



THE MANE WORD

Iroquois-Matilda Lions
District A-4
Zone 41 South

2nd and 4th Mondays
Iroquois Legion

Editor: Stephen.law94@sympatico.ca

Lions Year Events

January 2023

Hunger Awareness Month
13 - Melvin Jones' Birthday

February 2023

Childhood Cancer Awareness Month
15 Childhood Cancer Day

March 2023

08 - International Women's Day
18 - St. Patty's Party

April 2023

Environmental Awareness Month
Family & Friends Month
Leo Club Awareness Month
21-23 District A4 Convention, Kingston
22 - Earth Day
27-29 Club's Play at Upper Canada
Playhouse

May 2023

Strengthen Membership Month
28 - World Hunger Day

June 2023

07 Lions Clubs Birthday
17 Galop Canal Bluegrass Chicken BBQ



Here's hoping that you and your family had a happy and healthy holiday season. The Iroquois-Matilda Lions had a fun and activity filled 2022 and I'm sure that 2023 will be just as exciting. In March we'll be hosting our St. Patty's Party with guest performer Wayne Rostad. In April, our very own Iroquois-Matilda Lions will take to the stage at Upper Canada Playhouse to present our version of *Drop Dead!*

In 2023, there'll be something for every member to volunteer for: cooking chickens, food drives, making deliveries, roadside cleanup, gift wrapping and all forms of fundraising from bingos to raffle ticket selling.

Here are three quotes that apply to Lions.

"Alone we can do so little; together we can do so much." —Helen Keller

"Life's most persistent and urgent question is, what are you doing for others?" —Dr. Martin Luther King, Jr.

"Service to others is the rent you pay for your room here on earth." —Muhammad Ali



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Meetings

2022

September 12

September 26

October 3 – Chinese food

October 24 – Oktoberfest dinner

November 14 – Yefsi's

November 28 Chili/sandwiches or lasagna/spaghetti (Guest speaker House of Lazarus)

December 12 – roast beef

2023

January 9 (Guest speaker Dundas County Hospice)

January 23

February 13

February 27

March 13

March 27

April 10 (Guest speaker J.W. MacIntosh Seniors Support Centre)

April 24

May 8

May 29

June 12

June 26

Hunger

January is Lions International's Hunger Awareness Month.

You can help your neighbours by donating food, money or your time. Community Food Share can be reached at 28 Ottawa St., Morrisburg or 613-543-0065 or by email at morrisburg@communityfoodshare.ca

Through LCIF, Hunger Grants are available to Lions projects to support infrastructure and equipment acquisition of Lions' projects focused on alleviating hunger. Funds can be used for a project's capital needs and select project operational expenses during start-up. Typical project expenses may include:

- Construction or expansion of food banks, feeding centres and food storage facilities
- Construction or expansion of kitchen or dining facilities as part of a school-based feeding program
- Purchase of refrigerators and freezers to store perishable food items
- Kitchen equipment such as stoves and ovens
- Furniture such as chairs and tables for dining rooms and feeding centres
- Vehicles to transport, collect and deliver food

Our own Lion Jim Devenny is the A4 LCIF Coordinator. He can help determine if your idea is suitable for a Hunger Grant, advise on timelines and deadlines and then will assist in submitting an application to LCI. More information is available by going to the LCI website at www.lionsclubs.org and then searching for "Hunger Grants".

Board of Directors

Lion President Evonne has called a Board of Directors meeting (via Zoom) for Thursday, January 5, 2023 at 7:00pm. All members are welcome to attend. If you cannot find the email with the link for the Zoom meeting, please contact Lion Evonne or Lion Renée.

Melvin Jones

January 13 is Melvin Jones' birthday. Do you know why Melvin Jones is so important to Lions members? You can read *The Melvin Jones* story by going to the LCI website at: www.lionsclubs.org and searching for "Melvin Jones".

To help you with your New Years resolutions, here are the Top Ten Most Common:

1. Exercise more
2. Lose weight
3. Get organized
4. Learn a new skill or hobby
5. Live life to the fullest
6. Save more money / spend less money
7. Quit smoking
8. Spend more time with family and friends
9. Travel more
10. Read more

According to a study published in the Journal of Clinical Psychology, **only 46% of people who made New Year's resolutions were successful.**

You are not alone!. Commiserate with a fellow Lion at the next meeting, January 9th!