

THE NORTHERN LION

District 20-W Monthly News Letter

VOLUME 7, ISSUE 9

APRIL - MAY 2018

DISTRICT GOVERNORS MESSAGE

Hi Fellow Lions,

Well, it certainly looks like spring has arrived at long last, bringing with it the final cabinet meeting, the State Convention, 20-W's testimonial and soon, the end of this Lions year. We had a very good turnout at the final cabinet meeting on April 28th and we had a great State Convention the first weekend in May in Rochester. Redistricting plans are falling into place. There was a physical merger of all three districts on Friday during the State Convention. And on Sunday of the State Convention, Lion Michele O'Hare officially became District Governor Elect for the new district W, which now encompasses clubs in Clinton, Essex, Franklin, a tiny portion of Hamilton and St. Lawrence counties along with clubs in the Utica-Albany-Saratoga areas. Lion Paul Burnett officially became District Governor Elect for the new Y with clubs in Jefferson and Lewis counties joining the clubs in the Syracuse-Binghamton region. I would like to officially introduce and recognize DGEs Michele and Paul at the 20W testimonial and I hope that you will please join me in extending a warm W welcome and congratulations to each of them. They are both fantastic, organized, hardworking, dedicated Lions who I am confident will serve us all well in the coming Lions year.

You know, as I was walking around the State Convention last weekend, I found myself thinking about mentoring and remembered that I signed on to be District Governor in part because I wanted to mentor others. And it got me thinking about the potential for mentoring in our clubs.

Each of you veteran Lions have valuable experience and knowledge in Lionism that can be used to help guide a newer Lion. And in turn, newer, often younger, Lions have fresh energy, ideas and enthusiasm that we can all benefit from. We can learn to communicate with each other more effectively and work together. There are tools and resources available to help us learn to understand each other. I think that some of the benefits of mentoring, having been both a mentee and a mentor, are a sense of satisfaction, a greater sense of purpose and confidence, acceptance, personal growth and friendship. Fellow veteran Lions, we can start by reaching out to the newer members in our clubs and engaging them in conversation. Ask them how things are going and find out what their interests are. Newer Lions, please don't be afraid to reach out to an experienced Lion for help, guidance and to bounce ideas off from them. The trick is to learn to listen to each other with an open mind and find some sort of common ground. Being Lions and a desire to serve are great places to start. We need to work together. Because when we do, good things start happening in our communities. People's needs are being met and lives are changing for the better. I would not be where I am today without the valuable mentoring I've received and continue to receive over the past seven years. To my mentors: I say thank you for taking a chance on me and for your guidance and willingness to help me grow as a Lion, a leader and a person.

DG Comments Cont'd Pg 2



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DG Comments Cont'd

Don't forget: 20-W's testimonial is at 1pm on Sunday, May 20th in Potsdam. Now I bet you're thinking, wait a minute, isn't it supposed to be your testimonial DG Donna? No, because this year has never been about me and so the testimonial isn't about me either. It's about all of us, remembering and celebrating the successes we've all had this year. I certainly could not have been DG this year without help from each and every one of you. This is an opportunity for me to say thank you to all of you.

Just remember what Helen Keller once said: "Alone we can do so little; together we can do so much."

DG Donna Ober
315-244-1141
Donnaober38@gmail.com



Club Anniversaries



April

- Heuvelton Lions Club - 46 Yrs
- Louisville Lions Club - 37 Yrs
- Norfolk Lions Club - 68 Yrs
- South Lewis Lions Club - 71 Yrs

May

None

Please Join Us In Las Vegas

It seems like forever since our May, 2017 state convention in Lake Placid where I received Multiple District 20's endorsement as your candidate for the International Board of Directors. I was asked to step back in Chicago and become a candidate this year. I did that so now we are off to Las Vegas in June.

Lion Barb and I have stayed busy since Lake Placid. I am working on a cooperative effort with the 14,000 member American Association of Diabetes Educators to compliment our LCI Diabetes initiatives. The Lions Camp Badger (ESSNE) Board and I, along with others, are working on a diabetes camp as a new part of the Camp's program. We have been on the road visiting districts and visiting with sitting International Directors as they come into MD 20. I have also been honored with club and district speaking engagements.

Please join us in Las Vegas. Your presence will send a strong message of support for MD 20 and my candidacy. Lion Barb and I certainly appreciate the support you have shown us in this quest.

Let's cross this finish line together.

PCC Gary F. Brown
MD 20 Endorsed Candidate for the
LCI International Board of Directors



District 20-W 2018 PDG Leadership Award Winner

**The Lions of District 20-W take pride in presenting our designee for the
2018 PDG Leadership Award,
Lion Stephen A. Sayyeau, of the South Jefferson Lions Club.**

Lion Steve has been a Lion since 1981 when he joined the Watertown Lions Club. While with the Watertown Club he held the offices of Secretary for several years, Treasurer, and progressed through the Vice-President chairs finally serving three terms as Club President.

Lion Steve was active in District 20-W and served as Cabinet Secretary/Treasurer for District Governor William LeRoy in 1993-94.

The Watertown Lions Club was the first organization to Adapt-A-Highway in Jefferson County, during Lion Steve's term as president. The club was also instrumental in installing a Talking Crosswalk for the blind in downtown Watertown locations, to provide safe access for the blind and visually impaired of the community.

Lion Steve joined the South Jefferson Lions Club in 2006 and continued his community service being active in many club activities and fund raisers. Lion Steve continues to volunteer in leadership serving as club Secretary, progressed through the Vice-President chairs and now as a two term President, this year.

Lion Steve has been innovative and instrumental in the club establishing a monthly Bingo program at the Summit Senior Citizen home in Watertown and supporting club activities including the South Jefferson Lions Pride program, which recognizes area high school students for their citizenship accomplishments.

Lion Steve continues to be active in the District and State by attending Cabinet meetings and MD-20 Conventions while a member of the Lions.

Lion Steve is a progressive Robert J. Uplinger Distinguished Service Award recipient, as well as being recognized by his clubs for his dedicated service.

Lion Steve is retired following 25 years with the New York Air Brake, as a materials planner. He is married to his wife of 41 years, Sherry, they have a son who is employed in the NYS corrections system.

The Lions of 20-W wish to express our thanks to Lion Steve for his dedication to Lionism and for his outstanding example of leadership and commitment to community service.

District 20-W 2018 PDG Leadership Award Winner

"Lion Steve Sayyeau was awarded the MD-20 State & Bermuda Association of Past District Governors Leadership Award District at the 2018 State Convention. The award was announced to the general assembly on Friday and presented by PDG President Joyce Maier at the PDG meeting on Saturday. Past International President Al Brandel and LCI First Vice President Gudrun Yngvadottir attended the ceremony.

From all the PDGs in District 20-W : Congratulations Lion Steve!"



**District 20-W 2018 PDG Leadership Award Winner
Steve Sayyeau**

Diabetes Awareness Message

So you are diabetic, does that mean no more Easter candy for you? Does it mean no birthday cake, Christmas cookies, stuffing or mashed potatoes? Some people would say that you can't have any of these things anymore. No more bread, pasta, cereal, candy, only vegetables and protein for you now.

Well, while a good balanced diet is a requirement for all of us, not just those of us with Diabetes, there are always exceptions to the rules. I know that when Alex was first diagnosed, the nurse told him to choose his carbs wisely. She explained that Rice Krispies were mostly air and would not stay with him so try to eat a cereal with more fiber or substance to it. We were just at a luncheon and melon was served before the main course. It was noted that the melon is not on the approved fruit list for diabetics as there is little fiber. In fact there are many fruits that are on the avoid list. We need to remember that fruit has a lot of sugar and therefore carbs. Alex was also told that he could eat carbs in moderation and isn't that true of all of us. If we were all able to eat everything we wanted just in moderation then most of us would not have a real problem with our weight. One small roll is fine occasionally, half a loaf of bread every day, not! A small piece of cake for a special occasion, good, eating the large corner piece with all the frosting a few times a week, not so good.

We all have to read the labels on our food. Actually, measure our portions and make sure that vegetables cover half of our plate at any meal. Sometimes we think we are eating in a healthy way only to have a dietitian look at our food log and start cringing. Vegetables are good but not when covered with cheese or butter, a baked potato is ok if you eat a half and do not put on butter and sour cream, and watch those salads because some of them have more calories and carbs than a sandwich. We should all carefully check those carbs and the fat content of our foods.

Exercise is the other missing component in most of our routines. Even walking 15 minutes a day will help you to feel better and control your blood sugar. With the weather finally improving, get out and walk a bit. Walking can also help with your stress level and stress is not good for your blood glucose level.

As with anything else, moderation is key. It also does not hurt to deny your cravings occasionally.

Remember to send me your Diabetes activities and to continue to be aware of what you eat.

Please take the time to complete the short quiz on the next page of this newsletter to help you determine if you may be a high risk for diabetes. This doesn't mean you have diabetes, only that you might need to talk to your doctor the next time you see them. It is always good to be prepared and aware.

Diabetes Awareness Message

Are you at risk for type 2 diabetes?

ALERT!DAY
TYPE 2 DIABETES AWARENESS

- WRITE YOUR SCORE IN THE BOX.**
1. How old are you?
 - Less than 40 years (0 points)
 - 40-49 years (1 point)
 - 50-59 years (2 points)
 - 60 years or older (3 points)
 2. Are you a man or a woman?
 - Man (1 point) Woman (0 points)
 3. If you are a woman, have you ever been diagnosed with gestational diabetes?
 - Yes (1 point) No (0 points)
 4. Do you have a mother, father, sister or brother with diabetes?
 - Yes (1 point) No (0 points)
 5. Have you ever been diagnosed with high blood pressure?
 - Yes (1 point) No (0 points)
 6. Are you physically active?
 - Yes (0 points) No (1 point)
 7. What is your weight category?

See chart at right.

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

1 point	2 points	3 points
If you weigh less than the amount in the left column: 0 points		

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).

ADD UP YOUR SCORE.



The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.

For more information, visit us at diabetes.org/alertday or call 1-800-DIABETES (800-342-2383).

Adapted from Bang et al. Ann Intern Med 151:775-783, 2009.
Original algorithm was validated without gestational diabetes as part of the model.

Lions Camp Badger News for April

Lions Camp Badger Opens New Program

Many of us have experienced the joy and calm that comes from a peaceful hike in the woods. The chirping of birds, the gurgle of water in the stream, the feel of the warm sun on our shoulders...the wilderness offers a healing environment like no other. It is the perfect setting to gain a fresh perspective, a renewed hope, and skills to take on the challenges present in daily life. We find that when everyday distractions and disruptions are absent, we are able to focus on new opportunities and personal growth. That's what's so wonderful and powerful about nature!

In response to a growing need for mental health support for struggling teens, Lions Camp Badger is proud to offer a new five day program called Breakthrough Badgers. Designed for ages 13-17, Breakthrough Badgers offers a healthy, restorative atmosphere that enables campers to develop tools and strategies that can be used in home and school settings once camp is over. Lead by professionals in fields of special education and social work, the goal of Project Breakthrough is to empower each camper with strategies that will support them in positive choice-making and healthy mindsets. It is our hope that these teens will leave Project Breakthrough knowing how to write the next chapters of their lives so as to make a positive difference in their futures.

Held from July 15-19, Breakthrough Badgers will enjoy typical camp activities that include boating, swimming, fishing, music, hiking, campfires, and arts and crafts. Added to this will be problem solving, calming techniques, yoga, mindset/goal setting, stress and crisis management, inspirational speakers, and team building. The program is highly individualized to offer each camper the best opportunity for success. Campers who have experienced emotional and/or behavior challenges are welcome here with or without a formal mental health diagnosis. These are the teens who may be "at risk" and need to learn the coping skills that will support them. Campers can attend Breakthrough Badgers on a sliding fee scale that is designed to fit their family budget. It is our hope and our goal to not turn anyone away due to financial need. Camperships and donations are gratefully and sincerely appreciated as we get this new program off the ground.



Lions Camp Badger News for May

LIONS CAMP BADGER NEWS

Camp Registration:

Camper registration as of 3/28/18: 61

Junior Badgers 28/35

Breakthrough Badgers 7/25

Senior Badgers 32/35

New Paddleboat and Life Jackets: We have a new paddleboat thanks to the Walworth Lions Club and 37 New Life jackets thanks to an anonymous donor.

Grants and Updates:

Received a Mildred Faulkner Truman Grant for \$5,724.00 for tick, poison ivy and mosquito control. Ivy Oaks Analytics (ivyoaksanalytics.com) will treat twice prior to camp and once or twice between camp sessions. Pre- and post- analysis will be conducted for effectiveness.

New Phone System is getting installed this month thanks to a grant from the Community Foundation of South Central NY. We also have a donation of an outdoor speaker horn thanks to the Melville Lions Club and another from an anonymous donor.

Facility Updates:

We have a new Facility Manager this spring. T.J. Swartout joined our team on Monday, April 16th. TJ has been a contractor for over 20 years. He has also been a town code enforcement officer for two towns. He is excited to come on board and whip the camp into shape, although because of the cold temperatures and late spring, we are a couple of weeks behind on getting the camp opened up!

On the first beautiful weekend in April we had a visit from the Big Flats Lions and some student volunteers from Alfred State College. They got a lot accomplished in a short amount of time and we are grateful! Big Flats Lions replaced some rotting floorboard in the Lodge kitchen, installed some door closers on the restroom doors and removed a failing entryway roof. Alfred State students installed a new fence along the ravine behind Cabins #10 and #11, as well as the main project of installing french drains behind the Helen Keller and Melvin Jones cabins to divert water around the buildings.



Follow us on Facebook: @CampBadger, Twitter: @LionsCampBadger and our website: www.LionsCB.org or call 1-800-232-7060

District 20W Centennial Challenge Project



20-W CENTENNIAL REPORT TO 3rd CABINET MEETING 04/28/18

Clubs participation rates in 2 or more Centennial Projects by year:

2014-15, 15/33 (45%)

2015-16, 21/33 clubs (54%);

2016-17, 23/32 (72%);

So far in 2017-18, 24/31 (74%).

Our goal is to increase our club participation rate to 31 clubs/100 %.

WE CAN ACCOMPLISH THIS GOAL!

This project is all about SERVICE! Remember that the five service projects are: Diabetes; Environment; Hunger Relief; Vision; Youth.

We know almost every club is doing at least 2 service projects in their communities. **THEY ARE NOT BEING RECORDED.** Please **HELP US BY RECORDING 2 OF THE ABOVE SERVICE** projects!

Centennial Community Legacy Projects completed: Level 1-8; Level 2-31; Level 3-4.

The 20-W Legacy Project status is that 15/31 clubs have sent me their history's. We are still accepting!

Submitted by PDG Bob Walker, 20-W Centennial Coordinator

GLOBAL MEMBERSHIP TEAM MESSAGE

MAY is STRENGTHEN MEMBERSHIP MONTH

The key to keeping clubs healthy and strong involves operating your club effectively and keeping members satisfied. Use the resources below to create a Lions club experience your members will want to tell their family and friends about!

For Clubs

- [Blueprint for a Stronger Club](#)
- [Membership Satisfaction Guide](#)
- [How Are Your Ratings?](#)
- [Community Needs Assessment](#)

For Members

- [New Member Orientation](#)
- [Mentoring Program](#)
- [Online Courses at the Lions Learning Center](#)



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TOPIC: GMT STATE OF 20-W Action Plans through March 31, 2018
 TO: MD 20 W CABINET on April 28, 2018
 FROM: PDG LION LIZ WALKER, 20-W GMT

Invite for Impact Goal/To date-38	50
New Clubs Goal/To date-0	1
Charter Members Goal/To date/0	20
Women Members Percentage Goal/To date-36.54%	45
Retention Goal/To date-dropped members- 38	69
Net Membership Growth Goal/To date- 0	1

GLOBAL MEMBERSHIP TEAM MESSAGE

As of 10 am ON 04/27/18, We have 31 clubs with 817 members because we dropped 45 members, giving us a net loss of four, even though we added 41 new members. In June, the Massena Club will disband losing another 11/12 members.

Reasons given for the dropped 41: 4 passed; 7 moved; 16 for non-attendance and non-payment of dues; 14 resigned in good standing.

NO NEW CLUBS!

CONGRATULATIONS to Cape Vincent for 1 new member; Chazy-2; Clayton-2; Croghan-3; Gouverneur-5; Indian River-1; Lake Placid-3;

In order to reach a positive goal of plus one in membership, we need **NOT TO DROP ANY MEMBERS AND ADD 16 NEW MEMBERS!** It is possible to accomplish this. I know that means paying ack to back dues. I am currently recruiting someone like this to our club.

PLEASE TRY !

Sincerely Yours in Lionism, PDG Lion Liz Walker



Lions SEE Message

Both Spot and Plusoptix have important updates for their vision screeners

- For Spot go to welchallyn.com, click on service and support and then software update. It only applies to newer screeners. Check your serial number.
- For Plusoptix go to plusoptix.com, click on support and follow the instructions.

Please pass this important info along to all your screeners and clubs that own cameras.

PDG Mike Lawkowski
President Lions SEE

The LionsSEEny website is: <http://www.lionsseeny.org>

Reading Action Program Message

RAP Report for 2017 -2018

The RAP Program has been fairly successful this year. The following is the list of clubs and the activities they reported this year.

- Gouverneur Club donated \$250 to the Library to buy large print and audio books.
- Heuvelton Club donated \$150 worth of books to the local elementary school. They held a book walk during “Read Across America” event and gave books to winners. 40 children received books.
- Lowville Club donates a large print Readers Digest to the Nursing Home. Members read to Head Start and gave books to children. Each month a member reads to residents of Adult Care Facility.
- Massena Club donated to 4 local schools to purchase.
- Plattsburgh Club read the book “Pepper Finds Her Way” to children and their families in October. In September they led 50 families through the park stopping at posters of the pages in “Pepper Finds Her Way”.
- Quad Town Club has donated 96 books and 400 magazines to Nursing Homes.

These clubs did a good job of carrying out the RAP program this year. Hopefully next year more clubs will take part in this program. It is very easy to participate. This list is just an example of things your club can do.

Thank you to all of those clubs who participated and reported in their service activities.

Nina Kelly - RAP Chairperson

Club Activities Reporting Change Training

Lions Clubs International is launching something big this summer. It's called MyLion, just like our official mobile app, now available in over 70 countries.

Starting in July, you will use the new MyLion website to report all of your service activities. While you'll still use MyLCI or your local system for everything else (membership management, club management, etc.), the new MyLion website will be your one-stop destination for all things related to service.

- All club-level officers will now be able to create, edit, and report on service activities.
- All officers will now have access to service reporting data from all over the globe through MyLion.
- Want to learn more? [Check out our FAQ.](#)

Our upcoming webinar will teach you everything you will need to know
Before the July 1 expansion of MyLion. Get ready for a completely
Revamped service experience.

Webinar Session Dates and Times

Tuesday, May 15th - 8:00AM to 9:00AM CDT

Thursday, May 17th - 6:00PM to 7:00PM CDT

Monday, May 21st - 12:00PM to 1:00PM CDT



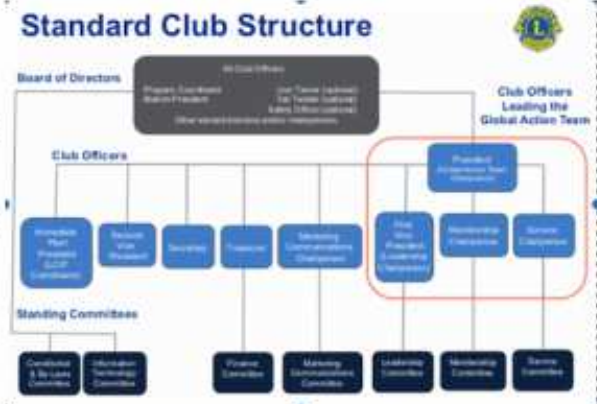
New District 20-W Club Officer Training



Who Should Attend: Any New or Returning Lions Club President (GAT), 1st VP (GLT), Club Secretary, Club Treasurer, Membership Chair (GMT), Service Chair, Immediate Past President (Club LCIF Coordinator), and **ALL Lions Interested in learning about their roles on the Club Global Action Team (GAT)**

...and see a preview demo of how to report club service activities using the **NEW** MyLION Desktop & Mobile App!

COME FOR THE KNOWLEDGE – STAY FOR THE PIZZA!



Tuesday, May 22nd

6:00 pm to 7:30 pm

Galway Lions Building

2167 Galway Road

Galway, New York 12074

RSVP to md2opccmark@gmail.com

LCI Dues Credit for Dropped Members Info

Dear Lion Leaders,

Starting on June 30, 2018, **dues credits for membership drops will not be issued** after the release of the semi-annual billings on July 1 and January 1.

In the past, Lions Clubs International has given clubs a grace period in January and July to adjust their club rosters and receive a credit for unreported membership drops. This practice has been a courtesy extended to clubs by Lions International despite rules governing the practice in Board Policy. The board of directors recently decided that enforcement of existing policy is necessary in order to be in compliance with Board Policy.

This will also provide greater alignment with district billing and create more accurate reporting that better reflects true membership growth. We realize that this will have an impact on some clubs, so we would like you to help them prepare for the upcoming billing cycle.

Here are a few best practices that can help you prepare your clubs for their July dues billing:

- **Remind** club officers to update their membership rosters using MyLCI or their regional reporting system.
- **Encourage** club officers to submit their membership roster to MyLCI or their local reporting system prior to **June 30, 2018 CDT**.
- **Inform** current and incoming leaders that membership dues credits will no longer be issued.

Please contact Accounts Receivable and Club Account Services at membershipbilling@lionsclubs.org if you have any questions. And thank you for all of the kindness and tremendous service that you bring to your community.

Sincerely,
Tony Benbow
International Director
Chairperson Finance & Headquarters Operation Committee
Lions Clubs International

“WE SERVE”

Lions Hearing Conservation Society Info

Fellow Lions,

Since Helen Keller challenged us in 1925 to become Knights of the Blind in the crusade against darkness Hearing Conservation has been an important tenet of our Lions Mission. We continue to work to hasten the day when there shall be no preventable blindness; no little deaf, blind child untaught; and no blind man or woman unaided. District 20Y2 is committed to continuing to make Hearing Conservation a primary focus of our Lions Mission!

The Lions Hearing Conservation Society of District 20Y2 (HCS) has secured a new agreement with Oticon, a hearing aid manufacturer based in Copenhagen, Denmark. The company was founded in 1904 by Hans Demant, whose wife was hearing impaired. Oticon strives to be the leader in high performance hearing solutions, and to supply the most sophisticated technology and audiology possible. This new agreement was secured by the HCS in response to LCI's decision to discontinue the Lions Affordable Hearing Aid Program due to its underutilization.

The HCS board and our District leadership is excited about this new agreement! With Oticon, we'll be in a position to offer a much broader range of hearing aids of greater quality to those members of our respective communities that we serve. Going forward the HCS will now be recognized as The Lions Hearing Conservation Society of NYS. The Society is ready to work with all of the clubs in our District, and the program is also available to the other Districts in our multiple if you so choose.

There are a number of forms for your reference on pages 33 thru 41 of this newsletter. Please refer any questions or inquiries regarding the program to the President of the Lions Hearing Conservation Society of NYS, 2VDG Lion Rick Brisee. Lion Rick can be contacted at rbrisee@hotmail.com or at 518-235-4988.

Thank you for your continued service!

DG Lion John McDonald

LIONS HEARING
CONSERVATION
SOCIETY
(LHCS)



We Serve

Ordinary People Doing Amazing Things

The mission of the
Lions Hearing Conservation Society
is to provide programs and assistance for
people who have a hearing loss.



LHCS of 20-Y2 was created in 1975 with the community interest in mind. Our goal is to prevent deafness by early detection of hearing problems, correction of existing hearing losses & to educate the public on what causes hearing loss & how/when to protect yourself from damaging noise.

2018 MD 20 Convention Pictures



2018 MD 20 Convention Pictures



2018 MD 20 Convention Pictures



2018 MD 20 Convention Pictures



Around District 20-W

From Clayton Lions Clubs



Clayton Lions Club
Golf Tournament

Saturday, June 9,
2018

C-Way Golf Club
Clayton, NY

18 Hole, Captain and
Crew
Shotgun Start
Tee Off Time: 9:30

Tournament Day

- Registration: 8:00 – 9:00
- Cocktails (Cash Bar)
- Buffet Dinner
- Cash Prizes
- 50-50
- Door Prizes

- **Hole Sponsor: \$100.**
- Proceeds support local causes:
 - Scholarships
 - Youth activities
 - Help for local needy families

*For Additional information: Contact
Brian Marcellus
585-734-1867
awaymale@gmail.com*

Clayton Lions Club Officers

President: Vickie Staie
Vice President: Walter Jeram Jr
Treasurer: George Forbes
Secretary: James Picunas

Registration

\$300/Team (includes Golf and Buffet Dinner)

Captain: _____

Email: _____

Crew: _____

Email: _____

Crew: _____

Email: _____

Crew: _____

Email: _____

**Payment: Check or Money order
Please make payable to:
Clayton Lions Club**

Mail Form with payment to:
Clayton Lions Club
P.O. Box 615
Clayton, NY 13624

Around District 20-W

From Malone Lions Clubs

Malone Lions Club Random Acts of Kindness Program (2nd Year)

At 5:00 PM on Wednesday, December 14th, 2016 The Malone Lions Club announced the launch of the 1st ever "Random Acts of Kindness" Program. For over 60 years the Malone Lions Club has historically given funds to larger "group/organizational type" projects (over \$400,000 since the club's inception, December of 1949).

While all members of the club are expected to work for the Malone Lions Club foodstand at the Franklin County Fair, the distribution of funds raised by the Foodstand has been, almost exclusively, determined by the Board of Directors.

On Dec. 15, 2017 the second year of the program was launched. All Lions members in good standing who helped raise money for the club at the fair stand were again given \$50 to use to perform Random Acts of Kindness in our community. The purpose of the Program is "...to give each member a personal say in how some of the money that they have helped raise is donated in our community." It is our way of thanking the community for supporting our club and our annual foodstand at the fair."

The reports are all in. The Random acts of kindness funds (\$1,400 in all) were distributed (anonymously) to: a 91 year old widow living on social security who needed help with her heating expenses, an elderly lady who cried when the money was handed to her, a ninth grade student who lost her mother, and whose family was already facing financial hardship, Constable Veteran's Committee, 3 members pooled their gifts plus the Lions Club added \$200 to a fire victim who lost her house and all belongings, a father bringing up 3 sons alone, one of them very sick, a young man battling cancer and depression, an elderly man living alone on a very small social security income, a woman who needs help with medical expenses, a car accident victim, a high school student living in near poverty who wants to go to college, three children who lost their mother just before Christmas (plus the Club added \$200 to this cause), another fire victim, a couple who took in a woman in a wheelchair whose house had burned down, a young man who first lost his job at K-Mart and then lost his job at Yando's, and a woman who is struggling to make ends meet after her husband had a stroke.

One member on vacation, gave his \$50 to a homeless man sleeping on a bench in Florida. The man said no one had ever helped him like that before and this was the best Christmas present he ever got. Our Lion member felt so good about giving that he took another \$50 bill of his own money and gave it to a homeless woman who had all her possessions in a shopping cart. She immediately (after she was told this was "not a gimmick") said she was going to buy something to eat for herself and a friend who both stay in a vacant house.

Malone Lions Club President Tim Conners reported that 19 members participated in the program, donating \$950, plus the Club added \$400 and one member put in an extra \$50 bringing the total to \$1400. He stated that the second annual Malone Lions Club Random Acts of Kindness program has become and will continue to be an annual event.

Around District 20-W From Long Lake Lions Clubs

On Sunday, March 18th members of the Long Lake Lions along with help from community volunteers gathered at the Long Lake Town Hall to sort and pack Easter food baskets for distribution in the community. Thirteen families had an Easter feast delivered to their doors. Recognizing that not everyone is able to cook, the Lions Club also arranged through the Adirondack Hotel for hot meals to be delivered that day to others.

Lions are always looking for ways to help their community and welcome new members at any time. A special thank you to all our packers and delivery people – Lions Regina Dunn, Carol Inserra, Lew Plumley, Vickie Plumley and Robert Keough, Sue Kunzmann and community members, Ken Iffert and Barbara Keough.



Pictured above Front row LtoR: Carol Inserra, Sue Kunzmann, Vickie Plumley & Regina Dunn and Back row LtoR: Lew Pumley & Ken Iffert

Around District 20-W

From Croghan Lions Clubs

April 14, 2018 the Croghan Lions Club had the honor of bestowing two area ladies with the “Jim Scanlon Citizens of the Year Awards” at a dinner prepared and served by the Beaver River American Legion Post #1663.

Emily Lighthall, daughter of Shari and Todd Lighthall, was the 13th Annual Student of the Year recipient. Emily was introduced and highly praised by her nominator, Carrie Widrick, Beaver River Central School’s High School Principal. Mrs. Widrick spoke of Emily’s many leadership abilities and the influence she has had on her peers throughout her years in school and throughout the community at large. Her “service” in assisting the Lions at their two annual Spaghetti Suppers, for at least the last six years, was also noted. Emily will be off to Ithaca College to pursue a career in Occupational Therapy after her graduation from BRCS in June.

Karen C. Hall, wife of Jim Hall, was the 19th winner of the “Jim Scanlon Citizen of the Year Award”. Prior to retiring, Karen was a teacher at Beaver River Central School and remains active in her church and other activities. Her friends, Liz Kuhl and Sue Pennock appropriately feted her as a kind and caring member of this community. They also noted her earlier days working with and for the American Indians in the southwest. Currently she is involved in painting, sewing and barn board quilting projects which she donates to various community groups or sells. So far several thousands of dollars have been dedicated to help care for those in need of assistance here in Lewis County and throughout the world. Her enthusiasm, skill and desire to help others is the epitome of the Lion’s Motto: WE SERVE.

Congratulations to both Karen and Emily. The Croghan Lions are proud to add your names to our list of “Outstanding Citizens” and are already looking forward to seeing who will earn these recognitions in the future.

Pictured below is Emily on the left and Karen on the right.



Around District 20-W From Croghan Lions Clubs



In August of 2017, Ellen Chamberlain, sponsored by her husband Lion Bob, and inducted by President Marian Opela, became the newest Croghan Lion. She was immediately assigned the Chair of the 2018 Jim Scanlon Citizen of the Year Awards Banquet and with the help of her committee successfully carried out the event. Pictured to the left Lion Bob, New Lion Ellen & King Lion Marian.

January's meeting was started with a short trip up the Erie Canal Road to Kirchnerville and the wood and clock shop of Caleb Good. Caleb is an excellent cabinet and clock maker and also cleans and repairs clocks. His new large "shop" is fully supplied and he can make, fix and repair just about anything! The shop itself is a creative indication of his work!



Around District 20-W

From Croghan Lions Clubs



Pictures to the left.
Lion Leueen Smithling surprised the club by gifting each member with “personalized” handmade potholders she created on her new multifaceted sewing machine. What a nice surprise and thank you Lion Leueen!

Pictured to the right.
PDG Joe and Lion Flora Perry presented a very nice program regarding Native American Flutes. Lion Joe described the various instruments and accompanied by Lion Flora on a native drum they played several appropriate melodies. Per usual Lion Joe did the talking but Lion Flora kept the pace!



Our March 28 2018 meeting welcomed Bonnie Kirch as another new member. Lion Bonnie is no stranger to the club as she has literally “SERVED” us for over 15 years... “Our Chef” has prepared our delicious meeting meals for years: first in her restaurant and more recently at our meeting place in the UMC basement meeting hall. Now, semi-retired, she has decided to help with our projects and follow our motto : WE SERVE.

Around District 20-W From Croghan Lions Clubs



Pictured to the left. Did Harry Mitchell or the Croghan Lions have more fun on February 28, 2018? Harry came to us with his niece Lion Sheila to present a talk on the Hydropower plants. From the first one in Stillwater down the Beaver River through the last plant in Beaver Falls this man is an “encyclopedia of history”! Had we not had other business on the agenda he would still be giving us a wealth of information!

Pictured to the right. Lion Todd Lighthall and wife Shari hosted our annual Christmas Party at Camp Oswegatchie on Long Pond. Of course, Lion Randy took a large bag of unwrapped toys and monetary donations to Essenlohr Motors to be donated to “TOYS FOR CHILDREN” in Lewis County. A fire in the fireplace and comradery made the night very special.



Pictured to the left. The April Meeting also welcomed another of our faithful “spaghetti supper volunteers”. Liz Jones, wife of late Lion Fred Jones, has decided to “officially” join the club and her sponsor, Lion Pat, will assist with her official induction at the May meeting. Liz has a wealth of knowledge of this area and we expect her enthusiasm for this area to ROAR! In 2016 we honored her with our “Jim Scanlon Citizen of the Year Award” for her years of community service!

Around District 20-W

From Croghan Lions Clubs

Our April 25, 2018 meeting started at “Grand Slam Safety” now headquartered in their factory on Bridge Street in Croghan. Lion Bob Chamberlain, one of the originators of the company, showed us how they made the various “sports safety net systems” using almost all products made in the U.S.A.. He explained the various work stations and how the metals were all “powder coated” to prevent rust and the special paints used and fused with heat to many of the posts and signs. We were pleasantly surprised to find that he had Marvin Roes make a metal sign with Croghan Lions Club cut out of it and then Brian Graves stayed after work to showed us how it was spray painted and heat cured and ready to “go home” with us to be displayed at our various events.

Pictured from the visit appear below.



Around District 20-W From Gouverneur Lions Clubs

During District Governor Donna Ober's visit to the Gouverneur Lions Club she welcomed new Gouverneur Lions David & Miranda Rohe & Tiffany Tuttle to Lions Clubs International ! New Lions David, Miranda & Tiffany were sponsored by Lions Nicole Shippee & Tom Cummings. Pictured below with DG Donna are new Lions David, Miranda & Tiffany, their sponsors Lions Nicole & Tom and King Lion Betsy Cummings.



Around District 20-W

From Quad Town Lions Clubs

On Sat., May 5th during the Special Olympics at SUNY Canton the Quad Town Lions received a very special award - Volunteer Group of the Year. The award was presented to the Quad Town Lions Club by Special Olympics NCR - Area 27 Chairperson Beth Demo.

Pictured below are the Lions who worked at this years Special Olympics along with Chairperson Beth Demo: Lion Ann French, Beth Demo, Lions Faye Bordeleau, Rita Keenan, Sue Stubbs, Patty Jo Johnson, Donna Schaab & Bill Demo.





District 20-W Schedule of Events 2016-2017



District 20-W Events

District 20-W Awards/Testimonial Banquet

Sunday, May 20, 2018
Elks Lodge
Potsdam, NY

International Events

101th Annual Lions Club International
Convention

June 29 thru July 3, 2018
Las Vegas, NV.

District Governor

Donna Ober
315-244-1141
donnaober38@gmail.com

Cabinet Secretary-Treasurer

Gail Murtagh
(315) 389-4165
gail_tc2002@yahoo.com

**Newsletter Editor &
District 20-W Reporter**

Mike Murtagh
(315) 389-4165
outageco@yahoo.com

The Lions Hearing Conservation Society of NYS Affordable Hearing Aid Program

Club Submission Instructions:

****Please note: Although administered by the LHCS, this program is considered a local Club service.**

Eligibility Criteria to be Considered:

- 1). Applicant must be unable to seek relief from other external sources such as insurance, Medicaid, government assistance, or the VA, among others.
- 2). Applicant must be unable to access financial aid from personal resources or other family members.
- 3). Applicant's income level should be at or below 200% of the poverty level
- 4). Sponsoring Club must interview applicant for eligibility either in-person or by phone to: verify information given, with the hope that this will personalize the program for the recipient; allow the Club to verify information; and offer the Club local recognition.**
- 5). LHCS reserves the right to determine final eligibility.

Order Submission Instructions:

- 1). A completed eligibility form signed by a Club representative, a completed recipient application, the indicated model and quantity of hearing aid(s) requested, and a check from the Club's share of covering the cost of the units.

***Contact the Hearing Society for pricing before remitting a check.

Remit to: Lions Hearing Conservation Society, PO Box 521, Waterford, NY 12188

- 2). LHCS will in turn review the form for completeness, deposit the Club's check, and include a check from the LHCS with the order to the manufacturer.

Continued on next page

What to do in Case the Club Cannot Afford to Help the Person on their Own:

- 1). Please feel free to contact the Lions Hearing Conservation Society (LHCS) or any District officer for LHCS contact information.
- 2). LHCS will consider a cost-sharing partnership with the sponsoring Club so the eligible recipient can receive our help.

What About Professional (Audiologist) Services?

- 1). Historically, The recipient is responsible for any professional services, such as: a required hearing test, ear mold sizing, hearing aid fittings, etc.
 - 2). We recognize that every situation is unique, so under exceptional circumstances, the sponsoring Club may wish to consider funding these or other professional services on the recipient's behalf and as part of the Club's assistance efforts.
 - 3). If the sponsoring club cannot afford to do this on their own but feel the recipient has special circumstances, the sponsoring Club can contact the LHCS for possible assistance.
-

Club Checklist:

- 1). Recipient meets eligibility guidelines as judged by sponsoring Club
- 2). Completed and signed Recipient Application
- 3). Completed and signed Income & Asset Qualification form
- 4). Completed ordering form that includes a written statement from treating audiologist stating hearing aid(s) are required treatment, quantity needed, and recommended Oticon model number.
- 5). Contact the Hearing Society for cost of selected model: rbrisee@hotmail.com
- 6). Check enclosed and made out to "The Lions Hearing Conservation Society (LHCS)
- 7). Remit to: PO Box 521, Waterford, NY 12188

The Lions Hearing Conservation Society of NYS

Affordable Hearing Aid Program

Lions Club Eligibility Guidelines

****Please note that the Lions Hearing Conservation Society (LHCS) recognizes that every application for assistance is unique. Clubs should use the following tables as a guide for determining financial eligibility and that exceptions may be considered.*

Eligibility Criteria to be considered:

- 1) Applicant must be unable to seek relief from other external sources such as insurance, Medicaid, government assistance, or the VA, among others.
- 2) Applicant must be unable to access financial aid from personal resources or other family members.
- 3) Applicant's income level should be **at or below 200%** of the poverty level
- 4) Sponsoring Club must interview applicant for eligibility either in person or by phone to verify information given.
- 5) LHCS reserves the right to determine final eligibility.

200% of 2018 Federal Poverty Level Chart – NYS Marketplace

Family Size	Annual Gross Income	Monthly Gross Income
1	\$24,280	\$2,023
2	\$32,920	\$2,743
3	\$41,560	\$3,463
4	\$50,200	\$4,183
5	\$58,840	\$4,903
6	\$67,480	\$5,623
7	\$76,120	\$6,343
8	\$84,760	\$7,063
Each additional	\$8,640	\$720

(ref: <https://aspe.hhs.gov/poverty-guidelines>)

Rev date: May 7, 2018

The Lions Hearing Conservation Society of NYS Affordable Hearing Aid Program Income & Asset Qualification Form

.....

Name: _____ Birth Date: _____

Address: _____

City: _____ State: _____ Zip Code: _____

.....

Monthly Gross Income:

Salary of Candidate: _____

Salary of Spouse: _____

Salary of Resident Parent(s): _____

Salary of Any Household Resident(s): _____

Social Security Benefits: _____

Retirement Pension: _____

Any Other Source of Income: _____

Monthly Expenses:

Rent/Mortgage: _____ Utilities: _____

Food: _____ Car/Transportation: _____

Child Care: _____ Credit Cards: _____

Applicant Signature
(Parent/Guardian if under 18)

Witness Signature

The Lions Hearing Conservation Society of NYS Affordable Hearing Aid Program

Recipient Application Form

Please note: If you qualify for Medicaid, this Lions program is not available to you.

If you are a veteran, please contact the VA Healthcare System to determine VA eligibility

.....
APPLICANT: _____ Date of application: _____

Address: _____ Date of Birth: _____

City: _____ State: _____ Zip Code: _____

Phone: (____) _____ Email: _____

Applicant is: Employed at _____

Retired Unemployed Other _____

A student in grade _____ at _____ school

If applicant is a minor, complete the following 6 lines:

Parent or Guardian's name: _____

Address (if different) _____

Phone: _____ Email: _____

Employed at _____

Retired Unemployed Other _____

OTHERS IN HOUSEHOLD: ("Household" means all those financially dependent on each other.) List the names of those other than the ones above. If more room is needed, use another sheet of paper.

Name	Relationship to applicant	Age
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Do you currently wear a hearing aid? Yes No If yes, why do you need a new hearing aid?

INSURANCE: List all health insurance policies, including Medicare, Medicaid, Child Health Plus, etc):

Name: _____ Policy #: _____

Name: _____ Policy #: _____

Other information we should know about your situation: _____

.....
TOTAL MONTHLY GROSS INCOME OF EVERYONE IN HOUSEHOLD AVERAGE MONTHLY HOUSEHOLD EXPENSES

("Gross" means total income before taxes or deductions)

Salaries	\$ _____	Rent or Mortgage	\$ _____
Social Security Benefits	\$ _____	Utilities, incl phone & cable TV	\$ _____
Pension (from where?)	\$ _____	Food	\$ _____
Food Stamps/SSI	\$ _____	Clothing	\$ _____
Investment Income	\$ _____	Medical, including prescriptions	\$ _____
Alimony, Child Support, etc	\$ _____	Car/Transportation	\$ _____
Other Income (explain)	\$ _____	Child Care	\$ _____
	\$ _____	Home or tenant insurance	\$ _____
		Car insurance	\$ _____
		Health insurance	\$ _____
		Life and other insurance	\$ _____
		Charge acct & credit card paymts	\$ _____
		Taxes	\$ _____
		Other (explain)	\$ _____
			\$ _____

TOTAL MONTHLY INCOME	\$ _____	TOTAL MONTHLY EXPENSES	\$ _____
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ASSETS: Do you own your own home? Yes No If YES, your total ANNUAL Property Taxes \$ _____

TOTAL VALUE OF ALL OTHER ASSETS (bank accounts, stocks & bonds, bank CDs, etc.) \$ _____

Applicant (or Parent/Guardian) Must Read and Sign This Statement:

I fully understand these services are limited to individuals unable to pay for or receive hearing aids from other sources of assistance. In consideration of these services, I release and discharge all persons rendering such services from any claims I may have arising from services so rendered. I am aware that a hearing aid billed to me prior to the approval of this application will not be paid for by this service.

I also understand my application may be reviewed by the Lions Club and hearing professionals.

These forms will be kept on file by the local Lions, the hearing-care professional and the LHCS. The documents will be kept confidential and not shared with third parties, such as insurance companies.

All information on and attached to this application is true and correct to the best of my knowledge.

Applicant Signature (*Parent/Guardian signature if person is under 18*) **Date**

Witness Signature **Date**

=====

Audiologist's Report: Date: _____

Audiologist corporate name: _____

Address: _____

Phone: _____ Email: _____

Recommendations: Hearing aids req'd: One Two Oticon Model No: _____

Other comments: _____

Printed name: _____ Signature: _____

=====

Return all three pages to:

Before using this form, each club should add its appropriate information here.

The Lions Hearing Conservation Society of NYS Affordable Hearing Aid Program

Order Information

Please complete the following order information:

1). Sponsoring Club Information:

Club Name: _____

Club ID #: _____ Multiple District: _____ District: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Club Contact Person: _____

E-Mail: _____

Phone: _____

2). Shipping Information (Audiologist)

Name/Business Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Fax: _____

E-Mail: _____

New Provider? Y/N Oticon Provider? Y/N

3). Recipient Information:

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____

Application Enclosed? **Y/N**

Eligibility Form Enclosed? **Y/N**

4). Ordering Information:

****Club must request and receive a written notice from an audiologist stating client request for a hearing aid(s), number of hearing aids required for treatment, and must include the recommended Oticon model number.**

5). Payment Details:

Full payment is due with order.

Check or money order payable to: Lions Hearing Conservation Society

Address: PO Box 521, Waterford, NY 12188

Signature from Sponsoring Club: X _____

Office Use Only:

Application received? **Y/N**

Eligibility Form received? **Y/N**

LHCS approval received? **Y/N**

LHCS Tracking Number: _____