

# THE PRIDE

Newsletter of Lions District 44-H New Hampshire  
February 2026, Volume 51, Issue 08



## Message from District Governor Marie R. Valliere

This year one of my goals was to make District meetings more open to the membership. I call them rallies to encourage more sharing of ideas and celebrating being Lions and what we do. I also am trying to keep costs down while still sharing a meal. The committee looked at different locations and menus and traditions. The March District Rally will be held at the Meredith Community Center on Saturday March 21<sup>st</sup>. The cost will be \$10.00 per person. The menu will include salad, crackers, beverages and cake for dessert. We are asking the membership at large to provide either chicken soup or vegetable soup. This is an old tradition in many clubs and continues in many districts around the country. During my visitations I have tasted a fine selection of food and I know there are many good cooks in the district. To top it off we will have prizes for first, second, and third place for each flavor. All those attending get to vote for their favorite. There will be strips available to plug in your crock pot. Please make sure you have an identifying mark on your vessel.



When you arrive at the rally you will be given a token and you will be directed to a table with a matching token. This promotes more open dialog with fellow Lions and not sitting with your own club mates. Learn from each other, share ideas, don't be afraid to ask for or offer assistance to another club. We are Team 44H and when one club has a successful event it reflects on us all and the same goes when we fall. Let us all boost each other up in the true meaning of service.

DG Marie R Valliere



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## District Goals Progress as of 1/30/26

### Membership

District Membership	Prev Month	2025-2026 Year
Opening Balance	1,227	1,214
Added Members	11	69
Dropped Members	4	49
Closing Balance	1,234	1,234
Net Gain/Loss	7	+20

International membership is 1,369,061 effective 1/30/26.

### Service

District Service*	Previous Month	2025-2026
% Lions Clubs Reporting	56%	56%
Volunteer Service Hours	4,772	21,455
Service Activities	226	1,072
Individuals Served	28,531	146,444



### LCIF Donations

District LCIF Donations*	Previous Month	2025-2026
LCIF Donations	2,405	18,655



## Upcoming Events

Date	Event
Feb	District dues are due; Club Pres and Treas refer to your invoice in email. Contact <a href="mailto:LionJerryVaccaro@gmail.com">LionJerryVaccaro@gmail.com</a> with questions.
Feb 21	Green Team webinar 9:00am. Info in newsletter.
Feb 25	Report service, meetings, donations, and fundraising in Lion Portal.
Mar 6-8	Regional Lions Leadership Institute (RLLI). Application in newsletter
Mar 10	Deadline to register for Rally. Form in newsletter.
Mar 21	44H Rally & Soup Cook-Off, Meridith Community Center. Registration and info in newsletter.
Apr 18-26	Lions International Environmental Service Week
May 2 or 23	Club Officer Training, NH Police Academy. Info in newsletter.



## Vince Giambalvo, First Vice District Governor & GMT

### **Service Projects: A Key to Member Retention**

Our International President, A. P. Singh's message "**Lead to Serve, Serve to Lead**", stresses the importance of service to Lions worldwide. Let's look at how service can assist us in growing membership by improving retention.

### **Service is more than what Lions do — it's why Lions stay.**

With service comes social rewards as well as a sense of accomplishment. Meaningful service projects are one of the most effective ways to retain members. When Lions work side-by-side in hands-on service projects, they build friendships, strengthen their connection to the mission, and feel a true sense of belonging.

Active service engagement goes beyond meeting attendance. Giving members a role in service projects — especially new members — helps them feel valued and involved from the start. When Lions see the direct impact of their efforts, commitment grows.

### **Match service projects to peoples passions.**

Offering a variety of service opportunities aligned with Lions International Global Causes allows members to connect their personal passions to club service. This variety keeps engagement strong and prevents burnout. Giving members a sense of accomplishment and personal satisfaction strengthens the connection between their own passions and abilities and Lions "We Serve" mentality.

### **Involve Members in Planning**

Retention improves when members help **shape** the service experience. Inviting Lions to suggest, lead, or plan service projects creates ownership, leadership and a service mentality. This is especially important for younger members and emerging leaders

### **Give recognition**

Be sure to reward people for their contributions to our Lions causes. Celebrating service impact through newsletters, meetings, and social media reinforces pride and purpose. Recognizing volunteer hours, people served, and community stories reminds members why their service matters.

Strong clubs don't retain members by chance. They retain them by creating **purpose-driven service experiences** that are meaningful, visible, and inclusive. Clubs that focus on meaningful, inclusive service don't just retain members — they build stronger Lions for the future.

***When Lions serve together, they stay together.***



## Kimberlee Fournier, Second Vice District Governor & GLT

Are you attending the Regional Lions Leadership Institute (better known as RLLI) in March? Have you attended RLLI in the past? For those of you who have previously attended; Do you encourage others to attend? Have you shared your experiences gained while attending the Institute? Knowledge gained? How far you've come as a Lion since attending? Have you thought about how much of the knowledge you gained, you use in your everyday life? I ask these questions because, yes, I attended RLLI. The lessons, experiences, and the many times I had to convince myself to step out of my comfort zone to complete a given task, in the end.....I was pleased with myself for following through and yes, I use the knowledge gained both as a Lion, in my personal and professional life every day.

I look forward to hearing your experience attending RLLI, whether it's the upcoming session in March or a previous session. My belief is that you will be pleased with the confidence gained in yourself as a Lion, in your personal and professional life. As I continue to serve both in my Club, District and Multiple District, I look forward to serving right alongside you.



## PDG Jerry Vaccaro, Cabinet Secretary/Treasurer

District 44H "Rally & Soup cook-off": March 21, 2026. The "Rally" will be in Meredith, NH. Only \$10.00. Please fill out the Registration form supplied in the Newsletters. Kindly send it with your \$10.00 per person to my attention. Please attend a day of fellowship and participate in the Lions club soup cook-off contest. See you there! (My spoon is ready!)

District 44H Lions Club Dues: The second half District 44H Club dues have been sent out to all District Lions clubs. Please check your emails that were sent to all club presidents and Treasurers for your club amount due. All checks should be sent to my attention, Thank you.

Club DG Activities: Please e-mail your anticipated PDG Marie's visit or activity to my attention so that I can coordinate these dates with DG Marie. My email is [Lionjerryvaccaro@gmail.com](mailto:Lionjerryvaccaro@gmail.com). DG Marie will make all efforts to attend.

LCI Club Reporting: It is apparent that some clubs are not reporting their activities to LCI. If you need help working the LCI Portal I will be glad to help. Please make all efforts in reporting your monthly reports to LCI.

Like always if you have any questions, please give me a call.



## Linda Hedrick, Global Service Team (GST)

Are you tired of this cold weather? Do you need to be cheered up? Well, how about brightening up residents in a nursing home with Valentine cards? Maybe even bring them a carnation and a treat such as cookies, cupcake, or candy! Everyone enjoys surprises! I know I do!

Whatever service project you're planning, please don't forget the last step - the portal. It should only take a few minutes. Do it before you forget the details.

Please share your ideas for projects with other clubs or even partner together. We learn from one another and when we learn we grow!

Thank you to the zone chairs that have invited me to sit in and learn what their clubs are doing. If I haven't attended your zone chairs that meeting please reach out to me. I would love to attend! I need to learn also!



## Michelle Ackroyd, Childhood Cancer Chair

"In 2014, [Dana-Farber Cancer Institute](#) pediatric oncologist Brian Crompton, MD, discovered that a gene called STAG2 is mutated in about 15 percent of patients with Ewing sarcoma, a form of bone cancer that largely occurs in children and adolescents. Now, that molecular insight could hold the keys to advancing treatment for the disease.

New research led by senior authors Crompton and pediatric oncologist Katherine Janeway, MD, Dana-Farber Pediatric Oncology Section Chief and Chair of the Children's Oncology Group bone tumor committee, found that patients with STAG2 gene mutations in their tumor are more likely to relapse after treatment, enabling investigators to predict before treatment begins which patients are likely to be cured, and which are likely to have a recurrence.

The findings support the use of STAG2 as a biomarker in clinical trials to classify patients and tailor treatments based on their risk of relapse."

We're grateful to have Brian Crompton and David Shulman, both at [Dana-Farber Cancer Institute](#), sharing their expertise on ESI committees.

For more details on this research - <https://ascopubs.org/doi/10.1200/JCO-25-00157>  
Resource: Swirls Around the World



## PCC Robert Gustafson, Diabetes Chair

How can your Club set up an A1C clinic? As we know, over 20% of Americans don't know they have pre-Diabetes or Diabetes. Give me a call. I'm in the Lions Directory and I may be able to assist your Club in my role as Diabetes Chair of New Hampshire Health Services:

### How to set up an A1C Clinic for a Lions club?

- 1) What is A1C? It's a longer term (3 month) measure of blood glucose in your Body. Any test over 5.7% of glucose on your hemoglobin can predict pre-Diabetes or Diabetes.
- 2) There are testing kits available online. The kits come in packages of four and if bought in volume can average \$10-\$15/kit for four tests. The A1C Now self check kits work well.
- 3) Other items needed? Alcohol swabs, bandages and latex gloves.
- 4) Use experienced health care professionals to administer the test.
- 5) Provide a Consent & Release form.
- 6) Provide Diabetic appropriate food and drinks.
- 7) Bring in a Nutritionist and Exercise expert to talk.

## Jeri Maynard, Environment Chair

### Will this winter ever end ???

Below are several tips, from a local gas company, to **save energy (and money)** during the remaining heating season. If you have not already done so, it is not too late to apply action.

- **Let the sun shine in.** Take advantage of sunlight's natural warming powers. Leave your curtains and blinds open during the day. Sunlight and its UV rays travel through glass very quickly, and once it enters your home, it converts to heat.
- **Fill the gaps.** Seal any air leaks around your home. Caulking air leaks is a quick, cheap, and easy way to give your furnace or boiler a break, as well as lower your energy bill.
- **Insulate!** This is a biggie. You can reduce your energy usage by up to 20% when you properly insulate your home. Every year (preferably before heating season begins), have your insulation inspected by a professional.
- **Maintenance.** Keep your appliances running at peak performance by having them serviced by a professional. Do this on an annual basis. Replace your furnace filter every 4-6 weeks during the heating season to improve clean air flow and put less stress on your furnace.
- **Lower the temp, lower your bill.** Because we use hot water for so many things (showers, dishes, laundry), it is no shock that 18% of the total energy used in your home is for water heating. Lowering the temperature of your water heater to 110°F-120°F. results in the same hot water without paying extra for it.
- **Play it cool (cold, actually).** Using hot or warm water for your laundry takes up a big chunk of your hot water costs. Switch to cold water for your laundry, and you could save about 7-11% of your total hot water heating costs.
- **Upgrade and cut down your costs.** If you have an older appliance, you may hit a point where you will save more time and money upgrading to a new unit. Yes, the initial cost may be higher than repairing your current appliance for the umpteenth time, but you will save in the long run. Also, newer appliances have a higher efficiency rating, which will lower your energy bills and reduce maintenance costs.

\* **U.S. Environmental Protection Agency:** *"Energy/The Environment Energy Delivery Process is a leading source of greenhouse gas emissions, and affects water, land, and wildlife. Sustainable energy delivery is essential to ensure that energy services being delivered is environmentally sustainable ..."* In other words, the less energy delivered to your house, the less negative effects to the environment and to your pocketbook





## District 44H Happenings

### 44H Rally



The poster features a blue sky background with green foliage on the sides. At the top, two circular Lions International logos flank a central banner that reads "DISTRICT 44H LIONS RALLY & SOUP COOK-OFF A Lions Family Reunion!". Below the banner, the date "Saturday, March 21, 2026" is displayed. The location "Meredith Community Center 1 Circle Drive, Meredith, NH" is listed. A schedule of events follows: "Registration: 9:30 AM" (with a clock icon), "Meeting: 10:00 AM – 1:00 PM" (with a gavel icon), and "Lunch: 11:30 AM" (with a bowl icon). To the left, two large pots of soup (one red, one blue) sit on a red and white checkered tablecloth, accompanied by bread and a bowl of tomatoes. To the right, a wooden sign reads "Bring Your Best Soup! Chicken or Vegetable 1st, 2nd & 3rd Prizes!" with a trophy icon. Below this, another sign says "50/50 Raffle!". A yellow starburst graphic states "Only \$10 Entry Fee!". A small table with two rows of numbers (7550, 5180 and 74425, 74426) is shown. At the bottom, a wooden sign reads "Catch up, Share Ideas & Enjoy Great Fellowship!" with paw print icons. The entire poster is framed by a red and white checkered border at the bottom.

**DISTRICT 44H**  
**LIONS RALLY**  
**& SOUP COOK-OFF**  
*A Lions Family Reunion!*

**Saturday, March 21, 2026**

**Meredith Community Center**  
1 Circle Drive, Meredith, NH

**Registration: 9:30 AM**

**Meeting: 10:00 AM – 1:00 PM**

**Lunch: 11:30 AM**

**Bring Your Best Soup!**  
**Chicken or Vegetable**  
**1st, 2nd & 3rd Prizes!**

**50/50 Raffle!**

**Only \$10 Entry Fee!**

**Catch up, Share Ideas & Enjoy Great Fellowship!**

**A District 44H Lions Family Reunion!**

**✓ Lunch Provided:**

- ✓ Salad
- ✓ Crackers
- ✓ Beverages
- ✓ Cake for Dessert



## Celebrate, Serve & Connect

Join Lions from across District 44-H for a day of fellowship, friendly competition, district business, and a special anniversary celebration - all wrapped up with a delicious soup contest!



### Event Details

**Date:** March 21, 2026

**Location:** 1 Circle Drive, Meredith, NH

**Registration Begins:** 9:30am

**District Meeting:** 10:00am - 1:00pm

**Lunch Served:** 11:30am

**Cost:** \$10.00 per person

The district will provide salad, crackers, beverages, and an anniversary cake for dessert, while participants supply the soup — making the meal both collaborative and celebratory.

A highlight of the rally will be a Soup Contest, where attendees are invited to bring their best Chicken Soup or Vegetable Soup. Awards will be presented for first, second, and third place in each category.



Please complete & return the form below with payment for each attendee **NO LATER THAN MARCH 10<sup>TH</sup>**. Return to Jerry Vaccaro – 74 Chase Rd, Londonderry, NH 03053

### Registration Form

**Please select an attendance option:** ☐ Rally & Lunch

**Name:** \_\_\_\_\_ **Club:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

### **Soup Contest – Bring it on!**

**I will bring:** ☐ Chicken Soup ☐ Vegetable Soup ☐ Not participating

**Soup Name (if entering):** \_\_\_\_\_

**Questions? Contact Marilyn Vaccaro – [jvac1408@comcast.net](mailto:jvac1408@comcast.net)**

## Lion Portal Tip

Does your club's service reporting include all 4 categories of Meetings, Service Activities, Donations, and Fundraising? It should.

- Things to report in the **Meetings** category include: meetings for your club, your board, zone, and district; as well as any meetings your members may be involved in for other Lions activities.
- Things to report in the **Service Activities** category include: any time spent planning, implementing, and wrapping up any service related activities.
- Things to report in the **Donations** category include: any funds donated from your charity account. It can include checks payable to organizations you are supporting. Donations also include funds used for in-kind donations.
- Things to report in the **Fundraising** category include: any money taken in by the club through fundraisers, charitable gaming, donations from the public.



Remember, before you click Save for each activity, make sure the box to complete the activity is checked (top of the second column). When you submit the activity, the status should change to Reported. This submits the activity report so that LCI and our District Officers can see it, and it gets included in the overall statistics.

Also, please make sure you report what your club did for a hunger related activity during Lions International Service Week of January 3-11<sup>th</sup>. LCI is eager to see how Lions made an impact around the world that week.



## Multiple District Happenings

### NELC Winter Meeting



MD44 was well represented at the Winter Meeting of the NE Lions Council held in Newport, RI. MCC Mike Leahey along with DGs Pam Prentiss and Marie Valliere were joined by all three of our active PIDs, Steve and Lee Ann Middlemiss, Ed and Elaine Farrington and Ed and Elaine Lecius. PDGs Henry McKee and Toni Olden

were also in attendance as were First VP Mark and Lion Lyn Lyon. Outgoing MD44

representative Al Goldstein was recognized for his service by current President John Babb who was joined by all of the Past Presidents of NELC who were present at the conference. Pictured: PID Ed and Lion Elaine Lecius, PID Ed and Lion Elaine Farrington, PID Steve and Lion LeeAnn Middlemiss.



### Multi-District Directory Updated

The Directory has been updated. Use the links below to access the most recent version of the directory, and a list of what has been updated since 7/1/25.

- Updated Directory: [0aafae9a-4df5-4a42-8d6e-53b5cfdefaef.pdf](https://www.lionsclubs.org/~/media/Files/2025/01/01/0aafae9a-4df5-4a42-8d6e-53b5cfdefaef.pdf)
- List of Updates: [67739418-1885-4219-89c1-6446314a642c.pdf](https://www.lionsclubs.org/~/media/Files/2025/01/01/67739418-1885-4219-89c1-6446314a642c.pdf)



### NH Mid-Winter Convention

MidWinter Convention was a great event for New Hampshire Lions. [Use this link](#) to watch some recorded fun from MidWinter Convention's Lions Legacy Carnival. Video and sound starts about 36 seconds into the video. Congratulations to all award winners during convention. Congratulations to Multiple Council Chair Mike Leahey and his convention team. Enjoy the pics!









# SAVE THE DATE!

Saturday, May 2 or May 23

## Club Officer Training



### 5 TRAINING SESSIONS

8:00 to 8:30 Registration

8:30 to 8:45 Introductions

8:45 to 9:15 LCIF

9:15-12:30 Club President

Club Treasurer

Club Secretary

Membership

Training conducted at:

### New Hampshire Police Academy

Please note: Date to be confirmed. The Academy is undergoing some renovations and we are unable to confirm an exact date at this time

For further information, Please contact:

Bill Rathbun, PCC

Fred Plett, PCC

Dean, NHLPPDGA Training Committee

Asst. Dean, NHLPPDGA Training Committee

(603) 707-6209, pdgbill33Y@yahoo.com

603-660-0732, MCCplett@gmail.com

p=d4b6053d373dcccfa8db99291d933fc93e63e1074e893a290e57d5298f60baadJmLtdHM9MTc2ODk1MzYwMA&ptn=3&ver=2&hsh=4&fc  
lid=2f2dba75-0d37-6669-26d5-

DogSight Project



**THE DOGSIGHT PROJECT**  
**A Program of the New Hampshire Lions**  
**Multiple District 44 – Health Services of New Hampshire**



**Friends!**

If you were at the MD44 Mid-Winter Convention, you already know about FODS! If you weren't, here's the scoop!

Several members of the Amherst Lions Club have banded together to form Friends of DogSight (FODS) with an ambitious goal of getting every Lion or Club in the state to donate to The DogSight Project. The amount isn't relevant, even a \$5 donation multiplied by every member in New Hampshire makes for a sizeable donation. Forego one coffee a month and give it to The DogSight Project at the end of the year. A simple thing to do – but if everyone did it, the impact would be significant. Imagine every year giving Fidelco a donation large enough to raise one or two of the finest German Shepherd Guide Dogs! The need is great -- will you Help?

You can donate to the DogSight project any time. Please make checks payable to: **LSHF** and write **DSP** on the memo line to ensure the proper account is credited. Please mail checks to the project Treasurer: Gregg Kleiner, PO Box 94, Keene, NH 03431

Linda Piekarski  
Chair, the DogSight Project  
[lpi314@outlook.com](mailto:lpi314@outlook.com)



**Raised for Fidelco in 2025-2026: \$14,621.00**



## Regional Lions Leadership Institute (RLLI)



### MD 44 Regional Lions Leadership Institute

West Lebanon, NH

Friday thru Sunday March 6 to 8, 2026

#### Part 1: Applicant Information

\* PLEASE PRINT - Required information for all institute correspondence

District Number: \_\_\_\_\_ Membership Number: \_\_\_\_\_

First/Given Name: \_\_\_\_\_ Last/Family Name: \_\_\_\_\_ Email\*: \_\_\_\_\_

State/Province: \_\_\_\_\_ Gender: Male \_\_\_\_\_ Female \_\_\_\_\_ Month and Year Joined Lions Clubs: \_\_\_\_\_

Club Number: \_\_\_\_\_ Lions Club Name: \_\_\_\_\_ Current Lions Title: \_\_\_\_\_

Highest position held in Lions Clubs: \_\_\_\_\_ I confirm that I am capable of understanding and actively participating through reading, writing, and fluent speaking skills in English

Lions Leadership Institutes Previously Attended (Locations & Dates): \_\_\_\_\_

#### Part 2: Experience and Skills Please type or print using additional sheets as needed.

1. Offices held within current Lions Club: \_\_\_\_\_

2. Committee positions held within current Lions Club: \_\_\_\_\_

3. Previous Lions Clubs you have been a member of and Offices held: \_\_\_\_\_

4. Why is this institute of interest to you? \_\_\_\_\_

#### Part 3: Acknowledgements

\_\_\_ I understand that MD44 is not responsible for personal costs, including but not limited to, those associated with the following: illness, unanticipated or other personal events, lost or stolen property.

\_\_\_ I understand that I am expected to attend all classroom sessions and group meals and activities.

**Part 4 Endorsement** The applicant's District Governor or Global Leadership Team (GLT) District Coordinator must complete this section. In what ways will this applicant benefit from attending the Regional Lions Leadership Institute? \_\_\_\_\_

Completed by: \_\_\_\_\_ Title: \_\_\_\_\_ Email: \_\_\_\_\_

## **MD 44 is pleased to announce**



## **The scheduling of a Regional Lions Leadership Institute**

**When:** March 6-8, 2026

**Where:** West Lebanon, NH

**Why:** To stimulate and grow Leaders and Leadership Opportunities at the Club, District, Multiple District Levels and ...beyond

**Who:** All LIONS in good standing who have not yet reached the position of Second Vice District Governor.

Please forward a completed application, prior to February 1, 2026 to your District Governor

Cost of the Institute: Multiple District 44 will provide meals according to the schedule of the institute. double occupancy Hotel rooms for Friday and Saturday night are included in the cost of the Institute. Hotel stay is required. Please note the cost for participation in this training event is \$125.00. For Lions outside of Multiple District 44 the cost is \$300.00. Thursday night rooms are available at a cost of \$141.00

Participants are also responsible for their own transportation and related travel expenses to and from the institute site. This is a 3 day intensive training program and applicants must be willing to commit to attending all days of the institute, including group mealtimes, and understand that personal time is extremely limited. Attendance at all classroom sessions and scheduled meals is mandatory

**Please note: Acceptance to the Institute is not guaranteed.**

**Expectations of RLLI Graduates:**

1. Pursue additional leadership roles and responsibilities in their respective zones and Districts
2. Help to develop Lions Leaders and serve as a Leadership source in their Clubs, Zones and Districts
3. Share their Institute experience with members of their Club, Zone and District and encourage others

For further information please contact your District Governor or  
Event Coordinator Bill Rathbun (pdgbill33y@yahoo.com or 603-707-6209)



# Granite State Fellowship

## Application for an Individual Award

Date of Application: \_\_\_\_\_

Donor Name: \_\_\_\_\_

Donor Club Name: \_\_\_\_\_

Please check box if this is a Progressive Granite State Fellowship: ☐ YES

Indicate which level? 2nd 3rd 4th 5th 6th and so forth: \_\_\_\_\_

\_\_\_\_\_  
Name of Person or Business being Honored:

\_\_\_\_\_  
Address of Person or Business being Honored:

*Please **PRINT** using all capital letters. This is how the name will appear on the plaque.  
Unless your instructions are otherwise, we do not add "LION" or office initials to a name.  
If this is a multiple order, please use a separate sheet for additional names.*

\_\_\_\_\_  
Anticipated Date of Presentation: \_\_\_\_\_

*Please allow at least three (3) weeks from date of application submission. Plaques must be engraved.*

\_\_\_\_\_  
Contact name of person coordinating presentation

\_\_\_\_\_  
Contact phone number

\_\_\_\_\_  
Briefly describe why this honor is being presented: \_\_\_\_\_

\_\_\_\_\_  
ALL PROCEEDS WILL BE CREDITED TO THE LSHF ENDOWMENT FUND

**Include a check for \$500 with application.** Make check payable to: **LSHF**

Send application and check to: PCC Roger Latulippe, 136 Lowell Road, Hudson, NH 03051

For more information and/or RUSH Orders—call 603 566-9409 email to: [dgroger@comcast.net](mailto:dgroger@comcast.net)

### For Office Use Only:

Application arrived on: \_\_\_\_\_ Date of Presentation: \_\_\_\_\_ Plates (2) Ordered: \_\_\_\_\_

Received: \_\_\_\_\_ Letter prepared: \_\_\_\_\_ All pieces ready: \_\_\_\_\_

Date materials shipped (or delivered): \_\_\_\_\_ Receipt acknowledged: \_\_\_\_\_ How: \_\_\_\_\_

(This version of the LSHF / GSF application revised on 8-31-2012)

## Lions Sight & Hearing

### LIONS SIGHT AND HEARING FOUNDATION –



### PROJECT APPLICATION PROCESS



Effective immediately, Project Applications for the Lions Sight and Hearing Foundation of New Hampshire, Inc. will be managed by PDG Marie Hall, with assistance from PDG Jerry Vaccaro.

#### WHERE TO SEND APPLICATIONS

Lions Sight and Hearing Foundation of New Hampshire, Inc.  
P.O. Box 970  
Concord, NH 03301

#### CONTACT INFORMATION

PDG Marie Hall, Project Manager — 603-686-6935  
PDG Jerry Vaccaro, Assistant Project Manager — 603-204-7752

#### APPLICATION FORMS

Updated project application forms will be available for download from the NH Lions website after February 1st:

<https://nhlions.org>

On behalf of the Lions Sight and Hearing Foundation of New Hampshire, Inc., we extend our sincere gratitude to Francis Carron for her dedicated and outstanding service as Project Manager.  
***For access to Lions Sight & Hearing forms, use QR Code below.***



*Marilin Vaccaro.*

Secretary,  
Lions Sight & Hearing Foundation, Inc

## Lions Youth Services (LYS)



**LIONS YOUTH  
SERVICES**

On Saturday, January 24, 2026, Lions Youth Services held their cabinet meeting at Mid-Winter. During this meeting, the Peace Poster awards were presented to 1<sup>st</sup> place winner Leland Dumais, sponsored by the Jaffrey Rindge Lions and 2<sup>nd</sup> place winner Jaylene Quiroz sponsored by the Nashua Lions. Pictured left to right; Jaffrey-Rindge winner, Leland Dumais and Jaylene Quiroz Nashua Lions winner.



Also, during the Mid-Winter convention weekend, new books were collected – Thank you to all the Clubs and Lions that brought books to the Mid-Winter Convention. We will continue to collect new books through the March Cabinet Meetings with distribution occurring early April. Please notify Marie Hall at ([mariehall326@gmail.com](mailto:mariehall326@gmail.com)) if you need books picked up or know of a school library in need.



The first Speak Out Speech Contest award was also held, the winner, Ava Camille Walters a sophomore from Bow High School (*Concord Lions*), pictured below receiving the award. The second-place winner was Nancy Teng a senior from High Mowing High School (*Wilton Lions*).



*Pictured left to right:  
LD David Wineman, Ava Camille Walters, LYS President Eric Olsen,  
and Speech Contest Coordinator Lion Tracey Pierce*



**MARCH 2026 CALENDAR RAFFLE  
BENEFIT FOR LIONS' YOUTH SERVICE**

*31 chances to win for just five dollars!*

**1 ticket drawn each day**

**Tickets \$5.00 each or 5 for \$20.00**

**Drawing to be held April 12, 2026**

**TICKETS ARE ON  
SALE NOW!**

**TICKETS ARE  
\$5.00 EACH  
OR  
FIVE (5) FOR  
\$20.00**

**GET YOUR  
TICKETS  
TODAY!**

**CONTACT  
LION  
HARRY  
ARMSTRONG  
at  
623-523-7093**

**harrya616@yahoo.com**

***Contributors:***

- 1 \$200.00 -Lions Jim & Deb Hogancamp
- 2 \$50.00 & tickets to Seacoast Repertory Theatre -PDG Marie Hall
- 3 \$100.00 -Hampstead Lions Club
- 4 \$100.00 -Granite State Virtual Lions
- 5 \$100.00 - Lions Upper Valley Health Closet Lions John & Harry
- 6 \$50.00 -Grafton County Pemi-Baker Centennial Lions Club
- 7 \$50.00 - Lions Jerry & Marilyn Vaccaro
- 8 \$50.00 -PCC Kamal Masand
- 9 \$100.00 - PID Lions Steve & LeeAnn Middlemiss
- 10 \$100.00 -PCC Eric Lindberg
- 11 \$50.00 -DG 44H Lion Marie Valliere (**LOUD & PROUD**)
- 12 \$100.00- New England Professional Services Lion Kris Pavlik
- 13 \$100.00 -Camp Pride President Lion Lenny Hall & Family
- 14 \$50.00 -MD 44 IPD, Toni Olden
- 15 \$50.00 -FVDG 44H Vince & Lion Rose Marie Giambalvo
- 16 \$50.00 -Pinardville Lions Club
- 17 \$100.00 - Lions Jim & Deb Hogancamp
- 18 \$50.00- PDG 2 Henry McKee
- 19 \$50.00 -MCC Michael Leahey
- 20 \$100.00 -Eyeglasses & Hearing aids Lion Elda Cordero-Goodman
- 21 \$50.00 -DG 44N Lion Pamela Prentiss
- 22 \$100.00 -WEDNESDAY WARRIORS
- 23 \$50.00- FVDG Lion Nancy Charbono-Ricard
- 24 \$100.00- INOV8VEnergy LLC. Lions Kevin, Teresa & Beniah McCullough
- 25 \$50.00- PID Lions Ed & Elaine Lecius
- 26 \$100.00 -Sandown Lions Club
- 27 \$100.00 -DO IT BEST Gift card or Cash Canaan Hardware & Supply
- 28 \$100.00- Manchester Lions Club
- 29 \$50.00 -PCC Alan Ricard
- 30 \$100.00 -Gift Certificate or Cash Poor House Bar-B-Q Canaan NH
- 31 \$600.00- Zone 6

**Bonus drawings**

Business cards from Budget Print  
Half Gal Maple syrup Woodlawn Farm & Lion Harry Armstrong  
Child Adirondack chair Lion Al Goldstein  
Half Gal Maple Syrup Woodlawn Farm & Lion Harry Armstrong





## UPDATE ON NEW GUIDELINES FOR THE TREX BENCH CHALLENGE

*The email below was sent to all who have accounts with NexTrex and have been collecting plastics for recycling and to earn a bench. A collection of 1,000 lbs annually to go toward a Trex Bench is no longer being offered as of January 2026. Therefore, if you have collected or near collecting the 1,000 lbs and have not reported it as of January, a bench will not be available. You will find in this newsletter the new guidelines for recycling and how it will work. In short, a Bench will no longer be provided unless by chance it is won under this new program. To see the official rules, visit [NexTrex.com](https://www.nextrex.com) or see the new guideline in this newsletter.*

\*\*\*\*\*

Dear NexTrex Partners

As the year comes to an end, we want to express our thanks to everyone who participated in 2025 and look forward to some exciting changes that are coming to the program in 2026! This past year nearly 4,000 groups collected over 2.1 million pounds of plastic which were recycled by Trex. We started the NexTrex program to build a movement of community-level recycling and your efforts are now making a tremendous difference in diverting plastic waste from landfills across the country!

Building from this strong foundation, we are improving the program in 2026 with some adjustments to the rewards program and timing. The program will be moving to an annual cycle beginning in January which will allow us to better support our partners and standardize the rewards cycle. We're excited to announce that instead of one opportunity to earn a reward, we will now offer quarterly drawings. This provides groups the opportunity to earn the chance to win rewards up to four times per year.

In addition, we are expanding our award offerings beyond our benches to include Solo stoves, outdoor games, and other exciting prizes. To get you started, Trex is offering NexTrex swag gifts to all participating programs once they reach the first 250-pound threshold. More on the reward program specifics can be found in the attached document and to review the official rules, please visit [NexTrex.com](https://www.nextrex.com)

## NexTrex Recycling Challenge



### How does the challenge work?

- Register on [NexTrex.com](http://NexTrex.com) to obtain access to the Trex Portal. Report recycling totals at [my.trex.com](http://my.trex.com)
- Weigh, record and attach pictures
- Deliver collected plastic films/bags to a participating retailer for recycling (see [list](#))
- 25 participating organizations are randomly selected each quarter and rewarded with a gift, valued at \$500
- Each 250 pounds is an entry into the drawing

### What does Trex provide?

- Up to three recycling bins
- Posters
- Each participating organization receives a gift from Trex when they reach the first 250 pounds (annually), valued at \$100

### What can I win?



Trex Bench



Solo Stove



Life-size Jenga



Life-size Connect 4



Pop-up Theater

*Stores prefer small deliveries of plastic film for recycling. Please contact the store prior to delivery for larger amounts.*

### What can be recycled?

*All plastic must be clean, dry and free of food residue.*



Grocery bags



Bread bags



Bubble wrap



Dry cleaning bags



Newspaper sleeves



Ice bags



Plastic shipping envelopes



Ziploc & other reclosable food storage bags



Cereal bags



Case overwrap



Salt bags



Pallet wrap & stretch film



Wood pellet bags



Produce bags

For official sweepstakes rules and to register please visit [NexTrex.com](http://NexTrex.com)

## 44H Club Happenings

### Atkinson

We are hosting a Doobie Brothers tribute band concert. See the flyer for all information. You can order tickets on line or by scanning the QR code at the bottom right corner of the flyer. We would love to see you there.

# THE ATKINSON LIONS CLUB PRESENTS



## SATURDAY, APRIL 18, 2026

**Timberlane Performing Arts Center – Show Starts at 7:00pm**  
**General Admission – All tickets \$50! Tickets on sale now!**

### The Brothers Doobie: Celebrating the Sound of the Doobie Brothers

When it comes to capturing the essence of classic rock, The Brothers Doobie stand out as the #1 tribute band to the legendary Doobie Brothers. With their infectious energy, masterful musicianship, and undeniable passion for the music, they transport audiences back to the golden era of the 1970s and '80s, when the Doobie Brothers dominated the charts with timeless hits.

At the heart of The Brothers Doobie is Sean Byrne, a charismatic frontman whose vocal prowess and stage presence take the audience by storm. With an extraordinary range and a knack for emulating the distinct sound that made the Doobie Brothers iconic, Sean brings an authentic experience to every performance. Fans rave about his ability to channel the spirit of classic hits like "Listen to the Music," "Black Water," and "Long Train Runnin'" —all while adding his unique flair that keeps them coming back for more.

But it's not just Sean's vocals that make The Brothers Doobie shine; the band is comprised of seasoned musicians whose collective experience spans decades. Each member brings their own distinct style, creating a dynamic sound that pays homage to the original band while adding a fresh twist. The harmony vocals are tight, the guitar solos electrifying, and the rhythm section lays down grooves that get everyone dancing.

50/50 RAFFLE!



BASKET SILENT AUCTION!

**Timberlane Performing Arts Center • 40 Greenough Road • Plaistow, NH 03865**  
**Order tickets online at <https://our.show/sbphib92ur> or scan the code at right.**





## Derry

The Derry Lions have embarked on a new project to get youngsters involved in healthy activities. A couple of our newer members Dennis and Melissa Malboeuf and their daughter a former jump rope champion have started this project on the first Saturday of the New Year. Currently five youngsters, and hopefully more as word gets out, who had no organized jump rope experience are participating every Saturday afternoon in January to learn the proper techniques of jump roping while having fun exercising. For a nominal fee that includes a t shirt and a new jump rope the participants get proper training and an hour of fun exercises, As you can see from the photos they were quick learners jumping quite high and enjoying every minute.



The Derry Lions have been supporting the Sonshine Soup Kitchen in Derry for many years. Attached is a photo of our Treasurer Dave Coyle delivering to the head chef our annual check supporting the Sonshine Soup Kitchen. In addition to our monetary support three of our members, Gerry Daigle, Pete Marcotte and Dave Coyle, regularly volunteer at the soup kitchen to help prepare meals. Currently the need is greater than ever with up to 80 meals served each evening from Monday to Friday.





## Dover, Rollinsford, South Berwick

Members of the Dover, Rollinsford and South Berwick Lions Club present \$500 to Nellie Young,



a senior at Marshwood High School, in support of “Empowering Peru Through Culinary Education” Our club supports Marshwood High School and we are proud to award a \$500 grant to Nellie Young, a senior at Marshwood

High School, in support of her work in Peru through the program *Empowering Peru Through Culinary Education*. Nellie is raising funds to provide essential tools and resources that will enable children in Peru to attend culinary school and strengthen their education, helping to create pathways out of poverty.

Through this initiative, Nellie is assisting in meeting the needs of a culinary school in Santa Rosa, District of Pachacamac, Peru. The school was officially recognized by the Peruvian government in February 2025 and currently serves 20 students with the guidance of two teachers. Food prepared by the students is sold to help sustain the school, while also supporting local families experiencing food insecurity and improving nutrition and reducing anemia within the community.



In addition, our club is looking for sponsors for our First Annual Charity Indoor Golf Tournament! It will take place on

March 28, 2026, at Sports Hub in Somersworth, New Hampshire. Proceeds from the tournament will directly support vital community initiatives, including vision services, hunger relief, diabetes awareness, childhood cancer support, environmental efforts, disaster relief, humanitarian aid, and youth leadership programs.

A variety of sponsorship levels as well as team registration options are available. Full details can be found at [<https://birdease.com/golfingforacure>

Team spots are limited and expected to fill quickly. Sponsors and participants are encouraged to register early to secure their place in this exciting inaugural event. Huge thanks to our very first sponsors, Granite Hyundai ([www.granitehyundai.net/](http://www.granitehyundai.net/)), KD Twisted Metal (<https://kdtwistedmetalpdr.com/>), SC Digital (<https://scdigital.com>) and A+ Athletics! (<https://www.goaplusnow.com/>)



## Hudson Lions Club



The Hudson Lions Club took part in Lions International Hunger Week of Service in January. Hudson School nurses provided a list of food items that they often purchase themselves for students. The club provided up to \$500 for food and snacks for 4 elementary schools in Hudson. The teachers were most grateful.



Vision Screening at Nottingham West School. Permission was granted that photos could be posted of the grandsons of club member Diane Brooks and granddaughter of Linda Hedrick. Additional club volunteers were Diane Marcotte, Sheila Jette, Pam Lalmond and Marilyn Vaccaro.

## MD44 Mid-Winter Convention



At Convention, Lion LeeAnn Middlemiss was presented with a Progressive Granite State Fellow Award by guest speaker International Director David Wineman of Michigan. The Granite State Fellow is the highest award in NH given for outstanding volunteerism and service.



Hudson Lions Club Members at Convention



## Nashua

Our club continues with several ongoing service projects: vision screenings, birthday bags for local food pantry, End 68 Hours of Hunger volunteers, Nashua Center for the Arts volunteers, Lions Lift drivers and our scholarship program applications are available.

**The Hunt Community Club Branch** is kicking off a reading program with kids through the Police Athletic League. There has been a great response from locals to help with reading with the kids. Books will be provided by the club and given to the kids when they complete reading their books.

**MidWinter Convention Recap:** Congratulations to Lion Neeta Masand who received a Presidential Certificate from District Governor Marie Valliere at the MD44 State Convention for the spirit of Lionism she displays at Lion events. International Director Dave Wineman made the presentation on behalf of International President A P Singh. Also recognized was Fairgrounds Middle School



**Nashua Lions Club**  
hosts a

**ST. PATRICK'S DAY**  
**Corned Beef & Cabbage Dinner**

and

**SILENT AUCTION & LIVE AUCTION**  
...and a new **SURPRISE!**

**COST: \$30** (The Lions Club is subsidizing the meal.)  
**WHEN: Monday, March 16, 2026**  
**WHERE: Nashua Country Club**  
**Doors Open: 5:30 pm**

**\$5 GRAB BAG**

*Save the Date*



**March 16<sup>th</sup>, Green Auction:** Join us for an evening of fun and fundraising! Send an email to [NashuaLionsClub@gmail.com](mailto:NashuaLionsClub@gmail.com) to reserve your space. Please include the name of your club. Advance registration is required; you can pay at the door once you have registered in advance.

## Salem

December Brought the Salem Lions to Tree lighting at the town common then to the Wreath stroll where we did the arts and crafts. Then we packed bags for Seniors at Salem Haven that do not have family. January brought us to our Scholarship dinner giving out 5 \$1200



scholarships.





## Wakefield

In January, the Wakefield Lions had a quiet month, holding just one meeting that featured a potluck dinner and an induction ceremony. With assistance from District Governor Marie Valliere, 8 of the 11 new members were welcomed during the event. We greatly appreciated DG Marie's visit.



The newly appointed members are (pictured) Ken Nelson, Doris Bertsch, Greg Bertsch, Whitney Pogorek, Rose O'Connor, Steve O'Connor, Mary Ried, and Priscilla Colbath. This group is sponsored by Bob Oullette, Sharon Baldwin, and Mary Beth Strout.

With club members' support, two community financial aid requests and the annual donations to LCIF and NH Lions Sight and Hearing were completed during the meeting.

Upcoming events: our popular community event, Christmas Tree Burn & Social at Moose Mountain in Brookfield; February meeting at Revo Casino; and our own Cabin Fever Game Day with potluck. Books are also being collected for the Midwinter Convention.

## Windham

Socks of Love: We visited Pine Hill Assisted Living Facility, Grace House, Warde Senior Living and Windham Terrace to deliver our Christmas Socks of Love to the residents. To see the smiles on the many faces of the residents was priceless.

Member Induction: We welcome our newest member Doreen Demone (center) to the Windham Lions club. Past District Governor Bill Brown performed the ceremony and Lion Mary Ann Horaj (left) was her sponsor. Lion Doreen didn't hesitate to step right up and get involved with our service projects!



## 44N Happenings

### Green Team

The NH Lions Green Team has an upcoming webinar, presented by ButtonUP NH and NH Saves:

# TAKE CARE OF YOUR #1 INVESTMENT

Attend a **NO-COST Home Energy Workshop**  
And be entered to win a \$100 Market Basket gift card



**Take the first step to add more comfort and value to your home.**

Understand how your home functions as it relates to energy efficiency and what you can do to increase your in-home comfort while saving money and energy.

Learn about:

- Electricity savings
- Utility incentives
- Rebates on electric and gas appliances
- Home Energy Performance program
- Insulation and air sealing
- Energy audit and weatherization programs

*Presented by Andy Duncan, Energy Trainer*

Saturday, February 21, 9:00-10:30 AM

**Zoom Link:**  
<https://us06web.zoom.us/j/88688878509?pwd=RJWwOcwRoQTdWStRgCXWkNdASLh7sl.1>

**LOCAL PARTNERS**  
NH Lions Green Team, Libraries, Energy Committees, local businesses and community organizations

Workshop Details At



PAREI  
Plymouth Area Renewable Energy Initiative  
[plymouthenergy.org/button-up](http://plymouthenergy.org/button-up)



P.O. Box 753  
300 Main Street  
Plymouth, NH 03264

ButtonUP workshops sponsored by



<https://nhsaves.com/workshops-for-residents/> that will also include some information about Windowdressers: [windowdressers.org](http://windowdressers.org)

The webinar will take place on Saturday, February 21, from 9:00–10:30 a.m. and will focus on money-saving and energy-saving opportunities for New Hampshire residents. At the end of the presentation, we will hold a drawing for a \$100 Market Basket gift card for attendees.

Here is the Zoom link:

<https://us06web.zoom.us/j/88688878509?pwd=RJWwOcwRoQTdWStRgCXWkNdASLh7sl.1>

## Resources

### **Camp Pride**

Second Weds of the month,  
6:30pm Airport Diner, Manchester

### **Health Services of NH**

Fourth Tues of the month, 6:30pm  
Meets via Zoom

[Click here for Zoom link](#)

md44healthservices@gmail.com

### **Lions Twin State Soccer Assoc.**

Fourth Tues of the month, 6:30pm  
meets via Zoom

LTSSAVTNH@gmail.com

### **Lions Youth Services**

Second Thurs of the month,  
6:30pm Airport Diner, Manchester

### **Sight & Hearing Foundation**

Third Thurs of the month, 6:30pm  
Airport Diner, Manchester

### **Childhood Cancer Chair:**

Michelle Ackroyd  
m.ackroyd@comcast.net

### **Diabetes Chair:**

PCC Robert Gustafson  
Robertgustafson11@gmail.com

### **Environment Chair:**

Jeri Maynard  
lionjeri@comcast.net

### **Hunger Chair:**

Open

### **Lions Fellowship:**

Nancy O'Dowd  
Lupesmom14@gmail.com

### **Peace Poster:**

Available through LYS

### **District Photographer**

Open

### **Newsletter Editor:** Linda Quebec

Newsletter44H@Outlook.com

Please send submissions by the  
20<sup>th</sup> each month.



### **Facebook Resources:**

Use the search feature in Facebook to find these sites, and look up other clubs you want to follow. For example, Hudson NH Lions Club, Salem NH Lions Club, or Nashua Lions Club.

### **NH Lions District 44-H**

- Our district page on Facebook

### **Global Lions Forum**

- Learning from Lions leaders around the world

### **Lion Portal Forum**

- A group to support one another while learning how to use the Lion Portal.

### **Lions Clubs International**

- Posts from Lions International

### **Lions Club Members: Public Image, Graphics & Ideas Hub**

- Great Lions images to use in your marketing, social media, newsletters

### **Lions SMiLE (Social, Media, including, Lions, Everywhere)**

- Excellent resource on how to improve your club's social media marketing.

### **Online Resources:**

#### **Lions International website**

<https://www.lionsclubs.org/>

#### **Lion Portal Login page:**

[Login \(site.com\)](#)

LionsSupport@LionsClubs.org  
(630) 468-6900 Member Svc.

#### **District 44H website**

[http://e-district.org/sites/district\\_14-1/index.php](http://e-district.org/sites/district_14-1/index.php)



## Leadership Directory

### **District Governor**

**Marie Valliere**

603-998-0871;  
keylion03@gmail.com

### **First Vice District Governor**

**Vince Giambalvo**

845-304-2059;  
rosevin68@gmail.com

### **Second Vice District Governor**

**Kimberlee Fournier**

603-897-9348  
LionKimberlee@gmail.com

### **Cabinet Secretary/Treasurer**

**PDG Jerry Vaccaro**

603-204-7752  
LionJerryVaccaro@gmail.com

### **Multiple Council Chair & Immediate Past District Governor**

**PDG Michael Leahey**

603-667-6719  
MiketheLion44N@outlook.com

### **Zone Liaison, Langdon Plumer**

C: 603-770-6499  
E: Langplumer@gmail.com

### **Zone 1 Chair, Erin Hendrickson**

C: 603-305-5696  
E: erinfreda@gmail.com  
Clubs: Derry, Hudson, Litchfield,  
Londonderry, Nashua, Salem,  
Windham

### **Zone 2 Chair, Bob Choumitsky**

C: 617-291-3723  
E: rchoumitsky@gmail.com  
Clubs: Atkinson, Auburn-Candia,  
Chester, Danville, Hampstead,  
Kingston, Plaistow, Sandown

### **Zone 3 Chair, Open**

Clubs: Exeter, Epping, Hampton  
Area, Newmarket, Portsmouth,  
Raymond, Rye, Seabrook

### **Zone 4 Chair, Ajay Rana Bhat**

Ph: 508-685-0582  
E: ajayranabhat@gmail.com  
Clubs: Dover, Rollinsford, S  
Berwick; NH Everest; Rochester;  
Somersworth; Wakefield

### **Zone 5 Chair, Ken Ward**

Ph: 631-220-5106  
E: kenward636@yahoo.com  
Clubs: Epsom-Chichester, Laconia-  
Gilford, Loudon, Meredith,  
Saddleback Mountain, Suncook  
Valley

### **Zone 6 Chair, Gina Lessard**

C: 603-651-6598  
E: weez\_gina@roadrunner.com  
Clubs: Conway Area,  
Moultonborough, Whittier,  
Wolfeboro

### **Global Action Team Leader**

**Marie Valliere**

603-998-0871;  
keylion03@gmail.com

### **Global Extension Leader**

**PDG Al Goldstein**

603-913-1281  
A1Goldstein@comcast.net

### **Global Leadership Leader**

**SVDG Kimberlee Fournier**

603-897-9348  
LionKimberlee@gmail.com

### **Global Membership Leader**

**Vincent Giambalvo**

845-304-2059;  
rosevin68@gmail.com

### **Global Service Leader**

**Linda Hedrick**

603-553-9015;  
lindahedrick676@gmail.com

### **LCIF Coordinator**

**PDG Al Goldstein**

603-913-1281  
A1Goldstein@comcast.net