

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 21st. 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 LionJerryVaccaro@gmail.com 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. 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



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 10TH. 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

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 3-11th. 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/0aafae9a-4df5-4a42-8d6e-53b5cfdefaef.pdf)
- List of Updates: [67739418-1885-4219-89c1-6446314a642c.pdf](https://www.lionsclubs.org/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

Dean, NHLPPDGA Training Committee

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

Fred Plett, PCC

Asst. Dean, NHLPPDGA Training Committee

603-660-0732, MCCplett@gmail.com

p=d4b6053d373dccdfa8db99291d933fc93e63e1074e893a290e57d5298f60baadjmtdHM9MTc2ODk1MzYwMA&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
lp1314@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

[Click here](#) for information available online. Use the application below if needed.

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

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.***



Marilyn Vaccaro.
Secretary,
Lions Sight & Hearing Foundation, Inc

Lions Youth Services (LYS)



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 1st place winner Leland Dumais, sponsored by the Jaffrey Rindge Lions and 2nd 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) 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:
ID 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 Leahy
- 20 \$100.00 -Eyeglasses & Hearing aids Lion Elda Cordero-Goodman
- 21 \$50.00 -DG 44N Lion Pamela Prentiss
- 22 \$100.00 -WEDNESDAY WARRIOR
- 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

Trex Plastic Recycling Update



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 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

How does the challenge work?

- Register on NexTrex.com to obtain access to the Trex Portal. Report recycling totals at 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 shopping envelopes



Ziploc & other resealable food storage bags



Cereal bags



Case overwrap



Salt bags



Pallet wrap & stretch film



Wood pellet bags



Produce bags

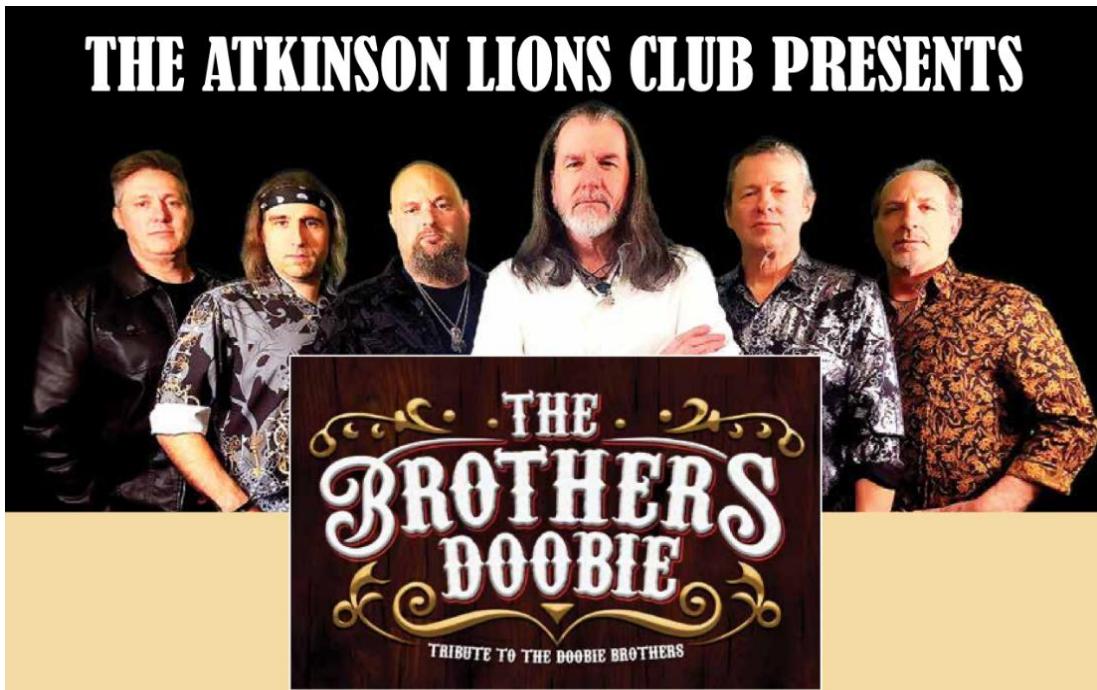
For official sweepstakes rules and to register
please visit NexTrex.com

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



THE BROTHERS DOOBIE
TRIBUTE TO THE DOOBIE BROTHERS

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!

LIONS INTERNATIONAL

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/), KD Twisted Metal (<https://kdtwistedmetalpdr.com/>), SC Digital (<https://scdigital.com>) and A+ Athletics! (<https://www.goaplusnow.com/>)

Hudson



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

student Jaylene Quiroz for her runner up winning peace poster in the state contest. She is pictured with ID Wineman, club contest chair PID Ed Lecius, her Mom, and LYS chair Eric Olsen.



Save the Date

Nashua Lions Club
hosts a

ST. PATRICK'S DAY

Corned Beef & Cabbage Dinner

and

NEW THIS YEAR!

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

March 16th, Green Auction: Join us for an evening of fun and fundraising! Send an email to 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

**NHSaves®
ButtonUP**
your home | your comfort | your savings



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

Zoom Link:
<https://us06web.zoom.us/j/88688878509?pwd=RJWrOcwRoqTdWStRgCXWkNdASLh7sl.1>

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

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

Workshop Details At

PAREI
Plymouth Area Renewable Energy Initiative
P.O. Box 753
300 Main Street
Plymouth, NH 03264
plymouthenergy.org/button-up



ButtonUP workshops sponsored by



<https://nhsaves.com/workshops-for-residents/> that will also include some information about Windowdressers: 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=RJWrOcwRoqTdWStRgCXWkNdASLh7sl.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
20th 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_141/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

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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

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