

District A-3 Newsletter

October 2022 Issue 1



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East Peterborough
Keene
Kendal
Lakefield Village
Land O' Lakes
Newburgh-Camden
Newcastle
Norwood
Peterborough
Prince Edward County

Bulletin Editor
Lion Karen Christopher
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Message from Governor Linda Zwier

Lions & Leos of District A3,



I hope everyone has been enjoying the fall colours as much as I have this year. Aren't they spectacular! My compliments to the fashion designer who makes this all possible!



WOW! One quarter of this Lions' year has already passed. Time goes so fast. Our Lions, though, seem to move at the same pace, accomplishing so much. It was a very busy summer with clubs seizing the opportunities provided by a more relaxed set of health mandates, allowing for gatherings and good times for all. It is heartening to see clubs gaining back strength after two years of intermittent shutdowns. As we move into the fall season and cooler weather, we must be ever mindful that covid is still here. We need to continue to exercise caution.

Let us keep in mind those in our communities who are struggling with the current economic situation. With rising food and gas prices, families may be struggling to make ends meet. Please look for those in your communities who need a helping hand. This can range from seniors to families with children, to the homeless. Often, folks are unwilling to ask for help out of a sense of pride. This means we must be vigilant, be aware, be always watching for those who may need us. I like the idea of a reverse "porch pirate" – dropping a bag of groceries at a front door, anonymously. Looking after our own backyards first, makes our communities stronger and makes us, as Lions stronger, so we can branch out farther afield.

Our A3 Leadership Team/Cabinet members, too, have been very busy. Zone Chairs have been visiting clubs and organizing District Governor Advisory Meetings. 1VDG/GMT Frank and 2VDG Kevin, too, are visiting, keeping in touch with clubs. Cabinet Treasurer Jean and Cabinet Secretary Kathy keep me updated and, essentially, keep me in line (especially Kathy LOL). GST chair/District Administrator Bill and GLT/LCIF chair Don are kept very busy with their various roles. CC/PDG Mark is always available for conversation and moral support. Our Cabinet has had to work through many health challenges but the support amongst our team continues to sustain us all. I feel exceptionally fortunate to be working with the team I have.

My thanks to Lion Karen Christopher for pulling together this newsletter. It is a big job and she does it all cheerfully and with humour.

My thanks to all of you reading this. You are the strength of District A3.

You are the reason we can "Dream Big" and believe
"Nothing is Impossible".

*Lion Linda,
District Governor*

*Dream Big
Nothing Is Impossible*



IN MEMORIAM

Sincere condolences to the families and clubs of the following Lions who have passed away since June 2022. May they rest in peace.

Lion Bill Sedore
Newburg Camden Lions Club

Lion Jim Wagar
Napanee Lions Club

Lion Fred Perry
Land O' Lakes Lions Club

Lion Billie Kemp
Bowmanville Lions Club

Lion Peter Kooistra
Stirling and District Lions Club

Lion Carolyn Fluke
Marmora Crowe Valley Lions Club

PRC Harvey Gere
Tweed Lions Club

Hello Lions & Leos,



My name is Deb Fortin Brown from the Stirling and District Lions Club, and I'm the new Environmental Chair for District A3. I'm very excited to be taking this on!

With your help, we can make a difference !

We can see how the world is changing every day with the weather ... having temperatures very different than what we've been used to, flooding, and massive ice melts at the poles. We can't change that, but we sure can change how we recycle every day!

There are recycling centres that will do tours. Find the closest centre, ask for a tour, get your members together, carpool, and go see how it all works. Ask questions, be informed on what you can do to make their job a little easier. It's definitely something to think about!

Tip: Before putting glass jars and cans into bins, make sure they are cleaned out and remember to include cleaning the lids. Not only does this stop bugs and critters from getting into them, but it keeps the smell of rotten foods from stinking up your basement, your garage or your Lions hall.

Lion Deb Fortin Brown
District A3 Environment Chair
Email: dmfb52@gmail.com



June 30, 2022, officially marked the end of Campaign 100: LCIF Empowering Service.

Thanks to support from Lions, Leos, partners, and other donor support, Campaign 100 is completed.

Lions and Leos worldwide can celebrate reaching the goal of raising more than US\$300 million to support the foundation for generations to come.

For more info: [Issue – Lion Magazine](#)



Shenanigans at Cabinet

PDG Bill Zwier's reaction after receiving the DG spouse pin from Lion Connie Kelso !



A-3 District Leadership Team

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REMEMBER... PLEASE SUPPORT YOUR LOCAL FOOD BANK

Alleviating hunger in our District has become the number one priority. With rising high prices in every aspect of our lives, it is becoming more difficult for many to maintain a comfortable life style. Many people need our help.

Please consider supporting your local food banks and missions. Food drives, organizing seasonal meals for the lonely and those in need, donating financially to food banks for the purchase of hygiene products are just some suggestions.

It's important to report your hunger services in MyLion to emphasize to LCI how critical this need has become. It could result in additional grants dedicated to this cause.

PDG Bill Zwier, District Hunger Chair

Who's turning to food banks? There is no single, typical profile. The people helped include families with children, employed people whose wages are not sufficient to cover basic living essentials, individuals on social assistance and Canadians living on a fixed income, including people with disabilities and seniors.

Information obtained from Food Banks Canada

PRINCE EDWARD COUNTY LIONS CLUB

The PEC Lions were pleased to make a \$1,000 donation to the Storehouse Foodbank for warm clothing for children in Prince Edward County this winter. In addition, through our 'Spread the Warmth' project, in partnership with a group of women from the Wellings in Picton, we donated a number of knitted items from sweaters to scarves to hats and toy Lions.

Pictured (left to right): President Lion Gail, Spread the Warmth Lead Lion Suzanne, Treasurer Lion Harry and Linda and Cynthia from the foodbank.



Submitted by: Lion Kathy Marchen, Secretary

EAST PETERBOROUGH LIONS CLUB

The East Peterborough Lions Club were thrilled to again be part of the annual “Pride Festivities” in Peterborough. The club was once again asked to host the BBQ for the event, and we were more than happy to do so. On September 24th we set up our BBQ booth in Millennium Park and began serving hot dogs, hamburgers, and sausages to those in attendance. A steady stream of people started at noon and ran until 5 p.m. The East Peterborough Lions and the Young Adults of Peterborough Club Branch could not have been happier.

The booth was festively decorated, and included a membership table manned by club President, Lion Devon Wilkins and our membership team. The day was sunny and warm, and the members never stopped smiling. The East Peterborough Lions members would like to thank the Y.A.P. Club branch for coming out to lend us a hand and to those that worked in the background to make it all happen. The team did such a fantastic job we have been asked to make sure we keep next year open as they will definitely have us back.



Submitted by:
Lion Frank Hewitt – Fundraising Committee Chair

Peterborough Lions Club
Charity Fundraiser

Krispy Kreme
DOUGHNUTS

Krispy Kreme Original Glazed Doughnuts
\$10 per Dozen

- Sale Begins Sept 12, 2022 and ends Nov 10, 2022
- Pick Up **November 21, 2022 12pm to 2pm** at:
Peterborough Lions Centre
347 Burnham St, Ptbo

Enjoy A Tasty Treat While Supporting Those In Need
100% of Profits Go To Support Kawartha Food Share

For more info regarding this worthwhile charity see www.kawarthafoodshare.com

ORIGINAL GLAZED
DOUGHNUTS

- Pre-Order/Pre-Payment Required (E-transfer/Cash/...) (email "ptbolionsstore@gmail.com" or call 705-740-2288)

KENDAL LIONS CLUB

Welcome to Fall

Come Join us for a delicious
Pancake Breakfast

Sunday,
October 23rd, 2022
8:30 am - 11:00 am

Kendal Community Centre
6742 Newtonville Road

Adults - \$10.00
Children 6 to 12 - \$5.00
Age 5 & under - Free

Come taste our delicious Pancakes served with Sausages, Fruit Cup, Home Baked Goodies, Juice, Coffee, Tea

100% of the proceeds raised from this breakfast supports various Lions projects and initiatives

**YOUR HELP MAKES A DIFFERENCE
THANK YOU FOR YOUR SUPPORT**

BRIGHTON AND COLBORNE LIONS PRESENT

Valdy in Concert!

Valdy, (Paul Valdemor Horstel), is best known for "A Rock and Roll Song", and is a two-time Juno Award winner for Folk Singer/Entertainer of the Year. He has also been nominated for seven Juno awards since beginning his career in the 1970's.

He has continued to wow audiences across Canada with his music, his storytelling and a relaxed fun vibe during his live performances. He is greatly looking forward to coming back to Ontario to perform this year.

SATURDAY, OCTOBER 22ND, 2022 7-9 PM

AT THE BRIGHTON COMMUNITY CENTRE
75 Elizabeth Street, Brighton

TICKETS \$25/EACH
Brad Hayman - 613-475-2921
Marie Lachner 905-355-2162

Proceeds will support local activities of the Brighton and Colborne Lions Club

A3 LIONS IN ACTION

DO YOUR LITTLE BIT OF GOOD WHERE YOU ARE... IT'S THOSE LITTLE BITS OF GOOD PUT TOGETHER THAT OVERWHELM THE WORLD.

~ DESMOND TUTU

Daylight Saving Time Ends Sunday, November 6th, 2022 at 2:00 A.M.



Daylight saving time (DST) is the convention of advancing clocks so that afternoons have more daylight and mornings have less. Typically clocks are adjusted forward one hour near the start of spring and are adjusted backward in the fall.

Remember ~ set your clocks back one hour on Saturday night before going to bed to "fall back".

LAND O' LAKES LIONS CLUB

The first quarter of this year has been exciting for us at Land O'Lakes. We had a great Farmers' Market, Summer Dance, Golf Tournament, and a Food Drive.

However, best of all... we would like to share our adventure into what we call the Land O'Lakes Lions Roar. This is our new pride and joy. We have now an established column that appears every two weeks within the local newspaper: Frontenac News. You can follow the articles in the paper or online [Frontenac News - Land O' Lakes Lions Roar](#)

Our next upcoming event is a Halloween Dance on October 28th. Tickets are \$15.00. If you are up to dusting your dancing shoes and possibly wearing a costume as well, just head over to the Land O' Lakes! For tickets and more info, email: eventsionscluboflandolakes@gmail.com.

Hope to see you all soon! Roar!



Submitted by: Lion Linda Lowe, Secretary

NEWCASTLE LIONS CLUB



On Saturday, October 1st, the Newcastle Lions Club held another very successful Walk for Dog Guides. Our 28th!

We raised over \$18,000 for the Lions Foundation of Canada Dog Guides.

Congratulations to Lion Linda Curran for all her hard work... she is in the top 10 fundraisers!

Submitted by: Lion Heather Griffin

KEENE LIONS CLUB

Our club continued to host Fish Fry fundraisers throughout the warm weather months and have added Chicken Fry fundraisers to the mix.

Also, a few committed Lion volunteers continue to maintain and upkeep McIntyre Park... an accessible greenspace. This space was a welcome refuge to many people in our community during the days when we were all required to stay away from indoor spaces.



Submitted by: Keene Lions Club

“Teamwork is the ability to work together toward a common vision... the ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results.

~Andrew Carnegie

LAKEFIELD VILLAGE LIONS CLUB

Homecoming 'weekend' celebration to be held in 2020 was an event that was introduced by a group of citizens in 2019. The commitment for the Lakefield Village Lions Club to host a Saturday night DANCE for Homecoming was made to the group. As we know – 2020 events got cancelled.

When word of a HOMECOMING 2022 surfaced in March this year, Lakefield Village Lions Club stepped right up and reintroduced our "commitment" to HOST the DANCE.

The Community Centre had a great evening of dancing to a local band – tables adorned with flowers from a local florist, door prizes and a bus available for 'safe rides' home. Prints of sketches by local artist "Drew Ridpath" – as seen in the book "LAKEFIELD - Sketches to Remember" were provided as a fundraiser for our club and were on display for patrons to purchase. Lakefield Historical Society had a display in the lobby – even several High School year books. One more eye-catching moment for many memories. Lakefield Village Lions Club's participation in this weekend community event was well received by all.



Submitted by: Lion Linda Dunford

AMHERSTVIEW LIONS SANTA CLAUS PARAGE

Santa Claus wants you to know that on November 6th at 1 PM the Amherstview Lions will host a Santa Claus Parade in Amherstview. Please come and join them. Email wweber1@cogeco.ca for more information. See you there!



Submitted by: Lion Barb Johnson

AMHERSTVIEW LIONS CLUB

Every Wednesday, Thursday, and Friday, the Amherstview Lions cheerfully take donated groceries from Foodland in Amherstview to the Loyalist Community Sharing Centre at 108 Amherst Drive. At least two overflowing grocery carts with donated groceries are made available at no cost to the public. Just think of having fresh produce, delicious baked goods, and glorious flowers to grace the dinner table.



In the photo you see Club Treasurer Lion Bruce Johnson. This extraordinary idea was the brainchild of Lion Mike Kubisheski, Club Membership Chair! Keep up the good work Amherstview Lions.

Submitted by: Lion Barb Johnson



NEWBURGH-CAMDEN LIONS CLUB

The Classic Country Music Festival, held August 4, 5, 6 at the Centreville Fairgrounds was another great success. It has been an annual event of the Newburgh-Camden Lions Club for 11 years.

The weather was cooperative and we had sunny weather, although by times very humid. This did not stop the campers nor the daily attendees from coming out to enjoy a great weekend. For many this was their first time to attend the Festival.

The host band Country Sky (pictured) started things off on Thursday night with open mic and continued

to play for the open mic sessions on Friday and Saturday as well. The house band (Unwound) did their usual spectacular job backing up the other entertainers for the weekend.

All entertainers were well received by everyone and the headliners on Friday night (the Bowes Brothers) and on Saturday night (the Classic Country Boys) got everyone dancing and wanting more. The silent auction, the 50/50 draws and local vendors kept everyone busy throughout the weekend.

Submitted by: Lion Mary Ann Smith

KENDAL LIONS CLUB

3rd Annual Sunflower Fest and Harvest Table... Saturday, September 3rd ~ Lion Ron Robinson, our Sunflower Fest chair, did a wonderful job of keeping everything and everyone in order! We thank the Bewdley Lions Club for coming out again this year with their chip truck and feeding the hungry patrons! And mega thank you to the ladies in our club for their donations of homemade preserves, jams, jellies and baked goods which were practically sold out, and to those who so generously donated all the vegetables, plants, corn stalks, craft goods, a rocker chair (on Silent Auction), and yard sale table items.

Along with all of that, we're fortunate in our club to have two talented musicians – who are always there to step up when asked ~ Thanks Lions Angie Austin and Gord Whealy! Along with their friend, Robin Miller, we were entertained with our favourite country music tunes for the afternoon.



CONGRATULATIONS to our contest winners this year... :

Tallest Sunflower - Lion Hugh Hoard (Stirling & District Lions Club). edging out Kendal Lion Ron Robinson by about 2 inches.

Largest Sunflower Head - Sara Souch; and a new category for this year...

Best Sunflower Arrangement – Lion Carol Robinson.

THANKS to all our contestants— another opportunity will come round again next year!

Submitted by: Lion Karen Christopher

NORWOOD LIONS CLUB

A busy start to the year for the Norwood Lions Club...

Pictured below: The Norwood Lions placed a Lions Arch in the village of Norwood at the Asphodel-Norwood Fairgrounds.



The club ran BBQ's from "The first" on July 1st and the following, Pride BBQ, Hospice BBQ, Mapleview Retirement home BBQ, raising funds for projects and ensuring successful events for each group. (Photo: Pride Day BBQ)



District Governor Linda Zwiervitz visited and helped present A Life Membership to Lion Jack Deen well deserved.



Submitted by: Lion Barry—Norwood Lions



HEALTH CHECK

Research has shown that a simple act of kindness directed toward another improves the functioning of the immune system and stimulates the production of serotonin in both the recipient of the kindness and the person extending the kindness.

Kindness extended, received, or observed beneficially impacts the physical health and feelings of everyone involved.

~ Dr. Wayne Dyer

November 11th... We honour those who have served in times of war, military conflict and peace.



"Take two minutes, would you mind? It's a pittance of time. For the boys and the girls who went over. In peace may they rest, may we never forget why they died. It's a pittance of time."

Excerpt from "A Pittance of Time" Words and lyrics by Terry Kelly

Lions are doing more than simply providing eyeglasses or planting trees in a park. They are helping to repair the fabric of community, something that is essential to health.

LIONMAGAZINE.ORG

Full story in the digital LION Magazine <https://bit.ly/3TnGQ6h> #WeServe



Gary Sinise Foundation Provides \$350,000 Grant to Leader Dogs for the Blind to Benefit America's Veterans and First Responders

On National Assistance Dog Day, the Gary Sinise Foundation announced a \$350,000 grant to Leader Dogs for the Blind to support our service of veterans, defenders and first responders who are blind or visually impaired with highly skilled guide dogs. Mike Thirtle, CEO of the Gary Sinise Foundation, said "Through our partnership with Leader Dogs for the Blind, several Leader Dogs will be raised and trained to assist those we serve, helping them to regain their freedom and independence. And for all they have sacrificed for our country and communities, as our Founder Gary Sinise would say, 'we can always do a little more.'"

"The support of the Gary Sinise Foundation will directly help veterans and first responders who are blind, visually impaired or Deafblind," said Susan Daniels, CEO of Leader Dogs for the Blind. "The impact of working with a guide dog reaches beyond the recipient to their family, friends and community. As each recipients' self-confidence and travel skills grow, so does their family's comfort knowing their loved one is safe and traveling independently with their Leader Dog by their side." Seven Puppies are to be sponsored.

Pictured on the left is a future Leader Dog 'Forrest', a yellow Labrador retriever named for the main character in the movie Forrest Gump, which co-starred Gary Sinise as Lieutenant Dan Taylor. Leader Dog Forrest is the first of seven Leader Dog puppies that will be sponsored by the Gary Sinise Foundation.



Pictured on the right is a future Leader Dog 'Jenny', a black Labrador retriever named for the main female character in Forrest Gump. Leader Dog Jenny is the second of seven Leader Dog puppies that will be sponsored over the next two years.

Above excerpts from: <https://www.leaderdog.org/>

Submitted by: Lion John Morris, District A3 Chair

DIABETES CANADA

You could be one of the 1.5 million Canadians who have diabetes and don't know it. It's important to know the risk factors and get checked.

Risk factors for type 1 diabetes

Only 10% of people with diabetes have type 1 diabetes. Having a parent or sibling with type 1 diabetes increases your risk. Studies are still under way.

Risk factors for type 2 diabetes

You can have type 2 diabetes without any obvious warning signs or symptoms. If you think you might be at risk for developing diabetes, **don't ignore these risk factors**. The earlier you're diagnosed, the sooner you can take action to stay well.

Some diabetes risk factors can be managed or reduced, while other factors may be beyond your control. For example, you have a greater risk of developing type 2 diabetes if you are over the age of 40 or if you have a parent, brother, or sister with diabetes.

Having any of the following conditions increases your chances of developing diabetes:

- high blood pressure
- high levels of cholesterol or other fats in the blood
- a high BMI or are overweight

Get tested.

Anyone over the age of 40 should be tested for diabetes every three years. If you have one or more risk factors, you should be tested earlier.

Research is saving lives and making diabetes control easier to manage. New medications are constantly being developed and new ways to check blood glucose, some without finger pricks, are making diabetes management easier to live with.

Research runs on \$\$\$.....

Has your Club made its annual donation to

[Diabetes Canada?](http://DiabetesCanada.org)

LEADERDOG FUNDRAISING

District Chair Lion John Morris, with Leader Dog Casey and Lion Barb Robinson at a Fundraising and Awareness weekend at Rens Pets in Peterborough.

Pictured: Lion Barb Robinson, Heather Zahn (Rens Pets store manager), Leader Dog Casey and Lion John sitting behind the leader dog table. With a view of the front of the table. The table is decorated with the giveaway basket.



Submitted by: Lion John Morris

LAKEFIELD VILLAGE LIONS CLUB

The District Newsletter is an excellent venue to give recognition and appreciation to Norma and Gary Jones who have given their “resignation” notice to Lakefield Village Lions Club.

Norma has been a member of this ‘club’ for over 40 years and has been a pillar of information and support throughout the many organizational changes of Lioness to the ‘Lions Club’ we are today. Gary Jones (with his life member status) chose to join a few years ago. Gary also has a record of 40+ years dedicated to Lionism in our community. The “JONES” will be greatly missed.



Handy Reference Websites



District A-3 Lions:
<http://e-district.org/sites/a3/index.php>

Multiple District “A”
www.mdalions.org

LCI—Lions Clubs International
www.lionsclubs.org

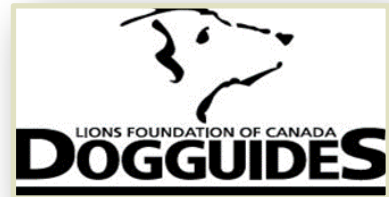
LCIF—Lions Clubs International Foundation
www.lcif.org

Lions Clubs International Conventions

- July 7–11, 2023: Boston, Massachusetts, USA
- June 21–25, 2024: Melbourne, Australia
- July 4–8, 2025: Mexico City, Mexico
- July 3–7, 2026: Atlanta, Georgia, USA
- July 2–6, 2027: Washington, DC, USA
- June 23 – 27, 2028: Singapore

LIONS FOUNDATION OF CANADA DOG GUIDES

In the past, the clubs of District A3 have been incredibly supportive of our own Canadian Dog Guides. Last year 9 clubs in our district hosted 9 Walks. Clubs also honoured their own club members with awards from the Foundation. You also purchased 50/50 tickets. Clubs have also sponsored Dog Guide Teams.



Thank you for your support in 2021-22. A new year is upon us, and I hope your club will be supportive again this year. Don't forget when you are making your budget up to keep the Lions Foundation of Canada (LFC) in mind. Think about an award to honour your Lions Members or sponsoring a Dog Guide Team.

The Foundation's goal is to train 250 Dog Guides a year and they need more and better spaces to make it happen. Their new state of the-art-training school – targeted to open in 2025 – will be the first of its kind.



What an exciting time for our Canadian Lions! This new school will allow them to train more dogs and most importantly, will help more people. The new property has been purchased and the old building sold. There will be more information provided to the clubs in the near future. You may want to start thinking about ways in which your club could help.

My goal this year is to attend as many Zone meetings as possible and keep our clubs informed on the Lions Foundation of Canada Dog Guides (our Foundation).

Their web page has a lot of information on types of programs and how they are making a difference to many clients across Canada. www.dogguides.com

Submitted by: LFC District A-3 Chair Lion Jean Graham



STORY READING IN THE PARK ~ [Summer 2022]

The **EAST PETERBOROUGH LIONS CLUB** were once again so very proud to hold this annual event. This has been a long-time goal of mine and I can't even begin to tell you all how excited I am to be able to host it.

We always go out and canvas the local area with flyers inviting people to attend and bring along their little ones to hear the stories. Once all flyers are distributed, we discuss themes for each week. The event is held Wednesday mornings in August, as we think that is about the time when children become restless and want to get back to school with friends. We start at 11 a.m. and go until 12:30. Around Noon we serve a light lunch and drinks to the children, including a fresh fruit so that each child has the chance to have a nutritious meal, along with some quick snack foods.

This past summer our themes were “Lions, We Serve”; “Sports”; “Camp”; “Everyday Heroes” and “Pajama Party”.

- ◆ “Lions, We Serve” ~ This let the children know what Lions do and who we are, with our club President, Lion Devon Wilkins and her dog guide, Franky as special guests.
- ◆ “Sports” ~ We enjoyed having a coach from Special Olympics attend, who spoke on what Special Olympics was all about and the connection between Special Olympics and Lions.
- ◆ “Camp” ~ We were pleased to have a leader from the Peterborough NOGO Friendship Center attend as our special guest for the day. She spoke on native customs, their meanings, and the different ways that our two organizations could work together. She also introduced the children to the native language and the meanings of certain symbols.
- ◆ “Everyday Heroes” ~ Our very special guests for the day were members from the Peterborough Fire Department. They spoke on the importance of fire safety and showed the children how their special fire-suits worked, before giving everyone a tour of their firetruck. We then introduced the children to our own everyday heroes in our membership such as personal support workers, bakers, teachers, etc.
- ◆ Our final theme for the year was “Pajama Party” and the special guest speaker was one of our members who encouraged the children to get along with others, despite differences and to share in things. We always hold a *Fun Fair* following our last reading, where every child receives a prize regardless of how they played or what they did while playing.



The basic premise behind holding this event is to allow those in attendance to learn a little about us and to learn more about the world around us. We have already begun planning for next year and we look forward to make sure that everyone who wants to attend will be able to join us.



Submitted by:
Lion Frank Hewitt
Service Committee Chair
East Peterborough Lions Club