



November 2020
District 33S
Newsletter



SANDRA FIFE,
DISTRICT GOVERNOR
2020-2021



How We Serve



Pediatric
Cancer



Diabetes



Environment



Hunger



Vision

“Pride in Service”



Prepared and formatted by Newsletter Chair, PCST Lorraine Thompson, Rochester Lions

Save the Dates

ALWAYS CALL TO CONFIRM DATES AND TIMES ~ SUBJECT TO CHANGE

November ~**Diabetes Awareness**

November 5 ~ 2nd Cabinet Advisory Meeting, Virtual See your President for the invite

November ~ 7 Mini Carnation Pick up in Raynham 10:00~2:00

November ~ 7 & 8 ~Operation Shoebox Drop off 9:00~12:00 Sort 9:00~3:00

November ~ 14 **World Diabetes Day**

November ~ 28 Food Packaging Event~ Pembroke-Contact PDG Bev Dillon @ bev Dillon497@gmail.com

or DG Sandy Fife at DG2district33s.org. Shifts 8:00-11:00 & 11:00-2:00

December 12 ~Activities for Special Children Christmas Contact for details Deb Masciulli @ 781-844-7851

or dmasciulli@excit.com

January 13~ **Melvin Jones Birthday**

January 22-24, 2021 ~ Mid-Winter Convention ~ Surf's Up 60's Party Double Tree Hyannis

February ~**Childhood Cancer Month**

March 8, 2021 ~3rd Cabinet Advisory Weary Traveler, Monument Beach 6:00 PM (6:45 Start)

March 20 ~ **Lions' Day at the UN~ NYC**

March 20 ~District Hunger Food Service Project 9:00 AM to 3:00 PM

April 9 ~ A Night with Helen Keller Details to follow, to benefit MLERF

April 22 ~ **Earth Day**

April 23-25 ~State Convention -Seacrest Falmouth More details to follow.

May ~ **Strengthen Membership Day**

May 15 ~ Officer reporting Form PU 101 is due

June 1 ~ **Helen Keller Day**

June 10, 2021 ~ 4th Cabinet Advisory Redman Hall, Wareham 6:00 PM (6:45 Start)

June 25-29, 2021 ~103rd International Convention ~ Montreal

Reoccurring events ~ Lakeville Lions CPR Classes- Every Tuesday Night - Lakeville Lions Club House
Easton Lions

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Message from District Governor Sandy Fife November Newsletter

Dear Lions and Leos of District 33S,

As we get through this pandemic together, I thank you for all you are trying to do. This week 13 of our Lion's communities have become red zone with many more in the yellow. Adhering to the CDC Guidelines and Governor Baker's Phase 3 restrictions Clubs are trying to meet and plan any safe fundraisers they can. As we continue our virtual world where the way we work and connect with others at work maybe the same as with our community and social life some may be feeling cut off or isolated. I encourage you to continue to put kindness in action and connect with your Lions using traditional methods like a card, a phone call, especially if your Club is not meeting. In our District we have a lot happening despite Covid-19 changing the way we work, live or serve.

DUES RELIEF ~ These past 8 months have been very difficult for our members. Many have been furloughed or lost their jobs. IPDG set aside some money to allow District 33S to help members impacted by COVID-19 financially to assist with their LCI dues. If you have a member who has reached out to you with a hardship please let CST Nadene or myself know. July-December Semi Annual LCI dues per member are \$21.50 (regular member) or \$10.75 (per family member). Unfortunately, we cannot assist with Multiple District Dues (\$1.50 semi-annual) or District Dues (\$3.75 semi-annual). All requests will be kept confidential.

AWARDS ~ It is time to start thinking of awards to be presented at the Mid-Winter. If you would like to present a Melvin Jones, Sight Award, Hoyle Award or Heller Keller Award please see more information or applications in the Newsletter. The Lions of the year, Sime Award, will also be awarded to the Club with the largest donation, per capita to MLERF for 2019-2020.

COVID-19 GRANT LCIF ~ Thank you to 1st VDG Martin Middleton for working with area hospitals and finalizing the reports for the LCIF COVID-19 Grant. . The \$10,000 COVID-19 Relief Grant was distributed to 6 area hospitals: Cape Cod Health Care (Cape Cod and Falmouth Hospitals), South Coast Health (St. Luke's, Charlton and Tobey Hospitals) and Morton Hospital. The grant allowed immediate response in the purchase of PPE's and Hand Sanitizing Stations. This is exciting news and another example to share with our club members that the funds we pay into LCIF Campaign 100 come back to our own communities.

LCIF District and Club Community Impact Grant~ HUNGER HUMANITARIAN PROJECT ~ The District has received funding under the District and Club Community Impact Grant to do a food packaging project with The Outreach Program. On November 28th we will be looking for 48 volunteers to help us pack meals (Masks and CDC Guidelines will be followed) at the Outreach Program's Pembroke Facilities. To Sign up for a shift: go to: signupgenius.com/go/10c0945aca828a1fb6-endhunger or contact PDG Bev Dillon, Kathy Salem or myself. WE CAN SIGN YOU UP!!! (shifts 8-11 or 11-2) Please join us for a day of service and fun!!! \$3,925 is available to our District based on passed donations to LCIF. We have also set up a FACEBOOK Fundraiser to ask for donations. Donations given are tax deductible since the Outreach Program is a 501 (c) 3. We hope to raise enough to package 20,000 meals!! These meals will be distributed to food pantries in our area. Group pictures at 8 AM and 11 AM.

COOKBOOK DISTRICT 33S ~ The Cookbook is available by contacting Lion Gladie Hall, PDG Kathy Salem, CST Nadene Martin or myself. \$15 or \$20 to mail. Makes a great Christmas present!!! Checks can now be made directly to MLERF but forwarded to CST Nadene to track sales.

NEW MEMBER ORIENTATION ~ Thank you all who tune into our Virtual Member Orientation. 53 Lions participated. A special thank you to Orientation Chair, Sue Barbour for putting the program together and for all our facilitators.

MARATHON DRIVE ~ BLINK OF AN EYE ~ ON THE ROAD!!! What a great day and what a success!!! 25 Clubs participated and \$13,572. was collected for MLERF. Winners of the Best Greeting:

- 📌 Rehoboth Lions ~ Halloween Theme!
- 📌 Norton and Norton Community Lions ~ Christmas Theme
- 📌 Westport Lions ~ Best Poster and Greeting Display
- 📌 Acushnet Lions ~ Best Surprise W/Show Us the Money!!!

Thank you for all your enthusiasm and donations.

2nd CABINET ADVISORY MEETING ~ will take place on November 5th at 7 PM. Due the COVID Capacity restrictions this meeting will also be virtual. Many exciting things are happening at the meeting. Peace Poster, Pride and Roar, Club Excellence Awards, Our very own Lion Shannon Silvestri from the Paws of Comfort Lions Club will be sharing her story of the Marathon Bombing and we will have another fun breakout session. The agenda and Zoom invite will be sent to Club Presidents to be shared with members prior to the meeting.

COVID 15 LBS WEIGHT LOSS CHALLENGE ~ to benefit MLERF!!! ~ Many of us brushed up on our cooking skills while staying home and we enjoyed more eating and less exercise during the COVID-19 Restrictions. District 33S has taken a negative and challenge you and other Districts to make it a positive by supporting each other for MLERF. \$25 to join. Checks to MLERF. Contact CST Nadene and just \$5 per month if you don't take off at least 1 lb per month (self-tracking). On June 1st we will weigh in and pay up! Once we have a group we will do a monthly zoom support call 📺

MID WINTER 2021 ~ I have been receiving many questions on what is happening with the Mid-Winter Conference due to COVID-19. The Mid-Winter Committee is currently having conversations and strategizing with other Districts and the hotel to get that answer to you asap. LCI has approved our guest speaker ~ PID Dr. Jose Marrero from Puerto Rico. So we will have a Mid-Winter whether virtual or in face. It will include a Business Meeting, a Guest Speaker, a Speech Contest and Seminars. An update will be available in the November 5th CAM and we will send it to Club Presidents.

GOALS UPDATE ~ As District Governor we set goals well before our year starts. This year I have adjusted my goals and priorities along the way. You can read about my goals for fundraising, membership, reporting and LCIF participation in the Directory. After COVID-19 hit our main goal changed to safety of our members and how we can keep Lions on the forefront impacting our communities. BUT several goals can be targeted even from our living rooms: Membership and Reporting. Please think about bringing in one new member this year to help us reach more people in our communities and around the world. Please let your Secretary know what you are doing so they can report our success story on My Lion. Two very important goals we all can do ~ Plus One Membership and Club Recognition. If you are having trouble reporting please contact myself or PCST Jane Puccio for assistance.

Even in tough times our Clubs and Cabinet have some exciting plans for our District. Please be patience with us if we have to change course and adapt our plans due to COVID-19. Please support each other in their fundraising and service efforts. We want all our members to be active but most of all be safe. Let us know if you need help in your club. If you need to contact me please feel free to call me at 508-320-1654 or email me at sbfife@comcast.net.

Respectfully Submitted,

Sandy Fife ~ District Governor 33S

"Pride in Service"



North America Membership Initiative (NAMI)



Welcome to November! We are already 1/3 of the way through our Lions year! In order to achieve all of the goals we have set out to accomplish, we need all of us working together.

- Can you help the New Clubs team when it comes time to recruit for a new club?
- Can you help create model membership kits that clubs can use to find new members?
- Do you have an idea for a service project or have one you have completed that other clubs could replicate?
- Is there a nearby club who might be struggling that you could partner with to help build them up?
- Do you have ideas for club-level or district-level recognition of members or clubs?
- Have you seen a good business-to-business directory we could adapt for Lions?
- Are you that Lion who can help to mentor newer Lions in your club? Got ideas on how that works?
- Any ideas for ways we can communicate better with our fellow Lions at the club and district levels?
- What does your club need to help you run your club? Who are the next leaders?
- Are you good at a social media platform? Could you help other Lions become better at using one of these tools?

What ideas do you have to keep us ROARING right through COVID-19? WE can do this, but it will take ALL of us!

I will look forward to hearing from you!

Kathy Salem
kathrynsalem@gmail.com



Lions Clubs International

When it comes to meeting challenges,
our response is simple:
"We Serve."

In 205 countries, in hospitals and senior centers, in regions battered by natural disaster, in schools and in eyeglass recycling centers, Lions are at work, helping, leading, planning and supporting. Because we're local, we can serve the unique needs of the communities where we live. And because we're global, we can address challenges that go beyond borders.

We want everyone to see a better tomorrow. That's why we support sight programs and services including vision screenings, eye banks and eyeglass recycling, provide eye care services to those at risk of losing their sight, and raise donations through fundraising campaigns like Campaign SightFirst and Campaign SightFirst II.

We believe everyone deserves a healthy life. From providing health programs that focus on hearing loss to supporting efforts to control and prevent diabetes, we're working to improve the health of children and adults around the world.

We empower the next generation. Whether it's providing volunteer and leadership experiences in a Leo Club or sharing a message of peace through our Peace Poster contest, our youth programs invest in the future by reaching out to young people.

We serve local communities – and protect the planet. From performing hands-on service projects to providing emergency assistance, our community and environmental programs improve our communities – and protect the environment.



Disaster Relief



Vision



Diabetes



Hunger



Childhood Cancer



Environment



EVER WONDER WHAT LIONS CLUBS DO?

We are assisting in our communities...

- Eye Screening in Schools
- Offering Free Eye Exams and Glasses
- Free Hearing Exams and Hearing Aides
- Building Ramps in Private Homes
- Supporting Local Food Pantries
- Social Events for Seniors
- Youth Speech Contest
- All State Band
- Diabetes Summer Camp Scholarships
- Scholarships
- Activities for Special Children
- Operation Shoebox for Our Troops

"Together... We Serve"

We are your neighbors, your friends, your customers.
We are out serving other neighbors, friends, customers.
We are THE largest service organization in the world.
We have 48,000 active clubs in over 200 countries.
Our membership stands at over 1.4 million!

Our primary focus since inception in 1917 by a Chicago businessman named Melvin Jones is preventable blindness. In 1925, Helen Keller charged these businessmen to become her "Knights of the Blind."

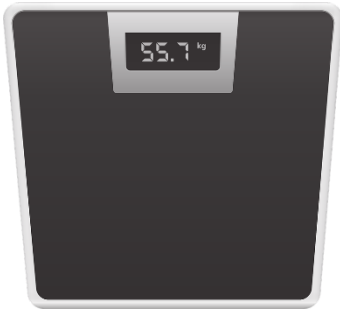
Please join us to learn more...

DATE: _____

TIME: _____

PLACE: _____

CONTACT: _____



COVID Weight Challenge

Let's get the COVID 15

15? Just about everyone has gained a few extra COVID pounds.

Lets' have some fun and raise money for our district

Here is the [Weight Loss Challenge](#)

Everyone that wishes to participate pays a \$25.00 entrance fee.

You follow whatever diet works best for you.

Everyone weighs in weekly on their honor.

If you lose weight, great if not or you gain, you \$5.00 to the district.

Not \$5 per pound, \$5.00 per week.

Lets' see how much we can donate during this time.





**Our SECOND Cabinet Advisory Meeting will be held
On Thursday November 5th, 2020**

VIRTUAL ~ Zoom Meeting ~ 7 PM ~ 9 PM

2019-2020 Pride and Roar Pins

2019-2020 Club Excellence Awards

Peace Poster Judging Virtual ~ Send Photo by 10/30 to Floran Rozzelle



Speaker ~ Lion Shannon Silvestri, Paws of Comfort Lions ~ Marathon Bombing ~ Her Story

Theme: We Serve ~ Red, White & Blue!! !!

BREAK OUT SESSION – MEET FELLOW LIONS

Operation Shoebox Drop Off/Sorting- November 7th & 8th Raynham

Carnations Delivered ~ November 7th Raynham

Plenty of information on upcoming events: including Mid Winter,

Environmental Photo Contest Rules

Zoom Invite and AGENDA TO FOLLOW!!

NO RSVP ~ Roll Call of Clubs ~ Committee Reports

Please share this information with your club members, all are welcome!! Invite your Leos!!

EYEMOBILE SCHEDULE 2020-2021

Due to the current situation with COVID 19, there are no bookings at this time.

Hope this finds everyone well. We continue to do our best to serve. Please contact me at Katielilyp@gmail.com or 774-254-0006.

Lori Porteleki

NAVY

ARMY

AIRFORCE

MARINES

Operation Shoe Box will be handled differently this year. We will be helping the families of Active Duty service members and Veterans that are in their Homes, in Hospitals or Homeless. Items will be dropped off at the 2nd Cabinet Meeting in Raynham on Nov 5th.

BECAUSE WE HAVE GONE VIRTUAL... let me know if you have donations and arrangements will be made to get them.

Any questions contact Deb Horner, SEM Paws of Comfort at 2comfortdogs@gmail.com or 508-889-2185

ITEMS NEEDED

Deodorant, Denture Cleaner
Toothpaste, Toothbrushes and covers
Bars of Soap, Lotions, Q-tips
Foot powder, hand sanitizer, sunscreen
Chapstick, dental picks, wipes
Combs, brushes, bodywash, Kleenex

Puzzle books
Hard candy/cough drops
Jelly /peanut butter
Tuna (packets ok), Ravioli
Beans, soups pkgs (w/styro cups)
cocoa pkgs

Regular size shampoo, conditioner

Snacks, i.e. crackers

Feminine products, hair elastics
shirts M-XL

Peanuts, trail mix, etc White socks, white T-

Flashlights and Batteries all sizes

**GREATLY NEEDED..... HATS, GLOVES, HAND WARMERS
SWEAT PANTS /SWEATSHIRTS ALL SIZES and warm socks
(NEW)**

YOUTH SPEECH UPDATE

The State committee has been having Zoom meetings and doing practice Youth Speech Competitions. Students will do their speeches live on Zoom. All the score sheets will have a pop-up capability on the Zoom meetings. Judges will be able to submit their score sheet directly to the Tellers. We will have break out rooms as needed to evaluate the winners.

We are still working out the bugs and hope to have this format completed soon. Please be patient as everything will be late this year.

Please let me know if you have any students participating. I know the Norton Club, Hanover Club and Mattapoisett Club will have a student. I am checking with Leos club to see if they have anybody interested.

All the information to run a competition is on the web site. www.lionsyouthspeech.org.

Topic (IS WINNING EVERYTHING?)

Thank you

2ND VDG Youth Speech District 33S Chairman

Bob Coluci

rcoluci@aol.com

I appreciate all your help in this matter. Thank You and stay safe





LIONS OF DISTRICT 33S PROJECT HUNGER



**Lions Clubs of District 33S are sponsoring a
"FOOD PACKAGING EVENT" NOVEMBER 28th!**

To Sign up for a shift: go to:

signupgenius.com/go/10c0945aca828a1fb6-endhunger.

Please join us for a day of service and fun!!!...

1. Sign up for the particular shift(s) you choose (there are 4 options listed)
2. Donate at Facebook below or send Club donations to
3. CST Nadene Martin 15 Second Ave, Taunton, MA 02780

GOAL ~ 20,000 Meals to be distributed to food pantries in our District.

Food Pantries have seen a 50% increase in need with Covid 19!



**GOAL ~ 20,000 Meals to be distributed to food pantries in our District.
Food Pantries have seen a 50% increase in need with COVID 19!**

HELP US STOP HUNGER!!

DONATE TODAY!!!

[HTTPS://WWW.FACEBOOK.COM/DONATE/3368593673622651](https://www.facebook.com/donate/3368593673622651)



Recycle your household bags & wrap into Trex's Earth-friendly composite decking and railing!



Join us in collecting bags. Bags can be dropped off at Cyd's Creative Kitchen, 2331 Acushnet Ave, New Bedford or Cyd's Grab 'n go, 3A Tremont St, Wareham. When we collect 500 pounds, Trex will donate a trex park bench.



Thank you for your support
Plastic must be clean & dry!

The Rochester



SOMERSET LIONS CLUB



JOIN US FOR A 4 WEEK VIRTUAL TRIVIA LEAGUE PLAY WITH FRIENDS AND FAMILY OVER ZOOM!




7:30pm

JANUARY 21, 2021 (WEEK 1)

JANUARY 28, 2021 (WEEK 2)

FEBRUARY 4, 2021 (WEEK 3)

FEBRUARY 11, 2021 (WEEK 4)

- 
- General Knowledge Trivia ranging from history to movies
 - Open to anyone and everyone interested (not just Lions)
 - Teams play together using Zoom breakout rooms (so you do not have to be physically in the same room as your team)
 - Each week includes 4 regular, 3 bonus, and 1 final round
 - Points accrue over 4 weeks of play
 - First place prize to be split by the winning team is \$100.00!
 - Cost is \$50.00/team, which includes all four weeks of play
 - Teams can be up to 5 people (which would be \$10/person)

Contact Sam Reidy for questions or to join (samuel.reidy@gmail.com)



Lions Clubs International

District 33S Helen Keller Service Award

Recommendation Form

Individual Completing this Form

Name _____ Date _____

E-mail _____ Phone _____

The Helen Keller Service Award Program is a generous way to recognize a Lion or Individual and show a commitment to the humanitarian work of District 33S LCIF Program and further support of the LCI Foundation.

The H.K.S.A. Program was established in 2014 in honor of Helen Keller, who inspired Lions to be her "Knights of the Blind" in finding a cure for preventable blindness.

An H.K.S.A. recognition is for the individual specified who has accomplished outstanding humanitarian service to community and can only be recommended by a club or individual Lion.

A recipient receives a Letter, Plaque and Drape Ribbon in recognition of dedicated humanitarian service from the District 33S Governor and the Helen Keller Service Award/LCIF Chairperson.

The award cannot be recommended for oneself, and Lions Clubs or Individuals are asked to donate \$ 250.00 to District 33S Helen Keller Service Award Program.

- Only an individual can receive the Helen Keller Service Award.
- Complete the H.K.S.A. recommendation and submit with payment.
- Enclose Check (payable to Lions District 33S (with Helen Keller in Note Line). Send Check and Recommendation Form to

Helen Keller Award Committee

PDG Bev Dillon
30 Partridge Trail
Bridgewater, MA 02324

All Award Recognitions are presented by the Helen Keller Committee

- Include a short narrative indicating why the recipient was chosen to receive the award.

Note: This is a recommendation and the committee determines all approvals. If for any reason the recommendation is not approved the donation Check will be returned.

The Committee meets each Month as need be

Recipient Name _____

Member ID# (if applicable) _____

Address _____

City _____ State/Province _____

Postal Code _____

Type of recognition requested (please check one)

☐ HKA ☐ Memorial Plaque in memory of deceased

Recommending Club or Individual _____

For Memorial presentation

Name of the individual to whom the plaque is to be presented to.
(Information required for preparing recognition letter.)

Shipping Information

Name _____

Address _____

City _____ State/Province _____

Postal Code _____

E-mail _____ Phone _____

All Award Recognitions are presented by the Helen Keller Committee

Once donation and recommendation are received and processed.
Please allow a minimum of 30 days.

Sample Plaque





ROAR PROGRAM

The ROAR Program is designed to help new members *become familiar with* and take an *active role* in club activities.

The objective of the ROAR program is to build quality into our membership up front by ensuring that potential members understand what is expected of them and for clubs to understand what new members expect from Lions. Club membership chairs and sponsors have an obligation to sit and discuss benefits and responsibilities of membership in a Lions club. They also have a responsibility to get the new members actively involved in club activities and to help them understand the great work Lions do at all levels.

The ROAR program for New Members and their sponsors is one tool that clubs can use to help *new members* get and stay *involved with the club and their community*.

**Recruiting
Orienting
Actively Involving
Retaining**

A handsome lapel pin awaits the New Lion and Sponsor who take advantage of the ROAR program.

To receive the ROAR lapel pin, this form must be completed within one year of the date of membership and submitted to the District Retention Chairman Steve Garran.

Mandatory Requirements

Each new member must complete all 5 of the following:

Requirements	Date Completed	Secretary's Initials
1. Attend a pre-membership meeting before being accepted for membership (potential member, Sponsor and Membership Chairman/BOD Member)		
2. Attend a Board of Directors Meeting		
3. Serve on a club Fund Raising Project		
4. Serve on a club Service Project		
5. Attend a New Member Orientation		

Elective Opportunities

Each new member must also complete 2 of the following:

Requirements	Date Completed	Secretary's Initials
A. Attend a Zone Meeting		
B. Attend a Region Meeting		
C. Make a Club Visitation		
D. Attend an Advisory Meeting		
E. Attend a Mid-Winter Conference		
F. Attend a MD 33 State Convention		

CERTIFICATION

This _____ certifies that _____

is a _____ member of the _____

has completed the ROAR program requirements for membership.

Signature of the _____

Member's Signature _____

Witness Signature _____

IN WITNESS WHEREOF, _____

Melvin Jones Fellowship Application



Lions Clubs International
FOUNDATION

Individual Completing this Form

Name _____ Date _____

E-mail _____ Phone _____

1. Area of Giving

Please check one

☐ Area of Greatest Need ☐ Measles

☐ Disaster ☐ Sight ☐ Youth

(Each choice above is eligible for MJF credit)

☐ Other _____

(May not be eligible for MJF credit)

MJF Credits to be used from previous donation:

*Please Note - This section should only be used if sufficient funds have already been deposited with Lions Clubs International Foundation

Use Credits From: _____

ID#: _____

2. Contribution Details

Donor Name (individual, club, company, foundation) _____

Donor ID: _____

Donor Club: _____

Donor District: _____

Amount of Contribution: _____

☐ Full Payment ☐ Installment ☐ Final Installment

Donors making personal donations towards MJF also receive credit as a Contributing Member. The Contributing Membership program is an annual program that recognizes three levels of support: US\$20 (Bronze), US\$50 (Silver) and US\$100 or above (Gold).

☐ Yes! In addition to receiving MJF credit, I would like to receive a Contributing Membership Pin for my donation.

Gift Type

Make donations via the web at www.lcif.org

☐ US\$ Check Enclosed (payable to LCIF; drawn on US bank)

☐ Wire/Bank Transfer (Please attach bank transfer receipt)

☐ Local LCI Deposit (Please attach bank deposit ticket)

☐ Cash (Mail donations along with the Donor Contribution Form to address provided)

The Foundation uses a lock box service to receive and process all donations.

3. Recipient of Recognition (Individual person)

Type of recognition requested (please check one)

☐ MJF ☐ PMJF ☐ To Be Named Later

☐ Memorial Plaque in memory of deceased

Recipient Name (Exactly as it is to be engraved on plaque) _____

Recipient ID# (if applicable) _____

Recipient Name _____

Address _____

City _____ State/Province _____

Country _____ Postal Code _____

Club of Recipient _____

Club # _____ District _____

For Memorial List name of MJF surviving family member to whom Memorial plaque will be given. (Needed for recognition letter which accompanies plaque.) _____

4. Shipping Information

Please Note: Materials cannot be sent to PO Boxes.

Ship to Member ID # (if applicable) _____

Name _____

Address _____

City _____ State/Province _____

Country _____ Postal Code _____

E-mail _____ Phone _____

Recognition is sent once donation and application are received and processed at headquarters. Please allow a minimum of 15 days in the U.S. and 20 days elsewhere for shipping.

Special Instructions/Notes _____

Lions Clubs International Foundation
Department 4547
Carol Stream, IL 60122-4547
USA

Tel: 630-203-3838

Web site: www.lcif.org

E-mail: donorassistance@lionsclubs.org

www.free-printable-calendar.net

14-00000-001

MELVIN JONES FELLOWS District 41 – Maine

PDG John Youney presented twenty-six Lions with Melvin Jones Awards or Progressive Melvin Jones recognition during the first Cabinet Meeting at the Manchester Lions Clubhouse, Saturday, September 26th, 2020.

Six of these Lions were in attendance at the meeting. Melvin Jones Fellowship recipients are recognized by their clubs for their Lions service, or by other individuals seeing that the recognition is needed.

MELVIN JONES FELLOWS 2019 – 2020 DISTRICT 41 Recognition

- Boothbay Region: Norman Irish, Glenn Tilton
- Cumberland – North: Peter Bingham, Kenneth Blanchard, Paul Chesley, Herbert Foster, Christopher Ryan, Robert Vail
- Falmouth: Dana Madison
- Freeport Lioness: Linda Deming
- Hartland-St. Albans: Robert Davids, Eleanor Davids Jay-
- Livermore Falls: Constance Godfrey, Linda Jellison
- Kittery: Sharon Foley, Kenneth Linscott
- Oakland: Patrick Faucher
- Sebago: Steven Clark, (PMJF) Ted Davis, (PMJF) Diana Letellier
- South Portland Thornton Heights: (PMJF) David Bruneau
- South Portland: Shawn Welch Standish: Sherry Beety
- Stratton-Eustis: (PMJF) Anthony Arruda
- Windham: Ronald Soucy
- Yarmouth: Joan Russell



Lions Bob & Eleanor Davids, Lyn Jellison, PDG John Youney, Connie Godfrey, PDG Tony Arruda, and Linda Deming

District 41 PDG John Youney

On the path to International Director

TALES OF THE CAMPAIGN TRAIL UPDATE Just a short note from the new campaign site - my house since most of my campaigning is digital nowadays. Never ever thought that I would be learning to become a Zoom-er! But it is the way we are all connecting nowadays. Some states are opening activities. For example, MD 23 CT is having a weekend LCIF fundraising dinner event Friday night followed by seminars on Saturday at Dunkin Stadium in Hartford, but even that is limited to a total of 100 people each day. They do have a great presenter - First IVP Doug Alexander on his first event outside of his home state of New York since C-19 began locking us down. Holding the event outside works in CT just as it did for Lion Bunny, DG/PDG, and all of us in Maine's SD 41 at the first Cabinet meeting a couple of weeks ago. And speaking of that meeting - was not that great? Thank you to the Manchester Lions for pulling off a great, and outdoor, venue and a delicious breakfast. And a special thank you to all of you Lions who remained masked except when eating. The best fun for me was that I had the pleasure of recognizing, and in some cases awarding, 26 new Melvin Jones Fellows and Progressive MJFs. Their dedication to your Foundation is what allows LCIF to continue to serve here and worldwide during this pandemic. It was so rewarding to be able to recognize this giving so publicly. We may not have had the award fundraiser dinner that our LCIF chair Lion Bruce Jellison, PDG, had planned, but he did make sure we recognized all the MJFs as publicly as we could. Congratulations again. Now as to the Trail, we are still unsure of what will be happening this winter. The campaign team met after the Cabinet meeting, with most members present. We discussed the fundraising efforts and the financial status of the campaign (still slightly in the black, hurray!). We also discussed the "up-in-the-air" status of the New England MDs and Sub-districts usual array of events. For example, we believe MD 33S has a plan to hold their mid-winter conclave, but is subject to change as the governments change rules to meet this crisis. Also, MD 33 State Convention is scheduled for the last weekend of April - which should be a familiar date to all us Maine Lions since that is also our convention weekend. We have heard that as of this past week, MD 33N has decided against an in-person event. Contracting with hotels can be a huge problem, as another MA district has learned when the hotel does believe it will be able to serve meals to the Lions. Now that would be an interesting way to start a diet! But remember, the Montreal 2021 LCI Convention will be held and registration is open! Lion Karol and I have our reservations. All New England Lions will be housed in the downtown Delta Hotel, a major Canadian hotelier. We will be only a few blocks from the convention center. MUCH closer than out by the airport at the last Montreal international convention. So register early! Please! A strong showing by all NE Lions will only help the campaign. So from this unusual campaign site, thank you for all your support, Lion John W. Youney, PDG Endorsed Candidate for ID Youney for ID Campaign Apparel is still available for purchase. We will even mail it to you! The fleece vests are super comfy, and the polo shirts are sharp looking, made of wicking material. Perfect for those summer days! All funds go directly to the Youney for ID Campaign. Your support in this endeavor is extremely appreciated! Let's get an International Director from Maine on the Board! Vote for Lion John Youney at the Montreal Convention in 2021!!

YOUNEY for INTERNATIONAL DIRECTOR ORDER FORM

ORDERED BY: _____ **Date:** _____
 Name _____
 Street _____ Apt. # _____
 City _____ State _____ Zip _____
 Phone _____
 District _____
 Lions Club _____

SHIP TO:
 Name _____
 Street _____ Apt. # _____
 City _____ State _____ Zip _____
 Phone _____

Vest Cost each US \$ 40.00 Canada \$52.00
 No: S ___ M ___ L ___ XL ___ 2XL ___ Total _____

Polo Shirt: Cost each US \$30.00 Canada \$39.00
 No: S ___ M ___ L ___ XL ___ 2XL ___ Total _____

Hat: Cost each US \$ 10.00 Canada \$13.00
 No. Ordered _____ Total _____

Grand Slam -1 of each US \$80.00 Canada \$104.00
 No Ordered _____ Total _____

Total Items cost \$ _____
Shipping \$ _____
Attending your function \$ Free _____
Total payment \$ _____

PAYMENT OPTIONS:

Cash _____ Check # _____
 Make payment to: Youney for ID

ORDER RECEIVED BY: _____
 Paid in full _____

TO ORDER or QUESTIONS:
 Email PDG, John Youney: youney@mhfy.us
 Email PDG, Paula Beach: mystuff.pb@gmail.com



Shipping (US Postal)
 Each order add \$8.00
Canada Postage add 10.40

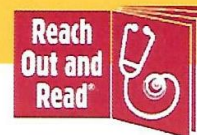
5-26-2020

Apparel is still available!



Lions Clubs International

READING ACTION PROGRAM



reachoutandread.org

Reach Out and Read

With the launch of the Reading Action Program, Lions Clubs International President Wayne Madden is challenging Lions to address inequalities related to literacy, which forms the foundation for education and social development. A new partnership with Reach Out and Read will strengthen our efforts in promoting literacy, particularly among underserved children. Reach Out and Read is a nonprofit organization that promotes early literacy and school readiness in pediatric exam rooms across the United States. Beginning at the six-month checkup and continuing through age 5, participating Reach Out and Read pediatricians and medical providers provide new books to children and advice to parents about the importance of reading aloud.

Reach Out and Read is uniquely positioned to improve early literacy and school readiness for children through its innovative partnership with healthcare providers. In the exam room, pediatricians advise parents about the importance of reading aloud and give developmentally-appropriate books to children to take home and keep. Research shows that children who live in print-rich environments and who are read to during the first years of life are more likely to develop stronger reading abilities and enter school prepared to succeed. The real effects of the program are felt outside the exam room, when parents make reading aloud part of their daily routine.

Reach Out and Read programs prove to make a difference in helping parents prepare their children to succeed in school. Fifteen independent studies demonstrate that families served by Reach Out and Read programs read together more often, and their children enter kindergarten with larger vocabularies, stronger language skills, and a six-month developmental edge. Reach Out and Read's 28,000 volunteer medical providers annually serve more than 4 million children and their families at 5,000 health centers in all 50 states. By partnering with their local Reach Out and Read clinics, Lions can promote the transformative power of reading and prepare America's children for success in school and in life.

There are many ways for Lions to partner with Reach Out and Read – as a district, as a club, or as individuals:

- **Adopt a Reach Out and Read clinic** and help raise funds for books, training, and other resources
- **Become a volunteer reader** and model effective reading tips for families in clinic waiting rooms
- **Organize a book drive** to benefit your local clinic
- **Create a literacy-rich waiting room** with books and resources to foster a love of reading
- **Learn about Reach Out and Read's special initiatives** – Military, Leyendo Juntos Spanish-speaking initiative, American Indian/Alaskan Native, and Developmental Disabilities
- **Raise awareness** and invite a local Reach Out and Read pediatrician to speak at one of your events or meetings

To "Find a Clinic" or learn more, visit: www.reachoutandread.org. Lions interested in discussing potential project options should contact Caroline Diczok, Development Associate, at caroline.diczok@reachoutandread.org or (617) 455-0644.



Beverly Saccocia
Bridgewater Academy Lions
Literacy Chairperson 2020-2021



2020-2021 Lions District 33S Mid-Winter Conference Club Donation Worksheet

January 23, 2021

CLUB NAME _____

Instructions: To have your Club's Mid-Winter donations properly credited and reported at the Mid-Winter Conference, please submit all Mid-Winter donations in the following manner:

By Mail (postmarked by Friday January 15th, 2021))

Send checks with this completed Donation Form to:

CST NadeneMartin
15th Second Ave
Taunton, MA 02780

VIRTUAL CONFERENCE~ Please mail

Section 1: For donations to the causes listed in this section, please make out a separate check for each donation with the check payable to the cause.

CAUSE	DONATION AMOUNT	CHECK #
Massachusetts Lions Eye Research Fund, Inc. (MLERF)	\$ _____	_____
MLERF – Journey for Sight	\$ _____	_____
MLERF – Journey for Sight “Walk-A-Long”	\$ _____	_____
MLERF – Pennies for Sight	\$ _____	_____
Diabetes Awareness	\$ _____	_____
Diabetes Campership	\$ _____	_____
District 33S Eyemobile – Maintenance/Spot	\$ _____	_____
District 33S Eyemobile – Replacement	\$ _____	_____
District 33S Hearing Foundation	\$ _____	_____
Lions Club International Foundation / Melvin Jones Fellowship	\$ _____	_____
Lions Club International Foundation Humanitarian Efforts	\$ _____	_____
Sub-total	\$ _____	_____

Section 2: For donations to the causes listed in this section, please make out a separate check for each donation with the check payable to “District 33S” and list the respective cause in the Memo field.

CAUSE	DONATION AMOUNT	CHECK #
Area of Greatest Need	\$	
Activities for Special Children	\$	
Eyeglass Recycling	\$	
Lions Quest	\$	
Operation Shoebox	\$	
Youth Speech Competition	\$	
Sub-total	\$	

Section 3: For “Youth Camp and Exchange” and “Massachusetts Lions All State Band Scholarship”, Please make the check payable to “MD 33” and list the respective cause in the Memo field.

CAUSE	DONATION AMOUNT	CHECK #
Youth Camp and Exchange	\$	
Massachusetts Lions All State Band Scholarship	\$	
Sub-total	\$	

Section 4: TOTAL DONATIONS (add Sections 1, 2, and 3): \$_____



Global Membership Team News

NEWS From the Global Membership Team (GMT)

Congratulations to the **Acushnet, Barnstable-Yarmouth, Easton, Kingston, Norton, Norton Community, Plymouth and West Bridgewater Lions** who have all added new members this Lions year!!! Well done!

How many more clubs can we add to this list next month?

Let's also offer "Kudos" to those clubs who were also successful in bringing back some members who had previously left Lions. Welcome Back!

Our "Pride" is only as strong as the individual Lions in it.

Our communities need us now more than ever before. There are ways we can still serve even though we may have to do it in different ways. Maybe your club can undertake a letter writing campaign, (yah, I know, write letters?) to people who are in your local nursing or rehabilitative homes or senior housing, especially those who have been staying away from the public. Or maybe you could write encouraging notes to teachers or their students. What ideas do you have for safely serving during the pandemic?

Remember, Lions membership is by invitation, so won't YOU invite that neighbor or co-worker or relative who is seeking a way to volunteer? If even half of us brought in just one more member, we would add 800 Lions to our district. *Let's Go Get 'Em and Keep 'Em!*

Let's not do this alone! Let's ask more people to help us ROAR! Want help? JUST ASK!

Kathy Salem GMT Chair





PRIDE PROGRAM

The PRIDE Program is designed to recognize those Lions who *go above and beyond*.

The objective of the **PRIDE** program is to give those Lions who always go above and beyond what is necessary to be considered an active member the recognition that they deserve. At the same time the program is designed to lead long time members on a path that will continue and strengthen their commitment to both the District and their individual clubs. This program cannot be completed without being actively involved in your own club's functions as well as helping out at the District level.

The **PRIDE** program for Lions is a tool that can be used to help focus members to become and remain *involved with the club, district, and their community*.

A handsome lapel pin awaits the Lion who takes advantage of the **PRIDE** program.

To receive the **PRIDE** lapel pin, this form must be completed during the Lionistic year of July to June and submitted to the District Retention Chairman Steve Gaman.

Performance
Recognition
Involvement
District & Club
Excellence

Club-level Excellence:

Each Lion must complete all of the following during the Lionistic year

Requirements	Date Completed	Secretary's Initials
1. Attend 90% or more of his/her club functions [†]		
2. Attend at least one Board of Directors Meeting		
3. Serve on a club Fund Raising Project		
4. Serve on a club Service Project		
5. Visit another club's meeting or function		

[†] Includes general meetings, board meetings, fundraisers and service projects as attested by the secretary

District-level Excellence:

Each Lion must also complete 5 of the following^{*}

Requirements	Date Completed	Secretary's Initials
1a. Attend a Zone Meeting [*]		
1b. Attend an additional Zone meeting [*]		
2. Attend Officers Training [*]		
3. Attend the First Advisory Meeting [*]		
4. Attend the Second Advisory Meeting [*]		
5. Attend the Third Advisory Meeting [*]		
6. Attend a Mid-Winter Conference [*]		
7. Attend a MD 33 State Convention [*]		

^{*} Must attend at least one convention and one advisory meeting.

^{*} Other District committee meetings can be substituted for Zone meetings or Training.

The **PRIDE** pin cannot be earned in conjunction with the **ROAR** pin.

CERTIFICATION

The Lions Club of _____ certifies that

Lion _____ has met the requirements of the **PRIDE** Program.

President's Signature _____ Date _____

Secretary's Signature _____ Date _____



COMMITTEE NEWS !!

CONGRATULATIONS TO THE DISTRICT 33S COMMITTEES WHO ARE SO HARD AT WORK!!

Carnations Program- PCST Pat Salvas Chairperson

Pick up November 7th at Raynham Lions Club 9:00 am -12:00 noon.

Diabetes Awareness- Cheryl Germaine Chairperson

Diabetes Awareness Month ~ November with November 14th World Diabetes Day!!!

We are currently completing a Diabetes Bookmark to be distributed to all Clubs for November.

We are looking for help with Diabetes Awareness. If you are interested, please let us know.

Eye Washing Committee ~ Chair Lion Nate Helgersen

We are still in need of mission or medical groups going to foreign countries that would take eye glasses!

PLEASE FORWARD ANY CHURCH OR MISSION INFO

The Eye Glass Recycling Committee is holding eyeglass washing and bagging events plus separating of glasses for missions at the:

Raynham Lions Hall
November 2nd & 16th
1:00PM -3:00PM
And
7:00 PM - 9:00 PM

This event is open to all clubs. Masks are required and social distancing is required. This is an ongoing project to come and help with this program and great opportunity to meet and catch up with other Lions from the District. For more information or a project please call me at 508-336-3637 or via email at nate@natehelge.com . Looking forward to your help on the 3rd and the 17th. Hand sanitizer is supplied and we all need to be safe!
Nate Helgersen

Webmaster ~ Chair Michael Middleton

The MD33 State IT Committee is offering to help clubs update their website from HTTP to HTTPS. This is an important update that will make your website safe to use whenever people visit your site. Every popular website that you use is most likely using HTTPS. As Lions trying to spread our message of service and information about our clubs, we should be dedicated to ensuring people's data privacy by updating our websites to HTTPS.

If you have questions, please email your District IT Committee Chairperson (lionmichaelmiddleton@gmail.com) or the State IT Committee (INSERT_EMAIL_ADDRESS_HERE). If you are unfamiliar with HTTPS/SSL or would like a basic overview of how it works, please watch this video: <https://www.youtube.com/watch?v=SJJmoDZ3il8> ~Michael Committee News and Pictures! Michael Middleton

Newsletter ~ Chair Lorraine Thompson

All Newsletter articles and pictures are due by the 20th of the month to appear in the following month's newsletter. Events should be entered no more than 2 months in advance of the event. All entries may be sent to newsletter@district33S.org . The District encourages sharing stories and pictures in our newsletter.

Youth Speech Committee ~ Co-Chairs 2 VDG Bob Coluci

Youth Speech Committee is working on Virtual Guidelines and will update everyone at the November 5th Cabinet Meeting.

Topic: ~ "IS WINNING EVERYTHING?"

Chairs

Zones 1 & 4 ~ Lion MaryAnne Gibbs Zones

2 & 3 ~ Lion Sue Beaulieu

Zones 5 ~ 2 VDG Bob Coluci

Zones 6 & 7 ~ RC Michael Middleton

Please contact your school Guidance Office or English Departments in September. All materials can be found on www.lionsyouthspeech.org . Contest Levels ~ Club, Zone, Region, Mid-Winter and State Convention. Zone and Region may be done together, usually in early December.

Operation Shoe Box ~ Chair Deb Horner

Please see flyer for recommended donations items. This year due to the Cabinet Advisory being virtual items must be dropped off at the Raynham Lions Club on November 7th from 9 – noon. No books, tapes, cd's or school supplies.

Pride and Roar ~ Chair ZC Lorraine Thompson

DEADLINE- OCTOBER 28TH!! PRESENTATION- NOVEMBER 5TH AT CAM MEETING.

Pride ~ the objective of the PRIDE program is to give those Lions who always go above and beyond what is necessary to be considered an active member the recognition that they deserve. At the same time the program is designed to lead long time members on a path that will continue and strengthen their commitment to both the District and their individual clubs. This program cannot be completed without being actively involved in your own club's functions as well as helping out at the District level. The PRIDE program for Lions is a tool that can be used to help focus members to become and remain involved with the club, district, and their community. A handsome lapel pin awaits the Lion who takes advantage of the PRIDE program. Pride forms are due August 1st to lionlorraine33S@ymail.com.

Roar ~ The Roar Program is designed to help new members become familiar and take new roles in Club Activities. The objective of the ROAR program is to build quality into our membership upfront by ensuring that potential members understand what is expected of them and for clubs to understand what new members expect from Lions. Club membership chairs and sponsors have an obligation to sit and discuss benefits and responsibilities of membership in a Lions club. They also have a responsibility to get the new members actively involved in club activities and to help them understand the great work Lions do at all levels. The ROAR program for New Members and their sponsors is one tool that clubs can use to help new members get and stay involved with the club and their community. A handsome lapel pin awaits the New Lion and Sponsor who take advantage. Roar forms are due August 1st to lionlorraine33S@ymail.com.

Catch Up ~ Last year the Program was received and the database was updated. If you did not receive a 2 or a 5 year rocker and you completed the Program please contact PCST Lorraine Thompson.

Peace Poster ~ Lion Floran Rozzelle Chairperson

DUE TO CABINET ADVISORY BEING VIRTUAL VOTING FOR PEACE POSTER WILL BE DONE ON ELECTION RUNNER. PLEASE SEND YOUR CLUBS WINNING POSTER DIGITALLY TO ME BY OCTOBER 30TH. CLUBS WILL BE NOTIFIED ON HOW TO VOTE.

Lions Clubs for three decades have been sponsoring a very special event in schools and youth groups. Creating peace posters gives children everywhere the chance to express their visions of peace!!! Peace Posters are judged at the November Cabinet Advisory Meeting. This year's topic **"Peace through Service"**. Because of the delayed opening of schools due to COVID 19 we may need to think outside the box to get students and other youth organizations to participate. Some ideas may include asking your publicity chairperson, marketing chairperson or your peace poster chairperson to:

- Contact your school liaisons from prior years for their recommendations
- Advertising or a public service announcement in local newspapers
- Contact schools to see if they have a parent portal that you can utilize to spread the word
- Contact Art Associations in your area that offer art classes if they would advertise your contest
- Contact Your Chamber of Commerce to advertise
- Contact Boys and Girls Scouts or Groups if they want to participate

Peace Poster is still on for this YEAR!!! Let's use our imaginations and get the word out!!!

LODA ~ Lions Organ Donation

The District has accepted the resignation of Paula Doherty as our LODA Chairperson and thanks her for her dedicated service. If you are interested in organ donation and would like to chair this committee please let DG Sandy know.

Lions Organ Donor Awareness is tasked to raise awareness of the importance of registration as an organ and tissue donor. Lions wishing to get involved in spreading this message, please e-mail us at Lionsorgandonation@gmail.com to learn more.

Literacy Program ~ Lion Bev Saccocia Chairperson

The Reading Action Program is a 10 year commitment to increase reading and literacy rates around the world. Thank you to all who collected and distributed school supplies or supported the Back Pack Program in your school. Looking ahead there are many ideas on the Literacy Program on LCI that Clubs can support. More information on the LCI Literacy Program may be found at the Resource Center at lionsclubs.org ~ search - resource center reading action program.

Global Action Service Chairperson ~ Sharon Audette

District Global Service Team I hope everyone is doing well in these difficult times. Now is the time to think about Service for our communities. There are many ways our clubs can help our neighbors at this time. If you need any help in finding who needs help in your community or are looking for any ideas for community service please feel free to reach out to me. Just a few notes for this year: 1. Each club should have a GST chairperson. 2. Make sure to enter all service activities on MyLCI/MyLion. If you need any help with this please reach out to me or IPCST Jane Puccio. 3. If you need any help with ideas and/or need any help with any service projects please feel free to contact me. PDG Sharon Audette District GST 508-789-4671 sharonaudette@gmail.com





HOYLE PARTNERS IN SERVICE AWARD

The Hoyle Partners in Service Award was created in 2004 to honor Past International Director John and Lion Nat Hoyle, in recognition of their many years of service to Lions Clubs International and the Massachusetts Lions of Multiple District 33.

There are two requirements to be a candidate for the Hoyle Award: both partners in service must be Lions members in good standing in a Lions Club and have been active in assisting those in need.

The Hoyle Award cannot be purchased but can only be obtained by living our motto of "We Serve".

The Hoyle Partners in Service Award is typically presented at the District 33S Mid Winter Conference typically at the Saturday Evening Banquet. The names of the recipients are kept confidential until they are announced at the banquet.

Any Lion in District 33S can nominate a couple/partner in service, both Lions who you feel is worthy of this award. Submit a letter stating why you feel they are worthy of the award and e-mail it IPID Joyce Middleton at JOYCE.MIDDLETON@GMAIL.COM or by mail to 96 Union St., Bridgewater, MA 02324 before December 15 of that Mid Winter Conference year.

Environmental Photo Contest ~ Chair Ken Benoit



2020 – 2021 District 33S Environmental Photo Contest

Name of Photographer _____ Club Name _____

E-Mail address of Photographer _____

_____ Certification Club

Chairman _____

Lions from clubs in good standing may enter, one from each category an original unaltered high-quality photo paper, 8" X 10" Black-and-white or color (without people) no frame.

Photo will be taken within our South Eastern District.

Contest Categories:

1, Animal Life

2.

Landscape

3, Plant

Life

4, Weather Phenomenon

Submit Photos prior to District 33S Mid-Winter Conference January

2021. Prize money will be awarded.

Send photos to District 33-S Photo, 75 Jefferson St. Attleboro, MA.

02703 Chairman

Lion – Ken Benny Benoit

District 33S Photographer

kenbenoit@comcast.net



LEHP COMMITTEE (Lions Eye Health Program)

November Newsletter

November is Diabetes Awareness Month and the American Academy of Ophthalmology and Your local Lions Club wants to educate the public about how Diabetes can affect your eyes.

What Is Diabetes?

Diabetes is a disease that affects the body's ability to produce or use insulin effectively to control blood sugar (glucose) levels. Too much glucose in the blood for a long time can cause damage in many parts of the body. Diabetes can damage the heart, kidneys and blood vessels. It damages small blood vessels in the eye as well.

The Centers for Disease Control and Prevention (CDC) says that about 90% of vision loss from diabetes can be prevented. Early detection is key. [People with diabetes should get critical, annual eye exams](#) even before they have signs of vision loss. Studies show that [sixty percent of diabetics are not getting the exams their doctors recommend](#).

What Is Diabetic Eye Disease?

Diabetic eye disease is a term for [several eye problems that can all result from diabetes](#). Diabetic eye disease includes:

- diabetic retinopathy,
- diabetic macular edema,
- cataract, and
- glaucoma.

Diabetic Retinopathy

[Diabetic retinopathy](#) is when blood vessels in the retina swell, leak or close off completely. Abnormal new blood vessels can also grow on the surface of the [retina](#).

People who have diabetes or poor blood sugar control are at risk for diabetic retinopathy. Risk also increases the longer someone has diabetes. [One woman developed diabetic retinopathy after living with diabetes for 25 years](#).

Diabetic macular edema

[Macular edema](#) happens when fluid builds up on the retina and causes swelling and [blurry vision](#). Diabetes can cause macular edema. Diabetic macular edema can lead to permanent vision loss.

Diabetes and cataracts

Excess blood sugar from diabetes can cause [cataracts](#). You may need [cataract surgery](#) to remove [lenses](#) that are clouded by the effects of diabetes. Maintaining good control of your blood sugar helps prevent permanent clouding of the lens and surgery.

Diabetes and glaucoma

Glaucoma is a group of diseases that cause damage to your eye's **optic nerve**. This damage leads to irreversible loss of vision. Having diabetes doubles your chance of getting glaucoma.

What Other Eye Problems Are Related to Diabetes?

Diabetes can cause vision problems even if you do not have a form of diabetic eye disease.

If your blood sugar levels change quickly, it can affect the shape of your eye's **lens**, causing blurry vision. Your vision goes back to normal after your blood sugar stabilizes. Have your blood sugar controlled before **getting your eyeglasses prescription checked**. This ensures you receive the correct prescription.

Diabetes is a risk factor for several other eye diseases. They include:

- **Branch retinal vein occlusion (BRVO)**
- **Central retinal vein occlusion (CRVO)**

Take Steps to Protect Your Vision

To **prevent eye damage from diabetes**, maintain good control of your blood sugar. Follow your primary care physician's **diet** and **exercise** plan. If you have not had an eye exam with an ophthalmologist, it is crucial to get one now. Be sure to never skip the follow-up exams that your ophthalmologist recommends.

- **The Lions Eye Health Program ~ (LEHP)** is a community-based education program that allows Lions clubs, community organizations and individuals to promote healthy vision and raise awareness of the causes of preventable vision loss. The mission of the LEHP is to empower communities to save sight through early detection and timely treatment of diabetic eye disease, glaucoma and age related macular degeneration (AMD), and to encourage the appropriate treatment of low vision.
- Please visit www.lionsclubs.org to download and print materials locally.
- Respectfully Submitted,
-
- LEHP COMMITTEE (Lions Eye Health Program) District 33 S Committee Chair Lion Sharon Brown (Barnstable Yarmouth Lions)



Less than 3 months til Christmas Thinking about gift cards this year??

Rochester Lions can help.

We have access to 1,000's of markets for gift giving.

Why not support the Rochester Lions by getting yourself gift cards to shop with?

It cost you only the cost of the card, it won't depreciate in time, and we will hand deliver them to you.

Below is a short list of available brands. If you are looking for something else, contact Cyd Ryle lioncyd@comcst.net or PCST Lorraine Thompson lionlorraine33s@ymail.com and we will gladly look it up for you. Some cards will be on hand shortly.

Amazon	Cracker Barrel	Famous Footwear	
Walmart	Stop & Shop (reloadable also available)		
Target	IHop	CVS	
Kohl's	PetCo	Disney	
Bath & Bodyworks	Pet Smart	Apple	
Cabela's	Michaels	TJMAXX	
Bass Pro shops	Bahama Breeze	LongHorn	
Lowes	Carabba's	Yardhouse	
Home Depot	Barnes & Noble	JCPenney	
Old Navy	Burlington Factory	Dick's Sporting Goods	
Dunkin Donuts (reloadable also)		Olive Garden	
Texas Roadhouse	Cheesecake Factory	Taco Bell	Ulta
Bed Bath & Beyond	Claire's	Christmas Tree Shops	



Hello Club Presidents and Secretaries,

I hope this email finds you and the club safe and healthy. I know that this year will be as challenging as last year but there is always a way to fundraise.

In thinking outside the box for raising money, I have attached a letter that needs to be sent to the Optometrists, Ophthalmologists and vision centers in your area asking them for a donation in this 2020 year. There are 911 Optometrists, 606 Ophthalmologists and vision centers in Massachusetts. Each club member can also ask their Eye Doctors for a donation. The 2 links below will get you to a website that tells you where and how many Eye Doctors/ Vision Centers are in your area. You can drop off a letter to these places if you wish but I think more people would rather just send a letter and stay safe at home or send an email. I would like you to know that a letter or email is more likely to be looked at and not thrown away or deleted if it addressed to someone of importance like the Doctor's name, the CEO or President of a Company.

The clubs need to change the letter to fit their Lions information, Club name, person's name, etc.

If we could get just \$10.00 from each Doctor that would raise another \$15,170 for Eye Research. Any money raised from these letters will be credited to the club that sent them.

Also, I have attached another letter that can be sent out to the club's area businesses asking for a donation for their Lions Club for MLERF. The clubs will have to change the letter to add in their information and the Companies information.

Please be aware of the importance of these letters. Your club might not be able to have any fundraisers this year but that does not mean we cannot stop asking for donations. In Massachusetts, If we were able to ask ½ of the people who live in this state for a

\$1.00 donation, we would have \$3.4 million raised for Eye Research.

This will be a "Journey for Site Project" and you can report your progress to your MLERF Director or MLERF 3rd VP John Riemer so he can give a report on it at the Board of Directors meetings

YIL,

PDG Roland Grenier

MLERF President 2020-2021

<https://eyedoctor.io/optometrists/ma/>

<https://doctor.webmd.com/find-a-doctor/specialty/ophthalmology/massachusetts>



Dr. John Smith
123 Main Street
Anytown, MA 00000

Dear Dr. Smith:

My name is and I am member of the Anytown Lions club and a 2020-2021 Director of the Massachusetts Lions Eye Research Fund, Inc. (MLERF).

MLERF is the official statewide project of Massachusetts' more than 250 Lions clubs. Our local Lions club here in is a major supporter. MLERF is empowered by the clubs to hold collected donations from the clubs throughout the year and then distribute them in the form of annual Grants to the state's leading eye research institutions. Since 1952 we have donated over \$38 million to these institutions as we assist in the search for a cure for preventable blindness.

Over the last several months, the COVID 19 virus has had a significant negative impact on the ability of our local Lions clubs to hold fundraisers that have historically generated the dollars that have gone towards research Grants.

As a result, we are trying something different this year and are contacting area businesses asking that you consider making a tax-deductible donation (to the extent allowed by law) to MLERF – a 501 c3 organization. All donations will be combined with donations of our local Lions clubs and be given out in Grants to the research institutions next July.

We realize everyone has been impacted by the pandemic and these are difficult times. Any donation will be greatly appreciated and put to very-good use.

To donate and to learn more about the Massachusetts Lions Eye Research Fund please go to www.mlerfi.com.

Thank you for your time and consideration. Sincerely,

Your name My Lions Club
Director MLERF 2020-2021



Dr. John Smith
123 Main Street
Anytown, MA 00000

Dear Dr. Smith:

My name is and I am member of the Anytown Lions club and a 2020- 2021 Director of the Massachusetts Lions Eye Research Fund, Inc. (MLERF).

MLERF is the official statewide project of Massachusetts' more than 250 Lions clubs. Our local Lions club here in is a major supporter. MLERF is empowered by the clubs to hold collected donations from the clubs throughout the year and then distribute them in the form of annual Grants to the state's leading eye research institutions. Since 1952 we have donated over \$38 million to these institutions as we assist in the search for a cure for preventable blindness.

Over the last several months, the COVID 19 virus has had a significant negative impact on the ability of our local Lions clubs to hold fundraisers that have historically generated the dollars that have gone towards research Grants.

As a result, we are trying something different this year and are contacting Optometrists, Ophthalmologists and Vision Centers asking that you consider making a tax-deductible donation (to the extent allowed by law) to MLERF – a 501 c3 organization. All donations will be combined with donations of our local Lions clubs and be given out in Grants to the research institutions next July.

We realize everyone has been impacted by the pandemic and these are difficult times. Any donation will be greatly appreciated and put to very-good use.

To donate and to learn more about the Massachusetts Lions Eye Research Fund please go to www.mlerfi.com.

Thank you for your time and consideration.

Sincerely,

Your name My Lions Club
Director MLERF 2020-2021

Spread a little sunshine
Our fellow lions need some
cheer. Send some sunshine

and prayers.



Bridgewater Academy	M Vale Sime	396 Union St Bridgewater, MA 02324	(508) 697-6663	Sun
Fall River Carousel	Muriel Patenaude	5 Waring Rd Somerset. MA 02726	(508) 672-3586	Sun
Fall River Carousel	PDG Bert Patenaude	5 Waring Rd Somerset. MA 02726	(508) 692-3586	Sun
Middleboro	Michael Chilcotte	15 Mitchell St Middleboro, MA 02346		Sun
New Bedford	Nat Hoyle	15 Kelton St New Bedford, MA 02745		Sun
South Attleboro		118 Memorial Dr Pawtucket, RI -----		
South Attleboro Village	Barbara Klang	650 Pearce Rd Swansea, MA 02777		Sun
South Attleboro Village	Janet Kennedy	45 Cocasset St Foxboro, MA 02035		
Bridgewater	Eric Rodriguez	Unit 2 41 Meadow St 76 Vernon St, Middleboro, MA 02346		Sun