



# The Cauldron



District 14B Monthly Newsletter

December 2025



merry  
Christmas



December 14 – December 22, 2025



Happy Kwanzaa

The Symbols of Kwanzaa



December 26 – January 1, 2026

*Merry Christmas*



December 25



# From the desk of District Governor Ralph Imbrogno

Fellow Lions and Leos,

As Lions, we stand united in service—answering the needs of our communities with compassion, commitment, and action. This year, our District's focus on mental health, the environment, and hunger relief reflects the core values of Lions International and the urgent needs of our neighbors.

## Mental Health Initiatives

Mental wellness is one of the most pressing issues of our time. Our Lions District is taking meaningful steps to break the stigma, promote awareness, and provide support where it's needed most. Through educational workshops, community conversations, and partnerships with local organizations, our clubs are creating safe spaces for individuals and families to seek help. Every Lion who listens, supports, or shares resources becomes a beacon of hope for someone struggling in silence. I have been talking to the Lions clubs about mental wellness at my club visits.



## Environmental Stewardship

Our environment is a shared gift—and a shared responsibility. Across the District, Lions are planting trees, cleaning parks and waterways, reducing waste, and championing sustainability practices. These efforts not only beautify our communities but also protect the health and well-being of future generations. By caring for our environment, we are living out the Lions' promise to leave the world better than we found it. This initiative is an excellent topic to present to potential new Lions. Particularly young potential candidates are interested in making it a better world.

## Fighting Hunger

No person in our district should go to bed hungry. Lions continue to lead the way in addressing food insecurity through pantry support, meal programs, collection drives, and partnerships with local food banks. Our actions—big and small—ensure that families, seniors, and children receive the nourishment they need. Hunger is a challenge we can overcome when we serve together.

As we move forward, let us continue to embody the spirit of Lionism: service with heart, unity with purpose, and action that uplifts every member of our community. I am deeply grateful for your dedication, and I look forward to all we will accomplish in the months ahead. **REMEMBER SERVICE FROM THE HEART!!!** And continue to volunteer!

**Lion Ralph Imbrogno**

**District Governor**

**Email: [ralphpatty@verizon.net](mailto:ralphpatty@verizon.net)**

**Phone: 412-751-2039**



# Lion Maryann Engel

## Second Vice District Governor

Fellow Lions,

The holiday season is often portrayed as a time of joy, celebration, and togetherness. However, for many, this time of year can also bring feelings of stress, loneliness, and anxiety. Between busy schedules, financial pressures, and expectations of happiness, it's easy to feel overwhelmed.

Common sources of stress during the holidays include:

- Financial concerns, such as spending on gifts and travel
- Family dynamics and social obligations
- Grief over lost loved ones
- Disruption of daily routines
- Expectations to feel cheerful and festive

Recognizing these stressors is the first step toward managing them. It's important to give yourself permission to feel a range of emotions and to seek support when needed.

### *○ Strategies for Supporting Mental Well-being*

- Set Realistic Expectations: Remember that perfection is not attainable. It's okay to say no and to prioritize your own needs.
- Maintain Healthy Habits: Try to stick to regular sleep, exercise, and eating routines as much as possible.
- Reach Out for Support: Connecting with friends, family, or support groups can help combat feelings of isolation.
- Practice Mindfulness: Take time for yourself to relax, meditate, or engage in activities that bring joy.

One powerful way to enhance your mental health during the holidays is through volunteerism. Volunteering not only benefits those in need but also fosters a sense of purpose, belonging, and accomplishment. Studies have shown that helping others can reduce stress and improve overall well-being.

Lions International, one of the world's largest service organizations, exemplifies the spirit of giving back. With a global network of volunteers, Lions are dedicated to making a difference in their communities—especially during the holiday season. Whether it's organizing food drives, supporting local shelters, or providing holiday gifts for children, Lions International members show how compassion and service can bring hope to others and themselves. The act of volunteering can help shift focus from personal worries to the collective good, fostering gratitude and resilience during challenging times.

As you navigate the holidays, remember to take care of your mental health and seek out opportunities for connection—whether with loved ones, community groups, or through volunteer work. By reaching out, supporting one another, and getting involved with organizations like Lions International, we can create a holiday season filled with hope, compassion, and genuine joy.

*May you all have a wonderful and peaceful Holiday season!*

Yours in Lionism,

“Remember to “Just Breathe” and “Keep Climbing”

*Maryann Engel*

email:[maryanndayton@gmail.com](mailto:maryanndayton@gmail.com)

Phone: 919.500.9018





Welcome to our new members to the wonderful world of L Lionism!

MEMBER	CLUB	SPONSOR
Kurt Durick	Oakmont Lions Club	Lion Gary Rogers
Adam Turner	Pitcairn Lions Club	Lion Michael Castagnero
Richard Hewlett	Pittsburgh Lions Club	Lion William Lestitian
Debbie Lestitian	Pittsburgh Lions Club	Lion William Lestitian
Alex McGowan	Pittsburgh Lions Club	Lion Cally Uhl
Domenico Palmieri	Pittsburgh Lions Club	Lion William Lestitian
James Queen	Pittsburgh Lions Club	Lion William Lestitian
Evan Ziebart	Pittsburgh Lions Club	Lion William Lestitian

**MULTIPLE  
DISTRICT  
MEMBERSHIP \***

14G	1470
14A	1293
14D	1180
14C	1167
14T	1074
14M	983
14N	922
14F	881
14P	841
14U	802
14L	770
14J	697
14K	689
14E	659
14H	613
14W	577
14B	562
<b>TOTAL</b>	<b>15,180</b>

\*as of 9/30/2025  
Health Assessment  
Report



**DECEMBER**

**CLUB ANNIVERSARIES**

Bethel Park Lions Club – 83 years

December 9, 1942

Elfinwild Lions Club – 76 years

December 14, 1949



# Editor's Corner



By PDG Harold Fletcher

*"This 'n' That!"*

**Do you think it's about time to get serious about membership ????**

Since July 1, 2025, here's what our District membership looks like from  
LCI Health Assessment Report

July 1<sup>st</sup>, 587 members      added 14      dropped 34      October 31<sup>st</sup>, 567 members

**We are ranked 17<sup>th</sup> out of the 17 Districts!!**



**WHAT A WOMAN!**

During one of our extended weekend trips, Sharyn and I stopped to spend a little bit of time with Mary Kay Berger, wife of the late PDG Bob Berger. Lion Bob and I served together in 1983-1984 Council of Governors, which was the beginning of a friendship that has lasted for 42 years. PDG Bob was the editor of the state's PRIDE magazine for a number of years and received an International Presidents Award for his dedication to keeping the Lions of Pennsylvania informed. Lion Bob passed away 21 years ago. Mary Kay was a member of her local Lioness Club for a number of years. She recently turned 96 years old and still likes putting puzzles together. What a woman!

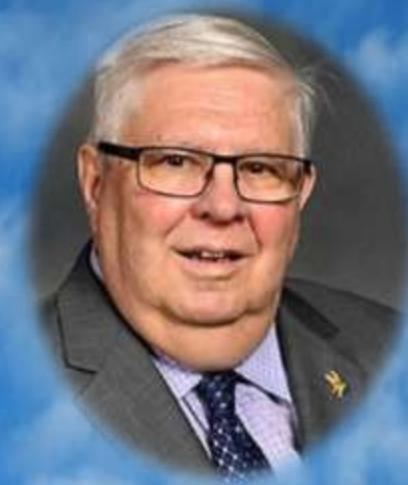
# In Loving Memory



**Lion William P. Sullivan, PhD**

Bridgeville Area Lions Club

February 23, 2025



**PDG John W. Frombach**  
District Governor 14-B, 2008-2009  
Whitehall Community  
Lions Club  
November 5, 2025



**Lion Eugene J. Maurino**

Cheswick-Springdale Lions Club

November 12, 2025

**May they rest in peace**





# Brentwood Lions Club **BREAKFAST WITH SANTA**

Saturday December 6, 2025  
9am-12pm  
Brentwood Civic Center

\$8/ person  
child under 2 free  
includes picture with Santa  
No reservation needed  
for info  
contact  
Jim Engel

919-500-6928

Lions Diabetes Board of Allegheny and Westmoreland Counties

# ***“Christmas with the Lions”***

**Sat. December 6, 2025 – 6:00-9:30pm**

**McKeesport Palisades, 100 Fifth Avenue, McKeesport PA 15132**



### ♦ Buffet Menu ♦

Light Hors D'oeuvres & Cash Bar  
Stuffed Chicken Breast  
Roast Beef au Jus  
Baked Lemon Butter Fish  
With Red Skinned Potatoes  
Green Beans Almondine  
House Mixed Salad  
Festive Christmas Cookies

**\$35/person**

**\$60/couple**

- Cash Bar
- Basket Raffle
- 50/50

**RSVP by**

**Friday, 11/28/2025 to**

**PDG Maryann Belles**

[lionmaryannb14b@gmail.com](mailto:lionmaryannb14b@gmail.com)

412-983-8956

**OR**

**PDG Jeff Jordan**

[jeffreybob14e@gmail.com](mailto:jeffreybob14e@gmail.com)

412-418-3646

### ♦ Entertainment Sponsors ♦

DG Ralph Imbrogno ♦ Blaine Hill Barbecue (Droopy)  
Nickolich Towing 412-233-8610 ♦ Messenger Service-Christi Park  
♦ Mayor Elect Jim Cerqua ♦ Finney Funeral Homes 412-233-8400.





## *Christmas With the Lions*

**Saturday, December 6, 2025, 6 – 9:30 pm**

**The McKeesport Palisades, 501 Water Street,  
McKeesport, PA 15132**

### **RAFFLE BASKETS/PRIZES NEEDED!**

Businesses, Community Groups, Lions Clubs, and Individuals are encouraged and are welcome to contribute a basket to the important fundraising event benefiting education and health programs sponsored by the Lions Diabetes Board of Allegheny and Westmoreland Counties. Programs are based at UPMC McKeesport, UPMC East in Monroeville, and Independence Health Westmoreland Hospital in Greensburg.

Basket, Gift Card, or Donation Specifications:

- Recommended value \$50.00 and up
- No alcoholic beverages may be included (gift card for alcohol are acceptable).
- Items due the week of the event or can be brought directly to the event registration table with prior notice. Drop-offs and pickups can be arranged.
- **To add your name, business, or Club to the Basket Raffle donor list, please contact PDG Mary Ann Belles at [lionmaryannb14b@gmail.com](mailto:lionmaryannb14b@gmail.com) or by calling/texting 412-983-8956.**
- Please have your item ready for display. Gift cards should be displayed in a simple and inexpensive picture frame. Thank you!



# Pennsylvania Counsellors

## Pennsylvania Counsellors Distinguished Service Award

The Pennsylvania Counsellors have established an award for presentation to deserving Lions throughout Pennsylvania – *The Pennsylvania Counsellors Distinguished Service Award*.

Each sub-district may present two (2) *Pennsylvania Counsellors Distinguished Service Awards* annually. The award is limited to one (1) recipient per club per year and a member is only allowed to receive this award once. A list of past recipients can be obtained by contacting PDG Chris Raynak. The Immediate Past District Governor and Vice District Governors are not eligible within the current Lions fiscal year.

Recipients must be of good moral character who is in good standing with their club which is also in good standing to their respected district, multiple district, and Lions Clubs International. Recipient must also be a Lion for at least one (1) year and a day to be eligible. Presentations of each award should be made by the District Governor at a sub-district function.

Applications for *the Pennsylvania Counsellors Distinguished Service Award* shall be submitted by the seated District Governor to their district's Immediate Past District Governor to endorse the recommendations.

District 14-B Clubs, submit your applications to: PDG Chris Raynak

[Cpr14b2021@outlook.com](mailto:Cpr14b2021@outlook.com)

Or mail to: 1006 Harvard Road  
Monroeville, PA 15146

## Pennsylvania Counsellors Distinguished Service Award

Todays Date: \_\_\_\_\_

Name of Proposed Lion Recipient: \_\_\_\_\_

Address of Proposed Recipient: \_\_\_\_\_  
\_\_\_\_\_

District: 14-\_\_\_\_\_

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

Date Joined Organization: \_\_\_\_\_

Briefly explain why this Lion deserves the *Pennsylvania Counsellors Distinguished Service Award*:  
\_\_\_\_\_

Signatures:

District Governor: \_\_\_\_\_ Date: \_\_\_\_\_

Immediate Past District Governor: \_\_\_\_\_ Date: \_\_\_\_\_

PA Counsellors President: \_\_\_\_\_ Date: \_\_\_\_\_

Application

## McKeesport Lions Always on the go... Can't Sit Still!



McKeesport Lions Club has been collecting pop & beer tabs from area residents for the past year, and Lions Marie Domingo & Annette James made a day of it by dropping off the tabs at the Pittsburgh Ronald McDonald House. While they were at it, they picked up 225 pair of unclaimed eyeglasses from the Pittsburgh International Airport and sent them off for recycling at Lions Eyeglass Recycling Center.

*Submitted by Lion Annette James, Secretary*



## The Tarentum Area

**Lions Club** conducted a food drive while the government shut down. Members in the photos are packing up our plastic collection

*Submitted by Lion Thomas Ceschini*



# Pleasant Hills Lions Club participated in the Borough's Annual Children's Candy Crawl



On October 28<sup>th</sup>, the Pleasant Hills Lions Club participated in the Pleasant Hills Children's Candy Crawl, which was held at Mowry Park in Pleasant Hills. Our club sponsored a table full of various types of candies, and it was manned by Lions Tom and Laura Gilchrist and Lion Janet Hayes. There were several other sponsors participating, including other civic organizations as well as local businesses. The TJ High School band was on hand for the crowd to enjoy. Talking about crowds, at the same time as this event was starting up, we were trying to pick up PDG Jim Brubaker, who lives about two blocks from Mowry Park, to go to the District Fall Rally and we could hardly get to his house because of all the parked cars and costumed children on the streets leading to the park. Many thanks to Lions Tom and Laura for once again chairing this event. Thanks to Laura purchasing the candy from Amazon during Prime Days, as we had more than enough candy. *Submitted by PDG Geoff Temole, Secretary*





*"A day which will live in infamy."*

# The Clairton Lions Club is proud to continue supporting our Students

The school year is in full swing, and the Clairton Lions Club is proud to continue supporting our students and teachers! We delivered school supplies to the Clairton School District to help classrooms stay stocked as learning momentum builds. Clairton is moving forward, our students are rising, and together we're building a strong future — right here at home. **We Serve. We Support. We Believe in Clairton.**



Clockwise: Shana Mignogna (Kindergarten), Leann Ruffing (Special Ed), Beth Desiderio (Special Ed), Lion Chris Tognarine, Lion District Governor Ralph Imbrogno, Jennifer Slate (1st Grade), Laura Pavlik (Special Ed), Lion Patty Imbrogno, Lion Cathy White.

“Success in school requires support throughout the year — and we’re proud to stand with our students and teachers.” ~  
District Governor Ralph Imbrogno

We Serve.  
We Support.  
We Believe  
in  
Clairton.

*Submitted by  
Lion Cathy White*



Clockwise: Clairton Lions Cathy White, Chris Tognarine, Ralph Imbrogno, Patty Imbrogno



## McKeesport Lions Club Honored to be the Grand Marshall for the Annual Christmas Parade

On 11/22/25 the McKeesport Lions Club had the distinction of being the Grand Marshall in the annual McKeesport Salute to Santa Parade. Club members rode in golf carts in the parade and our mascot Lion even took part! Some of our members were busy coordinating the parade and taking part in other participating groups so they couldn't join us, but we greatly appreciate the City acknowledging all the great things the club does for the city and its residents.

*Secretary*

*Submitted by Lion Annette James,*



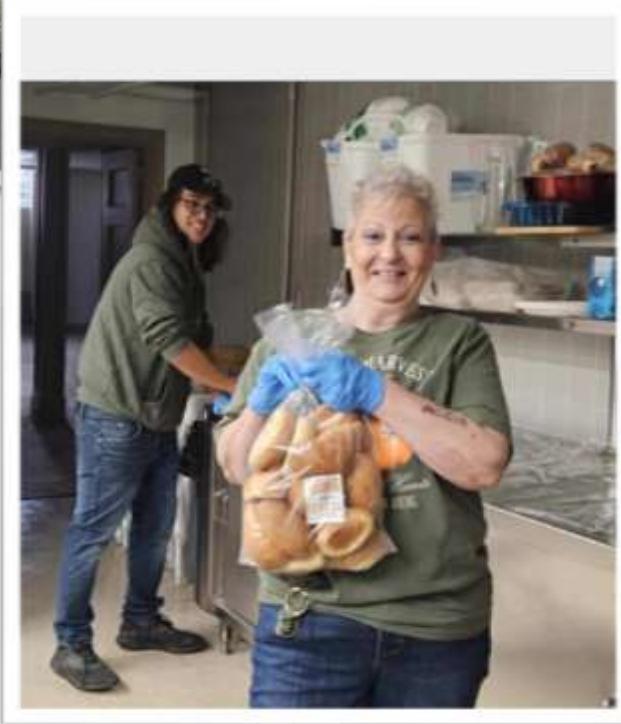
# Pleasant Hills Lions Club holds its second annual Thanksgiving Dinner event

For the second time in as many years, the Pleasant Hills Lions Club prepared and delivered turkey dinners with all the trimmings to those who would otherwise not have a Thanksgiving dinner. Our target recipients were the homebound elderly. We also accommodated some local families in need.

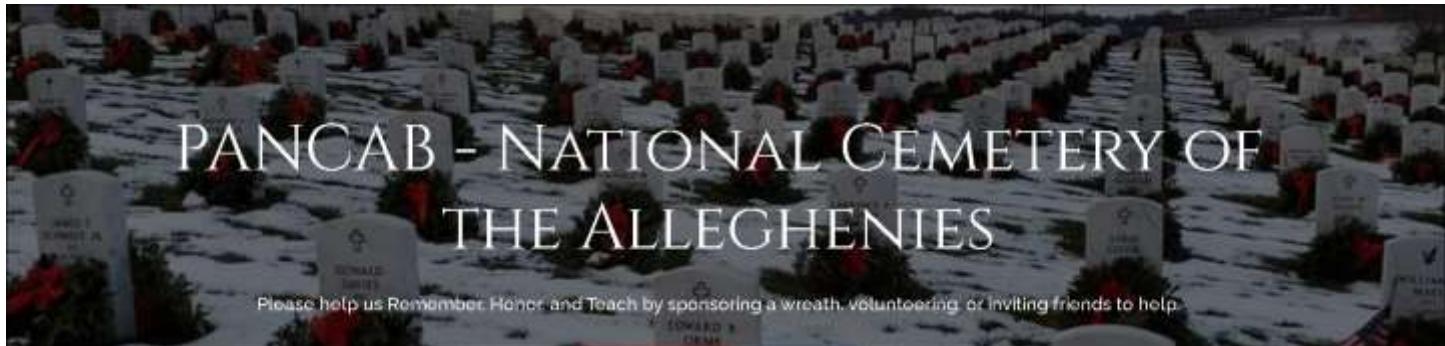
Once again, Lion Paula Siers-Burns did an amazing job as chairperson. Besides other club members helping with this project, we had family members, friends, and members of the community lending a helping hand. For example, members of the Pleasant Hills Garden Club donated homemade pumpkin pies. A very special thanks goes to the McKeesport Hospital Foundation for being a financial sponsor.

Last year, when we started this project, we served 64 dinners. This year, we decided to move it up to 75 meals, and we wound up delivering 110 dinners. We can attribute the large increase to aggressive social media presence, strategically placed flyers, advertising in church bulletins, and word of mouth. This year, we also served a larger area, including parts of the Upper Mon Valley and parts of the city of Pittsburgh. All in all, this was a very successful service project.

*Submitted by PDG Geoff Temple, Secretary*



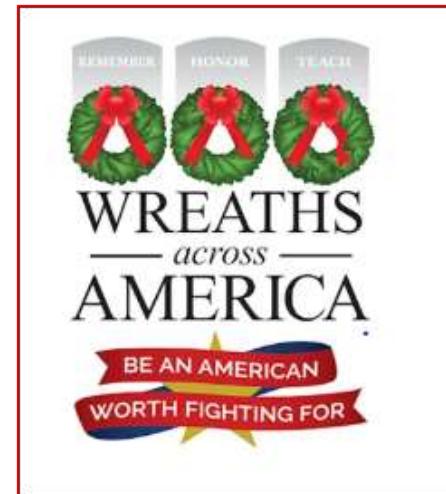
**We Serve**



Welcome to the National Cemetery of the Alleghenies 's Wreaths Across America Page.

We are so grateful for the community's continued support and thank everyone who has sponsored a wreath, volunteered their time, or helped us spread the word about our mission. Each year, approximately 2,000 new veterans are laid to rest at the National Cemetery of the Alleghenies. Therefore, the need for wreaths is always growing. Anything we receive over goal helps us get a much-needed head start the following year.

Each handmade, fresh, live wreath is made in the United States with Maine balsam. The cost to sponsor one wreath is \$17. We are grateful for any amount of generosity you can offer and appreciative of your time.



On behalf of Wreaths Across America, the volunteers, and families of those laid to rest at the National Cemetery of the Alleghenies, we thank you for your support.

### *Save the date!*

National Wreaths Across America Day is Saturday, **December 13, 2025**. Our ceremony begins at noon with wreath laying to follow.



RESULTS  
2025 SO FAR

16,501 Wreaths Sponsored  
90.2% to Goal  
1,799 To Go!

131 Wreaths From PAREAM / PAREAM!

### Stay Connected:

Facebook: Wreaths Across America – National Cemetery of the Alleghenies

Instagram: @wreathsacrossamerica\_PANCAB

**Please contact the Local Volunteer Coordinator:**

**Boyd Jones, [boydj.waa@gmail.com](mailto:boydj.waa@gmail.com)**

**Doing anything on December 13<sup>th</sup>?**

HO-HO-HO!

*Merry  
Christmas  
to all, and  
to all a good  
night!*

