THE NORTHERN LION

District 20-W Monthly News Letter

DISTRICT GOVERNORS MESSAGE

My dear fellow Lions:

February is the month when we celebrate love, romance and passion; it's in the air around us and everywhere we go. The stores are full of candy, cards, chocolates, stuffed animals and gift ideas for that special someone. Florists are stocking up on red roses by the dozens and creating floral works of art. Restaurants are preparing special menus.

But I want to talk to you about a different kind of love and passion: the kind of love and passion that enables us to serve other people and do what we do as Lions. Now believe me, I know what it's like to be busy, get tired, burned out and discouraged. Sometimes I've felt unheard and I've wondered if the work I do as a Lion has any real impact. In those moments, it's all too easy to want to say it's just not worth it to me anymore, to want to guit and walk away from being a Lion. Have you ever felt that way? Well, if you have, maybe you can do what I sometimes do when those moments come. Ask yourself: why did you become a Lion in the first place? I've heard from some of you that you came to be a Lion because a friend, coworker or business associate invited you to join. Sometimes it's handed down from one generation to the next. Sometimes the club has such a large significant impact in the community over the years that people want to join. I joined because I made a New Year's resolution to become more involved in my community by joining a service organization. And that's all great, but hopefully, the real answer that's the common thread for all of us is that we wanted to help other people through service.

The other question that I ask myself that I now pose to you is: why am I and why are you still involved as a Lion today? Why after 7 years am I still a Lion? Why after 5, 10, 15, 20, 25 even 40, 50 or 60 years of service are some of you still Lions? What makes a person want to devote so much of their life, our lives, to an organization? Now don't get me wrong here, I mean sure, the friendships and the social time with fellow Lions can be really great. But is that really enough? And then I hear the stories that tell the tale of the impact I and every single one of you has as a Lion. I've heard countless stories at fundraisers of people who have either been helped by Lions themselves or parents of a child whom the Lions have helped and so they thank us by sharing these stories and make donations so we can continue to help others. When we do vision screenings with preschoolers, we know that in some small part, we're helping children see better to learn better.

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We're helping provide people who are blind or have severe visual impairment with the tools and resources that can and does help them live a life that's as rich and rewarding as they want to make it to the fullest extent possible. Scholarships for deserving high school seniors help them take one small step toward going to college or a trade school to chase after and achieve their dreams. People who visit food pantries after we've held food drives and/or made monetary donations, the elderly and other people who receive baskets of cheer from us at the holidays are grateful for the assistance when they might have very few other places to turn for help. We brighten at least one veteran's day when we stop to say thank you and provide them with a free dinner. I guarantee you that the people in Texas, Louisiana, Florida and Puerto Rico who were hit by hurricanes earlier this past late summer and early fall are incredibly thankful for our donations and helping hands. When I hear stories like that and so many others. I'm left in awe and humility that people's lives are better in some small part thanks to the work I've done as a Lion. Also, I'm grateful and blessed to be your district governor this year because it affords me the unique opportunity to hear all about the wonderful things you do as Lions. And finally, the answer to my original question as to why I remain an active Lion and why I also believe that the reason at its core for all of us who devote such a significant part of our lives to Lions is that we love to serve others. I believe that it's one of our greatest passions in life. And I firmly believe that if we share that love and passion for service with others, our membership will grow and our members will stay because of the joy and fun they too can find in helping someone else.

Please don't forget to pay your NYS & Bermuda and Lions dues in a timely manner. Also, please keep up with the monthly activity reports so that I can read all about what you're doing. You know, I find it ironic that I'm sharing the theme of celebrate and remember when I find that I've been burned out and I'm the one in need of that myself more than anyone. Thank you for sharing your stories with me. It is these stories that I hear that remind me why I'm a Lion and why I took on the role of serving as your district governor. Thank you for reigniting the spark of love and passion for service in me. I hope to be able to help reignite that same spark of love and passion for service in each of you by the end of this Lions year. But it's up to me and each one of you to fan that spark into flame so that it will burn bright for years to come. Do what you love and love what you do. Happy Valentines Day!

DG Lion Donna Ober 315-244-1141 oberde@potsdam.edu



Club Anniversaries February



Cape Vincent Lions Club - 47 Years Lisbon Lions Club - 15 Years

Please Join Us In Las Vegas

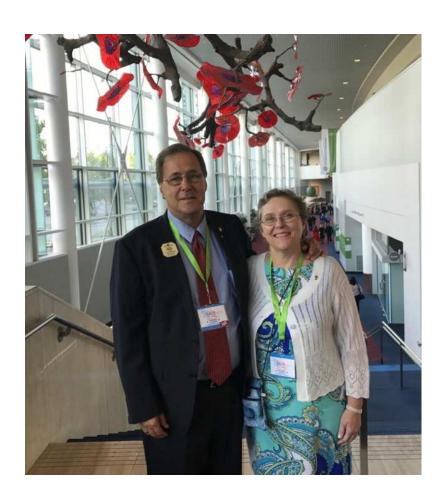
It seems like forever since our May, 2017 state convention in Lake Placid where I received Multiple District 20's endorsement as your candidate for the International Board of Directors. I was asked to step back in Chicago and become a candidate this year. I did that so now we are off to Las Vegas in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



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 <u>email</u> 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 <u>US mail</u> by your Club Treasurer. LCI also sends out an <u>email</u> 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.

USA Canada LEO Leadership Forum Info

The USA/Canada Leo Leadership Foundation is excited to announce that the **2nd USA Canada Leo Leadership Forum** will take place on **August 1st to August 5th, 2018** in Westchester, New York. Leos will develop leadership skills while participating in workshops provided to them by Lions & Leos experts in specific topics. Lions will have the ability to take seminars on youth development professionals. After all workshops, our Leos will engage with Leos from all over the United States, Canada, and MD-60 in fun activities during the week-long forum.

For more information go to www.usallf.org/



Diabetes Awareness Message

This month I found 16 early signs of Diabetes. The article is in the Diabetic News from July 28, 2017. I decided that the list was important and it scared me a bit because I have several of these signs. It doesn't mean that I have Type 2 diabetes but it is a wake-up call for me to exercise more, watch what I eat and it probably wouldn't hurt me to test my blood sugar soon. If you have some, many or all of these signs, you shouldn't panic but you might want to be more careful and take better care of yourself and if they continue, see a doctor. Many of these signs could mean nothing at all but it doesn't hurt to be careful.

- 1. Fatigue
- 2. Hunger
- 3. Constant urination
- 4. Thirstiness
- 5. Blurred vision
- 6. Headaches
- 7. Insomnia
- 8. Mood changes
- 9. Yeast infections
- 10. Slow healing
- 11. Pain & numbness in your feet and legs
- 12. Weight loss (I wish)
- 13. Changes in heart rate
- 14. Nausea/vomiting
- 15. Risk factors (ie: overweight, high carb diet)
- 16. Family history

We can often control Type 2 diabetes with proper diet and exercise but that is easier said than done for most of us. As we start a new year, we should all try to live a healthier lifestyle. Take care of yourselves and do not forget to be an advocate for diabetes research. Let your Congressional representatives know that you care about money for Diabetes research and that you want Insurance companies to pay for proper treatment for this disease.

As always, please let me know what activities you are doing in your clubs to heighten awareness of diabetes. Thanks for all you do.

CC Kelly Clark kclarkmd20@gmail.com 20W Diabetes Awareness Chair

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



Lions Camp Badger News

Greetings from Lions Camp Badger!

While many of you have had the pleasure of visiting our lovely camp, I'd bet that it's never been during the winter! Due to the extreme temperatures of NYS winters, most of the camp has to be winterized and shut down. Thankfully the Office is heated and remains open through the season. I am lucky to have a job that I enjoy, in a setting that, while cold at times, is exceedingly beautiful!

The weather conditions in January have been varied to say the least. The temperatures fluctuated from the single digits to over 50 degrees and back again within a seven day period of time.

In the beginning part of January, we had 10 or 12 inches of snow on the ground.





That all melted with two very warm 50+ degree days on January 11 & 12.

I guess that was what they call our "January thaw."



The temperatures (and snow) suddenly plummeted again on the 13th, bringing us back 8 or 10 inches of snow cover.





January 18, 2018-Lakehouse



January 18, 2018-Chapel/Memorial Garden



On this particular morning, the sky is brilliant blue, the sun is shining brightly, and the temperature is a brisk 20 degrees. Glorious!

Here's to February, the longest shortest month of the year! Stay warm!

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

GLOBAL MEMBERSHIP TEAM MESSAGE

To date, I have shared MANY strategies to recruit new members.

Take a moment in your next club meeting and brainstorm why would a community member want to join our club. Ask yourselves these questions: Are we a vibrant energized club that is seen out in the community doing service projects that will make your community a better place to live?

The new Global Action Team framework puts THE CLUB at the center of the action and all the Team and network to work for the club. This new framework puts SERVICE AT THE CENTER OF WHAT WE DO!

Evaluate your current service projects: are they dynamic; do they truly impact your community? Does your community know they happened?

Providing STRONG SERVICE PROJECTS WILL GIVE ALL OF US A CHANCE TO RE-ENGAGE AS Lions. When you do your next project, have each Lion involved, invite a community member, who is not a Lion to come and see what you do. Make sure to also Invite someone from the Press.

When the above happens, new members will join, and existing members will stay.

MEMBERSHIP WILL GROW WITH SERVICE!!!!!!!!

REMEMBER, NEW MEMBERS NEED A MEANINGFUL INDUCTION AND ORIENTATION!

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.

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



CONGRATULATIONS TO ALL OF US FOR CONTRIBUTING TO THE SUCCESS OF THE ABOVE ACCOMPLISHED GLOBAL CENTENNIAL SERVICE CHALLENGES.

LIONS CLUBS INTERNATIONAL Run Date: 2/2/2018 2017 - 2018 Service Activity - Campaign Summary **District 20 W Club Participation**:

DIABETES: 5 CLubs-9 Activities-54 Lion Hours-538 People Served-Raised \$125 and donated \$90.

ENVIRONMENT: 11Clubs-29 activities-152 Lion hours-9358 People served-donated \$1,950.

HUNGER-14 Clubs-36 activities-359 Lion Hours-2986 People served-Raised \$6896-donated \$13,784.

VISION-15 Clubs-68 Activities-483 Lion hours-6326 people served-511 People served-930 eye-glasses collected-Raised \$8,155-donated \$5,355.

YOUTH-17 Clubs-45 Activities-572 Lion hours-2762 served-Raised \$7,052 and donated \$12,585.

Percentages of clubs' participation rates in:

Diabetes-24%; Environment-52%; Hunger-67%; Vision-71%; Youth-81%

The number of clubs reporting participation in two or more Centennial Service Challenge is 18/78.26%. CONCLUSION: 12 CLUBS HAVE NOT PARTICIPATED IN THE ABOVE GOAL OR HAVE NOT REPORTED. If you need help reporting, please call 315-232-4359. PDG Bob Walker, 20-W Centennial Coordinator.

From South Jefferson Lions Clubs

Nearly 800 million people go to bed hungry every night. This January, the South Jefferson Lions joined Lions from around the world for a special Worldwide Week of Service dedicated to eliminating hunger in our communities.

At the South Jefferson Lions Club January Program Meeting, Club President Steve Sayyeau presented checks for \$200 each to Nina Hershey, Board member of the Rhode Center Food Pantry & Fred Morris, Director of the South Jefferson Backpack Program to aid in feeding the hungry in southern Jefferson County. It was noted by the recipients that each dollar we gave would buy ten dollars' worth of food.



Pictured above LtoR: Fred Morris, Director of the South Jefferson Backpack Program, Club President Steve Sayyeau & Nina Hershey, Board member of the Rhode Center Food Pantry.

From Croghan Lions Clubs

The Croghan Lions partnered with two Beaver River Central School students, Emily Lighthall and Jessie Landis, who, for their Senior Project, organized an OxFam Hunger Banquet on Martin Luther King Day. This was an interactive event designed to shed light on the food insecurity rate in the world and in our own county. One hundred guests randomly selected tickets which sent them to a high (20%), middle (30%), or low (50%) income meal. The 20 in the high-income group were served a spaghetti dinner with tossed salad, bread and sparkling grape juice at 4 tables with linens and "fine" tableware. The 30 middle-income attendees got beans and rice served cafeteria style, and the 50 in the low-income group sat of the floor and were given only rice and a pail of water. In the lower two groups, the women were instructed to allow the men to be fed first. The girls made an impressive presentation with many statistics about world poverty and that in Lewis County. Guidance counselor Gil Monnat and Ed Steckly presented information about the Lewis County Back Pack programs at Lowville Academy and Beaver River Central School. As participants left, many donated money that will be split among OxFam and the local back pack programs.

The Croghan Lions made a monetary donation to help with supplies, and nine members assisted on the day of the banquet in various ways.

Pictures from the event appear below and on the next page.



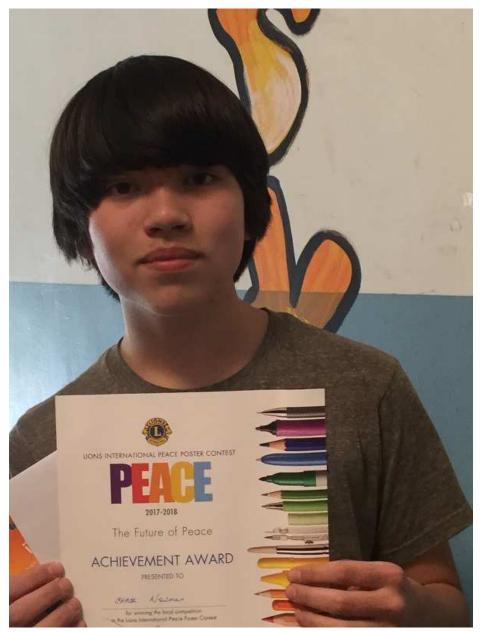
From Croghan Lions Clubs



From Saranac Lake Lions Club

On Friday, Jan. 26th 2018 the Saranac Lake Lions Club hosted an awards presentation at Petrova Middle School to honor Chase Newman. Chase won the local Lions Club International Peace Poster Contest which is held annually at the middle school. The theme of this year's contest "The Future of Peace". Chase then went on to win at the District 20W level. Please join the Saranac Lake Lions Club in wishing Chase good luck as his poster moves forward through the judging process.

Photos from the presentation appear below & on the next page.



Pictured above is Peace Poster Winner Chase Newman

From Saranac Lake Lions Club



Pictured above LtoR: Petrova Middle School Principal Bruce VanWeelden, Lion Kathy Munn, Chase Newman, Saranac Lake Lions Club President David Martin and Petrova Middle School Art Teacher Maria DeAngelo



Pictured above is Chase's Winner Poster

2017 - 2018 District Governor Visitation Schedule

Notice: <u>Club Presidents</u> and/or <u>Secretaries</u>, 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 March 10,2018

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.

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

(315) 389-4165 outageco@yahoo.com

LIONS CLUBS OF NEW YORK AND BERMUDA, INC. Multiple District 20 95th State Convention May 4-6, 2018 Rochester, New York

Lions Clubs of NY and Bermuda 200 Gateway Park Drive Building A North Syracuse, NY 13212-3751

January, 2018

Dear Friends:

You are invited to be an exhibitor at our 95th Annual Convention at the Rochester Convention Center from May 4-6, 2018.

This is a great opportunity to showcase your products and services to Lions leaders from across New York and Bermuda. We expect approximately 1,400 convention delegates and guests passing through the area where our vendors will be set up on Friday and Saturday.

Fees for exhibitor will be as follows: No fees shall be assessed to Lions Camp Badger, and NYS & Bermuda Foundation, Lions SEE, and Brandel Murphy Foundation, all of which may sell raffle tickets, and NYS Bermuda Pin traders for the scholarship fund.

MD20 projects and activities will be provided one table, at no cost, to place informational items. This includes all MD-20 projects and Leos, Lions Institute, Peace poster, Lions Camp Badger, NYS & Bermuda Foundation, Lions SEE, and Brandel Murphy Foundation.

Fee for all both rentals will be \$150 per booth. The fee for electricity will be \$50 for your booth. The convention booth rental chair will also be responsible for all booths to be in compliance with the convention rules regarding selling of items and raffles.

FUND RAISING

No individual committee, Club or District may conduct any fund raising activities at the convention. This includes raffles, selling of souvenirs, pins or material regardless of the worthiness of the project.

Paid exhibitors will have a table, 2 chairs, table covers and skirting. It is extremely important that you let us know if you need electricity on the attached booth contract. To assist us in the final booth layout, we will need that information well in advance.

We have attached a booth application and agreement with this letter. <u>Please make your checks payable to "MD-20 Lions"</u> and send check and application to the Chair listed below. You may also use the credit card form attached. Please also consider an ad in our Convention brochure. The form for that is attached.

The Rochester Convention Committee sincerely thanks you and hopes you will seriously consider this unique opportunity. Feel free to contact us with any questions.

Vendor Chair: PDG Marv Hankinson Sr. 1534 Lake Rd. PO Box 99 Hamlin, NY 14464-9503 Marv.hankinson@gmail.com Ad Chair: PDG Judy MacKnight 211 Arbordale Ave. Rochester, NY 14610 jmmacknight@yahoo.com

Expires Month/Year:_

2018 ROCHESTER MD-20 CONVENTION VENDOR CONTRACT

In witness whereof, the applicant has caused this application to be completed by an officer or representative duly authorized to execute the same. (PLEASE PRINT)

Organization Name:	
	Title:
Organization Address:	
City	State: Zip Code:
Telephone:	Contact Person:
Email Address:	Website:
Number of Space(s) Requested:	
Electricity Required: Yes No	(NO is assumed)
VENDOR (\$150) & ELECTRICITY	\$50 if applicable) Payment attached: \$
Check made payable to "MD-20 L	ons" or use credit card form
Person(s) in charge of your exhibit:	
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Security code (3 digits) _

PRINT ORDER FORM

Multiple District 20-E1 Lions Clubs of New York and Bermuda

Annual Conference and State Convention

May 3-6, 2018, Rochester, New York

Advertising Contract - Pricing and Ad Sizes

Advertising Deadline MARCH 30, 2018

• Outside Back Cover	4.5 x 11 \$900						
 Inside Front Cover 	4.5 x 11 \$700						
Inside Back Cover	4.5 x 11 \$700						
age 4.5 x 11	\$375						
age 4.5 x 5.5	\$225						
er Page 4.5 x 2.75	\$175						
Page 4.5 x 1.75	\$85						
Supporter Name Listing in	Program \$30						
A							
is enclosed a	llong with my P camer	ra-ready artwork.					
MAKE CHECKS PAYABLE TO: DISTRICT 20-E1 LIONS and send to PDG Judy MacKnight, 211 Arbordale Ave., Rochester, NY 14610							
	Outside Back Cover Inside Front Cover Inside Back Cover age 4.5 x 11 age 4.5 x 5.5 er Page 4.5 x 2.75 A Page 4.5 x 1.75 Supporter Name Listing in A is enclosed a	Inside Front Cover 4.5 x 11 \$700 Inside Back Cover 4.5 x 11 \$700 age 4.5 x 11 \$375 age 4.5 x 5.5 \$225 ar Page 4.5 x 2.75 \$175 a Page 4.5 x 1.75 \$85 Supporter Name Listing in Program \$30 A is enclosed along with my P camer					

	Name – Please print legibly
Organization	
Contact's address	
Contact's city, State and zip code	
Contact's phone number	
Contact's fax number	

QUESTIONS: Karen Pohlman @ West Seneca Printing (716) 675-8010, <u>wsprinting@aol.com</u> Or PDG Terry Bliss @ (585) 748-4896, tbliss2715@aol.com

Contact's e-mail address