat Mayo reported these LYS Meeting minutes during the 44N Cabinet Meeting held on August 11th at the Edward MacDowell Lake. Thank you Pat for your report. School supplies for the BackPacks were also collected at the Cabinet Meeting. Many thanks to those clubs that contributed to this project. SVG Virginia reported that all the peace poster kits were sold, the last one being sold at the Cabinet Meeting. If anyone needs to order a kit, they can order directly from LCI. Rhonda Wynne brought two tri-fold displays of samples of last year's Peace Poster contest to the meeting and gave them to Lenny Hall. These displays will be found at the Info Table at the Fisher Cats game. If any club wishes to use these as publicity for their peace poster contests, please contact Lenny Hall, lah03811@gmail.com

Please take note that the September 12 meeting will be held at the Airport Diner NOT at Hannaford's.

LIONS QUEST

Kristyne Pavlik offered to chair the program and Virginia Edwards has volunteered to co-chair.

They will be investigating the program to get it implemented sometime soon. Funding LCIF Core 4 Grants are available to support implementation efforts. Core 4 Grants maybe used to translate and adapt curriculum materials, conduct teacher training workshops and promote the expansion of the program. LCIF also offers the Lions Quest Promotional Grant, an award of up to US\$ 1000 to promote the program in a new area. They will be looking into this and will provide more details of where this program will initially be implemented shortly. More details to follow.

LIONS at the FISHER CATS

It was reported that there were over 250+ attending Saturday classroom resources for teachers and age night's game including families, friends and Lions. The weather was perfect for a Saturday evening at the ballpark. More photos can be seen on pages 24 & 25 of this newsletter. Below left to

MC Ray Bisson preparing for next year's derby race, SVDG Bob Gustafson and 44H GST Lenny Hall with friends, and VDG Marie Hall, Salem Lion Gail Dacey, and 44N GST Pam Prentiss.

What is Lions Quest? Lions Quest is a life skills and prevention Program of Lions Clubs International Foundation, implemented in more than 50 countries around the world. Lions Quest programs teach young people skills necessary for every day success.

These skills include:

- Learning to accept responsibility
- Communicating effectively
- Setting goals
- Making healthy decisions
- Resisting pressure to use alcohol and drugs

Lions Quest programs:

- Provide high-quality, research-based appropriate learning material for students.
- Present opportunities for students to learn and practice skills that build and enhance positive relationships.
- Involve the family and community in supporting the healthy development of young people.



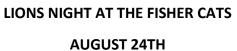




























LIONS NIGHT AT THE FISHER CATS **AUGUST 24TH**





250 + Lions and their families took part in the Lions Night at the Fisher Cats. New members inducted.

Jeri Maynard: lionjeri@comcast.net

ENVIRONMENT



As your District 44H Environmental Chair, I have been asked to do the following:

- (1) Address and build awareness of the issues affecting our environment, currently and future
- (2) Promote service projects at the Club level and encourage them to report their projects using My LCI
- (3) Challenge individual Lions to add "green habits" to their daily lives.

Luckily for me, most of the 44H Clubs have added service projects to their activities by scheduling road clean-ups, electronic and aluminum recycling programs and local community beautification projects. The list, I'm sure goes on, so if your club does something different for the environment, don't just report to LCI but let the District Governor and me know- "Toot Your Own Horn".

As I mentioned at the Cabinet meeting, I would like to address ways that individual Lions can do their part to help the environment. Pollution- Water, Air, Earth, Noise, and "Social"; I will try to bring information to you on all and suggest ways that you can make small changes in your lifestyles (if you haven't already).

Let's start with <u>Composting your Waste</u>. Not all of your garbage (food, paper, yard waste) has to go into the trash bin. You can be eco-friendly and cut the amount that goes to the landfills by starting a compost bin

- *Composting foods that can be organically disposed of at home is a great way to reduce the amount of food you throw in the trash. It's good for the environment, and can give you some useful compost for the garden. Homemade compost will fertilize your soil and help with any gardening you do.
- •Use food scraps such as fruits and vegetables, coffee grounds, eggshells, nutshells and tea bags.
- •Do not dispose of meat, dairy or oils this way.
- •Add the food waste to cardboard, newspaper, vegetation and other organic materials in your compost pile. Mix it in with soil and dirt so the food can be broken down.
- •When you add new material to the pile, turn it with a garden fork or other tool to let fresh oxygen in to help with the composting process.
- •If you don't have a yard, you can still compost at home with an earthworm farm; the kids will love it- as for me, I have chickens that eat almost all my food food scraps...





DINNER & FUNDRAISER

To be held

Thursday, October 10th, 2019 Cocktails at 6:00pm, Dinner at 7:00pm At Harris Pelham Inn

Pelham, NH
Tickets are \$35.00 per person, \$350 per table
All proceeds from the dinner raffle will be put towards local

projects. WE SUPPORT

LOCAL FOOD PANTRIES FOOD BASKETS FOR THE NEEDY CHILDHOOD DIABETES

EYEGLASSES & HEARING AIDS FOR THOSE IN NEED

SALEM, NH LIONS LEGACY PROJECTS AND LIONS OF SALEM, NH HIGH SCHOOL SCHOLARSHIPS PROGRAM

To purchase tickets or to offer a donation to our Raffle Basket Drive, please contact either:

Sylvie 603-475-9815 smithsylvie20@gmail.com , please leave a message

Your donation can be picked up at your convenience or mailed to:

Salem Lions Club PO Box 294

Salem, NH 03079

Thank you in advance for your generosity!





- Featuring -

— Jeff Koen • Graig Murphy —

JOE YANNETTY



A seasoned professional, comedian Joe Yannetty draws on his travels, his Italian heritage, family situations and Boston bluecollar upbringing to bring family-oriented comedy to audiences around the world. Yannetty has been a guest on dozens of television shows, and has headlined around the world. Joe has also appeared at CAESAR'S PALACE in Las Vegas, RADIO CITY MUSIC HALL in New York City, and the KENNEDY CENTER in Washington DC.

FRIDAY, OCTOBER 25, 2019

Austin17House

263 Route 125 • Brentwood, NH



- · RAFFLES
- · CONCESSIONS
- DOORS OPEN 7:00 PM
 SHOW STARTS AT 8:00 PM
- PROCEEDS TO BENEFIT AUSTIN17HOUSE •

For Tickets or Information Contact
Mike Baillargeon (603) 235-1260 • mdbail@comcast.net
or Mike Dolan (603) 382-9642 • mt4dolan@gmail.com

SPONSORED BY SEACOAST & SOUTHERN NH LIONS CLUBS









New England Lions Council



October 25-27, 2019 - Dedham Hilton -

25 Allied Drive - Dedham, MA 02026 call 1-800-HILTONS for reservation

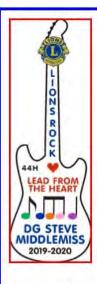
Room Single or Double rate - \$159 plus taxes. Check in Fri. 3:00 pm on Register directly with hotel. Deadline for group rate October 5.

Saturday Seminars/Trainings 10-11.30 am -My Lion - LCI Staff person 11:30-noon - Jackie Mcloon, RI Blood Center - Be The Match Donor Program Saturday Lunch 12:00 Buffet - DG Challenge speaker 1-2 pm -Service Launch Pad - PDG Michele Crocker, District 41 1-2 pm - Low Vision "Lovernet" - PDG Matthew Richardson, District 33K 2-3 pm - DG Roundtable - Moderator PID Joyce Middleton 3-4 pm - GAT Leadership seminar - PID Ed Farrington Saturday Evening Dinner - 6:30 - Banquet -Speaker: New England GAT - PID Ed Farrington, District 44N Sunday - 9 am - Necrology Service - IPDG Liz Fenwickn District 45 10 Am - Business Meeting (DG Reports) Saturday Meals: Lunch: 12:00 Garden salad, Vegetable Wrap, New England turkey sandwich, Ham and Cheese sandwich, Cape Cod Chips, Fruit, Hot/iced Tea, Hot/iced Coffee, Pitchers of water Buffet at \$25 x ___ Total = ____ **Dinner: 6:30** Caesar Salad and Dinner Rolls Plated choice of Grilled Chicken or Crusted Cod Chef Choice of Starch, Vegetables, Dessert Coffee, Tea Chicken ____ Cod ____ Dinner at \$40 x ____ Total = ____ Grant Total = NAME: ADDRESS: DISTRICT: DISTRICT POSITION CLUB POSITION: _____ CONTACT: Phone _____ Email ____ Make check payable to: NELC Mail check and form to: PCC Hilary Kumnick 22 Hunters Ridge Road Killingworth, CT 06419

Registration deadline: October 5, 2019

Questions: Contact Council Pres. PDG Sandra Hurd @603-424-8922 axstewart@comcast.net





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District 44-H Cabinet Meeting

Puritan Backroom

245 Hooksett Road, Manchester NH 03104

November 10, 2019

8:15am - 9:00am **Registration and Social**

9:00am Call to Order 9:15am **Breakfast Buffet**





Assorted fresh fruit tray, Assorted scones and muffins, Orange juice and cranberry juice, Scrambled eggs, Pancakes, Crispy bacon, Home fried potatoes, Freshly brewed coffee and tea

| Name(s): | | |
|------------------|----------------|--|
| Club: | | |
| Total Attending: | x \$18.00 = \$ | |
| Check # | Cash | |

Reservation form and payment due October 20, 2019

Meal count must be in by this deadline to the hotel, or we can not guarantee you will be able to eat that day, though we will do what we can to accommodate late reservations.

Make checks payable to: Lions District 44-H

Please mail checks to: **Cabinet Treasurer PCC Scott Wilson** 59 Georgetown Drive, Center Barnstead, NH 03225 Email: scottwils@comcast.net Cell: 603-770-3700

Dress code: Business Casual, Red Jackets if you have one

Register before the deadline and WIN!

When you register with payment, by the deadline of October 20th, you will get a raffle ticket for a chance to win one of two \$25 Gift Certificates to the Puritan Backroom Restaurant!

We look forward to seeing you at the Cabinet meeting on November 10th! ******

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