

# HUGS

2017 - FALL ISSUE



# Lioness Clubs of M.D. "A"

*Pioneer Head*  
PANTHERA LEO



<b>Lioness President of MD"A" 2017-18</b> Lioness Kim Van Rooy 30 Haldimand Trail, Dunnville, Ontario N1A 1W9 Beamsville & District (A2)		Beamsville & District Lioness (A2) 289-369-0426 lioness.kimvanrooy @hotmail.com
<b>First Vice President of MD"A"</b> Lioness Karen Jackson 297 Old Homestead Road, Keswick, Ontario L4P 1E6		Newmarket Lioness (A16)  905-476-4821  karenejackson@hotmail.com
<b>Administrative Assistant</b> Lioness Rosemary Kennedy R#4 11206 Springfield Road, Aylmer, Ontario N5H 2R3		Springfield Lioness (A1)  519-773-2751 text 519-859-2751 mingyrak@gmail.com
<b>Treasurer</b> Lioness Shirley Stewart 296 Foster Avenue, Bellevue, ON K8N 3R5		Springfield Lioness (A1)  613-967-9723  swelch2@cogeco.ca
<b>MD"A" Advisory Chair</b> Lioness Marie Meeks 86 Meeks Road, Marlbank, Ontario K0K 2L0		Napanea Lioness (A3)  613-478-5472  mariemeeks3@gmail.com
<b>MD"A" HUGS Editor</b> Lioness Janie Carr #3 – 4617 Portage Road Niagara Falls, Ontario L2E 6A9		Beamsville/Stamford Lioness (A2)  905-371-3548 mdahugseditor@gmail.com
<b>MD"A" IPMD'A' President</b> Lioness Barb Johnston P.O. Box 104, Omeme, Ontario K0L 2W0		Omeme Lioness (A16)  705-799-5911  aboutyme@sympatico.ca
<b>MD'A' Advisory Committee</b> Lioness Marg Turon (A1), Lioness Bev Siren (A2), Lioness Barb Johnston (A16)		

# Lioness Clubs of MD“A” District Presidents

## District A-1



Lioness Nancy Wright  
R# 1, 21331 Harbour Rd,  
Wheatley, ON NOP 2P0  
519-825-4336  
wwright99  
@sympatico.ca  
Wheatley Lioness

## District A-2



Lioness Vikki Beswick  
Box 1648,  
Niagara on the Lake, ON  
LOS 1J0  
289-241-4217  
vikkibeswick@gmail.com  
Beamsville/Stamford Lioness

## District A-3



Lioness Shirley Stewart  
296 Foster Avenue,  
Belleville, ON K8N 3R5  
9613-967-9723  
swelch2@cogeco.ca  
Napane Lioness

## District A-4



Lioness Evelyn Ramdhanie  
10 Bush Road,  
Elgin, ON KOG 1E0  
613-359-5179  
evelynramdhanie  
@gmail.com  
Elgin Lioness

## District A-7-11



Lioness Jodi Cliff  
17 - 2970 Berwick Drive  
Burlington, ON  
L7M 4W3  
905-807-4133  
jodi\_cliff@hotmail.com  
Dundas Lioness

## District A-9



Lioness Mary Anne De Vries  
18 Nobel Drive  
Miller Lake, ON NOH 1Z0  
519-795-7824  
upnorth@amtelecom.net  
Ferndale  
Lion's Head Lioness

## District A-15



Lioness Janet Dawson-Brock  
601 - 250 Mary Street  
Waterloo, ON N2J 1S7  
519-886-4096  
(C) 519-501-4853  
djbrock@uwaterloo.ca  
New Hamburg Lioness

## District A-16



Lioness Debbie Robinson  
Box 538  
Cannington, ON LOE 1E0  
705-432-2090  
floydthecat151  
@gmail.com  
Cannington Lioness





## **Hello Lioness**

*I just wanted to take a minute to introduce myself. Some of you know me already, I'm Kim Van Rooy.*

*Let me tell you a little bit about myself. I am married to a wonderful man, John, and have 2 awesome children, Joe and Kady.*

*I have 2 beautiful grandchildren (The lights of my life), Kacy Claire & Hunter. I am the mother of dogs (See what I did there all you Game of Throne fans?) Jake, Trixie & Sophie.*

*I have been wine merchant for Wine Rack in Welland for 16 years (Surprise! I love wine) and I have just left school busing after 31 years to take a position as office assistant, which is both exciting, and scary to be starting over at this time of my life.*

*I have been involved with Lions and Lioness most of my life. In*

*fact every boy I dated got drafted into helping out at my father's (Past District Governor Larry Rendall) Lions events.*

*I became a Lioness 35 years ago and was proud when my mother, Marlene Rendall became A-2 President. I have followed in their footsteps and was District President of A-2 a few years back. This year I am MD'A' President.*

*I love being a Lioness and am very excited to see where this year takes me. If any district has events coming up please let me know. MD'A' Vice President Karen Jackson and/or I would love to visit.*

*If anyone has any questions for me don't hesitate to contact me through e-mail lioness.kimvanrooy@hotmail.com or my cell phone 905 931-4943 (you can call or text.)*

*I am looking forward to serving you this year and hope to see many of you at Laugh& Learn or the Lioness MD'A' meetings.*

*President*

Hello

Lioness,

Well the Lioness season has well and truly started. We held our first MD'A' meeting on the weekend. WOW what an experience! All I can say is I am glad I have so many knowledgeable Lioness on hand to help me out. Thank you Ladies. I have been a Lioness for 35 years and I still feel like a newbie. It is a learning curve, but still a lot of fun. As District President of A-15 Janet, said "I've been coming to these meetings for a long time, and I learn something new each time." I am very excited and proud to represent our multiple districts this year. I am looking forward to meeting renewing my friend ships with as many Lioness as I can. As I said in my introduction letter, Vice President Karen Jackson and/or I would love to attend any district or Lioness function that we could. I really hope to see more Lioness out to the MD'A' meeting in January; it really is informative and it is a great way to connect with your fellow Lioness. Plus we have a great social evening Saturday night for anyone who would like to come early. I'm going to steal Administrative Assistant Lioness Rosemary's line -As always, if you need anything from me, I am just a click or a phone call away. Thanks Rosy ☺ Here's looking forward to a great year in Lionism.

Cheers,

*Lioness Kim Van Rooy*



# Roasted Butternut Squash and Quinoa Salad Recipe

## Ingredients

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- 1 small Butternut Squash, About 3 cups, cut into 1/2 inch cubes
- 4 tablespoons Olive Oil
- 1 cup Quinoa
- 2 cups Chicken Stock, Or vegetable stock
- 1/2 cup Dried Cranberries
- 1/3 cup Chopped Italian Parsley
- 1/3 cup Thinly Sliced Scallions
- 1/2 cup Roasted Salted Pumpkin Seeds
- 1/2 cup Feta Cheese
- 1/2 cup Fresh Pomegranate Seeds
- Salt and Pepper
- Pomegranate Molasses



## Directions

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1. Preheat the oven to 375°F. Line a baking sheet with parchment paper.
2. Place the butternut squash on the baking sheet. Drizzle with 2 tablespoons of olive oil and sprinkle with a generous pinch of salt and pepper. Roast for 25-30 minutes, stirring occasionally.
3. Heat the remaining olive oil in a saucepan over medium heat. Add the quinoa to the pan and toast for 3-4 minutes, stirring often. Stir in the chicken or vegetable stock and a generous pinch of salt. Bring the mixture to a boil. Turn down the heat to low and cover the pan; cook for 15-20 minutes, or until the quinoa has absorbed all of the liquid. Take the pan off the heat and allow the quinoa to rest for 5 minutes covered. Fluff with a fork.
4. Transfer the quinoa to a large serving bowl. Gently fold in butternut squash, cranberries, parsley, scallions, pumpkin seeds, feta cheese, and pomegranate seeds. Season with salt and pepper to taste. Drizzle the mixture with the pomegranate molasses.

## Notes

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- If you can't find pomegranate molasses at your local grocery store, you can substitute balsamic glaze.
- If you're not planning on serving the salad immediately, refrain from adding the molasses and transfer the mixture to an airtight container. The salad will stay fresh in the refrigerator for 2 days.

**My family and I have made this salad over and over again! It is so flexible! You can add more or less of any of the ingredients to suit your family. Imagine walking into a pot luck with the most colourful dish there! And the one that is packed full of flavour and goodness!**



# MD-A 2018 - NIAGARA

May 11 to 13, 2018

Holiday Inn and Suites Parkway Conference Centre  
327 Ontario Street, St. Catharines, Ontario

Your Host: St. Davids & District Lions Club

[www.stdavidslions.ca](http://www.stdavidslions.ca)



## CONVENTION REGISTRATION — Page 1

### A. Name Badge Information (Please Print)

Lion ☐ Lioness ☐ Leo ☐ Partner ☐ Guest ☐

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

Name on Badge: \_\_\_\_\_

Title/Office: \_\_\_\_\_ Present ☐ Past ☐

District: \_\_\_\_\_ Club: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ E-mail: \_\_\_\_\_

### B. Name Badge Information (Please Print)

Lion ☐ Lioness ☐ Leo ☐ Partner ☐ Guest ☐

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

Name on Badge: \_\_\_\_\_

Title/Office: \_\_\_\_\_ Present ☐ Past ☐

District: \_\_\_\_\_ Club: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ E-mail: \_\_\_\_\_

#### PLEASE NOTE:

- Every Lion, Lioness, Leo or Guest must be registered by using this form with payment made payable to "**St Davids & District Lions - Convention Account**"
- Registration payments must accompany this form and be forwarded to the Convention Registration Chair at the address shown on Page 2.
- Registrations will be confirmed to e-mail address provided. Payments will not be refunded after April 10, 2018.
- Ticket sales at the convention must be authorized by the MD-A 2018 – Niagara Convention Committee.

## CONVENTION REGISTRATION — Page 2

	A	B	Total
REGISTRATION Fee .....	____ x \$ 25.00..	____ x \$ 25.00 ....	= \$ _____
LEO Member Registration .....	____ x \$ 00.00..	____ x \$ 00.00 ....	= \$ _0.00_
CONVENTION Pin/s .....	____ x \$ 4.00..	____ x \$ 4.00 ....	= \$ _____
FRIDAY PID/PDG/DG/DGE - Dinner.....	____ x \$ 48.00..	____ x \$ 48.00 ....	= \$ _____
FRIDAY Social Event .....	____ x \$ 10.00..	____ x \$ 10.00 ....	= \$ _____
SATURDAY – JJ Kapps (Buffet Breakfast) ..	____ x \$ 16.00..	____ x \$ 16.00 ....	= \$ _____
SATURDAY - International Luncheon	____ x \$ 24.00..	____ x \$ 24.00 ....	= \$ _____
SUNDAY – JJ Kapps (Buffet Breakfast) ...	____ x \$ 16.00..	____ x \$ 16.00 ....	= \$ _____
VENDOR Table (each table + registration fee) .....	____ x \$ 35.00..	.....	= \$ _____
Sunday Registration \$10 Cash		Total Deposit	= \$ 0.00

*PLEASE ADVISE SPECIAL DIETARY NEEDS: Diabetic, Vegetarian, Gluten Free or Specify*  
For A \_\_\_\_\_ For B: \_\_\_\_\_

### Room Reservations

Contact the Holiday Inn Hotel & Suites St. Catharines Conference Centre

( use of 3rd party reservation systems for your reservation will void our room agreement)



Toll Free: 1-877-688-2324 — Direct Phone Number: 905-688-2324

State Your Room Night Requirements (Thursday, Friday or Saturday)

Lions Hotel Rate per night: \$130.00 (plus tax and fees)

Reference Code: **MDA** (Beginning May 23, 2017 – Ends April 10, 2018)

### Hotel Terms and Conditions

1. Any reservation within our group can be modified or cancelled **24 hours prior to arrival** (by 4pm hotel local time).
2. You may cancel additional nights at least **24 hours prior to your departure** (by 3pm hotel local time). Cancellation after this time will be subject to an early departure fee of 50% of the room rate.
3. Check-in time is after **3:00 pm** - Early Check-in is not guaranteed but may be requested.
4. Checkout time is **11:00 am** . Late checkouts are subject to a 50% room rate fee.

Forward this Form with Cheque or Money Order

Made Payable to "**St Davids & District Lions - Convention Account**"

PCC Bradd Anderson, 8138 Fatima Court, Niagara Falls, ON L2H 2Y8

Phone: 905-353-0175 Email: [mdacon2018@gmail.com](mailto:mdacon2018@gmail.com)

Visit [www.stdavidslions.ca](http://www.stdavidslions.ca) for additional information.



MDA 2018 - NIAGARA



# DOG BOWL

**BOWLING IN SUPPORT OF SIGHT AWARENESS**



## DOG BOWL TEAM REGISTRATION

Experience bowling through the eyes of someone who is visually impaired in support of Lions Foundation of Canada's Canine Vision Dog Guide program; providing Dog Guides to people who are visually impaired.

Team Name	Team Captain

Bowling Time: 4 PM

Member Name	Full Mailing Address	Shoe Size		E-Mail Address
Team Member	123 Main St. Oakville, ON A1B 2C3	M	L	name@email.com

Registration Fee \$150 --- 5 Member Team

(Includes 10 Pin Bowling, Shoe Rental & Pizza Party Tickets)

\*Team Trophy - Largest Pledged Support

\*Team Awards - Best Team Total Score

**Canine Vision • Hearing Ear • Autism Assistance • Service • Seizure Response • Diabetic Alert**



**Holiday Inn & Suites - Parkway Lanes Bowl**

**4 PM - Saturday May 12, 2018**

For further information, please contact

mdacon2018@gmail.com or 905-353-0175





# What's Happening Around MD"A"



Craft Shows! Bingos! Golf Tournaments! Wine & Cheese Events! Canada 150 Parades! Track & Fields! Foot Care Clinics! Vegas Tickets! Kidney Foundation Walkathon! Monies have been donated to March of Dimes, Multiple Sclerosis, Crohn's & Colitis, LFC, Youth & Substance Abuse. Volunteered at an ALS Fundraiser and even a Plowing Match!

Sunday, September 17, 2018

Members of the Wheatley Lioness Club gathered at Two Creeks Conservation Area and were pleased to participate in a Dedication Ceremony with our purchase and planting of a beautiful Red Maple tree in honour of PDP Trudy Brown. We miss her. But, thanks to a little help from our resident "maker of magical pictures" ♥.....she was with us!



←Lioness Ruby Hunter, on behalf of our club the Springfield Lioness ... presented Dave Bradley, Malahide Fire Prevention Officer with a \$500 donation for Malahide Fire Services for the Sparky Suit used for Fire Prevention events.



*Many more mats have been made for those in need in 3<sup>d</sup> world Countries.*



Lioness Support their local food banks!



*Port Stanley*  
*Lioness Club*  
**17th ANNUAL  
LADIES NIGHT  
WINE AND CHEESE**

Friday, October 27<sup>th</sup>, 2017

Port Stanley Arena      Doors open : 6:30 P.M.

Tickets \$25

Includes: Great Entertainment, Yummy Appetizers  
and Dessert

**ENTERTAINMENT PROVIDED BY MEMBERS OF**

Victoria Playhouse Petrolia

Call 519-782-3589 for tickets.

Proceeds to STEGH and Community Projects



**BELMONT LIONESS  
CRAFT  
SHOW**

OCTOBER 28th 2017  
BELMONT COMMUNITY CENTRE  
14020 BELMONT RD.  
9:00am to 2:00pm  
\$2.00 Admission  
For more information, please contact:  
Lioness Deb O'Connor  
(519)-644-0366



This venue is wheelchair accessible.



Plympton Wyoming Fair  
Parade on September 17th.  
Their float won 1st prize in the  
theme category "Canada 150"

*"We take our pleasure in material things, forgetting the pleasure that friendship brings. If a lot of our stuff just vanished today, we'd see the foundation of each happy day is special relationships, constant and true, and that's when my thoughts go directly to all of you. I wish you a Thanksgiving you'll never forget, full of love and joy—your best one yet!"*

District A-1 Lioness President Nancy Wright





# A-2

It's been quite a variety of events happening. There has been many carnivals and Canada 150 celebrations all over the summer! A new Sliderfest! Harvest time Breakfasts! Anniversaries! Paint Nites! Turkey Dinners! Euchre Nights! Golf Tournaments! Fashion Shows! Even a **Séance!** Many events we have worked side by side with our fantastic Lions!

\$\$\$\$\$\$ have been donated to: Canadian Mental Health, Lions Foundation of Canada, Ridgeway Lioness helped with over \$40,000 being donated to the Fort Erie High School for a NEW kitchen for the Culinary Program ... great partnership with their Lions!



*Ridgeway Lioness*

**Saturday, November 4<sup>th</sup>, 2017**

**9 a.m. -- 3 p.m.**

**Crystal Ridge Community CENTRE, 99**

**Ridge Road, Ridgeway**

**• 30+ Vendors for all**

**your Christmas Shopping**

**• Penny Sale • Homemade Baked Goods**

***When you support Ridgeway Lioness, you support our community!***

## *St. David's Lioness -- Christmas Holiday Market*



*Saturday, November 18, 2017*

*Place: St. David's Lions Club*

*1462 York Road, St. David's, Ontario*

*Time: 9 a.m. - 2 p.m.*

*Unique vendors!*

*Lunch (Beef on a bun)*

*Bake Table, Nickel Table, Raffle (Gift card Tree)*

*There will be Draws, Fun, Food and fantastic Christmas shopping -- Start shopping early.*



Lioness Glad made a donation to the room where the Ridgeway Lions & Lioness conduct all their meetings.

It's a wonderful picture showing a Lioness with her cub.

Isn't that what we are all about?

Nurturing our young?  
Nurturing our Community?



6th Annual

# Psychic Fair & Wellness Expo

**Saturday, October 28th, 2017**  
9AM TO 5PM

Crystal Ridge Community Centre  
99 Ridge Road, Ridgeway

• *Professional Psychics & Authors*  
• *Vendors • Jewellery • Astrology*

Hosted by  
*The Ridgeway Lioness Club*  
Proceeds to support Lioness Community Projects

**One Day Only**

**New Location**

Free Admission

St. Davids Lioness had a great time at the Squares Booth. They draw an enthusiastic crowd every year! Smiling faces and bell ringing does it!



Vienna installed their new executive in September



## St. Davids & District Lions & Lioness

# Harvest Breakfast

St. Davids Lions Hall, 1462 York Road  
[www.stdavidslions.ca](http://www.stdavidslions.ca)

**Last Sunday in October**  
**October 29, 2017**  
**8 AM – 1 PM**

Our Menu Includes

Side Bacon – Back Bacon – Sausage  
Home Fries – Pancakes – Tea Biscuits  
Sausage Gravy – Eggs (Scrambled or Fried)  
Fruit – Tea – Coffee - Juices

**Adults -- \$10.00**  
**Children (5-10 yrs.) -- \$5.00**  
**Under 5 yrs. -- Free**



Lioness Kim from Vittoria Lioness Welcomed District President Lioness Vikki on her official visit



President of the Port Dover Lioness also thanked A2 Pres for her visit.

CMHA appreciates the support





Just some of the wonderful ladies who are a part of the Lioness Club of Campbellford - Congratulations on your 50 years ♥



## June Picnic 2017

### Peterborough Lioness ➔

Enjoying a great pot luck dinner! I hear they are pretty good cooks!



Perth Lioness have been extremely busy getting about 1,000 Apple Pies ready for Thanksgiving!

They also run a food booth for the annual Rib Fest, the Perth Lions Garlic Festival and the Perth Fair. Also they cater events at the Lions hall.







There has been Golf Tournaments, Trivia Nights, and Bursaries been given out.

Ayton Normanby Lioness Canada 150th Trivia Contest at Trixies Saloon in Ayton. → On March 31, 2017, the "Roaring Lioness" Team wins "Best Dressed" Lucky we won that, because we need to brush up on our Canadian Trivia!



← A-9 Ayton Normanby Lioness get a big thank you from the Hanover Boy Scouts for supporting their trip to the Jamboree in Halifax!



A-9 Ayton Normanby Lioness Club 3 Rd Annual → Golf Tournament in Hanover Sept. 9th, 2017

Back row ... Kyle Brooking, Lioness Carolyn Crandall, Jody Brooking, Jay McAlister, Kelly Brooking.

Second row : Lioness Sonja Scriven's and Lioness Andrea Abraham.

Front row: Lioness Donna Jaccob, Lioness Tania Atkinson, Lioness Michelle McLean.



← Ferndale Lions Head & District Lioness participated in the Canada Day Parade and won 2nd prize in the parade and donated the funds to their local food bank. The bench they are sitting on was donated by the club the 150th participation of Lion's/Lioness



Beer Festivals! Made mats! Purchased small appliances for Herizon House. Sponsored Fashion Shows! Had plant Auctions! Helped with the Breslau Spring Clean up! Had Pot Luck dinners! Dinner Dances!



also Kaori. On the right, she is wearing a traditional ceremonial Kimono at a shrine → in Tokamachi, Japan. Taylor came to our dinner meeting to speak about her trip and share her many photos. Although it was very hot in Japan, she thoroughly enjoyed the trip and hopes to go back to see more of the country. Taylor's host family: Kaori next to me and her parents, at their favorite restaurant

Lioness Dawn Henshaw's daughter, Taylor, was part of the Lions Youth Exchange program travelling to Tokamachi, Japan. ← Left is Taylor's host family and



← While Lioness Dawn Henshaw's daughter was preparing for travelling to Japan with the Lion's Youth Exchange Program, the Henshaw family were hosting two youths at their home in Plattsville. Shown in the picture below are from left to right: Dillon our son, Yoad from Israel, Dario from Italy, Doug my husband, Lioness Dawn and Taylor our daughter. .



Lioness Susan, Maggie & Mary working at the Woodstock Farm Show, Sept 12, 13 & 14th. These ladies helped out at the food booth, whether it be serving the long line of hungry guests in the food tent or setting up and serving the various breakfasts, lunches or dinners for the different exhibitors. Over 40,000 people enjoy this show, now in its 24th year.



← Lioness Ruth Jones accompanied the New Hamburg Lioness entry, Marieke van Rooyen at the New Hamburg Fall Fair Ambassador contest, September 15th.



**CONGRATS to the Exeter Lioness Club - they've been nominated in the "Community Advancement" category for the South Huron Business & Community Excellence Awards Gala 2017!**







**Lioness Laurie Dykstra, Mayor Maureen Cole (also a Lioness and MPP Lisa Thompson.**

An Assembly of Huron County Women, in celebration of Canada's 150<sup>th</sup> and the 100<sup>th</sup> anniversary of women's right to vote, Huron-Bruce MPP Lisa Thompson and South Huron Mayor Maureen Cole co-hosted an event celebrating "A Remarkable Assembly of Huron County Women."

150 remarkable women celebrated their service as elected officials, community advocates, entrepreneurs, athletes, writers, community volunteers, entertainers and much more. The common thread is that they lead by example, are proud to call Huron County Home and each made a difference in their own way.

Exeter Lioness Club had 3 of their members receive this honour as well as other things they have done in the community.



## Coming soon!

*There will be a fundraiser raffle for MD"A" -- Watch the mail for tickets coming your way soon! Sample Prizes below!*



**Gift Card Wreath  
Lap Blanket  
And a  
Wine Basket**

**Coming soon!**

**A-16**



It's going to be a very "RUBY YEAR" Celebrating their 35<sup>th</sup> Anniversary! Camp Kirk has had a little painting done! Worked at Snack Bars! Sold Nevada tickets! Assisted those with visual impairments. Many cushions have also been sewn and many mats made. Even shopped for Seniors!




Omeme & District Lioness – Congratulations to Karen McPhee Truckle, Lioness Sponsor of Lisa Lewis and Congratulations to Lisa on completing her first year obligations as a new member!



## Omeme Lioness Club

Yay for Camp Kirk!!! Let's keep it strong for the kids that love and need it!





**3rd ANNUAL!**

# Fill a Purse for a Sister Campaign

It's time again for our annual "Fill a Purse for a Sister" campaign!

It was incredibly successful last year, and we are hoping to make this year even better!

New or gently used purses are filled and are delivered to social service organizations (women's shelters, homeless facilities) that offer support to women in need in Durham Region.

**ITEMS TO FILL THE PURSES** (Suggestions)

- Notepad • pen • coffee gift card
- small calendar • flashlight • whistle • lip balm
- book • brush • tampons • soap • shampoo
- conditioner • scarf • gloves • hat • wallet
- Kleenex • gum

*Please only insert new items into the purses.*

**Drop off Purses:**

Lafontaine  
100 Brock St South Whitby  
lafontainewhitby.ca



# TO ALL CLUBS FOR CONSIDERATION

Dear District Lioness President Deb McFarlan:

My name is Jillian Cockerell, I am in-coming President of Omemee & District Lioness Club, District A-16 in Ontario. I have been a Lioness for about five years. During that time, I have met Lioness from all over Ontario, different parts of Canada, the U.S and Europe.

I have become curious regarding Lioness Clubs across the country. I want to know how many clubs and how many Lioness are working away for the betterment of their communities and contributing to various charities and causes worldwide. I would like to build a directory of these Clubs throughout Canada. I recently spoke with a PDG from Newfoundland who told me he thought Lioness were extinct on the Mainland. I informed him there were still many strong Lioness clubs across Canada.



I am attempting to contact Lioness Clubs through each District. I want to know if there would be interest in a National Facebook page for Canadian Lioness and I want to compile a directory of Lioness Clubs.

The Facebook page would be interactive; we could share our events, fundraising ideas, club photos and perhaps even visit each other's clubs when travelling throughout the country. The idea is to get to know one another, exchange ideas for fundraising and what services we provide our communities. Also to support each other's efforts and expand our membership. I think it will be amazing to know just how many and how strong we are!

Please let me know your thoughts, take it to the Lioness Clubs in your district and see if it is something your clubs might like to participate in. I am hoping for a positive response regarding the formation of a National Facebook Page, (Canadian Lioness Affiliation). By fall I should have a good idea if launching the page will be to the benefit of Lioness.

In order to compile a National directory of Lioness Clubs I would ask each Club to send me the Club Name, sponsoring Lions Club, location and address, number of current members and an email address. I would also be interested in receiving information regarding any remaining Lionette Clubs or Lioness Clubs that are still operational but no longer sponsored by a Lion's club. Once compiled, a copy will be forwarded to each Club via email, even if that Club does not want to participate in a National Lioness Facebook page.

Thanking you for your support,

Yours in Lionism,

*Jillian Cockerell, President*

Omemee & District Lioness Club, District A-16, Ontario



Membership and growth of each club in A2 is possible and attainable. Thinking about A2 President Vikki's motto **"Bloom Where You're Planted"** now is the time for each club to plant our seeds, water them and watch them grow. Our plants are our Lioness club members past, present and future. We need to tend to our Lioness gardens. Let us start our year with the positive approach to growth. Most importantly for September, make sure your club is healthy and ready to spread their message to each other and your community.

Your fertilizer to keep your club active is fun, fellowship, laughter and service in your communities. I hope to send you seeds of advice in the coming year. Each Lioness is a special flower to grow and bloom in your club. Continue to look for those special flowers which will add to your club bouquet! I am available to speak to your club about membership. A special thank you to Lioness Vikki for giving me a spot in her bouquet!



Respectfully submitted,

*Lioness Sandy McDonald, A2 Membership Chair*



We have some boobos to correct!

We strive for perfection ... but the OOPS key does get in the way sometimes.

So please make corrections in your copy of the 2017-18 MD"A" Lioness Directory. We all want to have the correct information when trying to reach one another!

Thanks ladies! You are the best!

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MD"A" President – Lioness Kim Van Rooy – [kim.vanrooy@hotmail.com](mailto:kim.vanrooy@hotmail.com) Please delete the home phone and **use her cell** number – 905-931-4943 (Pages 1 & 3 and in Beamsville Lioness pg 7)

Pg. 2 – Hugs Editor is from **Beamsville**/Stamford Lioness Clubs

Pg. 2 – MD"A" Lions Magazine Editor, is Lion **Bob Pearson**

Pg 4 – Lioness Chairman SOUTH – Lion Bob Springthorpe – R#3, **807** Talbot Street East

Pg 5 – Delaware Lioness President Kristi **Fuhrman** – [kristifuhrman@gmail.com](mailto:kristifuhrman@gmail.com)

Pg 7 – District President Vikki Beswick – **Beamsville**/Stamford Lioness Clubs

Pg 12 – Dundas Lioness Treasurer, Lise Perreault **905-628-3394**

Pg. 13 – Formosa & District Secretary – **incorrect phone number** ... will advise when corrected

Pg 15 – Lioness President Debbie Robinson **184 Park Street**, Cannington, ON L0E 1E0

District Governor **Tim Cheung**

Lioness Chairman Mike Springford 1645 Davis **Drive** -- **905-830-8032**

Pg. 17 – 2007-2008 – A2 – Eleanor Arbour – **Jane** (Kett) Carr

2015-2016 – **A2** – Bernadette Croteau

Pg. 20 – 2002-03 – A2 – Sandra McDonald is an **active** Lioness – 226-440-2601



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### **Put These Six Steps to Work for Your Club**

Every good Lioness Club has six basic characteristics. The more firmly these qualities are embedded into the club's operating structure, the more success and growth the club enjoys, thereby becoming stronger.

The Board of Directors has the responsibility to thoroughly know these six steps. By understanding how they work and imparting this knowledge to both new and old members, all Lioness will get the inspiration they need to remain active and involved in the club programs.

These six steps are:

1. A major service activity that involves every member of the club.
2. A major fundraising project in which the community can participate and to which it can contribute.
3. A strong public relations program that provides a continuous, unending line of communication between all members of the club and between the club and the community.
4. Well organized club meetings that are stimulating, informative and enjoyable.
5. A team spirit – a condition that exists when each member knows that she; is an important part of an organization that is truly dedicated to humanitarian service.
6. Strong membership growth and development programs which provide immediate orientation and involvement of new members in club projects and a continuing involvement of current members in club activities.

These six qualities – as they exist in your club – can become your most effective “selling tools”. If they are at work in your club, your membership development program has a solid foundation for success.

This report is respectfully submitted.

*Lioness Clara Terryberry, A2*

## Lioness / Lions

I would like to take this opportunity to introduce myself as the new M D "A" Peace Poster/Essay Chair and to thank Lion Ellen for the wonderful job she has done over the years.

As we all know **YOUTH** are the future of Lions International and we need to get them involved at a young age. I hope you will all contact your clubs very early in the Lions/Lioness year as our deadline is November 15, 2017.

Please encourage all of your clubs to go to the schools early and we have found if you contact the art teacher and let him/her know what we are all about. Contact the schools as well for the Essay Contest. Please encourage your Governors to put the Peace Poster Essay/Essay contest in their budget. We are suggesting that if each District could give \$300.00. You could also suggest to the Lions/Lioness clubs to donate as well.

We give the winners of the Peace Poster/Essay winners a \$1,000.00 each. I hope that we can encourage all sitting Governors and Incoming Governors to attend the luncheon/dinner where all the Youth activities will be going on. Last year there were only about three Governors in attendance.

The most important thing is timing. The Peace Posters entries must be in the Governors hands by November 15 and he then forwards the winner off to the Council Chair for judging and he sends the winner off to International.

Once again Lions/Lioness thank you for all that you are doing for our Youth and for Lions International. Please feel free to call or email if you have any questions.

Lioness Janet Dawson Brock A-15 Dist. Pres.  
250 Mary St # 601, Waterloo Ontario N2J 1S7  
519-501-4853 [djbrock@uwaterloo.ca](mailto:djbrock@uwaterloo.ca)

## From the Editor

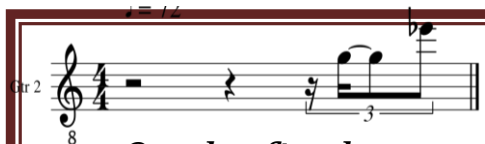


Once again there will be three (3) issues for this Lioness Year; The Fall issue along with a Winter & Spring Edition. I have set up a new email address that I intend on passing along to the next HUGS editor.

**[mdahugseditor@gmail.com](mailto:mdahugseditor@gmail.com)**

Subscriptions for the HUGS are \$12 snail mailed and \$8 emailed. Send your cheque payable to "MD"A" Lioness Program" to our Administrative Assistant

**Lioness Rosemary Kennedy,  
R#4, 11206 Springfield Road, ALMYER, Ontario N5H 2R3**



*On the final note  
Please send all your  
submissions to  
[mdahugseditor@  
gmail.com](mailto:mdahugseditor@gmail.com)*

*By **January 25<sup>th</sup>** for  
the next  
HUGS Issue*