

DISTRICT A-3 GOVERNOR'S NEWSLETTER

November 2024
Issue 1



District A-3 Governor
Kevin Kimmerly (Tamara)
8199 Jibb, Rd
Cobourg, Ont. K9A 4J7
(905) 269-2951
kckimmerly@gmail.com

1st Vice District Governor
Bryan Adams (Julie)
16 Golfview Drive
Bancroft ON K0L 1C0
(613) 202-1820
pzcbadams@gmail.com

2nd Vice District Governor
David McKellar (Heather)
29 Third Avenue
Trenton, ON K8V 5N1
(613) 438-8793
trentonlondave@gmail.com

Past District Governor
Frank Hewitt (Theresa)
763 Mountain Ash Rd.
Peterborough On K9J 8K1
(705) 868-8916
thelion-
whisperer2017@gmail.com

Cabinet Secretary
Francis English (Val)
341 Booth Court
Cobourg ON K9A 5N5
(705) 944-5821
hinker@sympatico.ca

Cabinet Treasurer
Albert Munneke (Karen)
1 Hazel Crescent
Keene, Ont. K9J 6X7
(705) 930-5744
amunneke@nexicom.net

Editor— Lion Julie Speares
Cobourg
juspear9@gmail.com

Message from Governor Kevin Kimmerly

Fellow Lions of District A3,

It's hard to believe that in a few short weeks we have reached the halfway point as your District Governor.

We have a lot of fake emails asking for money or gift cards, so please delete them.

Our second District Cabinet meeting will be in Port Hope on November 30th, at 9:30.

Our Third District Cabinet meeting will be at the Storrington Lions Club on March 1, 2025.

It will be a great time at our convention next April, because we are going to have a Talent Night as well.

Whether you sing, play a instrument or have some other talent(s), please send Ted an email tmills5mills5@gmail.com, there are only so many time slots available. Our A3 Convention is on April 11, 12 & 13 at the Best Western in Cobourg and is being hosted the Cobourg Lions Club, my home club and they are doing a great job with the help from the Convention Chairs PDG Lion Bill Lewis and Lion Doreen Morey. You can register before the end of the month for the early bird special for \$99.00. The Registration form is attached.

I am doing my club visits and meeting Lions. I have inducted and helped quite a few new Lions. Our district is doing a great job of adding new lions as well.

I talked to Lion Don Radner and he informed me that Marmora Crowe Valley just inducted 7 new Lions Members just this week! Great stuff President Lion Cynthia and your club!

I went to a well attended 50th Anniversary for Odessa & District, where PDG Lion Doug Galt provided original programs from Charter Night and First Anniversary and it brought back a lot of nice memories for some Charter members.

I would like to thank all of our Cabinet Members for doing a great job. Starting with the Zone Chairs visiting clubs and organizing District Governor Advisory Meetings. With the help of their Region Chairs. Our 1st FDG Lion Bryan Adams and 2nd Vice Lion Dave McKellar are keeping busy with their duties and club visits.

CT Lion Albert Munneke is keeping us in line from spending too much money and giving us up-to-date monthly reports. Our CS Lion Francis English is keeping us all informed.

I have seen some of our committee chairs in action and am looking forward to hearing and seeing the rest of our Committee Chairs.

Things are running smoother now with the new Lion Portal. But thanks to our District Administrator Lion Theresa Hewitt for helping us through the really rough patch at the start. Also thanks to Lion PDG Frank Hewitt for wearing so many hats.



and answering the phone every time I have questions.

And Thank You to so many more that have helped me through this learning curve.

And the best Thank You for my wife Tamara. Her favorite saying lately is "you need it when" while smiling.

I have promoted club visits and support other clubs with their events such as Breakfasts, BBQs, Fish Dinners and Dances. When we do this we get to see what other clubs are doing, share stories about what's going on in our district and our lives. Most of all the fellowship and the fun we get to have is with each other. Good Times! One of our chartered members Lion Don Macklin (RIP) gave Lion Al Grundy a Lions hat that came from our charter night in 1950. He gave it to Lion Al and said you can use it for something good. Well, Lion Al inducted one of our newest members Lion Ethan Graham, (age 19) an enthusiastic young Lion and hopefully he will wear the hat with pride for many years to come.



Tamara, my Family and I wish all you wonderful Lions a Merry Christmas, a Happy New Year and a Peaceful Holiday Season.

Once again, Thank You Lions of District A3, for your continuing efforts To Serve!!

Yours in Lionism

DG Kevin

LIONS
Loving
Individuals
Offering
Needed
Service

Story Reading in the Park – East Peterborough Lions Club

During the month of August, the East Peterborough Lions Club held their Annual “Story



Reading in the Park” event here in Peterborough. Each Wednesday in August we gather the local children in the park with a different theme each week and we read them a story relating to the theme.

Each week we present a different guest speaker to go along with the theme and this person give the children the opportunity to learn about different professions and ideas from local people in the community of

Peterborough.

We had a Bee-Keeper with her portable hive that she brought to show the children, we had a local one of our Blind members attend with her Guide dog to speak to the children and she was joined by several of our own members that are from special Olympics whom spoke of being differently abled, we had an K9 Officer attend with his dog Gryphon and they did a display for the children about the abilities of the dog and what his role is and the final week we had a local bus company bring over a bus and we allowed the children to sit on the bus and experience some safety lessons.

Each week we presented 10 families with a copy of that week’s book to take home as a keepsake and then we provided them all with a light lunch. All free of charge.

Submitted by:

East Peterborough Lions Club President Lion Frank Hewitt



I would like to speak to you about one of the newest positions in Lions International. The Global Extension Team District Coordinator. Or in true Lions fashion the acronym is GET.

Let me start off by bringing attention to the title. Many times, we see titles; the GAT, the GMT, the GLT and the GST. And now we bring in the title of GET? So, what do all these things mean. Well, GAT is the Global Action Team; GLT is the Global Leadership Team; GMT is the Global Membership Team and, yes you guessed it GST is the Global Service Team. Oh, and of course the GET is as we already know the Global Extension Team.

Now one thing, I would like to ask you all is what is the ONE thing in each of these titles that seems to be missing? The one thing that isn't being covered to the best of our abilities.

That's right the word **TEAM!** Where is the Team? How are they being involved and who should be involved? What I am saying is that each of these 5 committees has the name TEAM right in the title and so where is the team?

When each and everyone of you are installed as officers of your club, how many of you have really listened to the spiel that we give when each person follows with an I will? For example, when a **President** gets installed, it asks "Will you also serve as an active member of the district governor's advisory committee, attending the meetings of your zone? Will you, as **president**, perform all your duties as provided by your club's governing documents to the best of your ability?" To which you immediately reply with, "I will."

So, what does that mean?

It means that you have agreed to not only attend the District Cabinet meetings BUT that you will also serve to work with the District Governor as an advisor and part of the **Global Action Team** to help refine our District, help to build our District and help to create one of the best District in Lions.

And if you look at the wording for the clubs first Vice President the wording is similar, but you are requested to work with the **Global Leadership Team Leader** or in our case the 1st Vice District Governor.

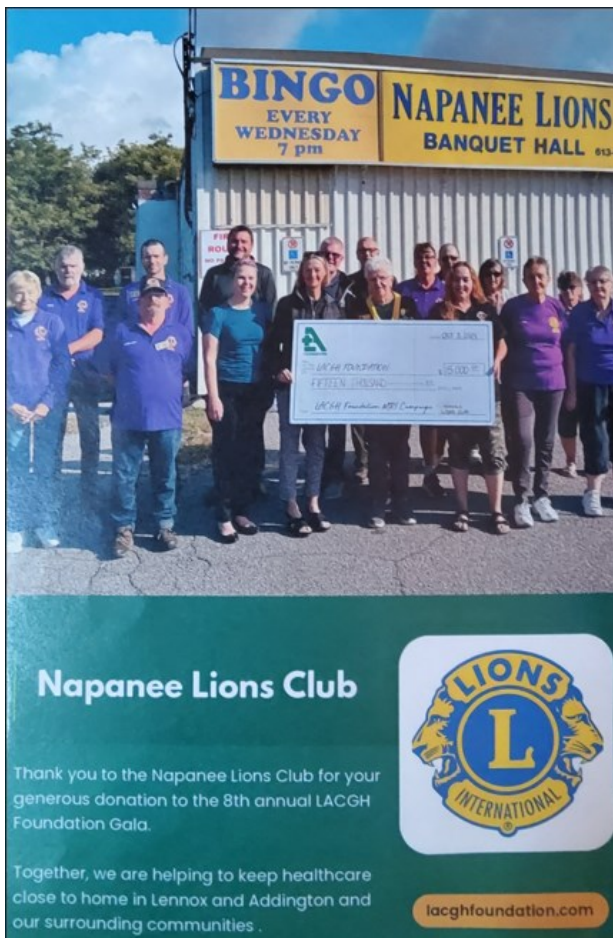
Now here is where things start to differ. Some clubs don't have second vice presidents. HOWEVER, every club is supposed to have a Membership Chair. So, I think you can see where this is going my friends. THAT'S RIGHT! The club membership chair is officially required to be a part of the **Global Membership Team**. After all, with 49 clubs in this district we should have a team of 49 people with a 2nd Vice District Governor working as the team leader and working WITH you all.

And that brings us to the **Global Service Team**. Now I am sure you can all see the pattern here. Every club is recommended to have a Service Chairperson. Now, how you get that is chair is up to each club, SO FAR! Most of them are appointed as they are considered a committee in some clubs. AND that is okay! However, it is up to the Global Service Chair to contact each club and invite each Serve Chairperson in each club to become a part of the Global Service Team. And when they do, these people become, YES you guess it the TEAM!

So now imagine what a strong District we would have if each one of these positions has that many team members to help build these TEAMS? The ideas that could flow, the work that could be accomplished and the people that we could HELP.

And guess what? This was the original intention of creating these positions. Unfortunately, due to some type of miscommunications these TEAM positions have become one-man teams, led by positions that were voted on or appointed to help lead the members. And we can see how things are going with that direction. Fewer and fewer Lions are stepping up to take positions, more and more Lions are feeling overburdened and overwhelmed with things. But imagine if ever member that accepted a position, stepped up and worked with others from other clubs, just how easy it would be for everyone to share thoughts, share information and work easier? After all a Team of 50

people (including the District Coordinator) could do miracles and bring so much more things to the fore-front for so many others.
So, what does this have to do with the GET (Global Extension Team)? Ok, I am getting there...lol. You know when you ask me to come and speak, I will get around to my point even if it takes me a little longer than some...lol.



Trip to Lions Leader Dogs for the Blind School

This past summer Immediate Past District Governor Lion Frank Hewitt and Lion Theresa Hewitt and Lion Nicole Hewitt took a quick trip down to the Leader Dogs for the Blind School in Rochester Hills, MI , USA. Joining us was District Leader Dog Committee Chair Lion John Morris and his Leder Dog Casey.

The day started off with clear skies, however as we headed down the 401 near Kitchener, Ontario we found ourselves in the middle of a heavy downpour with very little visibility. But that didn't slow us down. Even when we found the HWY closed, we continued our way to our destination.

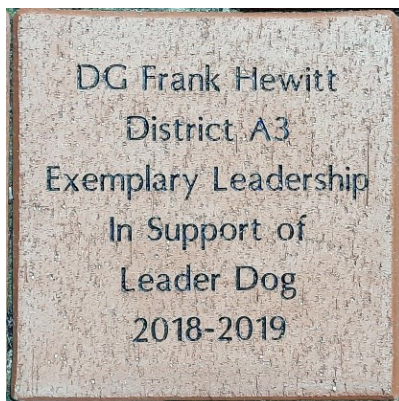
After 6 hours we finally arrived at our destination and Lion John could barely contain his excitement. We had a wonderful day touring the facility and we helped to make a young man's dream come true. And I think Casey's dream as well!

Reported by:

IPDG Lion Frank Hewitt



(L-R) IPDG Lion Frank, Lion Nicole, Lion John and Lion



Just a couple of pictures of the many stones purchased by District A3



GOING TO THE A-3 CONVENTION



Register Now with
PDG Lion Bill

See more details
page 5



CANADIAN TIRE MONEY for CAMP DORSET

Bring your
Canadian Tire \$\$\$
to the Convention
in aid of
Lions Camp Dorset.

IN MEMORIAM

The following Lions have passed away in
District A-3, since distribution of the
Governor's Newsletter in the spring.
May they rest in peace.

**Lion Mike Rosenburgh of the
Peterborough Lions Club**

**Lion Elaine Hewitt
Peterborough Lions Club**

**PRC Lion Dawn Hansen
Sharbot Lake Lions Club**

**Lion Belinda Sherwin
Cobourg Lions Club**

**Lion David Bilow
Kingston Lions Club**

**Lion Dawn Hiscocks
Lakefield Village Lions Club**

**Lion Don McLaughlin
Norwood Lions Club**

**Lion Jack Hamilton
Bath and District Lions Club**

**Lion Larry Martin
Napanee Lions Club**

**Lion John Hedges
East Peterborough Lions Club**

**Lion Frank Guthenberg
Sharbot Lake Lions Club**

**Lion Brian Weese
Tamworth and District Lions Club**

Back to the Future

It's been said you have to know our history to plan for
the future.

Please send me your club's history (past and present)
so I can save it in A-3's Archives for everyone's benefit.

I will gladly accept newspaper articles, pictures, hand
written reports etc. Let me know about your
fundraisers, social events or just plain get-togethers.

If it is something you or your club has done, I want to
hear about it. Remember A-3 has a birthday coming
up. Let's all plan for a bright future.

PDG Frank Hewitt
A-3 District Historian

Handy Reference Websites

District A-3
www.a3lions.org
a3cabinetsecretary@gmail.com

Multiple District "A"
www.mdalions.org

Lions Clubs International
www.lionsclubs.org



Out & About the District

Lions Club of Land O' Lakes

We held our Remembrance Banner Ceremony on October 6th to celebrate the 20 veterans whose banners will be hung in Northbrook and Cloyne. The event was a full house, with families, dignitaries and Lions. Those veterans in attendance received standing ovations. It was a very touching ceremony to honour the veterans.



Our club welcomed the community to a free Thanksgiving Dinner on Sunday, October 13th. The hall was decorated, the turkeys cooked and the pies baked by our Lions and Friends of Lions. Eighty people from the community came out to enjoy a turkey dinner with all the trimmings.

Submitted by Lion Lynn Lowe



Out & About the District

The PEC Lions Club held their final Community Market for 2024 wrapping up the second year of a very successful project. Beginning in May and ending in October we serve peameal on a bun to hungry tourists and locals and even a local dog! Margot is our best customer, coming early every Saturday for her peameal (NOT on a bun). We even named a sandwich after her, "the Margot" for those who don't want the bread. Her owners have indicated



The PEC Lions Club held their final Community Market for 2024

Newburgh-Camden Lions Club

The University Hospitals Kingston Foundation was very pleased to accept a \$6,000.00 donation for the Children's Outpatient Clinic at the Kingston Health Sciences Centre (Hotel Dieu Site) from the Newburgh-Camden Lions Club. The money will be used to purchase a spirometer which is used in clinics predominantly to assess pulmonary function in children above age six. Having the spirometer on site will allow testing of younger patients while they are in the clinic and provide data and streamline the care needed.





The Cobourg Lions Club stage was rockin' for Halloween with the Bomb, an 80s tribute band. Everyone was up dancing and there were some incredible costumes.



We're growing again in Cobourg! We welcomes two new members to the Pride this month; Lions Sherry and our youngest Lion yet, at aged 19, Lion Ethan. Welcome!



Out & About the District

Sterling & District Lions



The Stirling and District Lions club helped out at the local Hastings County plowing match. Over 2 days, they served up McLions, peameal bacon and egg, on a bun, homemade pie slices and roast beef on a bun. In two days, they cooked up 200lbs of roast beef, 50lbs of peameal bacon, dozens of eggs, and sliced up 86 pies! That lineup seemed to never end! It was awesome for a first time event! They made enough to help out a lot of people in the community. Great job Lions!!



Stirling and District's secretary, and Zone Chair 43E, Lion Deb Brown, had all her hair cut off at her zone advisory meeting on Sat. Sept. 21st. Frankford Lions treasurer, and GST for Dist. A3, Lion Angie Perrier also had her hair cut the same time. They were raising money for Childhood Cancer. Lion Deb's hair went to Locks of Love in Florida to be added to wigs for cancer patients because there was way too much gray for children's wigs.

NEW YEARS EVE

Tickets @ Cobourg Lions Club
Facebook or Victoria Hall Box Office

December 31, 2024



*Cobourg Lions
Hall*



Concert Tickets \$35.00 + service fees
Dinner Buffet available for
additional \$20.00

In Support of



*The Only Licensed Tribute To
The Guess Who, Burton Cummings & BTO*

Doors Open for Concert at 7:30pm

Dinner Buffet 5:45 to 7 pm

Show from 8:15 to 10:30

Another Fantastic Night at the Lions Centre !!

157 Elgin Street East, Cobourg, ON K9A 1A1

Out & About the District

Keene Lions Club

Twice yearly, the Keene Lions Club picks up garbage along Heritage Line in Keene. On Oct 1st, we gathered over 20 bags of trash from the road-side to help beautify our community.



Newcastle Lions Club

The Newcastle Lions Club held their 30th Anniversary Walk for Dog Guides, raising over \$24,000! Committee members include Lions Linda Bray, Jim Barchard and Heather Griffin. A community member created a lap quilt for the club and we decided to present it to the person who raised the most money. Lion Linda Curran reached her own personal goal

of \$8000 again this year. She has a team of friends in Wilmot Creek Retirement Community who walk on recycling day and gather empties to be cashed in, all given to our fundraiser, so we presented the quilt to her!



A-3 CABINET 2024-25

District Governor—Kevin Kimmerly (Tamara)

(905) 269-2951

Email: kckimmerly@gmail.com

1st VDG —Bryan Adams (Julie)

613-202-1820

Email: pzcbmadams@gmail.com

2nd VDG—Dave McKellar (Heather)

(613) 438-8793

Email: trentonliondave@gmail.com

Immediate Past District Governor Frank Hewitt

[Theresa]

(705) 868-8916

Email: thelionwhisperer2017@gmail.com

Cabinet Secretary—Francis English (Val)

(905) 372-5384

Email: a3cabinetsecretary@gmail.com

Cabinet Treasurer—Albert Munneke (Karen)

705- 930-5744

Email: amunneke@nexicom.net

Region 11 Chair—Nawar Ei Khouri Hage (Mike)

(778) 384-3381

Email: Nawar@properevents.net

Zone 11 East Chair—Ron Duesharm (Donna)

(613) 329-5463

Email: ronduesharm@hotmail.com

Zone 11 West Chair—Mike Hage (Nawar)

(778) 384-3382

Email: mikehage971@gmail.com

Region 43 Chair—Sue Pierce (Ken)

(705) 872-5060

Email: bilpatmcm@xplornet.com

Zone 43 East Chair —Deb Brown []

(613) 847-0507

Email: dmfb52@gmail.com

Zone 43 West Chair—Cynthia Reid (Bruce)

(613) 920-3728

Email: harmzylstra@gmail.com

Zone 43 South Chair—Gail Lynch (Alfred)

(613) 902-0461

Email: gail.anne.lynch@gmail.com

Region 10 Chair—Kirby Park []

(705) 927-8873

Email: kirbyjanepark@gmail.com

Zone 10 North Chair—Rachel Ste. Croix (Nick)

(603) 334-2789

Email: lionrachelstecroix@gmail.com

Zone 10 Centre Chair—Nadine Macintyre (Laura)

(249) 353-7572

Email: lion.nadinemacintyre@gmail.com

Zone 10 South Chair—Randall Ross

905-927-9703,

Email: rross050@gmail.com

District A-3 Directory

Updates and Corrections

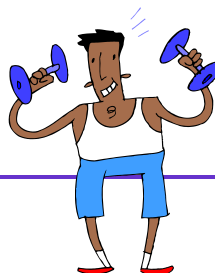
Let Us Know



COOL QUOTES

"Like a welcome summer rain, humour may suddenly cleanse and cool the earth, the air and you."

"It's faith in something and enthusiasm for something that makes life worth living."



CALLING ALL LIONS OF DISTRICT A-3

- Spread your news throughout the District
- Promote your club and committee events
- Send your submissions & pictures for the Governor's Newsletter.
- Please send items as they happen

**The deadline for the next newsletter is:
Tuesday, February 4th**

Email: juspear9@gmail.com
416-219-7365

Thank you,

Lion Julie



HEALTH QUESTION & ANSWER SESSION

Misconceptions about Food and Diets

Q: I've heard that cardiovascular exercise can prolong life; is this true?

A: Your heart is only good for so many beats, and that's it... don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine is made from fruit. Brandy is distilled wine, and that means they take the water out of the fruity bit so you get more goodness that way. Beer is also made out of grain. Bottoms up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body and you have fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: Is chocolate bad for me?

A: Are you crazy? Cocoa beans are another vegetable! It's the best feel-good food around!

Q: Is getting in-shape important for my lifestyle?

A: Hey! 'Round' is a shape!

Remember... "Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO HOO, What a Ride!"

District A3 is in the Lead in Ontario!!

As Chair for Ontario for The Difference Campaign, I get some statistics about how Ontario is doing. With 10 Districts, we of course have the highest number of Lions Clubs of all the provinces so we are leading in the amount of money donated. The EXCITING statistic for me is that A3 currently has the highest percentage of clubs donating!!

49% of our clubs have made a donation to the Difference Campaign! This is awesome but.... A4 has 48%. Wouldn't it be great if we could continue to be in the lead and increase our percentage of Clubs who have donated?

Clubs can still pledge to the Difference Campaign over 5 years. That means that any clubs who have not yet made any donation to the Difference Campaign can still help us have the highest number of clubs having made a donation. It does not need to be a huge donation – it can be a one time donation or a pledge – any donation counts!

Please consider this once in a life time opportunity to be part of the Lions support of Lions Foundation of Canada Dog Guides. There are many individuals who will benefit for the gift of a full trained dog guide. You can help ensure that this is a reality into the future.

Shovels are already in the ground and we are hoping that the building will be ready by spring of 2026.

For further information or to have a presentation for you Club or Zone, please contact me.

Thank you for considering this life changing request.

Janet Marissen, Chair A3 LFCDG

jgmarissen@gmail.com 613-970-1831



	<p>Canadian Lions Eyeglass Recycling Centre. Bay 2,1216 – 34 Ave NE Calgary, Alberta. T2E 6L9 Canada Ph: (403) 640-1056 email:info@clerc.ca Web page. http://www.clerc.ca</p>	
---	---	---

October 5, 2024

Lions of Multiple District A

Dear Lions,

CLERC is one of 19 approved Lions International eyeglass recycling centers. We are the only one in Canada. Our start was in 1997. Since then we have distributed to over 102 countries almost 7 million pairs(6,755,289) of glasses. Thanks for your help.

We have processed over 35 tons of raw glasses last year. We have collected over 11 tons so far this year. Last year BC gave us \$21,000, Ontario \$4,700, and Alberta \$60,125. It takes about \$120,000 a year to operate our service.

We are a victim of our own success. We are possibly planning to double the size of our rented (\$2,630.25 monthly) 1600 sq. ft. warehouse. Please continue shipping us glasses and please consider us for financial aid. I would appreciate it if you could include your email address to ease the communication. We look forward to your assistance.

Yours in Lionism,



Gordon Prusky, CLERC Secretary Since 2003

The Lions International Marketing Award

Club marketing is a great way to recruit new members, spread the word about service activities and increase visibility in the community. And now, your club has the opportunity to gain recognition for its marketing efforts with this exciting new award!

[View the 2023-2024 winners](#)



Timeline

Below is an outline of when each step of the Marketing Award process will begin. Please note that the marketing campaign submitted for award consideration must be **completed between July 1, 2024 and February 1, 2025.**

July 2024-February 2025: Lions and Leo clubs apply

Club marketing chairperson or club president submits the online application by February 1, 2025.

March 2025: Marketing committee selects winners

The marketing committee reviews the finalists and selects the winners, one from each Constitutional Area.

April 2025: Winning clubs notified

51st Annual District A3 Convention

April 11-13 2025

Best Western Plus Cobourg

Registration - please complete one form per person
(You must be registered to attend any function or meal)

Club: _____

Lion () Leo () First Convention () Guest ()

Title: _____ Name: _____

Name on Convention Badge: _____

Phone: _____ Email: _____

Weekend Package: includes business reg, and listed meals \$120.00 _____

Early Bird Registration until November 30 2024 \$99.00 _____

You must register prior to November 30 2024 to be eligible for the Early Bird Draw

Business Only Registration \$ 25.00 _____

Individual Meals

Saturday Buffet Breakfast \$ 27.00 _____

Governor's Gala \$ 65.00 _____

Sunday Breakfast Breakfast \$ 27.00 _____

Special Meal Requests {Dietary Restrictions} _____

Total Enclosed \$ _____

Please make cheques payable to District A3 Convention

Send forms and cheques to Doreen Morey (Convention Treasurer):

5469 Road 38, Harrowsmith ON KOH 1 V0

or E transfer to Email: districta3convention@gmail.com

You must book your own rooms at the Best Western Plus Cobourg Inn and Convention Center

930 Burnham St Cobourg On K9A 2X9 • 9 05;372-2105

Indicate Lions International District A3 Convention for Discounted Rooms

