

THE NORTHERN LION

District 20-W Monthly News Letter

VOLUME 7, ISSUE 6

DEC 2017 & JAN 2018

DISTRICT GOVERNORS MESSAGE

Happy New Year fellow Lions!

I hope that you've all enjoyed a wonderful holiday season with your loved ones. A new year is now upon us and with it comes new opportunities to expand our service, expand the district and grow our clubs.

Redistricting was approved by the International Board of Directors at their November meeting and will officially take effect on July 1, 2018. As you may recall, this means that Jefferson and Lewis Counties will be merging with district Y1, which now broadly covers the Syracuse-Binghamton area, and will become the new Y. The district governor for the new Y in 2018-2019 should be Lion Paul Burnett from Johnson City. The remaining counties in W will merge with district Y2, which now broadly covers the Utica-Saratoga-Albany area, and will become the new W. The district governor for the new W in 2018-2019 should be Lion Michele O'Hare from Slingerlands. Vice District Governors Lions Paul & Michele are wonderful, caring, hardworking people who I believe strongly will serve with us all well moving forward. I want to stress that redistricting will NOT have an impact on your club's daily operations and the ways you serve your communities. All it means is that our membership numbers will increase in both of the new districts; we'll have a larger pool of potential, talented future leaders to draw upon and develop; and we'll have more resources to help serve our communities. Committees from all districts are working diligently to discuss details such as budgets, rezoning and creating new regions, identifying potential new leaders and making committee appointments, cabinet

meetings and district conventions, just to name a few. The most important thing to remember is that we need to stand united and work together. We'll continue to have opportunities to meet new Lions in the other 2 districts the remainder of this Lions year. The other key thing to remember is that the new district leaders in both new districts, as well as I and the other leaders in our current district, are here to serve your clubs and to do what we can to serve side by side with each one of you. Although redistricting will help our membership numbers increase as a district, we all need to continue to recruit and retain new members in our clubs. Each club's membership chair has a vital role in helping to steer membership recruitment and retention efforts in your club.

It is my hope that 2018 will bring with it new membership growth and a decrease in dropped members due to increased retention efforts and increased member satisfaction. Now, I know that some membership losses are unavoidable due to factors such as death or moving away. But, a large number of membership losses are avoidable. Every single member in our clubs regardless of their age, ability and length of service with the club has VALUE. Every single member has the potential to still make important and meaningful contributions in service to their community. I would urge all of you to listen to each other and find out which areas of club service projects and fundraisers are meaningful to you. Be open-minded in exploring new ideas for service projects and fundraisers.



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DG Comments Cont'd

Don't just pooh-pooh new ideas and shoot them down just because "it's not the way we've always done it," or "it's not what Lions do – we should only be focused on vision related projects," or "we just don't have the resources to make it happen" or "we tried that once and it didn't work out." Get creative in implementing new fundraisers and service projects. Instead of saying, "oh we just don't have enough members to do that," ask a neighboring club and/or other organizations in your communities for help. And ok, if a new service project or fundraiser doesn't work out quite the way that you want, who cares? At least you can say you've tried and be proud that you found the courage to go out on a limb and get out of your comfort zone. Just make some adjustments for the next time. Don't be afraid to try something new because you're too afraid of failure. Get excited by the possibility of success. Sometimes, our long-term fundraisers and service projects that we've done for years still have a meaningful impact to our community but sometimes they don't have the same impact we think they do. Consider reevaluating your service projects and fundraisers to see if they still have a meaningful impact. Consider talking to community leaders to determine new areas of need and ways you can help meet those needs. There are five areas we can take a look at for service projects: vision; feeding the hungry; protecting the environment, disaster relief and emergency preparedness; diabetes awareness and prevention; and pediatric cancer. Zone meetings, cabinet meetings, district and state conventions are all great places to network with other Lions and glean new ideas. Think about new ways you can have more fun at your meetings and make them more interesting. Conduct new member orientation once or twice a year so that all Lions in your club have a better idea of what it is we all do. There's a great new member orientation PowerPoint on our Lions District 20-W website that can be used as a model to tailor it to your specific club.

I think that Lions should be one of the most respected and well-known organizations instead of our community's best-kept secret. And how do we do that? By talking it up. Be like the bull moose, like you see on my pin: be very noticeable and hard to miss. Be loud & proud about being a Lion. Wear your pin. Publicize your club's upcoming events and accomplishments in a way that seems most appropriate to your club and your community. Invite a non-Lion to work with you on a service project. Think about the possibility of new partnerships with other clubs and organizations. Work with the youth and invite them to work on a project. Ask someone who you think might make a great Lion to join. And if they say no, don't get discouraged and stop asking people to join altogether. The Lions International website is full of really great resources for membership ideas. Check them out at members.lionsclubs.org. Also, PDG Lion Liz Walker is our district's Global Membership Team coordinator. Lion Sheree Vora in the Lowville Lions is very successful at bringing in new members. I know that both of these Lions are also excellent resources and are passionate about membership.

In closing, as we look ahead to a new year and I begin looking at the second half of my term, I'm excited for the future of 20-W and what 2018 holds in store for us in terms of new opportunities to serve and grow our clubs. Remember: as our clubs grow in membership, so do we also grow in our greater capacity to meet the needs of our communities through increased resources. Please remember to pay your Lions International dues and NYS & Bermuda Lions (MD-20) dues in a timely fashion to avoid financial suspension. Also, please keep doing your monthly membership and activity reports on MyLCI because inquiring mind wants to know what you're doing and I don't know if you don't report it. Lastly, please keep up the great work and keep building the momentum and keep it going in 2018. As always, please feel free to contact me with any questions and concerns. My primary function and responsibility as your district governor is to be a resource to assist and serve with you and alongside you, not the other way around. Please remember that without each of you and your dedication to serving others through Lions, there is no club or district (or district governor and leadership team) and the Lions International organization as a whole would cease to exist. Let's make 2018 be the best year that it can be.

DG Lion Donna Ober
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Donnaober38@gmail.com



Lions SEE Message



LION SEE TRAINING



Lions SEE Training is scheduled for
Saturday
January 20, 2018
Community Church of Little Neck
46-16 Little Neck Parkway
Little Neck NY 11362

Main Speakers

PID Dr. Ed Cordes - Head of Lions Kidsight USA

Lion DR. James Reynolds - Head of the Ross Eye Institute

Registration at 9 am

Training starts at 10:00 am

Representatives from PlusOptix and Spot Vision have been invited

Lunch will be available for purchase

Please RSVP to Lion Laverne Harrison 917-543-5716



Club Anniversaries



December

Croghan Lions Club - 58 Years

Edwards Lions Club - 55 Years

January

Newcomb Lions Club - 52 Years

Peru Lions Club - 73 Years

Diabetes Awareness Message

Diabetes – part 5 Can I have a normal life with Diabetes?

When my son Alex was diagnosed with Type 1 diabetes at the age of 12, our lives changed forever. My life much less than his but my new reality was learning about carbohydrates in every food, what a normal meal plan looks like, portion sizes and what to avoid. How do I get supplies, insulin and needles? How do I help to give him shots, how many carbs are in the school lunch, what do you do for low blood glucose, or high blood glucose? What things do I need to carry to every sporting event, shopping trip or just out to dinner? What items does he have to have with him at all times and how do we disguise those items so that he appears normal? Can he play sports and what do we need to know before, during and after he plays? What are the issues traveling, especially by airplane, for someone that needs to carry insulin and needles with him at all times?

For Alex, his new reality became, carrying a whole bag of supplies with him. Pricking his finger at least 4 times a day to test his blood sugar, recording what he was eating to calculate the number of carbs, giving himself shots at least 3 times a day as well as one shot for long lasting insulin. Keeping up with his peers at school and sports while testing, eating at certain times, going to the nurse to get a shot, worrying about how much extra insulin you need when you are running laps or throwing. Trying to concentrate when your blood glucose is off and it is the middle of a test. These things may seem minor, unless you are a 12 year old boy starting in a new school.

I need everyone to know that Alex missed one day of school in the six years after being diagnosed with Diabetes and that was because he was getting his insulin pump. He never used this disease as an excuse for not participating in any activity. He played sports every season for 6 years. Whether it was football, soccer, basketball or baseball, Alex kept busy and excelled in sports. He also played sports in college. Less than 5 days after being diagnosed, he started giving himself insulin shots and I only had to help with the long lasting insulin.

I don't want anyone to assume that this was not a struggle or that Alex did everything right for his diabetes. His blood sugars were still way too high on a regular basis until the last six months and that is something that we still fight about on a regular basis.

Alex is living on his own now and is doing very well but he is and always will be a concern for me because of this challenging disease. I am hoping that some of the latest technologies will help to give me some assurance as well as help him keep his blood glucose numbers closer to normal. Getting the insurance companies to cover the latest technologies and the basic needs of a diabetic is also a challenge, so advocacy is very important.

CC Kelly Clark

kclarkmd20@gmail.com

Pin Trader Scholarship Message

Many high school seniors are looking at training programs or college this coming year and are probably looking for financial aid. Being a Lion or Lioness places your son or daughter, grandson or granddaughter in a unique position.

The Lion pin traders that belong to the Lions International Trading Pin Club have created a scholarship opportunity for graduating seniors. The application can be found on the website (www.litpc.org) and a \$2500 scholarship is available. Actually two scholarships are being awarded annually. The applicants must be a Leo or the their parent or a grandparent must be a Lion or Lioness member.

The completed applications must be sent to the individual state chairman from each state by March 1st. I serve as the state chairman from New York. (PCC James Schiebel, 748 Wiler Road, Hilton, New York 14468) Each state is allowed to forward their best two application forward for international consideration. The winners are announced at the annual LITPC meeting held during the international convention.

At the annual convention in Chicago, Emma Bennett from Spencerport, New York was announced as a scholarship winner. She is attending Cornell University. Glynnis Santeramo from Buskirk, New York was also selected as a scholarship winner. She is attending Brockport College. Both international winners were from New York.

If you enjoy the fellowship of trading friendship pins, consider joining the Lions International Trading Pin Club and supporting the scholarships for future graduates. The membership application can be found on the same website as the scholarship application.

March 1, 2018 deadline to PCC Jim Schiebel



District "W" Peace Poster Winners

After much careful deliberation, the peace poster contest committee has selected winners for the district. The first place winner in the peace poster contest is Chase Newman, sponsored by the Saranac Lake Lions. Chase's poster has been submitted to the MD20 peace poster chair to be judged at the state level. It is pictured below. The second place winner is Emma Axtell, sponsored by the Ogdensburg Lions. The 3rd place winner is Destiny Verne, sponsored by the Clifton-Fine Lions. Thank you everyone who submitted posters & encouraged your schools to participate. I would like to invite the 3 district winners, their parents & sponsoring club to come to a small award ceremony & reception, perhaps at the last cabinet meeting in April, hopefully in the Plattsburgh area. We were fortunate to have 5 talented young artists submit their artwork. I think I would like to do certificates of honorable mentions to the remaining 2 who were not chosen as winners. I can appreciate the thought & hard work each of these kids put into their posters & would like to show a small token of the district's appreciation. We will be giving each of the 3 winners a check. I will be in touch when I have more information available about the presentations. Again, thank you very much for your participation in the contest.

DG Donna



GLOBAL LEADERSHIP TEAM MESSAGE

My January 2018 GLT Message is a request to ask our Lions, **especially** Club Officers, Zone Chairs, and interested Lion Members, to visit the NEWLY LAUNCHED District 20-W “Lions Online Training & Leadership” website. It is a central location for accessing lots of useful information, registering and attending webinars, accessing recorded presentations, enrolling in online courses, requesting individual consultations and custom training, posting and reading Q&A FAQ's, participating in the members Global Action Team Blog, and exploring a resource for sharing valuable Lions Leadership skills and educational experiences.



It can be easily reached by clicking on our District website at:

<http://www.e-district.org/sites/20w/page-9.php>

Please do check it out. It only takes a couple of minutes to bookmark this and share it with a fellow Lion.

SYIL,
PCC Mark

International & MD20 Dues

Just a reminder that the bills for the second half of our LCI & MD-20 Lions Dues will be coming in January 2018.

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 lionsmd20@gmail.com or via phone at 315-478-3131.

The notification for your clubs LCI dues should be 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.

Lions Camp Badger News for December

Come Celebrate With Us!

**Flame the Band Concert and The Edmeister at Tioga Downs
Saturday, February 10th 2:00-4:30pm**

Lions Camp Badger is sponsoring this groundbreaking event to be held at Tioga Downs Conference Center & Casino, 2384 W. River Rd, Nichols, NY 13812. Come see for yourself that individuals with special needs hold unlimited potential when given the opportunities and supports necessary to succeed! We are proud to offer "Flame", a ten member band ensemble where all of the members have disabilities, but they do not let their challenges define them! "Flame" has performed internationally, and they are truly excited to bring their talents to our community. You can learn more about them at flametheband.com.



Joining "Flame" on the stage will be "The Edmeister"-- otherwise known as ventriloquist and local resident Eddie Stevens. Eddie is a camper at Lions Camp Badger whose hidden talents were discovered when he shared them with his camp friends over the summer. A natural performer, Eddie is looking forward to entertaining his audience with a little help from his puppet friends



This special afternoon of entertainment promises to be fun-filled, family friendly, and enjoyable for all. Be prepared to be inspired, to laugh, to cry, and maybe even to dance a little! This event is guaranteed to make you realize and appreciate the potential in all of us.

All corporate and individual donations will fund band member salaries and expenses incurred on performance day. These contributions will also make it possible for our Campers to enjoy this special activity at no cost. Donors will be recognized in social media, newscasts and articles, and at the event itself. Ticket sale proceeds will support our ongoing efforts to provide summer camp to individuals with functional differences at Lions Camp Badger.

Find more information on our website: www.LionsCB.org or Facebook page: @CampBadger

Lions Camp Badger News for January

Happy New Year from Lions Camp Badger!

This month we'd like to take the opportunity to bring a few key items to your attention:

- **FLAME THE BAND and Eddie "The Edmeister" Stevens**
at Tioga Downs Conference Center & Casino, 2384 W. River Road, Nichols NY 13812.
Saturday, February 10th 2:00-4:30pm.
Tickets \$25 at www.LionsCB.org

Lions Camp Badger is sponsoring this groundbreaking event. Come see for yourself that individuals with special needs hold unlimited potential when given the opportunities and supports necessary to succeed! We are proud to offer "Flame", a ten member band ensemble where all of the members have disabilities, but they do not let their challenges define them! Joining "Flame" on the stage will be "The Edmeister"-- otherwise known as ventriloquist and local resident Eddie Stevens. Eddie is a camper at Lions Camp Badger whose hidden talents were discovered when he shared them with his camp friends over the summer. This special afternoon of entertainment promises to be fun-filled, family-friendly, and enjoyable for all. Be prepared to be inspired, to laugh, to cry, and maybe even to dance a little! This event is guaranteed to make you realize and appreciate the potential in all of us.

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- **Program Dates for Summer Camp 2018:**
 - "Junior Badgers" ages 12-20 with Functional Differences and/or Intellectual Disabilities
Saturday, June 30 – Thursday, July 12
 - "Breakthrough Badgers" ages 13-17 with Emotional and Behavioral Challenges
Sunday, July 15 – Thursday, July 19
 - "Senior Badgers" ages 21+ with Functional Differences and/or Intellectual Disabilities
Saturday, July 21 – Thursday, August 2

- **Lions Mints Program:**

The Lions Mints Program is a time-tested, proven fundraising project for Lions Clubs around the world. Lion Mints provide visibility for your club throughout your community. The Lions emblem certifies that it is an official Lions Club fundraising activity. This program is not only a fundraiser for your club, it also helps Lions Camp Badger, one of your MD20 State projects. **Lions Camp Badger receives \$5 for every case of mints ordered from Saykly's Candies-Lions Mints Division.** Don't hesitate to call **1-866-220-0213**, or visit their website at www.lionmints.net for more information or to place an order.

Please Note: when placing an order, if you can have your order shipped to a BUSINESS address instead of a residential address, you will save \$10.

- **Boxtops for Education:**

We collect Boxtops for Education! Each of those little coupons is worth 10 cents and you'd be surprised at how quickly they add up. You helped raise over \$400 in 2017! You can find a list of participating products here:

www.boxtops4education.com/earn/participating-products. The next submission deadline is **February 15th**, so get clipping and mail them to Lions Camp Badger, 725 LaRue Rd, Spencer, NY 14883.



Find more information on our website: www.LionsCB.org or Facebook page: @CampBadger or call 1-800-232-7060

GLOBAL MEMBERSHIP TEAM MESSAGE



Our new directive from LCI is “EMPOWERING CLUBS THROUGH THE POWER OF ACTION”. To me, the key words are EMPOWER CLUBS AND ACTION. This means that every club and its’ members have the power to have a VERY SUCCESSFUL club.

In reviewing our statistics for the first half of this Lions year, we have 19 new members, 2 reinstated, 2 transfers for a total of 23 new members BUT we dropped 33 members.

PLEASE start recruiting NOW! Focus this month on recruiting women. Out of our 811 members, we only have 294 women.

There is a women’s recruiting brochure from LCI-ME-17- ”I AM A LION” . An excerpt: “So, Lions clubs are for women too? Yes! Women have been serving in Lions clubs for years. In fact, women are the single fastest growing membership segment of Lions Clubs International.

What is the time commitment? Clubs hold regular meetings to plan projects and conduct business, usually about twice per month, in addition to service project events. Each Lion contributes what they can.

Are there opportunities for my family? Yes. You can join a Lions club with your spouse and other adult family members living in your household and receive a dues discount. If you have younger children, many clubs’ welcome children at special club events and activities, teaching them the joys of volunteering and guiding them to a lifelong dedication to helping those in need. Some clubs even have a Cub Program for kids under age 12 and/or sponsor a Leo club.”

Please download this brochure and distribute across your club area where women go: hair dressers, gyms, doctors’ offices, grocery stores, banks, etc. Not only will you be letting your community know we value women but educating the businesses about your club. If you already have a club brochure change it to a recruiting brochure.

The only way we are going to get new members is through ACTION-we MUST do something like RECRUIT! Potential new members are not going to just drop in our laps. We had NO NEW MEMBERS in December.

PLEASE EMPOWER YOUR CLUB THROUGH ACTION!

I will be in touch with each Club President and Membership Chair to see how your recruiting efforts are going. I will be contacting all new members to see how their club, district, multiple district orientation is going.

I remind you that REDISTRICTING WILL NOT SOLVE YOUR MEMBERSHIP ISSUES! Only ACTION on your part will do that.

Please feel free to contact me at any time - lionLwalker@twcny.rr.com or 315-804-2130.

Lion Liz Walker, GMT District Coordinator, PDG

District 20W Centennial Challenge Project

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, 16/31 (62%).

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

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

We know almost every club is doing at least 2 service projects in their communities. THEY ARE NOT BEING RECORDED. Please record!

The 20-W Legacy Project status is that 14/31 clubs have sent me their history's.

Those clubs who have not sent in their history will be contacted by me.

Respectfully Submitted,

PDG Bob Walker, 20-W Centennial Coordinator



“WE SERVE”

Around District 20-W

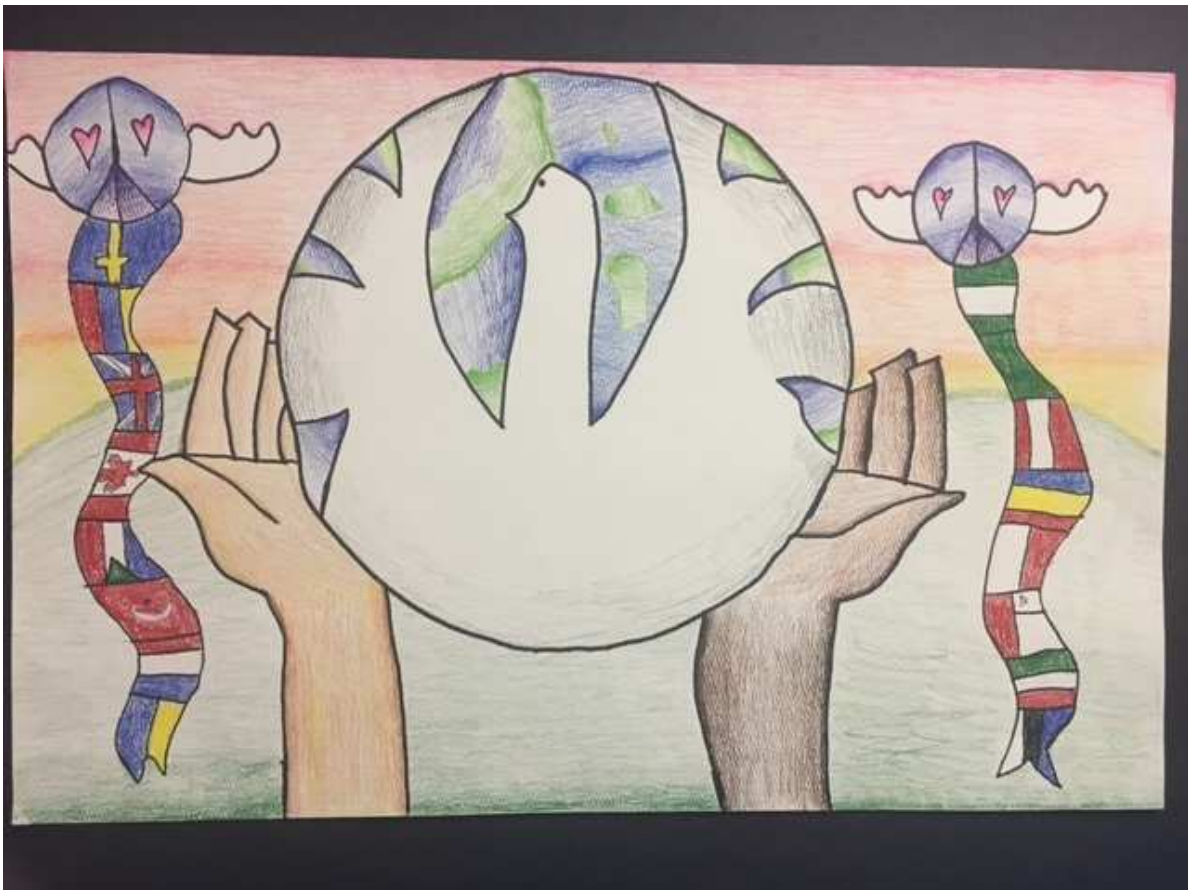
From Ogdensburg Lions Clubs

Ogdensburg Lions Club Peace Poster 1st to 4th place winners are pictured below and on the next page.



To the left 1st place winner Emma Axtell poses with her poster.

Below is an enlargement of Emma's 1st place poster



Around District 20-W

From Ogdensburg Lions Clubs



Pictured above is a group picture of the participants with their recognition certificates.

Around District 20-W

From Lowville Lions Club

In recognition of the Worldwide Week of Service for Diabetes, the Lowville Lions Club invited Mary Kimbrell (pictured below), Lewis County Public Health Diabetes Educator, to speak at their November 16th meeting. Mary shared ideas to generate awareness, encourage prevention, and help people with diabetes get life-saving treatment.

She specifically shared details on the monthly Diabetes Education Evenings that are sponsored by Lewis County Public Health. These meetings often have guest speakers and allow for time for participants to network with others who have diabetes to help build a support network.

Mary also shared about the new NYS Diabetes Prevention Program (DPP), a proven way to prevent diabetes in people who have prediabetes or are at risk for diabetes, by making small lifestyle changes. The DPP meets as a small group for just one hour every week for 16 weeks. Trained lifestyle coaches lead the weekly sessions to help participants improve their food choices, increase physical activity, and learn coping skills to maintain weight loss and healthy lifestyle changes.

Mary's presentation sparked discussion about our club sponsoring public diabetes screenings similar to those we do for vision screening of young children. We would not provide a diagnosis, simply a reading that the individual could share with their health care professional.

Mary's presentation helped motivate our members to support LCI's long-term commitment to supporting diabetes education, treatment, research and early detection.



Around District 20-W

From Quad Town Lions Club

The Quad Town Lions Club presented donations to the Hopkinton, Tri-Town and St. Patrick's/St. Lawrence food pantries and to the Local Christmas Basket Fund in November. They were able to donate a total of \$2800.00 to these four outstanding organizations.



Pictured at right is King Lion John Kelly presenting a check to Tri-Town Food Pantry Coordinator Terri Passon.



Pictured above is King Lion John Kelly presenting a check to Rita Keenan representing the St. Lawrence/St. Patrick's Food Pantry



Pictured above is King Lion John Kelly presenting a check to Christmas Basket Fund Co-Chairperson Judy Austin

2017 - 2018 District Governor Visitation Schedule

Notice: Club Presidents and/or Secretaries, please check the schedule below for the date your club will be visited and confirm with DG Donna Ober that this date is OK.

Email: kdclark@frontiernet.net **Phone:** 315-771-1817

Date	Club	Confirmed		Date	Club	Con- firmed
7/12/17	Malone	YES		10/18/17	Carthage	YES
7/13/17	Quad Town	YES		10/24/17	Watertown	
7/18/17	Lisbon	YES		10/25/17	Croghan	
7/24/17	Clayton	YES		10/26/17	Lowville	
8/14/17	Clifton-Fine	YES		11/1/17	Edwards	
9/6/17	Town of Brownville			11/7/17	Heuvelton	
9/7/17	Saranac Lake			11/8/17	Gouverneur	
9/11/17	Lake Placid			11/9/17	Norfolk	
9/18/17	Town of Schroon			11/15/17	Massena	
9/21/17	Tupper Lake			11/15/17	Louisville	
9/25/17	Cape Vincent			11/16/17	Ogdensburg	
9/28/17	South Jefferson			12/11/17	South Lewis	YES
10/2/17	Plattsburgh			TBD	Long Lake	
10/3/17	Chazy			TBD	Newcomb	
10/12/17	Peru			TBD	Potsdam	
10/16/17	Indian River					



District 20-W Schedule of Events 2016-2017



District 20-W Events

Cabinet Meeting #3

April 28, 2018
Plattsburgh, NY

District 20-W Awards/Testimonial Banquet

May 20, 2018
Potsdam, NY

MD-20 Events

MD-20 Lions Leadership Institute

Thurs., October 26 thru Sat. October 28, 2017
Riverwalk Hilton Double Tree
Binghamton, NY

95th Annual MD20 NY & Bermuda
Lions Convention

May 4 - 6, 2018
Rochester, NY

International Events

101th Annual Lions Club International
Convention

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

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