# THE PRIDE



Newsletter of Lions District 44-H New Hampshire August 2024, Volume 50, Issue 02



# A Message from District Governor Peter LaPointe

**Choose to Make a Difference**, our journey continues ... Discovering your passion can be a transformative journey. Here are some steps to help you identify what truly ignites your enthusiasm:

1. **Reflect on Your Interests**: Think about the activities, subjects, or hobbies that consistently bring you joy and fulfillment. What do you naturally gravitate towards in your free time? What Lions events have you worked on or read about that spark your interest. Maybe it's a walk for life event to support cancer victims, or a pancake breakfast to raise funds to support local needs. Whatever it is, choose to make a difference - get involved.

2. Identify Your Strengths: Consider the skills and talents that come easily to you. What do others often compliment you on or seek your advice about?
3. Explore New Experiences: Step out of your comfort zone and try new activities. Sometimes, passion is discovered through exploration and experimentation.

4. **Recall Childhood Joys**: Think back to what you loved doing as a child. Often, early interests can provide clues to your deeper passions.

- 5. **Pay Attention to how you spend your time**: Notice when you lose track of time because you're so immersed in an activity. These times can be strong indicators of your passions.
- 6. **Seek Inspiration**: Read books, watch documentaries, or listen to podcasts about different topics. See what resonates with you and sparks your curiosity. Get involved. Start something new within your local club.
- 7. **Talk to Others**: Engage in conversations with friends, family, or mentors about their passions. Their experiences and insights might help you identify your own.
- 8. **Reflect on past experiences**: Think about times when you felt most fulfilled and proud. What were you doing during those moments, and why did they feel significant? This will change your future one step at a time.
- 9. **Consider Your Values**: Identify what matters most to you in life. Aligning your passion with your core values can lead to a more meaningful and satisfying pursuit.
- 10. **Be Patient and Persistent**: Finding your passion can take time. Be patient with yourself and stay open to new possibilities.

Remember, passions can evolve over time. What matters most is being true to yourself and pursuing what brings you joy and purpose. Step up and choose to make a difference. It's a choice, every day, to make that difference.

"Choose to Make a Difference" **DG Peter** 

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# Upcoming Events

Date	Event
Aug 8	Please register for Cabinet Meeting before this date. Registration form in newsletter.
Aug 18	44H Cabinet Meeting, Camp Pride
Aug 24	Lions Night at Fisher Cats. Flyer in newsletter.
Sep 5-7	USA/Canada Forum, Louisville, Kentucky
Oct 26	Camp Pride Work Day
Nov 10	44H Cabinet Meeting, Castleton Banquet & Conference Center, Windham

## **District Goal Progress**

#### Membership

District Membership*	Prev Month	2024-2025 Year	2024-2025 Goal
Opening Balance	1,201	1,201	
Added Members	33	33	167 new members
Dropped Members	6	6	
Closing Balance	1,228	1,228	
Net Gain/Loss	27	27	82 net growth, plus 1 new club

International membership is currently 1,350,072

#### Welcome new members!

Club	New Member*	Sponsor
Atkinson	Christopher Lynch	Al Goldstein
Atkinson	Buzz Seeley	John Fleno
Auburn-Candia	See list below	New Club!
Derry	Dennis Malboeuf	Katherine Prudhomme O'Brien
Derry	Melissa Malboeuf	Katherine Prudhomme O'Brien
Exeter	Kaly Washington	Michael Baillargeon
Hampstead	Julie Bedrosian	Bob Bedrosian
Hampstead	Jill Luczkow	Lee Erickson
Salem	Kelly Moss	Christine Sylvain
Sandown	Gerald Foster, Jr	Non specified
n/a	n/a	2 reinstated; 2 transferred in district

Please welcome the Lions of the new Auburn-Candia Lions Club: Norman Bouley, Kara Carrier, Kyle Cavanaugh, Sherry Cotter, Tony Cunha, Dodie D'Arcy, Tim D'Arcy, Jessica Dupont, Dawnmarie Edwards, Stephen Edwards, Christopher Edwards, Erik Froburg, Jeralyn Frost, Marie Lombardo, Robert Lombardo, Meredith Moffett, Jennifer Orzechowski, Mary Palmer, Ron Spakoski, David Sylvia.

#### Service

District Service*	<b>Previous Month</b>	2024-2025	Goals
Vision Screenings	people	people	
Hugs & Cuddle Bears	July 30 bears	30 bears	
% Lions Clubs Reporting		16%	100%
Volunteer Service Hours	658	658	+10% over last yr = 48,275
Service Activities	33	33	+10% over last yr = 2,189
Individuals Served	4,087	4,087	200,000

#### **LCIF** Donations

District LCIF Donations*	Previous Month	2024-2025 Goals
LCIF Donations	0	\$38,000
# Clubs Donating	0	25+
# Individuals Donating	0	100+

\*Data as of 7/31/24

# Marie Valliere, First Vice District Governor

Marketing: Letting the public know who we are. Let's begin with Facebook. Every club should have a page set up as an organization/business. The Lions logo can be used as long as it is the official logo with only the two colors, blue and yellow. This can be downloaded from International. Post regularly. Post upcoming events. Post before, during and after events. Highlight a feature of your club or a member. Be creative! Pictures do say a thousand words. Show members and participants having FUN. Use hashtags. They will draw people to your page. Having a Food Drive? Then add something like #fooddrive, #serviceinthe community, #Lionshelping food insecurity. Have members follow the page and invite your personal friends to follow the page. Next Like the page and have others like it too. The next step is SHARE the page. This gives you a larger audience seeing what your club does. Lastly leave a comment. Each time there is a comment it shows on a larger network. Follow other Lions clubs and comment on their posts, This is "word of Mouth" via social media. I will be following your pages and liking them and leaving a comment. It may just be "Congratulations" or "Good Job", but it will generate more interest in your club.

On another note, if you are going to the USA/Canada Forum in Louisville, Kentucky September 5-7, make sure you are receiving the most current information through the Forum's <u>monthly</u> <u>newsletter</u>.

# Vince Giambalvo, Second Vice District Governor & GLT

As the District 44H Global Leadership Leader, I would like to take this opportunity to discuss what leadership means to me. First some things leadership is not. It is not a position in an organization or a title. It is a way of behaving that encourages people to achieve by engaging in activities that meet our objectives.

Some of my favorite descriptions of Leadership:

- "Leadership is the art of getting someone else to do something you want done because he wants to." (General Dwight Eisenhower)
- "Leadership is a combination of strategy and character. If you must be without one, be without strategy." (General H. Norman Schwarzkopf)
- "Setting an example is not the main means of influencing others, it is the only means." (Albert Einstein)
- "When leadership is defined not as a position you hold but as a way of 'being', you discover you can lead from wherever you are." (Rosamund Stone Zander – "The Art of Possibilities")

Viewed in this light, you can lead from anywhere. It is by influencing others to perform that we demonstrate leadership qualities. In future messages, I will expand on the sources and uses of influence as it pertains to leadership in Lions and in life.

# Bob Bedrosian, Cabinet Secretary

District Governor Peter and I look forward to meeting as many of you as possible this year. Please schedule your District Governor visitations with an email to bbedrosian@comcast.net. We want to be on your calendar. For those of you who made it to Lions International Convention in Australia, welcome home. We hope your experience was AMAZING! International Director Steve Middlemiss enters the second year of his service. We need to show him our support and get the job done here in NH. Future conventions will take place in Mexico (2025), Hong Kong (2026), Washington DC (2027), and Singapore (2028). Best wishes to our newly minted District Governors in New Hampshire: 44H DG Peter LaPointe, and 44N Mike Leahy.

District 44H dues invoices have been emailed to club Presidents, Secretaries, and Treasurers. Please send payment to "Lions District 44H" and mail it before August 31st c/o Bob Bedrosian 35 Glastombury Drive, Sandown, NH, 03873. Let me know if you have questions. Our first Cabinet Meeting will happen on August 18th at Lions Camp Pride. We would love to have every club in attendance. Please use the registration form in this newsletter to send in your registration and payment. Come learn what's happening in our district as we kick off the new Lions year.

Lion Portal: We are all learning our way around the new portal. Don't be afraid of it - log in (Login (site.com) and explore. Please make every effort to report member changes and service activities (service, fundraising, donations, and meetings) in the portal in a timely manner. Reach out if you need help. Your cabinet is ready to assist you. Training videos and resources are available on the site.

### Lenny Hall, Cabinet Treasurer

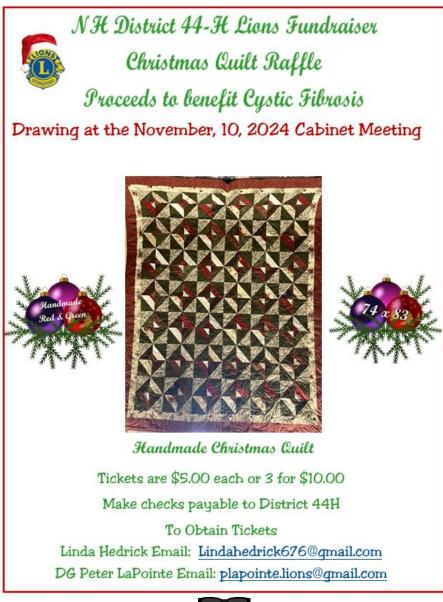
It is truly an honor to serve in DG Peter LaPointe's cabinet. I know he will work tirelessly to lead our District to its continued success. I will do my best to live up to his expectations. Please don't hesitate to reach out if I can help in any way. <u>Lah03811@gmail.com</u>

## Gail Dacey, Global Membership Leader (GMT)

The summer is half over and you should all be gearing up for another great year. Now is the time to think about holding a membership drive. More hands make light work. As you are reading this I will be in Chicago with DG Peter, PID Ed, DG Michael. PDG Henry and PCC Christine learning more about Mission 1.5. Stay tuned as we will all have a lot to share when we get back. Looking forward to seeing everyone at the cabinet meeting. Let me know if you need anything. I'm here to help.



# Linda Hedrick, Global Service Team (GST)



# Kamal Masand, Multi-District Council Chair

The MD Resolutions, Constitution and By-Laws Team is pleased to announce that MD44 Constitution and By-Laws have been updated in compliance with Lions International Constitution and By-Laws. The MD 44 Constitution and By-Laws are available to review on the MD44 Portal: <u>https://e-district.org/sites/md\_44/page-9.php</u>. The previous Version was from 2020; the new version is dated January 2023.

I would like to thank the late Joe Kasper, and PCC Ellie Johnson, for assisting me.

The MD44 Budget is available for preview also and will be submitted to MD44 council meeting on July 31<sup>st</sup> for approval.

# PCC Scott Wilson, LCIF District Coordinator

#### When is enough money, enough money?

Our district raised \$70,000+ for Lions Clubs International Foundation in the previous Lionistic year 2023-2024. Kudos to you all, both as individuals and as Lions Clubs for your generosity. Your commitment to the charitable arm of Lions is commendable and a reflection of the heart of a Lion.

As Lions, we make a difference in our community and our community has many facets.

- We support the community we see each day as we travel about our town or city.
- We support the community that is the State of New Hampshire.
- We support the community that is these United States of America.
- And we support the community that is the entire world we live in.

Your donations to LCIF support all these communities. We are a global community. Yes, we support our direct contact community more so than other communities but, hopefully, not to the exclusion of our other communities.

Clearly supporting our communities is in our Lions DNA. Please reflect this support as a yearly budget line item in your individual personal budget and in your club's financial plan or budget. In doing so, you help to continue the essential work of Lionism.

So, when is enough money, enough money?

This is a question that reflects your personal vision, your commitment to leaving a legacy of support in the wake of your day-to-day journey. Please consider giving something, whether it is \$10 or \$100,000. Our district wide goal is 100% club participation in support of Lions Clubs International Foundation.

When is enough money, enough money? Whatever you donate is enough!

Whether you give a little or give a lot, the gift is in the actual giving, more so than the amount.

Please feel free to reach out to me with any questions. I would like to schedule a visit with your club in the coming months. I can be reached at 603 770-3700 and by email at scottwils@comcast.net.

Thank you for considering this request.

# PDG Al Goldstein, MD LCIF Coordinator

Congratulations Lions of MD44! What a great year we had for LCIF! 44H 200% over plan, and 44N 100% over plan!

The challenge is on to continue to support our foundation.



Thanks for all you do.

# Steve Middlemiss, International Director



As you read this the Lions year 2024-2025 has begun. International President Fabricio is looking for you to Make Your Mark. Many of our clubs and individual Lions have made their mark but are we able to expand on that Mark? Creating a bigger impact in our communities. Helping our Clubs and District grow



their membership. Making sure our communities know who we are and how we can help them. Can we help our fellow club members Make Their Mark as well? Help them become involved. Ask them what they are passionate about and work to create projects around those passions. Members want to feel involved. They truly want to Make a Mark!

We are in our second year of Mission 1.5, though we have made great progress worldwide CA 1 (US and affiliates) is still struggling. We need to continue the efforts to build membership in our clubs and districts. Mission 1.5 isn't just about increasing membership; it is about increasing our ability to serve. To serve more individuals and to meet the increasing needs of our communities. As we look to build membership, we should also ask ourselves, If my club did not exist who would perform the service that we provide to our community and State. Club growth translates into longer term sustainability as well as increased service.

The resolution to add the District GAT team (GET, GLT, GMT, GST) and LCIF chair to the current list of individuals as a candidate for the office of Second Vice District Governor passed at the convention in Australia. Candidates will still need to have served as President of a club plus 2 additional years on the board.

As a reminder to the incoming leadership of the district's the position of Global Extension Leader has become a required position this year. The board has also decided to create the position of MD Global Extension Leader taking effect this year.

Current SVDG training will begin this upcoming summer. So those of you who have moved into that position watch for upcoming emails and info regarding the training sessions. LeeAnn and I have been so fortunate to have represented you this past year and are looking forward to the next year as we continue to serve on the International Board.

We continue to look forward to serving the Lions of the World as we all work toward "Making Our Mark".

Yours in Lionism, ID Steve & Lion LeeAnn (pccmiddlemiss@gmail.com)



# Michelle Ackroyd, Childhood Cancer Chair

Cancer treatment can be isolating for the children with cancer so we came up with a solution... links! is a program of the Childhood Cancer Lifeline that gives laptop packages to recently diagnosed school-aged children so they can stay connected to school, family and friends.



The packages: We wrap them up like a present and hand deliver them to the children that need them. Each package includes a new laptop, a bag to carry it in, a wireless mouse, age-appropriate software, a one-year Norton Anti-virus software subscription, and a two year warranty complete with a one-time screen replacement.

The successes: We know this program is everything we wanted it to be, and more, because we continue to receive letters of gratitude from parents, patients and the social workers that work with children.

Additionally, each spring the links! program awards each young adult who is a survivor of childhood cancer a new laptop upon graduation from high school. The laptop is a vital tool in furthering their education and fostering independence. https://childhoodcancerlifeline.org/linkslaptops.htm



# PCC Robert Gustafson, Diabetes Chair

As we know, Diabetes is a chronic, metabolic disease that occurs when the body has trouble regulating blood sugar levels. The disease can have detrimental effects on many of the systems in the body including the heart, kidneys, eyes and nerves. The Lions have identified Diabetes as a major issue for us to address.

I read an interesting article about the relatively new Diabetes drugs known as SGLT2 inhibitors and GLP-1 receptor agonists. You probably know them as drugs like Farxiga/Jardiance and Ozempic/Mounjaro, respectively. Researchers reported in the Lancet Diabetes & Endocrinology journal that when these two types of drugs are combined they effectively reduce the risk of heart problems and kidney disease in patients.

The two types of drugs work in different ways to treat diabetes. The SGLT2 inhibitors lower blood sugar by increasing the excretion of glucose in urine. The GLP-1 receptor agonists work by mimicking a natural hormone that enhances insulin release and sensitivity. The study concluded by saying that it represented the largest and most comprehensive assessment of clinical outcomes for this combination of medicines. Ask your Doctor about these medications if you have Diabetes.

You can find out if you may have pre-Diabetes by going to the site <u>Do I Have Prediabetes?</u> <u>DoIHavePrediabetes.org</u>.



# Jeri Maynard, Environment Chair



Summer is here! And even though we have had numerous flood warnings, nearly half of New Hampshire towns need more rain.

First, we must remember that water is necessary for all life; not only for humans and animals but for plants and our global ecosystems. Secondly, we must realize that water is a limited resource; less than 1% of water covering the earth is available for human use. Here in the United States, we take water usage for granted-just turn on

the faucet and there it is! Reducing your water usage saves energy and eventually helps decrease **you**r "carbon footprint"

What simple things can we do to help the water shortage?

- 1. Run your dishwasher and washing machine <u>only when full</u> (just one less load per week saves 900 Billion gallons nationwide annually)...
- 2. <u>Turn off the tap</u> when brushing your teeth (4 gallons), shaving (10 gallons), washing dishes by hand(10 Gallons)
- 3. Replace shower heads, faucets, toilets with water-saving models. Fix those drips & leaky faucets.
- 4. Make sure your outdoor irrigation system (lawn watering) is properly maintained ( Watering your lawn for only 20 minutes a day is equivalent to taking 800 showers or one year's worth of showers for the average family. Observe community water usage guidelines for limited watering days and times.
- 5. On rainy days, put out containers and use collected water to feed your indoor plants- they will thrive!!

Using just these simple few steps will save water, save energy, and <u>save you money</u>!!!

# **District Org Happenings**

District 44H Cabinet Meeting Registration Form



#### **Pre-Cabinet Meeting**

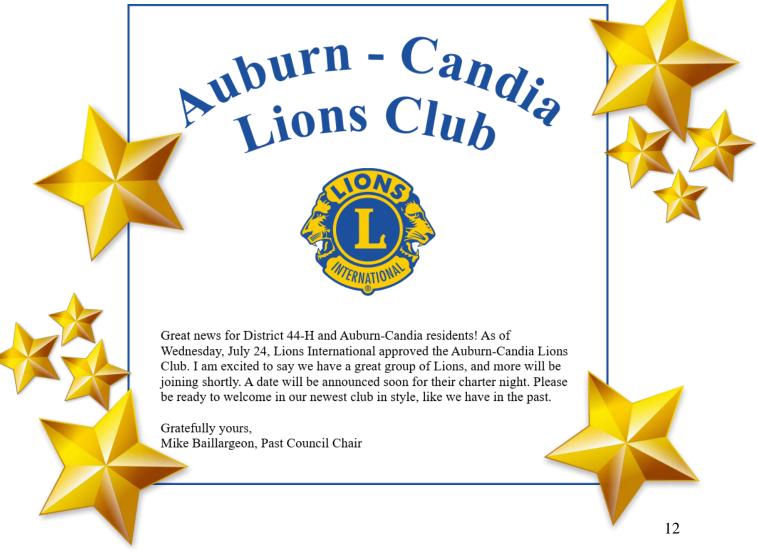
DG Peter and his cabinet were installed by ID Steve Middlemiss at the Pre-Cabinet Meeting on July 27<sup>th</sup>. Best wishes to the entire cabinet as they work to strengthen our district this year.



L-R: Zone Chair Ajay Rana Bhat, Zone Chair Krissy McKeeman, Global Service Team leader Linda Hedrick, Global Extension Team district coordinator PID Ed Lecius, Cabinet Secretary Bob Bedrosian, Guiding Lion Coordinator Dick Lemieux, Multi-District Council Chair Kamal Masand, Zone Chair Lang Plumer, First Vice District Governor Marie Valliere, District Governor Peter LaPointe, Zone Chair Ken Ward, Second Vice District Governor Vince Giambalvo, Zone Chair Kimberlee Fournier, Cabinet Treasurer Lenny Hall, International Director Steve Middlemiss.

#### New Club: Auburn – Candia Lions Club

Congratulations to the team who worked to start a new Lions Club! The Auburn – Candia Lions Club has just received their charter! Stay tuned for more information on their Charter Night.



#### Camp Pride & Call for Directors





August 2024

Hope you all are having a great summer. I know the Camp Pride kids are! Perfect weather, great facilities, great staff and great food. Not much to report so I'm going to make this short. Please consider buying a brick to recognize someone who needs to be recognized.

Become a Lions Camp Pride Liaison and we will keep you informed as to what's going on at the Camp, and at the same time you can keep your Club informed.

Please visit <u>https://www.lionscamppride.org/</u> for information on the following: Choose "Support Us/Fundraisers"

- 1. Commemorative Bricks
- 2. TD Bank Affinity Program
- 3. Calendar raffle
- Northwood Ice Racing
- Latest Camp news and pictures.

Lenny Hall LAH03811@Gmail.com 978-360-0958



LIONS DISTRICT 44-H

LIONS CAMP PRIDE NH for special needs individuals www.lionscamppride.org

Peter LaPointe Immediate Past President

> Lenny Hall President

Robert Bedrosian Vice President

> Elaine Foster Treasurer

Jerilyn Maynard Secretary

Patrick Rossiter Camp Administrator

Lions Camp Pride 154 Lions Camp Pride Way New Durham, NH 03855

A Lease Site for Non-Profit Camp, Conference & Retreat Programs

> Mailing Address: Lions Camp Pride NH P. O. Box 135 E. Hampstead, NH 03826

Telephone (603) 482-6115

E-Mail: LionsCampPride44h@gmail.com



Dear Lions Clubs of District 44H

In accordance with the By-Laws of Lions Camp Pride NH (aka Lions Camp Pride), four (4) new directors, to serve four (4) year terms, shall be elected.

Each Lions Club, in good standing of District 44-H, may nominate, by a written nomination, a director to the Camp Pride Board of Directors at least thirty (30) days prior to the annual meeting. Each nominee shall be a Lion in good standing. Their names shall appear on a ballot to be used during the District Cabinet Meeting and distributed to all Lions, in good standing, present to cast said vote.

The Camp Pride BOD is looking for individuals willing to commit, become involved, and work towards the success of the camp.

Candidates for election to Director must have their name submitted by their club secretary in a letter of intent to Lion Jeri Maynard, 104 Lowell Road, Hudson, NH 03051 by October 09, 2024. The election will take place during the November 10, 2024 Cabinet Meeting at the <u>Castleton</u> <u>Banquet Hall</u>, 58 Enterprise Drive in Windham, NH 03087. Respectfully,

Jeri Maynard

Lion Jeri Maynard, Camp Pride Secretary 104 Lowell Rd, Hudson, NH 03051 603-320-3614 Lionjeri@comcast.net Camp Pride Calendar Raffle Sponsor Sign-Ups

# CAMP PRIDE ANNUAL CALENDAR RAFFLE 2025

#	# January 2025								
Sun	Mon	Tue	Wed	Thu	Fri	Sat			
			1	2	3	4			
			\$200.00	\$50.00	50.00	\$100.00			
5	6	7	8	9	10	11			
\$200.00	\$50.00	\$50.00	\$50.00	\$50.00	\$50.00	\$100.00			
12	13	14	15	16	17	18			
\$200.00	\$50.00	\$50.00	\$50.00	\$50.00	\$50.00	\$100.00			
19	20	21	22	23	24	25			
\$200.00	\$50.00	\$50.00	\$50.00	\$50.00	\$50.00	\$100.00			
26	27	28	29	30	31				
\$200.00	\$50.00	50.00	\$50.00	\$50.00	\$500.00				

#### LIONS CAMP PRIDE ANNUAL RAFFLE SPONSOR FORM Please fill in all the information

SPONSOR	NAME
---------	------

(or other designation such as Happy Birthday, Happy Anniversary or anonymous)

ADDRESS			
TOWN, STATE, ZIP			
PHONE	_EMAIL		,
SPONSOR DATE: 1ST CHOICE	2ND CHOIC	E	_
3RD CHOICE	CHECK #	AMT	_

Please return check for date selected by <u>SEPTEMBER 22TH</u> and a copy of this form to:

Lion Marilyn Vaccaro, 74 Chase Rd, Londonderry, NH 03053 Tel 603-204-7251 Jvac1408@comcast.net Camp Pride Brick Order Form

# Lions Camp Pride NH

# **Commemorative Walkway**

PO Box 135

E Hampstead, New Hampshire, 03826

### Become a part of History – BUY A BRICK TODAY

Join us in creating a commemorative walkway by purchasing a personally engraved brick to be permanently installed at Lions Camp Pride NH. Any name or message up to 3 lines of 14 characters each can be engraved on each brick. Each line will be centered by the manufacturer. Company logos are also possible. Personalized bricks area great way to

- Recognize a club anniversary, event, or member
- > Remember lost loved ones with brick: in memory of them
- > Recognize children, grandchildren, parents and other special people
- > Mark a birth, anniversary, graduation or other special event in your life
- > Honor an employee, or friend, advertise a business
- Give a unique and lasting gift for the Holidays
- > Honor a first responder, nurse, doctor, or public official

#### Here's how you can contribute: Three Lines \$75.00

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#### Hugs & Cuddles District Project

# Spread Kindness Hugs & Cuddles

- Get sponsors for \$18 bears
- Arrange bear assembly
- Donate bears to spread kindness
- Track your Service & Donations



# Hugs & Cuddles Project Plan for 44H Lions Clubs

#### Get sponsors for \$18 bears

- Set Club goal of getting sponsors for 10-20 bears
- Individuals, Clubs, and Companies can be sponsors
- Use order form to collect bear headcount and sponsor name and contact info
- Keep cost at \$18 for consistency across the district
- Send thank you notes to sponsors; use contact info for potential members

#### Arrange bear assembly

- Contact Build-A-Bear in Manchester, Nashua, or Salem
- Request Lil Brownie Cub and Condo (box)
- Typical lead-time is less than one week
- Pick up bears, pay for them from sales money

If cost is less than \$18, donate excess to childhood cancer org such as St Jude, CHaD, or other org selected by Club

#### Donate bears to spread kindness

- Coordinate with organization of Club's choice for donation
- Consider orgs with sick children, children recovering from trauma, org serving at-risk children (Police, Fire, EMT), or elderly dementia care facilities

#### **Track Your Service & Donations**

- Track service project and donations in the Lion Portal
- Provide project success details to district Childhood Cancer Chair

#### District Christmas Quilt Raffle

Don't miss out on purchasing your raffle tickets for this beautiful 74" x 83" Christmas quilt in red and green. Tickets available through Linda Hedrick and DG Peter. Proceeds to benefit Cystic Fibrosis. Refer to flyer for more information.

#### Lion Portal Information

Lion Portal Tip: Here's how to view your club's membership roster in the new Lion Portal...

- From the Home Page, click on the My Club tile
- On the right side of screen, you will see a tab labelled Club Members and a small window listing your club's members. Click the View All link just below that small window.
- Use the Filter Icon (looks like a funnel) to see Active Members, click Apply.
- The screen displays Contact Full Name (first last), Membership type, email, phone, join date, start dt, end date, link to membership, click link on name to see address and date of birth.



NH District 44-H Lions Fundraiser

To Obtain Tickets Linda Hedrick Email: Lindahedrick676@gmail.com DG Peter LaPointe Email: plapointe.lions@gmail.com

Lion Portal Training: Zone 1 Chair, Kimberlee Fournier, hosted a Lion Portal training session. MCS Linda Quebec facilitated, and 21 attending were (seated) Lara Raymond, Sylvie Johnson-Smith, Esther Boriss, Tracy Gendreau, Pam Lalmond, (standing) Pattie Provenzano, Deb Cedrone, ZC Kimberlee, PCC Celeste Ricupero, Renee Bailey, Melissa Sorcinelli, GST Linda Hedrick, Trina Kohls-Carr, GMT Gail Dacey, Karen Steele, Mary Joy Gasdia, Michelle Ackroyd, Gary Gasdia, SVDG Vince Giambalvo, Jeff Lalmond, and DG Peter. Other zones are invited to plan training too.



# Multiple District Happenings

New England Lions Council (NELC)

NELC Breakfast at USA/Canada Forum. <u>Click here</u> for online sign-up, or use this form.

Section of the sectio	New England Lions Council (NELC) "Serving the Meeds of the Districts of Mew England"								
2024 (	2024 USA/Canada Lions Leadership Forum Louisville, Kentucky Saturday, September 7, 2024 Breakfast Gathering 7:00-8:30 a.m.								
		e - Sampson Room							
E. Salt	Guest Speal	ker: J Frank Moore, III							
<ul> <li>Denver S</li> <li>Tradition</li> <li>Hash Bro Tomatoe</li> <li>Assorted</li> </ul>	nal Scrambled Eggs - C own Potatoes with Saut s Breakfast Breads – W	s , Sweet Bell Peppers, Onions, Chedo risp Peppered Bacon - Pork Sausage eed Peppers and Onions - Herb Roa hite, Wheatberry, Bagels Brewed Coffee, Regular & Decaffeina	e Links sted						
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		P.O. Box 91	Kathleen Dorman						
	fill out a registration	New Haven, VT 05472 elow link or QR Code (left) to form, use the QR Code (right) to pay le/t4WCh3Gbad8pTmpdA							

**DogSight Project** 





#### **Extreme Heat**

In these summer days of extreme heat, guide dog handlers have concerns about working our dogs without endangering their health. Some activities can be scheduled for the cooler hours. We walk in the cool of the morning as soon as my dog has had a chance to digest her breakfast, which Fidelco recommends as an hour wait. But often errands and appointments are during the heat of the day and can't be avoided. Transportation is essential at these times. Public transportation, volunteer organizations, and friends all help us get where we need to be safely. The Lions have partnered with Future in Sight to provide rides to all blind or visually compromised individuals, whether they use a guide dog or not. It is a wonderful program depending upon the good-will of Lions in all parts of the state. Please consider being a driver for this program!

Linda Piekarski Chair, the DogSight Project lpiekarski@ne.rr.com

en en en en en en en en en x x x x x x x x x x Raised for Fidelco in 2024-2025: \$2000

#### Green Team

Calling all NH Lions!! If you are interested in trying out a fun, high-impact environmental service project, please join Lions from all over NH at LIONS DAY at the Merrimack Valley WindowDressers Build on Saturday, 11/9 (To volunteer visit windowdresser.org, go to community builds, Merrimack Valley and Click here to volunteer) We especially need shift leaders for shifts all week who have some building experience. Training for shift supervisors will be held on 8/12)



Loudon Lions Club, Henniker Lions Club, NH Lions Green Team



# Lions Youth Services

#### July 11, 2024 Meeting

The July 11 meeting was held back at the Airport Diner in Manchester with nine (9) in attendance along with two (2) guests also attending.

#### Lions Night at the Fisher Cats

The **Fisher Cats vs the Yard Goats** sets off at 6:35pm on <u>Saturday, August 24, 2024</u> for a great night of baseball! Price is \$22 for game ticket which includes a baseball cap, hot dog, drink and chips. Advance ticket sales ends August 14 so please get your ticket orders in.

#### For tickets contact Lion Lenny Hall

at 978-360-0958 or email <u>lah03811@gmail.com</u> See flyer in this issue for details.

#### **Grant Applications**

As LYS begins the new year July 1st, new grant applications are available. The application can be found in this issue of the newsletter.

#### <u>Terri Lynn Fundraiser</u>

Please look for the latest flyer in this issue. This month's recipe "Granola Bars" made with Roasted Whole Almonds and Giant Cashews". How could you go wrong! Also, don't forget all the other delicious nuts, chocolate and sweet and salty treats that Terri Lynn has to offer! As always, we thank you for all your support!

#### <u>Peace Poster Contest</u> 2024 - 2025 "Peace Without Limits"

Summer is almost over and soon students will be returning to school. This is the time when the contest is in full force. Most clubs pick up full steam and we're off to another year. Please be sure your club's Peace Poster Chair connects with their contact. There are 12 clubs so far participating and there are (7) seven kits available for purchase at \$12.00 per kit.



Ava Durden, a student at Pennichuck Middle School, recently took first place on the local level sponsored by the Nashua Lions for the Lions International Peace Poster Contest 2023-2024 and was selected one out of 23 of the Merit Award Winners at the international level receiving a certificate and a \$500 cash award.

Courtesy photo/Nashua Lions

Six (6) clubs from 44H; Epsom-Chichester, Hampton Area, Litchfield, Nashua, Seabrook, and Wakefield. Six (6) clubs from 44N; Canaan, Chesterfield, Jaffrey-Rindge, Milford, Pinardville, and Winchester.

If you wish to purchase a kit, please email Rhonda Wynne at <u>rwynnemilford@comcast.net</u> - if you should have any questions, please let her know. Please make check payable (\$12.00 per kit) to Lions Youth Services, *memo peace poster kit*, and mail check to Lions Youth Services, PO Box 156, Atkinson, NH 03811.

And remember to retain the necessary material in the kit giving only the designated sheets to your contact.

#### Upcoming Fundraiser

Sponsoring Studio Two A Beatles Tribute Band in Concert to support Austin 17 House on Friday, October 25, 2024 in Brentwood, NH. See flyer in this issue for details.

#### Next Scheduled Meeting

Our next scheduled meeting is Thursday, August 8, 2024 at 6:30 pm at the Airport Diner in Manchester. All are welcome to join us! *Hope to see you there!* 



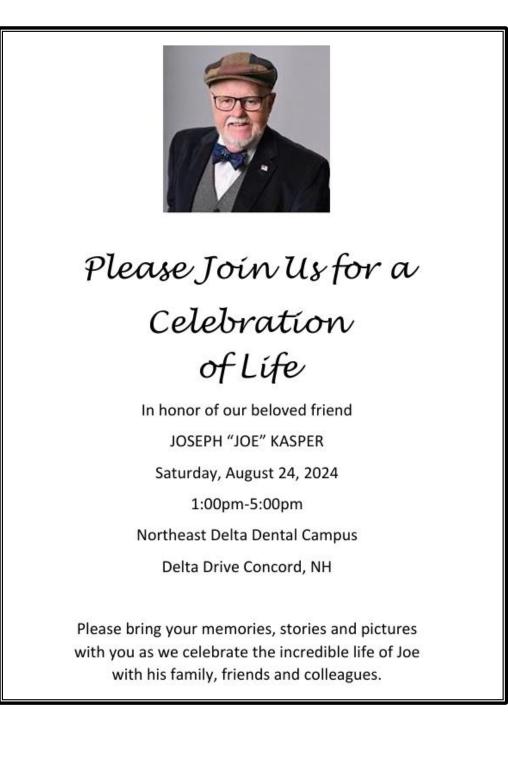
	South Ser	
	LIONS YOUTH SERVICES PO Box 156	
	Atkinson, NH 03811	
	$\sim$ GRANT APPLICATION $\sim$	
.4	ll completed applications MUST be sent to this PO Box	Amount requested
Requesting Club:		Date Requested
Club President:		
Club Mailing Address:	Club Phone:	
	Club Email:	
# of Youth Benefitting:	Required	
Project Budget:	Requested Amount:	
Project Start Date:		
Requesting Club President's Signature:	Project End Date:	
	Grant Request Guidelines:	
	e following guidelines will be reviewed at the next Lions on the 2nd Thursday of every month at the Airport Diner resent their request.	
1) All requests submitted by the Pro-	esident of a Lions Club in the State of New Hampshire Dis	stricts 44N and/or 44H.
2) The Maximum Grant is \$500. L different projects.	YS will consider up to 2 requests per NH Lions Club per	Lions year (July - June) for
3) Each application must be for a u be considered .	inique project. Applications for the same project within the	e same Lions Year will not
4) Each application should benenfi considered.	t more than one individual. Applications benefitting one p	person will not be
4) Grant Applications <u>MUST</u> be m the start of the project. <i>No reimbur</i>	ailed to: LYS, PO Box 156, Atkinson, NH 03811 by the la sements will be approved .	st day of the month <i>prior</i> to
	outh Services Grant Program to partner with the we the youth of our state, not to replace your clu	
Grant Application rev 07.2023		

# District 44N Cabinet Meeting Registration Form

	DISTRICT 44N CABINET MEETING SUNDAY, AUGUST 11, 2024 Rivendell Academy 2972 Route 25A, Orford, NH 03777	CETITINGEAR
	Guest Speaker: Lion Dawn Rice-Norton, PDG GAT Area 1-F Vice-Leader from MA	
ALL LIONS ARE WELCOME TO ATTEND ~ CASUAL DRESS ~		
Registration: 9 am; Meeting: 10 am		
Lunch Buffet: Pulled Pork & Chicken, Rolls, Potato Salad, Cole Slaw, Baked Beans, Cupcakes, Water Cost per person \$22.00		
Please Make Check Payable to: ~ LIONS DISTRICT 44N ~		
Send Registration and Payment by		
AUGUST 3, 2024 to:		
CT Gregg Kleiner PO Box 94 Keene, NH 03431 Email: <u>gckleiner1@gmail.com</u> Cell: 617-735-7543		
Name:	Club:	
	Club:	
TOTAL REMITTED: \$ THANK YOU!		
"You May Pay Online" for a few dollars more (\$25.00 per person) https://app.autobooks.co/pay/lions-district-44n-of-nh		

# **Club Happenings**

#### Hudson



#### Meredith

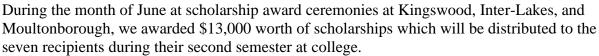


The Meredith Lions Club recently presented Lindsey Rosette, manager of the Meredith Family Dollar store, with a certificate of appreciation. The store has allowed the club to set up once a month in their lobby to collect needed items for the local food pantry. Members hand out a small list of things needed by the pantry to customers entering the store. They also have a plastic jug available for any monetary donations. The staff is a help with pointing out where the needed items are located. It's been a great partnership for the last year and will continue to be one as long as possible.

The next " Not Just a Food Drive " will be Friday July 19th from 4 to 7 p.m.. Immediately after the collected items will be taken to the pantry to be sorted One of the eight initiatives of Lions is world hunger and the Meredith club is doing their part. here and helping out the communities of Meredith, Center Harbor and New Hampton To learn about the other seven initiatives check out <u>www.e-clubhouse.org/sites/meredith</u>. or <u>www.lionsclubs.org</u>.

Pictured: Lindsey Rosette, Family Dollar store manager, and Marie Valliere, Meredith Lion

#### Moultonborough





We also began planting the annual flowers in our Adopt a Spot, Sutherland Park (In Moultonborough next to the Fire Safety

Building). Each week, from the end of June to the middle of September, one or two Lions take care of weeding and watering.

Our last delivery of books to each elementary student in our service area was 82 books to Tuftonboro Central School, bringing our total number of books distributed to 426 individual books.





We cooked and served 250 people (in a little over an hour) after the Moultonborough Fourth of July Parade, a tradition for many, many years. Lions and family members and friends all joined in to make this a successful event for all.



#### Nashua

**DG Kamal's Homecoming:** Kamal's quest to become District Governor began in 2020. He is an avid tennis player, and our club served up a tennis themed hospitality room at MidWinter convention in January 2021. He was voted in as Second Vice District Governor in the spring of 2021 and went up through the ranks until achieving his goal of District Governor for 2023-2024. Thank you to the Homecoming planning committee: Erin Hendrickson, Ed Lecius, Louise Deschenes, Kristen Kearns, Paule Ralph, Stephanie Langenbeck, Doreen Going, and Linda Quebec. They carried out the tennis theme at the Homecoming celebration. It was a wonderful celebration of the year as over 30 Nashua Lions joined 70 others in hailing the successes of District Governor Kamal Masand. We were treated to a lovely buffet meal, and several congratulatory speeches. Welcome Home, PDG Kamal! Kamal's service to the state will continue as he serves as the multi-district council chair (MCC) in the coming year.







#### Portsmouth



The Portsmouth Lions Club had a booth at the Seacoast Cars & Coffee auto show in July. We gave away a lot of balloons and a teddy bear in a free raffle, and introduced many community members to our club and our service projects. Kudos to Andy Allen for securing a spot for us and to Peter Lund, Jane Murphy and Amy Pruszenski for manning the booth. Can't wait for the next Cars & Coffee on Sunday, Sept. 1 at the Fox Run Mall parking lot in Newington.

Hear Randy Pierce, CEO of Future In Sight, in Portsmouth Sept. 24<sup>th</sup>. You're invited to join the Portsmouth Lions Club when we host Randy Pierce, president and CEO of Future In Sight, speaking about his inspirational adventures since he lost his sight as an adult, on Tuesday, Sept. 24 at 6:30 p.m. at the Portsmouth Public Library in Portsmouth, N.H.

Pierce is a captivating motivational speaker who draws upon his life experiences to inspire, entertain and teach. He creates a powerful connection to his audiences through unique viewpoints on the adventures and challenges of a man who chose a life filled with incredible adventure-laden experiences despite his being suddenly stricken with a neurological disease rendering him blind at age 22. Participants experience the highs, lows and problem-solving techniques used to convert adversity into methods of achieving their peak potential. Emphasizing goal-setting, problem-solving, teamwork, and communication with amusing anecdotes and demonstrable achievements, he motivates everyone in the audience to set and achieve their own goals.

Pierce has also written a memoir, "See You At The Summit," which has been inspirational, helping readers to overcome challenges in their lives.

The event is free and open to the public. Please let us know you'll attend by emailing <u>portsmouthnhlions@gmail.com</u>. The Portsmouth Public Library is located at 175 Parrott Ave., Portsmouth, N.H. 03801.

#### Seabrook



The Seabrook Lions awarded a community member, Paula Wood, for all her contributions to help not only the lions but the Seabrook community. Award presented by Linda Fortin.

#### Windham

The Windham Lions Club is proud to announce the recipients of the 2023-2024 Lions Club Scholarships. This year we have given a total of seven (7), \$1,000 scholarships to deserving Windham High School and Pinkerton Academy seniors.

**The Jeffrey P. Shaw Memorial Scholarship** was given to three Pinkerton Academy seniors and two Windham High School seniors. The Pinkerton Academy recipients are: **Junaid Ali** from Hooksett, NH, the son of Arif and Rabia Ali, will be attending Boston University and majoring in Chemical Engineering. **Mia Laskiewicz** from Derry, NH, the daughter of Stephanie Laskiewicz, will be attending Purdue University and majoring in Biomedical Engineering. **Jason Rzasa** from Derry, NH, the son of Mark and Carol Rzasa, will be attending the University of New Hampshire and majoring in Mechanical Engineering. The Windham High School recipients are: **Ella Reeners**, the daughter of Greg and Lauren Reeners, will be attending Worcester Polytechnic Institute and majoring in Biomedical Engineering (Pre-Med Track). **Jake Fricchione**, the son of James Fricchione and Jennifer Fricchione, will be attending Georgia Institute of Technology and majoring in Aerospace Engineering.

**The David Dunn Memorial Scholarship** was given to Windham High School senior **Samuel Corey**. Samuel, the son of William and Stacey Corey, will be attending the University of Connecticut and majoring in Actuarial Science.

**The Merrill Greenlee Memorial Scholarship** was given to Windham High School senior **Alessandra Sinopoli**. Alessandra, the daughter of Rich and Emily Sinopoli, will be attending Bentley University and majoring in Marketing.



Junaid Ali



Jake Fricchione



Stephanie Laskiewicz



Jason Rzasa



Samuel Corey



Ella Reeners



Alessandra Sinopoli

#### Wolfeboro

At the year's final meeting, the club met at Camp Pride for a barbeque and celebration of members' contributions. Appreciation certificates were given to Lions Sharon Waid, Don Duhaime, Chuck Badzmierowski, Dave Esposito, John Hardenbergh, and John Adams. Gerry Esposito was awarded 'Lion of the Year' for her successes in her first year as treasurer for the club, and Joe DeChiaro was awarded A Granite State Fellow.

Joe Dechiaro & Club President Gina Lessard

#### Wolfeboro Parks and Rec Summer Kick-Off

Club members Participated in Wolfeboro Parks and Rec Summer Kick-off on June 22 to promote the club and as a membership drive. The info booth displayed signs to get our message out.

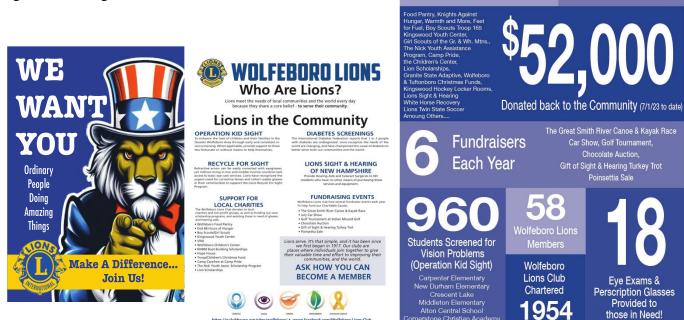


Volunteer Hours and Counting

by Numbers Fiscal Year 2024

Scholarships

Awarded Annually



#### Wolfeboro Lions/ American Legion Post 18

To round out June, the Wolfeboro Lions Club worked again with American Legion Post 18 as they sponsored a Sock Hop on June 29<sup>th</sup> at the Pop Whalen Arena. The Wolfeboro Lions Club was there serving up burgers & refreshments and promoting the club for potential new members.

#### Wolfeboro Lions Car Show

The Wolfeboro Lions Club 4<sup>th</sup> Annual was held on July 6<sup>th</sup>. Despite the threat of rain & thunderstorms, over 85 participants arrived to show off their vehicles. While this is a free event, the club had a concession stand with burgers, hotdogs, etc. and sold tickets for a 50/50 raffle all of which raised funds for the club's charity donations.



#### **COMING SOON!**

Lake Winnipesaukee Day (sponsored by Town of Wolfeboro Economic Development Committee) August 9<sup>th 5pm to 10pm</sup>

The Wolfeboro Lions Club will be at this annual town event serving up\_burgers & refreshments and promoting the club for potential new members.

Wolfeboro Lions 19<sup>th</sup> Annual Golf Tournament September 10<sup>th</sup> (For more information contact John Adams @569-4670 or John Askew @ 569-1099)

# Wolfeboro Lions Club

19th Annual Golf Tournament

**Tuesday, September 10, 2024** Indian Mound Golf Club Route 16B, Center Ossipee

7:30am-8:30am Breakfast/Registration 8: 30am Shotgun Start 1pm Lunch Prizes and Raffle to Follow

For Registration Forms Visit Wolfeboro Lions Club Facebook Page or Call John Adams 603.569.4670 or John Askew 603.569.1099 Net proceeds benefit Wolfeboro Lions Club Charities including: NH Sight and Hearing, Camp Pride, and Book Scholarships.

#### 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 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: Mario Izzo Mbi1220@gmail.com

Lions Fellowship: Nancy O'Dowd Lupesmom14@gmail.com

**Peace Poster:** Available through LYS

**District Photographer** PCC Deedee LaTulippe liondeedee@comcast.net

Uniforms/Jackets: Joe Kasper JKasper@nedelta.com

**Newsletter Editor**: Linda Quebec Newsletter44H@Outlook.com 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

#### **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)

District 44H website http://edistrict.org/sites/district\_14l/index.php

#### **District Governor Peter LaPointe** 978-479-0454; plapointe.lions@gmail.com

First Vice District Governor Marie Valliere 603-998-0871; keylion03@gmail.com

Second Vice District Governor Vince Giambalvo 845-304-2059; rosevin68@gmail.com

#### **Cabinet Secretary Bob Bedrosian** 603-560-3867; bbedrosian@comcast.net

**Cabinet Treasurer Lenny Hall** 978-360-0958; lah03811@gmail.com

Multiple Council Chair & Immediate Past District Governor Kamal Masand 603-661-6638; kmasand01@gmail.com

# Leadership Directory

Zone 1 Chair, Kimberlee

Fournier Ph: 603-897-9348 E: kimberleef60@yahoo.com Clubs: Derry, Hudson, Litchfield, Londonderry, Nashua, Salem, Windham

**Zone 2 Chair, Krissy McKeeman** Ph: 978-314-9445 E: krissy8379@gmail.com Clubs: Atkinson, Chester, Danville, Hampstead, Kingston, Plaistow, Sandown

Zone 3 Chair, Langdon Plumer Ph: 603-770-6499 E: langplumer@gmail.com 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: Barrington; 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, TBD** Ph: E: Clubs: Conway Area, Moultonborough, Whittier, Wolfeboro **Global Action Team Leader Peter LaPointe** 978-479-0454; plapointe.lions@gmail.com

**Global Extension Leader PID Ed Lecius** 603-321-6458; lioncommish@gmail.com

**Global Leadership Leader SVDG Vincent Giambalvo** 845-304-2059; rosevin68@gmail.com

**Global Membership Leader Gail Dacey** 603-560-1029; grd514@aol.com

**Global Service Leader Linda Hedrick** 603-553-9015; lindahedrick676@gmail.com

LCIF Coordinator PCC Scott Wilson 603-770-3700; scottwils@comcast.net