



The Cauldron



District 14-B Monthly Newsletter

May 2026



Memorial Day



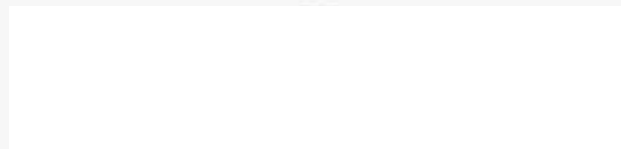
Dear Mom.

*To the one who's always there,
With love beyond compare,
On Mother's Day, we send our cheer,
For you, our guiding star so dear.*

*Through every trial, you lead the way,
With wisdom brightening each day.
Your love, a beacon through the night,
Bringing warmth and endless light.*

*So here's to you, our shining light,
Our source of strength, our heart's
delight.*

*Thank you, Mom, for all you do,
On this special day, we honor you.*



From the Desk of District Governor Ralph Imbrogno

VITAL INFORMATION ON DIABETES

As I promised you fellow Lions, the message for May 2026 will be in the monthly Cauldron and will be plenty of valuable information on Diabetes. Approximately 537 million adults globally are living with diabetes; by 2045 this number will reach 783 million; that increase is frightening.

Lions Clubs International (LCI) and the Lions Clubs International Foundation (LCIF) focus on reducing the prevalence of diabetes and improving quality of life through community-based screening, education and lifestyle improvement programs. They emphasize type 2 diabetes prevention through initiatives like Strides for Diabetes awareness walks and community screenings.

Some of the Key Diabetes Initiatives and prescreening and awareness:

- Strides for Diabetes Awareness: Fun, physical activity, events aimed at promoting diabetes awareness and preventing or delaying the onset of type 2 diabetes.
- Lions conduct screening events to help communities understand their risk providing education, referral services, and supporting prevention.
- Grant Support: The Lions Clubs International Foundation (LCIF) provides grants for diabetes service initiatives, such as launching diabetes camps, improving healthcare infrastructure, and funding diagnostic equipment.
- Partnership and Education: Programs often partner with health organizations to provide medical help and information. Focus areas as follows:
 - Type 2 Diabetes Prevention: Reducing the impact of diabetes in underserved communities.
 - Education: Educating communities on risk factors, healthy lifestyle, and managing the disease.

Advocacy: Working with partners to improve access to care, medicine, and diagnostic tools.

What can you get for free if you have diabetes? Glucose meters, insulin and test strips, from the Lilly Cares Foundation.

What are the 5 best foods for diabetes? Spinach, kale, fish, (salmon and mackerel) nuts and avocado. November is Lions Club Diabetes Awareness Month. The miracle fruit for Diabetes is no sugar at all.



My dream is for some day that we find a cure for that dreadful disease and we find a way to REVERSE DIABETES. It is strongly believed that if you lose weight, eat a low carb diet of whole plant-based foods, exercise and stress management could be very helpful to control and manage Diabetes.

CONTINUE TO FOLLOW YOUR HEART AND VOLUNTEER
Stay safe and keep healthy

Lion Ralph Imbrogno

District Governor

Email: ralphpatty@verizon.net

Phone: 412-751-2039



Memorial
Day
Never Forget
Ever Honor

Lion William Lestitian

First Vice District Governor

Fellow Lions and Leos,

At the April meeting of the Pittsburgh Host Club, President Jordan Sheets led a discussion for the benefit of the club's newest members regarding the Lions Core Values. Whether one is a new member or a Lions Club veteran, it is good to keep the following Values in mind as we work to improve our clubs and communities :

Service. "We Serve" is not only our motto, but the central tenet around which all of the other core values revolve.

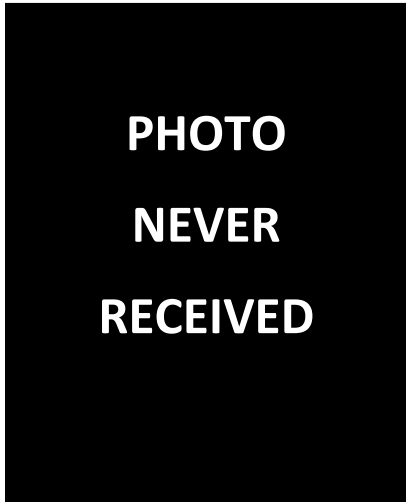
Excellence. Lions are passionate about the causes we serve and the differences we are making together. We strive for excellence and we measure it by every community we impact and every life we touch.

Diversity. Lions believe that diversity is our strength and it starts with fostering understanding, appreciating our differences, and valuing our unique talents and experiences.

Dynamic Collaboration. Lions work as a team to solve problems, meet challenges, and bring our service to life.

Personal and Professional Integrity. Lions promote and live by the principles of good citizenship. Lions are dependable, trustworthy and accountable for our actions and their results.

Spirit of Innovation. Lions evolve to meet the changing needs of those we serve, embracing growth, and creativity. Lions embrace new ideas, best practices and continual improvement.



Yours in Lionism,

Lion William Lestitianen

email: WELestitian@Gmail.com

Phone::(412) 921-9960



Lion Maryann Engel

Second Vice District Governor

Dear Fellow Lions and Leos,

May is a month that symbolizes renewal, growth, and a deep sense of appreciation. As spring reaches its peak, communities come alive with blooming flowers, warmer days, and a renewed spirit of connection. It is also a time marked by meaningful observances such as Mental Health Awareness Month, Memorial Day, and countless local celebrations that honor service, compassion, and unity. May invites us to reflect on how we care for one another and how small acts of kindness can create lasting impact.

This spirit aligns seamlessly with the mission of Lions Clubs International. Lions around the world embody the essence of May by stepping forward to serve their communities with dedication and heart. Whether supporting mental health initiatives, protecting the environment through clean-up efforts, assisting those in need, or honoring veterans and active service members, Lions turn the ideals of compassion and service into meaningful action. Our motto, “We Serve,” comes to life in countless ways during this vibrant and purpose-driven month.

As we embrace all that May represents, it is an opportunity for Lions and community members alike to come together, inspire hope, and make a difference. By continuing to build connections, uplift those in need, and foster a sense of belonging, we carry forward the true meaning of the season—growth not just in nature, but in kindness, service, and community spirit.

I hope to see all of you at the PA Lions State Convention from May 14-17, 2026.

Remember t

“Just Breathe and Keep Climbing!”

Yours in Lionism,

Lion Maryann Engel

email: maryanndayton@gmail.com

Phone: 919.500.9018





MEMBER	CLUB	SPONSOR
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Travis Simpson-Hunt
Jeffre Carder

Mt. Lebanon Lions Club
Pittsburgh Grandview Lions Club

Lion Robyn Vuttek
Lion David Soinelli



**MULTIPLE DISTRICT
MEMBERSHIP ***

14G	1476
14A	1251
14D	1160
14C	1147
14T	1053
14M	943
14N	939
14F	849
14P	844
14U	779
14L	741
14J	684
14K	672
14E	656
14H	600
14W	604
14B	576

TOTAL 14,974

***as of 3/31/2026
Health Assessment Report**

CURRENT

D ISTRIC T 14B MEMBERSHIP

July 1st 587

Added..... 39

Dropped **50**

January 31st 576

LCI Health Assessment Report,

March 31, 2026



Editor's Corner

By PDG Harold Fletcher

"This 'n' That!"



Help the Editor: It would be very helpful if articles are sent to me as the events take place. If everyone waits until the deadline , it becomes impossible to have the Cauldron ready by the first of the month. Also limit the number of photos sent-decide which are the best and send them.

All articles received after the 25th! Those received after the 24th will appear in the following month's Cauldron. Thank you.

LAST CABINET MEETING FOR 2025 - 2026 LIONS YEAR --May 30th 10am

MAY'S

CLUB ANNIVERSARIES

Pitcairn Lions Club – 47 years

May 9, 1979

South Park Lions Club -66 years

May 18, 1960

District Project Finalized with the Installation of the Diabetic Retinopathy Screening Camera



A proud moment for Lions of District 14B! PDGs Harold Fletcher, Mary Jane Keller, Rich Keller, Mike Crossey, and Chris Rajoin UPMC staff Lion Dr. Evan Waxman and Zeila Hobson to celebrate the arrival of the state of the art diabetic retinopathy screening camera made possible through our District Lions Clubs, McKeesport Hospital Foundation, and a matching grant from Lions of PA Foundation generosity—another meaningful step forward in the mission of sight conservation and service. A big Thank you and congratulations to all the participating Clubs.

Submitted by PFG Chris Raynak

*Thank you District 14B Lions for your support
and making this possible!*

Spring Celebration!

District 14-B Spring Party was held at Gaetano's Restaurant on Sunday, April 26th. There were approximately 46 in attendance for a very enjoyable luncheon. Master of Ceremony was First Vice District Governor, William Lestitian. District Governor Ralph Imbrogno spoke about his club visitations and how he was inspired by each and every club on how they took on so many different projects and how it helped many people. Guest speaker was PA Lions State Council of Governor Chair, PDG Mike Crossey who spoke about leadership and membership. A Necrology service was held for 12 members who have passed and will be truly missed. 14-B's future Governors were nominated and voted in unanimously: Future District Governor, William Lestitian; First Vice District Governor, Maryann Engel; and Second Vice District Governor, James Engel. A great time was had by all!

Article and photos submitted by 2VDG Maryann Engel!



Here are a few more pictures...



Sponsored by

McKEESPORT LIONS RIVER FLEET LIONS CLUB .. WHITE OAK LIONS CLUB
AND THE WHITE OAK CLUB . . . MON ROTARY CLUB



GIVE THE DONATE YOUR BLOOD

JOIN OUR BLOOD DONATION DRIVE AND
MAKE A LIFE-CHANGING IMPACT TODAY.




Saturday, June 26, 2026
1 PM - 3 PM

Sampson's Mills
Presbyterian Church
1665 Lincoln Way, White Oak, PA
(parking in the rear lot on Ohio Ave.).

CALL: (123) 456-7890

If you'd like to sign up, don't hesitate to get in touch with Carol Lasch, Laura Bosnak-Thompson, Annette James or Craig Anlauf.

All participating donors will receive a voucher to redeem with the Pirates for 2 tickets to a game of their choice.



Walk-ins are
ALWAYS WELCOME!!

Be a hero in someone's story.

Pleasant Hills Limos Club's ANNUAL GRILLED CHEESE AND TOMATO SOUP

On Sunday April 12th the Pleasant Hills Lions Club held its annual Grilled Cheese and Tomato Soup fundraising event. Ironically and unknown to any club member, it happened to be National Grilled Cheese Day. Who knew? This was the first time we had the opportunity to use the multipurpose room at the brand-new Pleasant Hills Borough Building

Lion Paula Siers-Burns and our newest member, Lion, Greg Venbrux, did an outstanding job of chairing this event. The kitchen crew, which consisted of Lions Janet Hayes, Tom Gilchrist as well as Paula and Greg, did an amazing job preparing the lunches.

15 club members contributed in some way to the success of this event. Also, thanks go to the TJ National Honor Society students who volunteered their time to help out.
Submitted by PDG Geoff Teme, Secretary



Front row L to R Lions Shannon Gibson and Bella Stash
Back row L to R KL Bruce Alyemus and Lion Nick Nova



L to R Lions Paul Siers-Burns, Greg Venbrux, and Janey Hayes ; Ray Gilchrist and Lion Tom Gilchrist



Foreground Lion Barbara and Irv Latterman; In the back 1st VDG Bill and Lion Deb Lestitian



Pennsylvania Lions 103rd State Convention

May 14 through May 17, 2026

GUESS WHAT?

There is still time to register!

Just complete the registration form on the
following page!

**LOOKING FORWARD TO SEEING YOU, I'LL BE
WEARING A GREEN COAT!!!**



103rd ANNUAL PENNSYLVANIA LIONS CLUBS STATE CONVENTION
 Thursday May 14 through Sunday May 17, 2026
 Kovalchick Convention and Athletic Complex, 711 Pratt Drive, Indiana, PA 15705

REGISTRATION (complete one form per attendee)

Return form by: April 21, 2026

Name (Last Name, First Name) _____ Sub-District _____
 Circle Membership: Lion Leo Guest Title: ID PIP PID DG VDG PDG CC PCC

Address _____ State _____ Zip Code _____

Club Name _____ Spouse/Partner/Guest _____
 First State Convention: Yes No (circle) Years as a Lion/Leo _____
 Special considerations: Dietary Hearing Vision Physical Challenges (circle)
 Notations: _____

Convention Registration Fee \$15 per attendee (no fee for Leo but must register) \$ _____
State Convention Pin @ \$5 per pin \$ _____

Meal Reservations

Friday Luncheon * \$25 per person Various sandwiches, side salads, chips, pickles, \$ _____
 assorted cookies and beverages

PA Counselors/District Governors Honor Banquet – Friday * \$35 per person \$ _____
 Plated meals with garden salad, roasted fingerling potatoes and garden vegetable medley,
 Layered Mouse Martini dessert
 Entrée choice check one: _____ Asiago Crusted Chicken with Red Pepper Sauce
 _____ Garlic & Herb Roasted Pork Loin
 _____ Garlic Vegetable Lasagna Roll-up w/creamy garlic sauce

Saturday Luncheon * \$25 per person Deli meats, side salads, bread/rolls, assorted cookies \$ _____
 and beverages

Saturday International Banquet *35 per person \$ _____
 Plated meals with garden salad, mashed potatoes and hand turned carrots, NY style cheesecake
 Entrée choice check one: _____ Roast Beef
 _____ Slice Turkey
 _____ Arancini -Italian Rice Ball w/ San Marzano tomato, parmesan & basil

Melvin Jones Fellow / Key Member Breakfast Sunday * \$20 per person \$ _____
 Breakfast buffet with pastries, potatoes, bacon, sausage, scrambled eggs, coffee, tea, juices.

EXTRA EVENTS

Friday morning tour to the Jimmy Stewart Museum \$10 per person \$ _____

Saturday afternoon "Wine Tasting Event" \$25 per person \$ _____

Total amount enclosed (payable to: PA LIONS DISTRICT 14M STATE CONVENTION) \$ _____

Send to: Dan Swincinski, PA Lions Convention, 246 Rock Cut Road, Central City, Pa 15926
 814-244-9210 email: pallionsconvention2026@gmail.com

Pitcairn Lions Blood Drive

May 20, 2026 1:00 to 5:00
549 Broadway Blvd , Park Building
PITCAIRN, PA, 15140



Walk ins are welcome
Or make an appointment at
[Vitalant.org](https://www.vitalant.org)

Under opportunities in your area
Change zipcode to 15140
Click on Donate, then distance
Scroll to Pitcairn Lions on May 20, 2026

THE WHITE OAK LIONS PRESENTS

MONTANA MARIE

MYSTERY'S MOST WANTED
PITTSBURGH'S #1 DINNER THEATER PRESENTS



MONTANA MARIE
Gets Gunned Down at Three

Saturday, May 16, 2026

Tickets are \$30.

New Location

Mary, Mother of God/St Angela

Gym, 2701 Kelly St.,

White Oak

5:45 PM Doors open

6:30 PM Pasta dinner

7:30 PM Mystery show

**Come join the fun! We will have
auction baskets and 50/50 available.
Get ready for a great evening!!!**

New this year you can BYOB!

**For tickets, please call your local White Oak Lion,
Carol Lasch 412-877-4298 or
Rich Peters 412-678-3719**

Pasta Event

New and Improved Pasta Event 2026

Hosted by

Pittsburgh DeafBlind Lions Club

When:

**SATURDAY, June 27, 2026
10 AM - 3 PM**

Where:

**St. John the Baptist Byzantine
Catholic Church 1720 Jane St.
Pittsburgh, PA. 15203
*Parking is in the back of the***

Cost:

Ages 16 and up - \$15
Children 8-15 - \$5
Children 8 and under **FREE!**

Menu

Choice of sauces: Marinara or Alfredo, 2 meatballs, salad, bread and butter, dessert.
Coffee, tea, cold drinks, and water.
Vegetarian option, Meatballs are not cooked in sauces.

Eat in or takeout! Can pre-order dinners for pick up.

Proceeds donated to area Lions projects, especially hearing/deaf and vision issues.

For more information?

Contact Lion Barb, a 412-551-0485





Mon River Fleet Lions Club 15th Anniversary Celebration!

Mark your calendars for the **Mon River Fleet Lions Club 15th Anniversary Celebration** on **Saturday, June 6, 2026** from **5:00PM to 9:00PM** at the

Core Event Center
100 Colony Drive, Irwin, PA, 15642

Social begins at 5:00PM – Buffet Dinner at 6:00PM
Cost is \$40.00 per person

Please make checks payable to Mon River Fleet Lions Club

All clubs are welcome! Buffet Dinner, Cash Bar, DJ, Door Prizes, and more!

Reservations are due by May 26, 2026

(No reservation confirmed without payment)

Please RSVP with Monica Hancharik
950 Fawcett St. McKeesport, PA 15132

Name: _____

Club: _____

Number of Reservations: _____ @ \$40.00 Total Due: _____

(Please make checks payable to Mon River Fleet Lions Club. Return bottom half of this form along with your payment to Monica. For any questions please contact Jim Phillips at 412-862-5565)



Kindness
· IS THE ·
LANGUAGE

that the
DEAF
can hear
and the
BLIND
can see

Massachusetts Lions
Low Vision Network



Lions Clubs INTERNATIONAL

We Serve

Brentwood Lions add one more to Club Roster



The Brentwood Club had a new member induction on April 15th. Second Vice District Governor Maryann Engel performed the ceremony. New member Todd Fabian was presented with his Lions pin by his sponsor, Gary Davis.

*Submitted by VDG Maryann Engel,
Secretary*





THE JOE DONKIN MEMORIAL GOLF OUTING
Supporting the Districts 14B & 14E Lions Diabetes Board

SUNDAY JUNE 28TH, 2026



Shotgun start: 2:00pm (1:00pm registration)
Cost: \$125 per golfer (Dinner only \$30)

Event Major Sponsor \$2,500

(Includes 4 golfers, Souvenir Recognition, Tee Sign)

Type 1 Sponsor - \$1,500 (includes Foursome and Tee Sign)

Type 2 Sponsor - \$1,000 (includes Twosome and Tee sign)



Single Tee Sponsor - \$250

Tee or Green Sponsor - \$100

Mail Checks Payable to:

LDBAW

c/o Sean Raynak

200 Mallard Drive

Monroeville, PA 15146

The Lions Diabetes Board of Allegheny and Westmoreland Counties is a 501(c)(3) charitable organization.



REGISTRATION FORM

FOUR SOME #1

Golfer 1 _____

Golfer 2 _____

Golfer 3 _____

Golfer 4 _____

FOUR SOME #2

Golfer 1 _____

Golfer 2 _____

Golfer 3 _____

Golfer 4 _____

Beverage Cart Sponsor: _____

Tee or Green Sponsor: _____

Name on Tee Sign: _____

Get in the Spirit for our...

CHRISTMAS in JULY!

53rd Annual
Knights of the Blind
Golf Outing

Baskets & Sponsorships
Needed!

Be a Summer Santa!

★ Become a
Sponsor!

★ Donate a
Basker!

Help Make Our Event a HO-HO-Hit!



53rd Annual District 14-E Knights of the Blind Open



PDG Thomas L. Gregg
1130 Willowbrook Road
Rostraver Township, PA 15012
(724) 872-0707
Tomgregg@verizon.net

Glengarry Golf
66 Lentz Road
Latrobe, PA 15650
(724) 423-4653
www.golfglengarry.com

Saturday, July 25, 2026

Registration 1:00 PM

Shotgun Start: 2:00 PM

REGISTER EARLY AND SAVE \$10!

Registration must be received by July 18, 2026 and all forms must include payment. No Exceptions and no onsite registration payments will be accepted.

REGISTRATION INCLUDES:

Green Fee and Cart, Snacks, Free Beer/Soft Drink, Lunch at turn, Skill Prizes, Souvenir Gift, and Dinner.

Please note that the amenities included with your registration are subject to change due to restrictions or other unforeseen circumstances.

REGISTRATION FORM

\$110.00 per player for registration post-marked by June 30, 2026.
\$120.00 per player for registrations post-marked between July 1 and July 18, 2026.

Dinner only is \$25.00.

Make checks payable to "District 14-E Lions."

CONTACT PERSON: _____

ADDRESS: _____

PHONE NO.: _____ EMAIL: _____

TEAM MEMBERS (please indicate if anyone wants their dinner to go):

1. _____
2. _____
3. _____
4. _____

Submit Registration Form and Checks to:
PDG Tom Gregg
1130 Willowbrook Road
Rostraver Township, PA 15012



53rd Annual District 14-E Knights of the Blind Open



PDG Thomas L. Gregg
1130 Willowbrook Road
Rostaver Township, PA 15012
(724) 872-0707
Tomgregg1@verizon.net

Glenary Golf
66 Lentz Road
Latrobe, PA 15650
(724) 423-4653
www.golfglenary.com

SPONSORSHIP FORM

NAME OF ORGANIZATION: _____

CONTACT NAME: _____

PHONE NO.: _____ EMAIL: _____

SPONSORSHIP	BENEFITS	COST	SELECT HERE
Diamond Level	Registration for 2 golfers, tee sign, full-page program ad, and recognition during dinner	\$1,000.00	
Gold Level	Tee sign, full-page ad, and recognition during dinner	\$500.00	
Silver Level	Tee sign	\$150.00	
Bronze Level	Beverage cart sponsor	\$75.00	
Individual Level	Golf cart sponsor (not available for clubs or businesses)	\$50.00	
Program Ads:	Full-page Half-Page Quarter-Page Patron	\$100.00 \$75.00 \$50.00 \$2.00/name	

All sponsorship information and artwork must be turned in by no later than **July 18, 2026**. Make checks payable to "**District 14-E Lions**" and put "**2026 KOTB Ad**" in memo line. Please return this form and forward any artwork to be used on either the signage or in the program ad and payment to:

PDG Robert Mesher
441 Gallatin Road
Rostraver Township, PA 15012

THANK YOU FOR YOUR SUPPORT!



Dear Fellow Lions,

Today, we are proud to introduce something we have been working toward for some time, and something we believe will become one of the most meaningful expressions of our mission as PA Lions.

The Circle of Honor is our new veterans programming fundraising initiative, and it begins with a simple, powerful act: **placing a name in stone.**



Design concept — circular memorial, 42-ft diameter · Pentagon fire center

At the heart of Beacon Lodge Camp's veteran programming area, we are building a permanent 42-foot circular Veterans Memorial Walkway, a sacred gathering space where veterans can reflect, families can find their loved one's name in stone, and our Lions community can honor those who served in a way that endures long after we are gone.

This is not just a memorial. It is a living fundraising initiative that directly supports veteran programming at Beacon Lodge Camp, inor and an investment in the veterans we serve.



The Monroeville Lions invite you to tee off at the

**28TH ANNUAL DR. ANGELO P. DIPIAZZA
MEMORIAL CHARITY GOLF OUTING**

Saturday, August 15, 2026

Manor Valley Golf Course
Export, PA

Sponsorships available

For more information and participant registration
contact **Sean Ruynak** at (412) 736-9804 or
by email at sruynak@gmail.com



Hole
contests,
prizes,
awards,
reception
and more!



Monroeville Lions Foundation



28th Annual Dr. Angelo P. DiPiazza Memorial Charity Golf Outing

Saturday, August 15, 2026
8AM Shotgun Start

Entry Fee: \$125 per Golfer
(All Proceeds Benefit Blind Charities and Community Programs)

Manor Valley Golf Course
2095 Denmark Manor Rd, Export, PA 15632
Off Rt. 22 East between Export and Harrison City
Phone: 724-744-4242 www.manorvalleygolf.com

**18 Holes of Golf * Cart * Beverages * Hot Dog Lunch
Tournament Dinner * Door Prizes * Skill Contests * Raffles**

For More Information Call: Sean Raynak (412) 736-9804 or sraynak@gmail.com
Complete and Send in Form, with Payment by August 1st
(Don't have a foursome? Send in just your name(s), we will match you up)

Team Captain _____
Golfer 2 _____
Golfer 3 _____
Golfer 4 _____

Primary Phone: _____ City: _____ State: _____

Mail or Deliver Entry Fees with Application to:

Monroeville Lions Club
C/O Sean Raynak
200 Mallard Dr.
Monroeville, PA 15146



