

# THE NORTHERN LION

District 20-W Monthly News Letter

VOLUME 7, ISSUE 1

JULY - AUGUST 2017

## DISTRICT GOVERNORS MESSAGE



Hi fellow Lions!

I hope that you're all having a great summer! For those of you who don't know me, I'm DG Lion Donna Ober. I've been a member of the Potsdam Lions Club for 7 years. I became a Lion because I'd made a New Year's Resolution in 2010 to join a service organization. I've discovered over the years that serving others is my passion. This year, our International President's, Dr. Naresh Aggarwal, theme is The Power of We + The Power of Action = The Power of Service. And so this year, I want us to focus on what we do best – serve other people in our communities. But what does it mean to serve? For me it means simply this: any action that can be taken that will improve the life of at

least one person. And as we begin to move into a new century of service, we have exciting new opportunities to serve within the structure of the new global service framework: vision, relieving the hunger, environment, diabetes awareness & prevention & pediatric cancer. A service project can be a good drive, cleaning up a highway or park, giving \$50 to someone who really needs it, screening preschoolers vision, just to name a few. So think about how your club might be able to meet the needs of people in your community. Don't be afraid to try something new & listen to your newer members. Throughout this year, please remember to keep doing your monthly activity reports so that I can see the things that your club is doing. I would also love to hear stories this year of the ways that your club has had an impact on someone else's life. Don't forget to ask a non Lion to join you on a service project & let them see for themselves how fun & rewarding it can be to be a Lion. I'm looking forward to visiting with each of your clubs this year & celebrating & remembering your successes with you. Please feel free to contact me any time if I can be of any assistance to your club. I wish you all the best for a successful Lions year ahead. Thank you for allowing me the honor & privilege of serving you as your District Governor for 2017-2018.

DG Donna

315-244-1141

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# District 20W Financial Committee Message



## Lions of District 20W

Dear Lions of District 20W,

August 7, 2017

With our impending redistricting, the finance committee discussed several new measures regarding the budget for the year. We suggested the following and the cabinet approved the budget on August 5, 2017. In the new budget, **NO District Dues** will be collected. Each club may choose to pass that savings along to their members or they may keep that money in their administrative funds for the use of their club. One of the districts that we are merging does not collect district dues and we have enough money in our accounts to see us through the year. Payment of Multiple District and International dues are still required and should be taken care of as soon as you receive the invoices.

In addition, even though we are sure that DG Donna will do a great job, we have money at LCIF to pay for her thank you gift at the end of the year, so we are not collecting money for a DG gift this year.

The other major change was the funding of training for at least 10 people from the district. It would be fantastic if we could send 10 people to the Multiple District Lions Leadership Institute in October. We are including an application for anyone that is interested. Even if you feel you do not need any leadership training, this is a great place to learn more about Lions so that your club is up to date and moving forward. We are asking that each person wishing to attend pay \$50 as a deposit, which you will have returned to you once your training is complete. This is open to any club officers or members. There are other LCI offered trainings and if anyone has an interest in one of those, you may certainly apply with the same requirement of a \$50 deposit returnable upon completion of the training.

The above items are possible because of the careful spending of the last few years as well as money from hosting the State Convention. District 20W has a nice nest egg that we will split and take to our new merged Districts once we have completed this year. Remember that we are still District 20W and we have goals to meet this year. Keep asking for those new members and continue to serve your communities in the outstanding way you have for years. Those things will not change for anyone even if your District name or boundaries do change. We have a lot to be proud of in "W" and when we report our activities, the rest of the Multiple and LCI will see what we do.

Have an outstanding year and thank you all for your service to Lions and your communities.

Sincerely,

*CST Gail Muntagh*  
The Finance Committee

*CC Kelly Clark*  
*DG Donna Olsen*

# Lions Club Dues

By now all District 20-W Lions clubs should have received notification for payment of your dues providing your clubs PU-101 was done and email and mailing addresses were correct.

The **District 20-W** dues of \$5.00 per club member WILL NOT be required this year. Your club can either pass this savings onto your members or place the added money into your clubs Administration Account.

The notification for your clubs MD20 NYS & Bermuda dues should be received via email by your Club President, Club Secretary and your Club Treasurer. If your club does not receive notification please contact MD20 Office Administrator Maria Poulsen via email at [nyslions@cnyaml.com](mailto:nyslions@cnyaml.com) or via phone at 315-478-3131

The notification for your clubs LCI dues should have received via US mail by your Club Treasurer. LCI also sends out an email to your Clubs President, Secretary and Treasurer informing them that payment of dues is available on line if that is how you club makes it's payment.

**It is very important that all clubs pay their dues in a timely manner to both MD20 NYS & Bermuda Lions and Lions Club International. If payment is received promptly then our district will get reimbursement payment back from LCI.**

## Northern Lion Reminder

The Northern Lion is emailed to Club Presidents, Secretaries, and Treasurers who have a valid email address listed with Lions Club International. It is also posted on the District 20-W website which can be found at [www.e-district.org/sites/20w/index.php](http://www.e-district.org/sites/20w/index.php)

Club officers please share with all your club members.

**This years goal for sending out the Northern Lion will be the 10th of each month. I will need any entries to me by the 3rd of the month for this to happen. Please submit all entries to [outageco@yahoo.com](mailto:outageco@yahoo.com) in either Microsoft Word format or in an email. Please do not send it in pdf format. All pictures should be jpeg format and if applicable please identify those in the picture.**



### Club Anniversaries



**July**  
None

#### **August**

Lake Placid Lions Club - 78 Years  
Saranac Lake Lions Club - 78 Years  
Tupper Lake Lions Club - 82 Years  
Watertown Lions - 79 Years

# Lions Camp Badger News

July 2017

Hello from Lions Camp Badger!

June is crunch time here at the camp and by the time you are reading this, we will be in full-on summer camp mode. Session One for campers ages 13-20 begins on July 2 through July 14, and Session Two for campers ages 21-30+ begins on July 16 through July 28. We are already adding names to our mailing list for next summer.

For staffing, we will have one Assistant Director; two Health Directors over the 4 weeks of camp being assisted by a part-time LPN; one Aquatics Director who will be assisting as a counselor when not at the pool; plus eleven counselors, some of whom will be acting as 1:1 aides as needed. Oh, and we can't forget the Camp Cook! Also this year, we will have 5 or 6 student volunteers during the day. The staff will be participating in several days of training before camp including participating in a workshop from the Department of Health on tick-borne illnesses and disease prevention, and attending a fishing clinic sponsored by the Department of Environmental Conservation. The DEC is bringing free fishing poles and other equipment to use with our campers.

Pat Gillule, our Camp Director, has been working hard on programming and scheduling, and several special events are planned and confirmed. She has secured participation in the NYS Summer Food Service Program for Session One, which will provide Breakfast, Lunch, and Snacks for campers and student volunteers. This will provide significant savings for us, but since most of the food that the program offers is prepackaged, processed foods, we plan to supplement with fresh ingredients whenever possible. Our campers will assist with salad bar preparation and making their own snacks.

Don't forget to "like" our page "Lions Camp Badger" on Facebook for regular updates on what's happening here at camp.

Also, mark your calendars for our annual **Lions Appreciation Day** on Sunday, **July 30<sup>th</sup>**. It's a day that we hold every year to celebrate and show appreciation for you, as Lions, and others who support this beautiful camp and help us to continue our mission. It's also a good time to show you what camp is all about and all the great things that are happening here. The day begins with a brief memorial service in our beautiful Chapel at **10:00 am** and dedication of any new memorial pavers in our Chapel gardens. Then we head to our Collins Conroy Lodge to show off the new addition to the building; for introductions of the new Council of Governors and our Board of Directors & staff; recognitions; camp slideshow presentation; and best of all, our Chicken BBQ luncheon. If you are thinking about attending, just make a quick phone call or send an email to Cynthia in the office with a head count, so we can plan on how much food to make! 1-800-232-7060 or [lionscampbadger@htva.net](mailto:lionscampbadger@htva.net). For the complete schedule for the day, please visit [www.lionscb.org](http://www.lionscb.org) and look under "What's New."

Watch for our August article for a review on how the summer camp programs are going!



# Lions Camp Badger News

What could be better than two weeks of fun in the sun with good friends and great activities? Lions Camp Badger provided all this and more to fifty-three campers this summer. Ranging in age from 13-37, all of the campers had special needs. Coming to camp offered them an opportunity to socialize with peers, experience new activities, and grow more independent. Camp also offered parents an opportunity for respite from caretaking--something that is very critical for families but often difficult to find.

Campers at Lions Camp Badger worked on vocational skills that included gardening, manufacturing, and food preparation. They also learned how to do their laundry, use the dishwasher, and care for themselves and their personal belongings.

It was not all work and no play, however!

Each day, campers participated in activities such as swimming, boating, fishing, arts & crafts, sports, and nature. They learned to dance, play field hockey, sing karaoke, and act. Campers enjoyed entertainment from a magician, ventriloquist, and the fire department. They also got to participate in yoga and watch baby chicks hatch.

There was never a dull moment, and we are eagerly looking forward to next year!

Lions Camp Badger is ready to grow as we look forward to the summer of 2018. Already new families are inquiring, and we hope to serve several more individuals in the future. We have identified needed upgrades and are currently working hard to secure funding to make them happen. It is our hope that we can create a program that exceeds excellence!

Pictures from Camp Badger appear below and on the next two pages.





## Lions Camp Badger News





# Lions Camp Badger News



## **GLOBAL MEMBERSHIP TEAM MESSAGE**

The PRIORITY of the 2017-2018 District GMT is to implement the District Governor's Membership goals and action plan:

1. To Invite for Impact by adding 50 new members; start 1 new club; increase the percentage of female members to 45%.
2. To retain membership by keeping drops from membership below 69 by asking all clubs to complete new member orientation.

According to LCI, the most effective way to increase membership and retain members is to have an effective membership chair. This chair "will bring to life Melvin Jones' dream that every need can be met by a Lion or Leo. By bringing new members into your club, not only will you develop new friendships, but you will ensure your club will have a stronger foundation to serve your community and the world. You will impact lives."

"The club membership chair responsibilities are focusing on leadership development, membership growth, and expanding humanitarian service; Support member retention by creating a harmonious club atmosphere; Develops and leads a membership committee to create and implement membership goals and action plans; Motivates club members to invite new members and inspires positive club membership experiences; Ensures new members are provided with an effective new member orientation in collaboration with the club leadership development chairperson (Vice-President); Collaborates with the club service chairperson to promote membership opportunities during service projects; Participates in one, region and district meetings and events; contacts prospective member leads promptly; works with the district GMT to further district Governor's membership goals and action plans."

How will you measure your success?

Conduct at least one more membership drive in the community than last year; Contacts a minimum of two former members about returning to the club; Increases total membership over last year; Retains 100% of current members; All new members participate in new member orientation.

**Most of all-HAVE FUN!**

Lion Liz Walker, PDG & Global Membership 20-W District Coordinator

Please contact me if I can help at [lionLwalker@twcny.rr.com](mailto:lionLwalker@twcny.rr.com); 315-804-2130 (cell/text).





# District 20W Centennial Challenge Project

This challenge has been ongoing in 20- W July 1, 2014. This year is our last year to participate.

We're celebrating 100 years of service by serving more than 100 million people! Between July 1, 2014 and June 30, 2018, your club can make a difference in your community by participating in the Centennial Service Challenge Campaigns. You decide when to serve and which projects are right for your club and community!

Earn Special Centennial Recognition for Your Club and District.

Receive special Centennial Banner Patches when you report your Centennial Service Challenge projects through MyLCI Service Activity Report.

- Every club that reports Centennial Service Challenge activities will receive one patch for each year that they participate. Your club can earn up to four Centennial Banner Patches by participating in each year of the Centennial Service Challenge.
- Beginning July 1, 2017, diabetes projects will be included in the Centennial Service Challenge.
- In addition to direct service provision, one unrestricted donation to LCIF each fiscal year also counts toward your Centennial Banner Patch.
- Districts can also earn a Centennial Banner Patch based on the participation of their clubs.

**START PLANNING YOUR CENTENNIAL SERVICE PROJECT TODAY!**

Visit [Lions100.org](http://Lions100.org) for Centennial Service Challenge project planning resources, reporting tips, and videos to inspire your club to action.

**PLEASE DOCUMENT YOUR SERVICE ACTIVITIES ON My LCI.**



# Diabetes Awareness Message

Hello everyone, I will try to give you pertinent information on our newest area of service, Diabetes.

First, we probably need to start with some Diabetes basics.

What is Diabetes?

According to the Joslin Diabetes Center website “Diabetes is a disease in which the body is unable to properly use and store glucose. Glucose backs up in the bloodstream – causing one’s blood glucose to rise too high.” There are two major types of diabetes. Type 1 or Juvenile diabetes, where the body completely stops producing any insulin. Since insulin enables the body to use glucose for energy, people with type 1 need to take insulin shots to survive. Type 2 results when the body does not produce enough insulin or is unable to use insulin properly.

What are some symptoms of diabetes?

The most commonly experienced symptoms:

Being very thirsty	Frequent urination
Weight loss	Increased hunger
Blurry vision	Irritability
Tingling or numbness in the hands or feet	Wounds that don’t heal
Frequent skin, bladder or gum infections	Extreme unexplained fatigue

Some people who develop type 2 diabetes, many never experience any of these symptoms and so can live for months or years without ever knowing that they have the disease.

Who is at risk?

Anyone can get diabetes but people with a family history or risk factors should be more aware and check with their doctor. Some of the risk factors are obesity, high cholesterol, high blood pressure and physical inactivity. As people get older their risk increases as well. Diabetes seems to be more common among Native Americans, African Americans, Hispanic Americans and Asian Americans. Next month we will discuss how Diabetes is treated and then in the future we will talk about prevention and the damage that diabetes can cause.

We should all be looking to have some sort of awareness event in November for Diabetes Awareness month and November 14<sup>th</sup> is World Diabetes Awareness Day so something on that day would be great. Remember to report any activities that you have in your clubs.

Please let me know what activities you have planned to make your communities more aware of diabetes and how they can live a healthy life. You can email me your events at [kclarkmd20@gmail.com](mailto:kclarkmd20@gmail.com).

Thanks so much for all you do to make your communities a healthier place to live.

CC Lion Kelly Clark  
20W Diabetes Awareness Chair

# LCI News

## Join Us for the Worldwide Week of Service for Youth

Young people are the future of service—and Lions. That's why engaging young people in service is such an important part of our new global service framework and our goal of serving 200 million people per year by 2021.

This August, we're asking Lions worldwide to host a service project that gives young people in their community an opportunity to serve. Reach out to local Leos, or a school or youth group, and invite them to serve with you on a project. Want to make service even more meaningful for young people? Give them leadership roles in planning and meaningful roles when serving.

When you engage young people in service, you do more than inspire them to get involved in their community—you give them a chance to change the world with your club.

## Promote Youth Leadership Development

August 12th marks the United Nations' International Youth Day. 2015's theme is "**Youth Civic Engagement.**" In a world of adult concerns, young people often lack opportunities to engage politically, economically and socially in their communities. The Leo Club Program aims to change this dynamic by helping youth become leaders. Through the Leo Leadership Grant Program, districts and multiple districts are eligible to receive funding for Leo leadership events. [Learn how to apply](#) and promote leadership development among Leos in your area.

## Invite Your Club to Join the Centennial Service Challenge



Lions all over the world are kicking it into high gear to help us reach our [Centennial Service Challenge](#) goal of benefitting 100 million people. Looking for a way to get involved? Consider hosting a Children's Dignity Week project this August 30 – September 5. Children's Dignity Week is a special service event dedicated to elevating the dignity of children in your community and around the world. Plus, your club will be eligible to receive special Centennial recognition when you host a qualifying service project. Visit the [Children's Dignity Week page](#) for more information and start planning your project today!





# News From the Lions Eye Institute and Lions Foundation At Albany, Inc.

By DGE Ilene Wizwer

On June 11, 2017 the **Lions Eye Institute and Lions Foundation at Albany, Inc.** had our annual luncheon in Delmar, New York. For special recognition President Lion Bill Suchy thanked PDG Lion Joyce Maier for all her years of service to the board since 2004. As outgoing Board Chair, PDG Joyce recapped another successful year for the Foundation and the Institute. Some of the items included updating the Knight of the Blind listings, updating the patient referral policy and increasing the Lions representation with the inclusion of 20-W, supporting the residency program and supporting the new procedure using the Collagen Cross Linking device in Dr. Schultze's office. In Lion President Bill's annual message he agreed with PDG Joyce on the past year's accomplishments and added the updating of the KOB program, the samples of the KOB plaques available, restructuring the Bunny fundraiser, and the banner patches that clubs will receive for their continuing contributions to the Foundation.

Dr. Rob Brass and his wife, Ruth, also attended our luncheon. He spoke of the residency program at Albany Medical Center and that being a recipient of the award years ago helped him to be able to provide better care to his patients. He stated that the monetary aspect helps the resident doctors to be ahead of the curve in patient treatment. Dr. Brass asked the question, "What can Lions do? ", and to answer the question is said, "Keep doing what you are doing. It is greatly appreciated."

Before installing the new officers, PDG Wilfred Roehe gave a brief history of the Institute. It began in 1991 when a group of PDGs and ophthalmologists from Albany Medical Center met. District Y2 was the main catalyst and PDG Clark Briggs, who was legally blind himself, was the first president. The officers for the 2017-2018 year are as follows: President Lion Phil Klein, Y2 ; Vice President Lion Dave Santeramo Y2; Secretary Lion Scott Rager Y2; Board Chair Lion Bill Suchy Y2; and Treasurer Lion Kevin Ronayne Y2. We have 15 other Board members from districts O, Y2 and W.

Although the incoming president, Lion Phil was unable to attend the luncheon, he asked that the new Vice President Lion Dave to say a few words. Lion Dave stated he became a member of the board because both his children were patients approximately 15 years ago. He has seen firsthand how the doctors execute their specialties and how important the Foundation and the Institute are to them. Lion Dave said that he would like to bring more organization in the Knight of the Blind program and that we should all take care of ourselves so we can care for others.

As the luncheon came to a close, PDG Liz Walker took the opportunity to thank President Lion Bill for the time he took for the orientation and history of the LEI and Foundation. Both PDG Liz and PDG Bob Walker are the newest board members hailing from District 20-W.

As the summer comes about, we encourage all the clubs to remember the Lions Eye Institute and Foundation when you are doing your fundraisers. In the future you will be receiving information on the **new bunny fundraiser** as well. You can contact us about referrals and contributions at [www.leialbany.org](http://www.leialbany.org) .