# Districtive Bulletin



Welcome to our first District 33-N bulletin of this year. It has been prepared and presented by our District Editor, Laurie Cantwell. Please join me in thanking her for the hard work and for volunteering to do this task for our District.

We are planning to prepare a new bulletin every two months or sooner if needed, throughout our Lions year. So please be sure to send your club news and upcoming events to Bulletin Editor Laurie, as soon as you know about it.

Keeping our Lions informed of our club's activities is one of my main objectives this year. This bulletin is one of the tools we'll be using to accomplish this objective. I am so proud to be able to serve with the great Lions of our District and I want to thank all of you for your continued service to your communities, our District and beyond.

I am so proud to be your District Governor this year and I am looking forward to working with each and every one of you.

> Yours in Lionism, District Governor 33-N Tony Pecci

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Zone Chairs	Listed on Separate Page

#### **District 33-N Website**

https://www.e-district.org/sites/33n/

Please be sure to visit our District 33-N Website for additional information, i.e. our events calendar and club resources.



District 33-N Lions FB page.

Click on the icon to like and follow our page. And, if you have events or news of interest to share, tag the page:

@District33N.





#### August 2022 Bulletin

#### **Zone Chairs**

ZONE	CLUBS IN THE ZONE	ZONE CHAIRS
Zone 1	Lynn, Lynn Wyoma, Lynn Shoe City, Melrose, Nahant, Reading, Saugus, Wakefield	ZC Jane Fanjoy jmf2887@hotmail.com ZC BettyLopes bettylopes072@gmail.com
Zone 2	Danvers, Essex, Essex County Regional, Ipswich, Magnolia, Peabody, Salem	ZC Jennifer Buchanan jenbuchanan@comcast.net
Zone 3	Amesbury, Haverhill, Lawrence, Lawrence Latin, Merrimac, Newburyport, North Andover, Salisbury	ZC Tammy Gray tgray2968@yahoo.com ZC Stacie Whittier pinkdaisy9182@gmail.com
Zone 4	Billerica, Chelmsford, Dracut, Lowell, Tewksbury	ZC Louis "Lou" Cornaro loucornaro@comcast.net
Zone 5	Ayer-Shirley, Dunstable- Tyngsborough, Pepperell, Townsend	ZC Laura Ward lauraward526@gmail. com ZC Mark Alexander mda0711@aol.com
Zone 6	Acton, concord, Lexington, Woburn Breakfast, Woburn Host, Woburn Middlesex	ZC Daniel "Dan" Reilly skyhawk1737@yahoo.com

http://www.e-district.org/sites/33n/page-6.php



#### Massachusetts District 33N 2022-2023

"Together We Can"

#### 1st District Advisory Meeting

DATE/TIME: Wednesday, August 31st

Social: 6:00-6:30 PM Dinner 6:30 PM

LOCATION: Princeton Station Restaurant 147 Princeton Street North Chelmsford, Ma. 01863

GUEST SPEAKER: TBD

Club Secretaries,
Please fill in the registration form, then mail form with check to:

ZC Tammy Gray 11 Ordway Street Georgetown, MA 01833 Email: <a href="mailto:tgray2968@yahoo.com">tgray2968@yahoo.com</a> with any questions.

Please make checks payable to: <u>MA LIONS DISTRICT 33N</u>
The deadline for registrations with payment is August 17, 2022
Reservations not claimed will be charged to your club.

#### REGISTRATION FORM

NAME OF CLUB:	
TOTAL NUMBER Chicken Cordon Bleu:	@ \$29.00 each
Boneless breast of chicken stuffed with imported Served with rice Florentine and fresh sea	
TOTAL NUMBER Baked Haddock:	@ \$29.00 each
Fresh Haddock fillet topped with our hou Served with rice florentine and fresh sea:	
TOTAL NUMBER Vegetarian:	
CHECK AMOUNT ENCLOSED:	
*Please list dietary preferences. Baked Haddoc	k can be made gluten-free*.
THANK YOU. We are looking forward t	o seeing everyone.

May this New Year of Lionism be the Glittering Light to brighten the dream-lined pathway of our future.

May it be filled with Love, Happiness, Good Health, Laughter, and many memories for us all.

Katie Sirois
Cabinet Secretary/Treasurer (CST)



Imagine. A seven-letter word, with endless possibilities. Over the next few months, I challenge you to dare to imagine what Lions look like a year from now, five years from now, twenty-five years from now. Where do you see yourself as a Lion? Your club? How can your district help you with that vision?

Over the past couple of years, we've heard a lot about "getting back to the way things were". I understand and respect that. These past few years have been hard on some clubs as well as some Lions. I think it's important to honor that, to mourn that and to respect that. Equally important, is to recognize the opportunity to imagine a different, better future for Lions. PDG Marcel Plouffe led our Lions district through the very worst of the Covid pandemic with grace, caring and a willingness to pivot, to think outside the box. Many clubs and Lions did the same. Our GST, Laura Ward and our region chairs came up with innovative ways to continue to serve, such as a soup drive that resulted in thousands of cans (or packets) of soup filling the shelves at several local food pantries. Laura Ward along with Katie Sirois and JJ Ward provided our district with transformational leadership that allowed our clubs to thrive in service and provided even those clubs who were struggling with an opportunity to make a difference in their community. As a Lion in District 33N, I'd like to see us build off this. To imagine new ways of doing both the service and the business that makes up Lionism. One of the comments I've made a lot during the past few months is that while everyone wants change, no one really wants to do the change. I get that. Change is incredibly hard. What if it fails? What if things get worse? But...what if it doesn't?

I've listened and continue to listen to your feedback around how the district can better work FOR you and your club. You can reach out to me any time, by phone, e-mail, or text. I will gladly meet you over coffee (or ice cream) to hear about what YOU imagine Lions of the future will look like. Keep an eye out for upcoming "meetups" and brainstorming sessions.

I also look forward to a fantastic year with DG Tony. I truly believe that he will Ignite our Lions Passion and that all of us together will move our District forward in a new, positive and caring direction.

Yours in Lionism, Marie Wagner 1st VDG



#### Hello District 33N Lions!

When you return from an International Convention, you are all fired up and ready to go. This year's International President is Brian Sheehan, from Bird Island, Minnesota. Go ahead and ask it? Where is Bird Island, Minnesota? It was a bit of a joke at the convention. His theme this year is "Together We Can." I think that is a great theme! I know when I have people working alongside me, I can accomplish most anything. Lions is like that.

This year, with the help of all Lions in our District, we are going to work to help our own clubs, and hopefully, other clubs that may need our help too. Check out this newsletter. See if an activity or fundraiser another club is doing sounds like something you'd like to be involved in, then give them a call to see if they could use your help. We are all Lions; we're all working for the same goal.

Going back to the International Convention, next year it is in our own backyard. LCICon2023 Boston (July 7-11, 2023) will be the biggest party you've ever experienced! Those who know me well, know that I'm of the mind that every single Lion should experience a convention in their Lions career. It is an amazing event. It will be a lot of work, too. Please volunteer to help. Just go to <a href="lcicon2023boston.com">lcicon2023boston.com</a> to volunteer. There are so many ways to help.

Stay active, enjoy your Lions year, try to make it to a District Advisory; we'd love to see you. Remember: Together We Can!

Yours in Lionism, Sharon Pecci 2nd VDG



Congratulations Lions, Campaign 100 has exceeded its \$300 million goal. Although final totals are not yet quite established, it appears that the amount raised is in excess of \$324 million.

For our part in District 33-N, contributions were more than \$37,000 which is more than 50% above last year and, we believe, the largest ever single-year contribution to LCIF We thank you for your efforts at both the club and individual levels.

Despite the success of Campaign 100, we cannot sit back and gloat. Disasters occur somewhere each year; clinics need to be built; wells need to be drilled; medical and eye care missions must continue; eye mobiles need to be funded and so forth. Not to mention the LCIF donations to Mass Lions Eye Research fund to match MLERF Presidential grants each year.



Those donations to MLERF over the years total well more than \$1 million.

LCIF is **OUR** foundation and it is how we serve the world. Its great works must continue which means we must continue our financial support.

If every Lions Club member in 33-N were to personally donate \$10.00 to LCIF, we would raise close to \$11,000 over and above club donations. This would increase the significant mark on our services to mankind by helping those most in need when they are in need.

Again, thank you for all you do for your Lions Club, your communities, and our charitable pursuits. Your efforts truly reflect our motto of "We Serve".

**PDG Marcel Plouffe** 

PCC Dave O'Brien

#### **Celebrate Community 2022 Service Projects**

https://www.facebook.com/events/5116822145109795 https://www.facebook.com/lionsclubs/posts/416221270541856





11

SEP 11 AT 3 AM - SEP 18 AT 2:45 AM EDT

#### Celebrate Community 2022

"Celebrate Community, an annual joint initiative from the service organizations Kiwanis International, Lions International, Optimist International and Rotary International, will take place the week of September 11-17, 2022.

We encourage clubs and youth programs around the world to work together on projects during September 11-17.

Share photos in the event page discussion and on your social channels with the hashtag #CelebrateCommunity.

Together, we can do more good!"

#### District 33-N Lions: Assemble Childrens Braille Books



District 33-N Lions mark your calendars! Sat 11/19 @ 9:00AM and 1:00PM

We will be traveling into Boston to National Braille Press to assemble a Childrens Braille Book.

"NBP empowers the blind and visually impaired with programs, materials, and technology supporting braille literacy and learning through touch."

#### **District 33-N Lions:**

#### Winter Blessing Bags for the Homeless



#### Share the Love! Donate Blessing Bag Items

Imagine going through your daily life without the basics: toothbrush, toothpaste, clean water, deodorant or even socks? For many of our local area homeless this is everyday life. This is where YOU can make a difference and SERVE from the HEART.

Please bring all items to the District Mid-Winter Convention to be assembled on Saturday as a group Service project. The goal is to complete 100 bags for delivery to our local area homeless in need.

Questions? Contact GST Laura Ward, LauraWard526@gmail.com



Travel size items work best!

If not listed, does not mean an item is not needed:

Toothbrushes, Toothpaste, Shampoo, Conditioner, Body Wash, Deodorant, Tampons, Sanitary Pads, Combs, Brushes, Handwarmers, Mittens, Hats, Scarfs, Socks, Underwear, T-Shirts, Wet Wipes, Kleenex, Fast Food Gift Cards, Cereal Bars, Granola Bars, Bottled Water, Juice, Beef Jerky, Dried Fruit, Nuts, Tuna Pouches, Candy, Peanut Butter, Protein Bars, Rain Ponchos, Chapstick/Lip Balm



#### District 33-N Lions: Peanut Butter & Jelly Challenge November 1 through December 31







#### TO BENEFIT OUR LOCAL SHELTERS AND PANTRIES:

Peanut butter is rich in heart healthy fats and is a good shelf stable source of protein to have available to our shelters and pantries. Peanut butter and Jelly are not just for kids, but families and seniors also rely on this pantry staple.

Please help us in this food collection competition to kick out hunger in our local communities by benefits going to our local shelters, pantries, and food banks. We will be collecting non–perishable items and for each item collected you get a point.

What kinds of peanut butter and jelly?
Single servings, small or medium jars and squeezable.
Sugar free, almond putter, all natural, crunchy.

#### **HOW TO HELP?**

Bring your collected items to your meetings and have someone in your club and keep track of items collected. All totals must be turned into the Region Chair no later than January 1, 2023 and the winner will be announced at Mid-Winter Convention!

The club that collects the most peanut butter and jelly by December 31st will win the Peanut Butter Trophy!



An opportunity for your club to volunteer.



https://cleanriverproject.org/

https://www.facebook.com/cleanriverproject/photos

/a.396720010358847/5580280492002747/



#### **Chelmsford Lions Club**



Chelmsford Lions Club Country Fair

Town of Chelmsford 2022 Independence Day July 3-4, 2022

#### **Lexington Lions Club**

https://www.facebook.com/Lexington-Lions-Club-148402945290430



**Lexington Lions** Club Hosts Holiday Carnival including Special **Needs Opening Day** and July 4th Youth Games





#### **Lawrence Latin Lions Club**



Lawrence Latin Lions Club at the Lawrence Senior Center with the MA District 33N EyeMobile



Lawrence Latin Lions Club and MA Lions District 33N EyeMobile volunteers work together to conduct blood pressure testing and eye exams at Lawrence Senior Center.

#TogetherWeCan

July 10, 2022

https://www.facebook.com/LionsClubHaverhill

"Being a Lion is about leading by example, building relationships, and improving the world through kindness." - Lions Clubs International

#TogetherWeCan #CommunityService #KindnessMatters



What a beautiful day for a cookout at the Veterans Northeast Outreach Center! VNEOC staff and volunteers including Haverhill Lions, served lunch to about 65 Veterans.

Lots of happy well-fed Veterans!

#### **Tanner City Lions Club**

https://www.facebook.com/Tannercitylionsclub



July 16,2022

Tanner City Lions Club members along with one of the Woburn Leo Club members served meals at Haven from Hunger.

#TogetherWeCan #WeServe



#### **Salisbury Lions Club**



Salisbury Lions Club supported the Boys & Girls Club of Lower Merrimack Valley, a place that houses the Salisbury Leo Club, after a break-in.

According to reports, someone broke into the club a day prior to their live auction day and made off with thousands of dollars, auction items, cameras and more. They broke through doors and windows, busted open the safe and stole from children.

Thank you to the Salisbury Lions Club for stepping forward to assist in fundraising efforts for the Boys & Girls Club!

## Multiple District Event, District 33-N Lions & Lexington Lions Club

What happens to used Eyeglasses that Lions Collect?

Our District 33N Eyeglass Recycle Co-Chair, Lion John Lucente, of the Lexington Lions Club, updated us on our most recent eyeglass collection. Together, Districts 33A, 33N, and 33S loaded 12,715 pairs of eyeglasses bound for the Basilica de Higuey in the Dominican Republic. These eyeglasses will be placed in a container en route to the Dominican Republic later in the week.



Lion John Lucente passed on a message: "Thank you to all who helped make this possible."

#TogetherWeCan

July 20, 2022



#### **Dracut Lions Club**



#### **Reading Lions Club**

The Reading Lions Club & Friends of Reading Recrecreation hosted the 5K Journey for Sight Run to benefit the Mass Lions Eye Research Fund. Prizes for top runners in each category were awarded and event had music and pizza!

July 21, 2022



#### **RUN WITH US!**

**Reading Lions Club** and Friends of **Reading Recreation** 

**JOURNEY FOR SIGHT 5K ROAD RACE** & 1 MILE WALK

RUNSIGNUP.COM/RACE/MA/READING/FORR5K JULY 21 | 6:30PM | MEMORIAL PARK

> Prizes, Food & Music - bring your family & friends!

to benefit the Mass Lions Eye Research Fund

#### **Dunstable-Tyngsboro**, Lowell, Chelmsford, **Boston Host and Waltham Lions Clubs**

July 30, 2022



#### UNITED IN THE FRIENDSHIP OF SERVICE:

Members of Dunstable-Tyngsboro, Lowell, Chelmsford, Boston Host and Waltham Lions came together to serve lunch to those in need at the Salvation Army Lowell, MA.

#### **Newburyport Lions Club**



The Newburyport Lions Club held its 62nd Annual Yankee Homecoming Road Race.

Several Lions Clubs from our District supported the Newburyport Lions event by volunteering.

Photos are shared on separate pages.

#### **Haverhill Lions support Newburyport Lions** Yankee Homecoming Road Race

The Haverhill Lions assisted with the Newburyport Lions Club Yankee Homecoming Road Race. Our group volunteered to distribute muchneeded water (in extremely hot weather) to Road Race participants at one of the "Water Stops". #TogetherWeCan August 2, 2022



#### Methuen, Lowell, Tanner City, Woburn Leos Club, Essex County Regional Lions support Newburyport Lions Yankee Homecoming Road Race

#TogetherWeCan is not simply a slogan for our District! Many Lions from District 33N clubs volunteered to assist the Newburyport Lions Club with their Yankee Homecoming Road Race.

Pictured are some of the many volunteers at the start and finish line.



## Salisbury Lions support Newburyport Lions Yankee Homecoming Road Race

https://www.facebook.com/SalisburyLionsServe

Salisbury Lions Club had a group of volunteers provide 10-mile and 5K race guides during the Newburyport Lions Yankee Homecoming Road Race. A great time was had by all! #TogetherWeCan



https://www.facebook.com/LionsClubHaverhill

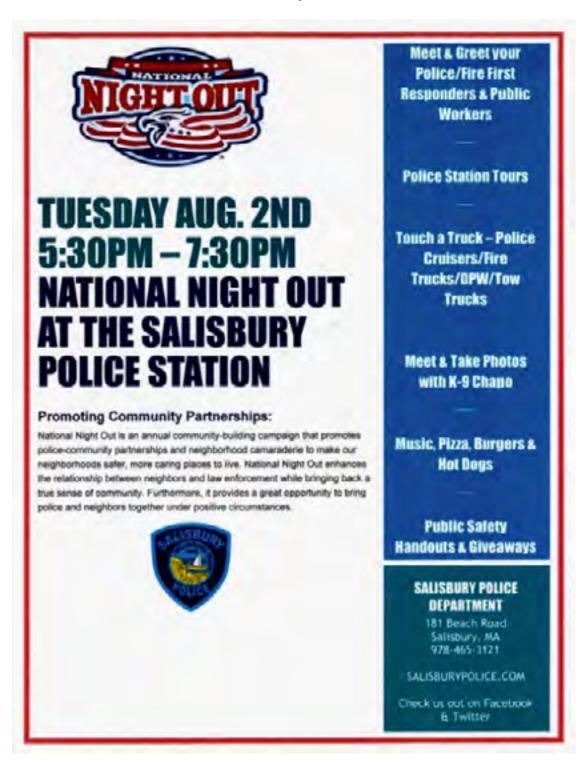
Haverhill Lions Club members regularly assist with the "Brown Bag" program held at the Amvets post 147. Club members unload pallets from delivery trucks, sort the various packaged foods into designated hall areas, and then place items in a "Brown Bag" so that packages can be redelivered to those in need serviced by AgeSpan (formerly Elder Services of Merrimack Valley and North Shore).

In August, eight (8) Haverhill Lions participated in this service project and filled over 500 brown bags - possibly closer to 600 total bags!



#### **Salisbury Lions Club**

https://www.facebook.com/SalisburyLionsServe





#### August 2022 Bulletin

#### **District 33-N Lions**





July 30, 2022

#### Saugus Lions Club and District 33-N Float

A huge Lion's Roar to the Saugus Lions Club for refurbishing our District Float!!

Our float is registered and currently ready to use in parades!

More information coming soon!



#### **District 33N EyeMobile**

Our District 33N EyeMobile is ready for your event!!! So easy to drive and can be used for screenings or for a parade! Simply contact us to reserve for an event date.

Once reserved, provide a \$75 minimum donation to District 33N Eyemobile, Inc. The District 33N EyeMobile committee will provide your Lions Club with info on how to obtain it.

https://www.facebook.com/33NEyeMobile

#33NEyeMobile #DrivingToPreventBlindness



Note: EyeMobile must be reserved and driven by a District 33N Lions Club member and drivers must provide a valid Driver's License.

## 105th Lions Clubs International Convention BOSTON 2023 JULY 7-11, 2023

The 105th Lions Clubs International Convention is coming to Boston! And, Lions love to serve and volunteer.

Not sure what you'd like to do for LCICon2023 or what's available? Review the list of volunteer positions! #LCICon2023

https://lcicon2023boston.com/



#### **Haverhill Lions Club**

#### **SUMMER FUNDRAISER:** Solve Your Family Mysteries - Find Out Who You Are

#### 10 Hours, Genealogical Research

- Build an on-line shareable Family Tree
- Analysis of Ancestry DNA results
- Birth Family research, using DNA results
- Document research for Heir/Citizenship

#### \$100 donation payable to "Haverhill Lions Club"



#### Mail donation to:

Haverhill Lions Club Charity Account PO Box 5036

Bradford, MA 01835

Attn: Treasurer

#### Contact:

Roberta Clements

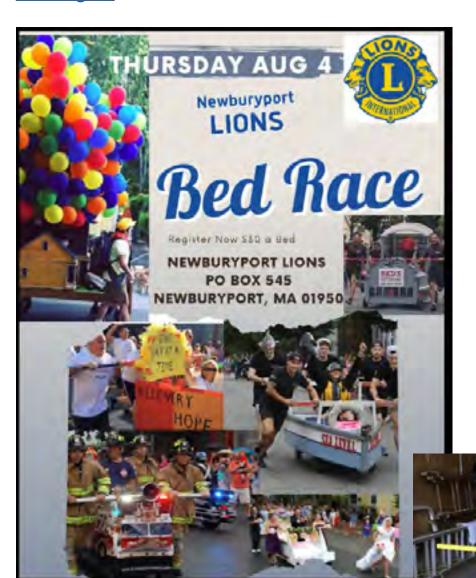
Phone: 603-952-8292

Discuss your research needs and

expectations!

#### **Newburyport Lions Club**

https://e-clubhouse.org/sites/newburyportmalionsclub/page-10.php?f-bclid=lwAR1NFdLBlusnaKNA8JjCQ7ugMB82K99-qQlqfRWBV2wcUJ3eZ1M-VL0D5qAQ



#### **Newburyport Lions Club**

https://yankeehomecoming.com/event/parade/

When August 7, 2022 @ 12:00 PM - 1:30 PM

Location High Street, High St, Newburyport, MA 01950, USA

Description Yankee Homecoming Parade

Sunday 8/7 starting at noon



#### PARADE

Get your lawn chairs ready! Once again our parade will be rolling down High Street as we bring our 2022 Yankee Homecoming Festival to an end. We can't wait to see you all lined up on High Street and don't forget to cheer for our hard working volunteers who bring up the end of our parade. These volunteers are just a small handful who help put on our full 9 day festival.

#### **Salisbury Lions Club**

https://www.facebook.com/events/1113610572898018?ref=newsfeed

Saturday, August 20, 2022



#### **Tewksbury Lions Club**

https://www.facebook.com/photo/?fbid=356754269969917 &set=a.169680005344012



#### **Merrimac Lions Club**

https://merrimacohd.com/



MERRIMAC'S LONGEST RUNNING CELEBRATION

Merrimac Old Home Days

AUGUST 12-14, 2022



#### **Dunstable-Tyngsboro Lions Club**

### Tyngsboro Block Party-by-the-Bridge

Craft, Music and Food Truck Event

Saturday, August 27, 2022

11am-Fireworks (Rain or Shine)

11am-6pm Vendor and Game Areas

11am-8:30pm Food and Entertainment

Fireworks at Dusk

www.PartyByTheBridge.com

www.PartyByTheBridge.com



#### **Amesbury Lions Club**

mailto:chrismoore615@gmail.com



# Sunday · August 28th · 1pm



Bus departs 4 Point Shore Drive | Amesbury at  $10:30_{am}$  and Bus returns at approximately  $4:30_{pm}$ . Free Parking.

Join the Amesbury Lions Club for a fun-filled trip to Portland, ME to see Portland play MLB AA ball with Hartford at Hadlock Field.

#### Ticket and Transportation: \$40 each

RSVP to Lion Chris Moore by 8/20/2022 email: chrismoore615@gmail.com | phone: (978) 815-4341

Once confirmed with Chris, checks should be made to "Amesbury Lions Club" and sent to ALC Secretary | 14 Depot Road | Hampton Falls, NH 03844 ASAP to hold seat(s).

#### **Newburyport Lions Club**

https://www.firehouse.org/event/chicago-total-access/ mailto:nbptlionsbedrace@yahoo.com





#### **Dracut Lions Club**



#### **Reading Lions Club**

https://www.facebook.com/
events/1086416881956671?ref=newsfeed



SUNDAY, SEPTEMBER 11, 2022 AT 12 PM

14th Annual Reading Fall Street Faire

Reading Massachuasetts



#### **North Andover Lions Club**

https://www.northandovermerchants.org/



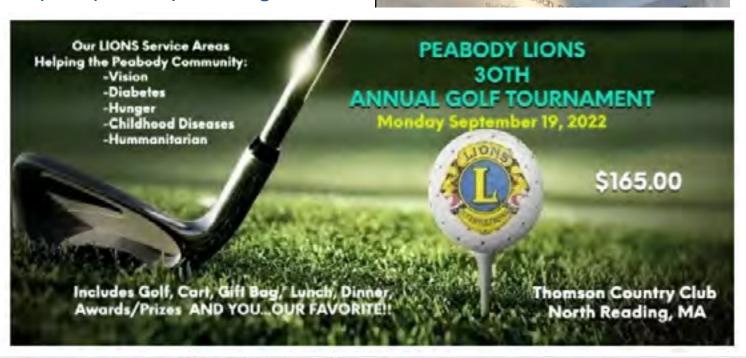
#### **Peabody Lions Club**

https://www.facebook.com/PeabodyLionsClub/ photos/a.1221458491269690/5357479407667557

Lion Peter Rogina selling raffle tickets at Leather City Commons for Peabody Lions September Annual Golf Tournament! Come visit the Peabody Lions on Sundays during the Summer Concert series to get

your ticket....

#### https://peabodylions.org/



#### **Newburyport Lions Club**

mailto:nbpthealthfair@gmail.com

#### RESERVE YOUR TABLE TODAY

Newburyport Health Fair



Sponsored by:

Newburyport Lions and

**Exchange Clubs** 

Contact:

nbpthealthfair@gmail.com

Saturday

September 24

10 a.m.-2 p.m.

Elks Lodge

21 Low Street

Newburyport

**Family Event** 

#### **Amesbury Lions Club**



#### **Haverhill Lions Club**

ANNUAL COLLECTION DAY Saturday, October 1, 2022: 9:00 AM to 3:00 PM

· Market Basket: RiversEdge Plaza, Haverhill, MA

· Market Basket: Central Plaza, Haverhill, MA

· Market Basket: Westgate Market Place, Haverhill, MA



#### **Methuen Lions Club**

https://www.cityofmethuen.net/methuenday



#### **Woburn Host Lions Club**

https://woburnhostlions.com/



#### Woburn Breakfast Lions Club

Please join the Woburn Breakfast Lions Club at their annual Cookout! October 22, 2022



# Woburn Breakfast Lions

STEAK TIPS or LOBSTER

# **EBEKBLE**

#### Saturday, October 22nd

Social Hour: 6-7 p.m. Dinner: 7 p.m.

Catered Dinner with your choice of Lobster or Steak Tips, Chowder, Salad & Dessert



# Raffles · Music American Legion Hall

194 Lexington St., Woburn

For tickets contact: Al Autenzio 617-429-3474, John Queen 617-548-1810, John Marlowe 781-953-7578 or Rich Capistran 978-808-1856



#### **Billerica Lions Club**

https://e-clubhouse.org/sites/billerica/index.php



The Billerica Lion's Charities Fall Fling Featuring



## Reminisce

New England's Fabulous Oldies/Doo-Wop Group performing hits from the 50's and 60's

> Sunday, October 23, 2022 The Billerica Elks Hall 14 Webb Brook Road Billerica, MA 01821



Doors open at 1:00 p.m. Reminisce Performs from 2-5 p.m.

Tickets are \$25 per person.

Please contact Tony Cucchi @ 978-618-7462, acucchi10@gmail.com

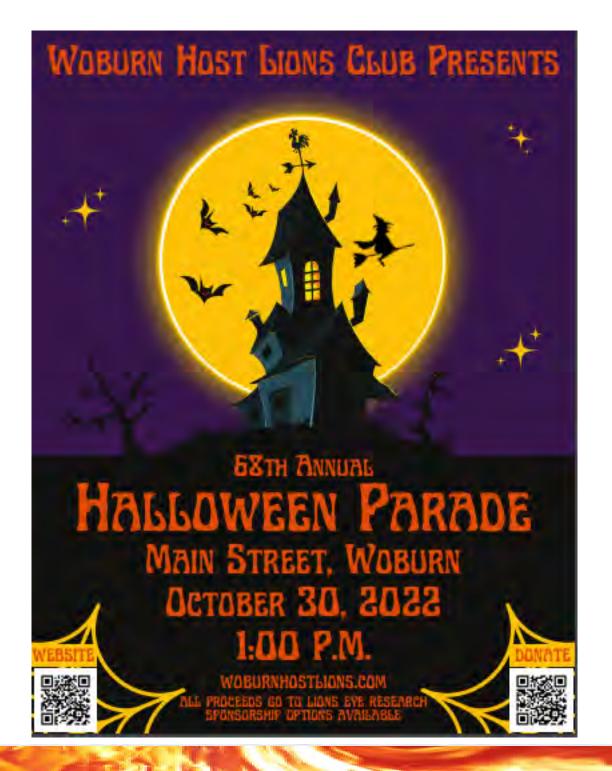
Checks payable to Billerica Lions Charities All proceeds support Billerica Lions Charities!

Please bring your own food/snacks.

Cash only bar - no outside beverages allowed - including bottled water!

#### **Woburn Host Lions Club**

https://woburnhostlions.com/halloween-parade



#### **North Andover Lions Club**



https://www.eventbrite.com/e/the-edwards-twins-master-makeup-illusionists-2-brothers100-stars-tickets-359017289377?fbclid =IwAR2CqdnWpUN8N4EiEcFgmeYE2NpNcMVuSK-5YbEue4I6wnOia-LD3-mF2A30

> NOV 04

The Edwards Twins, Master Make-Up Illusionists = 2 Brothers/100 Stars

by North Andover Lions Club



Lions and Leos are raising awareness for diabetes, a disease that affects 463 million people worldwide, by completing a variety of short, convenient online activities during October-November. We're out to log 100,000 total minutes by World Diabetes Day, November 14, and time is on our side!

4.2 million

deaths

were caused

by dishetes.



# Diabetes Day

We serve to reduce the prevalence of diabetes and improve quality of life for those diagnosed.

#### A Disease of Epic Proportion 31 million. That's the number of people in this part of the world with diabetes. But that's just the beginning. Consider these sobering insights into the disease the World Health Organization says is the eighth leading cause of death in the United States2: ~16% of adults in Puerto Rico. Diabetes is one Related deaths rose -25% in is the cost of diagnosed major public health diabetes in the United States the last 10 years\* challenges' THAT'S HERE. GLOBALLY, DIABETES LOOKED LIKE THIS IN 2019: ~463 million 50% 10% of all realth 374 million people were at increased 20-79-year-clds had diabetes of disbetes cases expenditive on adults s manifest the 2045-700 trillion www undagnossis was due to dispetes risk of type 2 diabets

Type 1 diabetes has no known cause nor cure; combatting

type 2 methetes - riften caused by poor diet and lisck of exercise - requires advication

and behavior modification programs. Left untreated, diabetes can lead to bindness.

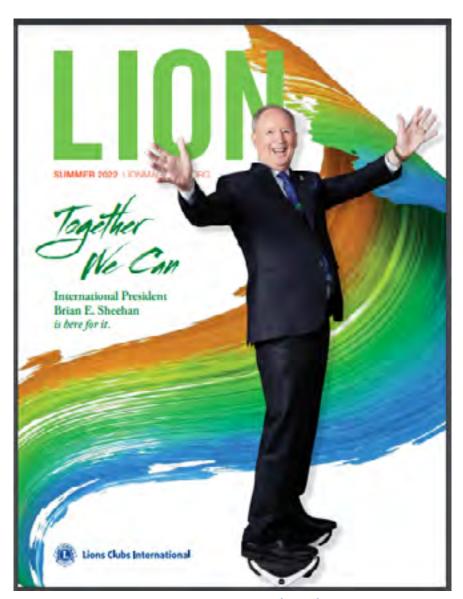
https://www.lionsclubs.org/en/start-our-global-causes/diabetes/world-diabetes-day

nerve damage, kidney falure, stroke, heart attack, and more'

#### **Lion Magazine**

https://lionmagazine.org/

Did you know that LCI has the Lion Magazine? Interesting articles that can be accessed on-line. P.S. Be sure to check out the Club News!



https://lionmagazine.org/wp-content/uploads/2022/07/Summer2022\_ LCIMagazine\_00h.pdf

We hope you've enjoyed our first 2022-2023 District 33-N Bulletin.

Per our District Governor, Tony Pecci, "Keeping our Lions informed of our club's activities is one of my main objectives this year. This bulletin is one of the tools we'll be using to accomplish this objective."

In keeping with our District Governor's objective, our Bulletin is a work-in-progress. It is only as good as the items you provide to include.

If you have any questions, suggestions, or items of interest for our next bulletin-including event photos and descriptions-please email me as soon as you have them.

And, don't forget to record all your events and activites in MyLion, on your Monthly Activity Report, individual and club social media sites, and websites!

Best, YIL Laurie Cantwell Bulletin Editor la\_email@vahoo.com

