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A
message
from...

**District
Governor
Michele Puleo O'Hare**



New York State & Bermuda MD20
District 20W
District Governor Michele Puleo O'Hare

**NEXT ROAR DEADLINE
FEBRUARY 28, 2019**

**NEXT MD20 MAG. DEADLINE
JUNE, 2019**

Greetings Lions, Leos and Lioness's of District 20-W!

We begin the new year with more activity in Lions service projects, improved leadership training opportunities, increased participation, and a positive growth in membership. As your DG, I can report that the state of the District is "20-Wonderful".

The Mid-Winter cabinet meeting was reviewed as a successful event and I want to give special thanks to Region Chair Lion Jim Winkler and Zone Chair Lion Bill O'Mara for hosting it.

A large turnout was on hand at the opening to hear the inspirational and moving presentation by Lion Diane Lange from the Ballston Spa Lions Club on her experiences as an educator to students who lived with childhood cancer. She gave us wonderful examples of possible service projects and



**See Page
25 for
submission
instructions.**

...continued on next page

fundraisers for our Clubs. Please remember this month that February 15 is International Childhood Cancer Day.

All the presentations were live streamed on our District 20-W Lions Facebook Page for those that could not attend in person. Please continue to “like us” there and share the link with your fellow Lions.

IPDG John McDonald from the Saratoga Springs Lions Club gave us an update on diabetes for our District and PCC Mark Whitney from the Town of Schroon Lions Club provided an introduction to the new “MyLion” mobile and web application available for sharing events and reporting service activities.

Lion Barbara Bentley from the Saratoga Springs Lions Club presented tips for using Facebook and your club. If your Club needs assistance starting a Facebook page or expanding activity on your page, please contact her.

The next several months are very busy for all our clubs. Presidents will appoint a nominating committee for new club officers this month. This is also a great time to review the roles of club officers and provide training and mentoring along with orientation for all Lions new and old. Elections should be held in March and the 2019-2020 Lions Club Officers can then be posted to LCI by the Club Secretary by April.

I’m looking to see many of you for our final cabinet meeting of the year on Saturday, March 23rd, 2019 at the Hampton Inn in Lake Placid where we will nominate Lions Ed Pike and Lion Rick Brisee as our next District Governor and First VDG. Congratulations to these very committed and dedicated Lions.

Please consider attending Lions Day at the United Nations on March 9th. If you have not attended it is a wonderful experience and you will meet Lions from all over the world. It is a special opportunity to be part of our global partnership. This year you can bring back ideas and insights from other Lions, UN diplomats and field experts on how to protect children in your community by promoting healthy lifestyle.

Also, please register for MD-20 New York /Bermuda Convention in Binghamton, NY on May 3-5, 2019. There will be so much going on and it promises to be a fun time and a great learning experience. The Keynote Speaker this year is PID Jack Weber. Finally, for those of you looking for the experience of a lifetime, consider attending our Lions Clubs International Convention July 5th through July 9th this year in Milan, Italy.

Closer to home, I encourage you to keep checking for our updates on the District Website, Newsletter and Facebook Page. There is great information here about our clubs service activities and interesting new ideas for fundraisers and projects.

Lastly, I want to thank you all for the support you have given me and the great service you have provided your communities.

Let’s keep the focus on Service to our Local Communities and we’ll continue to make significant differences in the lives of our friends, family and fellow community members.

In the end it is kindness which defines who we are as Lions. As “We Serve” together, you show the world around us that “Kindness Matters”. Each service project touching many others lives. With over 1.4 million Lions together in service we represent a light in the darkness and a dynamic force for good!

Sincerely Yours in Lionism,
Lion Michele Puleo O’Hare
District Governor
District 20-W

♥ Happy Valentines Day ♥



A
message
from...

1st Vice District Governor Ed Pike

Congratulations! If you are reading this, then you are a member of an active Lions Club. You are providing a service in your community to those in need. When you joined your local Lions Club, you automatically became a member of Lions Club International. The advantage of being a part of such a large organization, (1.4 million members), is the amount of support available. Lions Club International wants to help expand your success, both as an individual and on a club level.

Just like any building project, success can be planned for. The secret to planning is to have a good actionable plan. LCI has come up with many actionable plans to help you succeed. Here are three plans I would recommend starting with:

1. Blueprint for a stronger club
2. Club and Community Needs Assessment
3. Fundraising Guide

These plans are available online from the "Lions Resource Center". Download and print the programs. Share them and go over them with the membership. I would go over them with membership in the order they're listed.

Feel free to contact me about any questions or suggestions. Your District Cabinet is here to serve the membership.

1ST VDG ED PIKE

3037 County Highway 107
Amsterdam, NY 12010
Home: 518-842-2994
Cell: 518-423-9128
weski48@yahoo.com

District 20W Cabinet Meeting

By Lion Barbara Bentley

The Lions District 20-W Third Cabinet Meeting was held Saturday, January 26th in New Hartford, NY. After opening remarks and welcome from Region Chair Lion James Winkler, the program consisted of great educational



District Governor Lion Michele O'Hare.

Lions) gave an update and training on using "My Lion", Lion Barbara Bentley (Saratoga Springs Lions) did a presentation on how to use Facebook for your club, and PDG Lion John McDonald (Saratoga Springs Lions) gave an update on the progress we are making with Diabetes.

presentations. Lion Diane Lange (Ballston Spa Lions) gave a fantastic presentation on Childhood Cancer and how clubs can get involved, PCC Lion Mark Whitney (Town of Schroom



Lion Diane Lange, presentation on Childhood Cancer.



PCC Lion Mark Whitney training on "My Lion".



IPDG Lion John McDonald presenting an update on the progress we are making relating to Diabetes.



Merger of the Johnstown and Gloversville Lions Club, now the Greater Johnstown Lions Club.



PCC Lion Mark Whitney was presented his graduate pin from PDG Lion Milledge Smith for completing the Faculty Development Institute and performing the mandatory training program.



Lions Jim Winkler and Bill O'Mara were awarded plaques of appreciation for the work they have been doing with The Country Pantry in Clinton NY.

**LION BARBARA BENTLEY
FACEBOOK EDITOR & DISTRICT PHOTOGRAPHER**

P. O. Box 1031, Guilderland, NY 12084

Cell: 518-894-1375

barbann22@gmail.com

CABINET OFFICERS**1st VICE-DISTRICT GOVERNOR**

Edwin Pike
3037 County Highway 107, Amsterdam, NY 12010
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weski48@yahoo.com
Club: Galway

DISTRICT GOVERNOR

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2nd VICE-DISTRICT GOVERNOR

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Club: Waterford

CABINET SECRETARY

Rita Ware
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CABINET TREASURER

Kevin Ronayne
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Club: Saratoga Springs

IMM. PAST DIST. GOVERNOR (former Y2)

John McDonald
P. O. Box 91, Galway, NY 12074
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IMM. PAST DIST. GOVERNOR (former W)

Donna Ober
6843 US Highway 11, Potsdam, NY 12676
315-244-1141
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REGION AND ZONE CHAIRS**L****REGION "L" CHAIR**

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136 Utica Road, Clinton, NY 13323
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Patent, Marcy Telephone Club,
Clinton, New Hartford, Utica,
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I**REGION "I" CHAIR**

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Clubs: Ballston Spa, Galway,
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Scotia-Glenville, Town of Greenfield,
Broadalbin-Perth, Central Mohawk
Valley, Fonda & Fultonville,
Gloversville, Johnstown, Northville-
Sacandaga, Speculator

O**REGION "O" CHAIR**

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N**REGION "N" CHAIR**

PDG Joan Scott (Glens Falls Lions)
140 Gailey Hill Road
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jmssc@roadrunner.com
Clubs: Glens Falls, Hadley Luzerne,
Lake Placid, Long Lake, Newcomb,
Town of Schroon, Tupper Lake,
Saranac Lake, Cambridge, Greenwich,
Mechanicville-Stillwater, Schuylerville,
Town of Hoosick

S**REGION "S" CHAIR**

Joseph Latimer (Clifton-Fine Lions)
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Clubs: Clifton-Fine, Edwards,
Governor, Heuvelton, Lisbon,
Ogdensburg, Louisville, Norfolk-
Potsdam, Quad Town, Malone, Chazy,
Peru, Plattsburgh

ZONE CHAIR

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Town of Wright-Schoharie Valley

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rager@roadrunner.com
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Long Lake, Newcomb, Town of Schroon,

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Governor, Heuvelton, Lisbon,
Ogdensburg, Louisville, Norfolk-
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Plattsburgh, Saranac Lake, Lake
Placid, Tupper Lake

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District Coordinator**

Michael Murtagh
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UPCOMING EVENTS

(District Cabinet Meetings in **Blue**, Club Events in **Green**)

Childhood Cancer Awareness DayFebruary 13, 2019
 DGE training from LCI, Oakbrook, ILFebruary 12-14, 2019
 Edwards Lions Vintage Snowmobile Races, Edwards, NY.....February 16, 2019
 Chazy Lions Winter Weekend.....February 20 - 23, 2019
 3rd MD20 Council Meeting Syracuse, NY.....February 22, 23, 2019
 Lions Day at the UN.....March 9, 2019
 Galway Lions Community Breakfast, Galway, NY.....March 9, 2019
 MD20 PDG Organization Spring Meeting.....March 16, 2019
4th 20W District Cabinet Meeting, Lake Placid, NY.....March 23, 2019
 Int'l Board of Directors Mtg., Reykjavik, Iceland.....April 3 – 7, 2019
 Capital Region Caregiver Coalition presents “Tools for Caregivers”,
 Troy, NY.....April 6, 2019
 DGE School, Binghamton, NY.....April 5-7, 2019
 4th MD20 Council Meeting, Binghamton, NY.....May 2, 2019
 MD20 2019 State Convention, Binghamton, NY.....May 3-5, 2019
DG Michele O'Hare Testimonial.....May 11, 2019
 Glens Falls Lions Golf Tournament, Airway Meadows, Gansevoort, NYJune 8, 2019
 Schroon Lake Lions Golf Tournament.....June 15, 2019
 International Convention, MILAN, ITALY.....July 5-9, 2019

**FOR MORE INFORMATION AND EVENTS, CHECK OUT DISTRICT 20W AND
 The LIONS INTERNATIONAL CALENDAR OF EVENTS
20WLions.org ~ members.lionsclubs.org/EN/events/calendar.php**

District Governor Michele O'Hare's Testimonial Lunch

Save
the
Date

Saturday, May 11th, 2019
 Holiday inn, Saratoga Springs NY.

It will be a lunch and
 will be business casual.

District Governor Michele O'Hare's Visitation Schedule

CLUB	MEETING DATES
Scotia Glenville	February 5, 2019
Duane	February 6, 2019
Saratoga Springs	February 7, 2019
Fonda & Fultonville	February 13, 2019
Schuylerville	February 20, 2019
Clinton	February 21, 2019
Deerfield	
Herkimer	
Holland Patent	
New Hartford	
NY Mills White	
Sauquoit Valley	
Utica	February 25, 2019
Lake Placid	
Greater Johnstown	February 27, 2019
Hadley-Luzerne	March 6, 2019
Tupper Lake	March 7, 2019
Malone	March 13, 2019
Town of Schroon	March 18, 2019
Bethlehem	March 20, 2019
Albany & Troy	April 3, 2019
Speculator	TBA

UPDATED February 1, 2019



Let us know
what
GREAT THINGS
your club is doing for
YOUR COMMUNITY!

See page **25** to submit an event flyer,
article, photos, etc.



MEMBERS CORNER



Fellow Lions & Leos,

Service to our community and others isn't the type of thing that we just wake up and decide to do that day. It's not like a light switch that we just click on and off. As Lions, Service is part of our respective DNA. It's part of the very soul of who we are! We constantly look for ways that we can benefit others and improve their lives!

Our Lions Mission provides us with many opportunities to serve! Hands on service projects allow us to provide a valuable service to our communities while also enjoying the camaraderie of fellow Lions and meeting with members of our community. An additional benefit is the visibility of providing service, which leads to improved community support and new members.

Food Pantries are in need now of getting their shelves re-stocked. Following the Holidays there is a definite need. Our District leadership encourages our members to reach out to their local markets and schedule a food collection day on an upcoming Saturday. Let people know that the local Lions club is collecting donations to support local foods pantries. People are very generous and the pantries will be very appreciative!

This is a good time of the year to schedule vision screenings with your local school districts. Screening Eyes Early is critically important to identifying acute eye diseases early. We encourage you to reach out to NABA or CABVI to inquire how your club can help!

We continue to work with LCI and the American Association of Diabetes Educators (AADE) to formulate programs to educate and raise awareness of the need to monitor the conditions of pre-diabetes. Exercise and a proper diet can go a long way. We encourage you to share the tip sheets from the AADE website with your members and community!

<https://www.diabeteseducator.org/living-with-diabetes/tip-sheets-and-handouts>

This past Saturday Lion Diane Lange gave a fantastic presentation on Childhood Cancer at our District Cabinet meeting in New Hartford. She presented us with some great ideas on how we can support the patients and families that are affected. We encourage you to view her presentation on the link below from the live Facebook stream that we ran that day. We also encourage you to watch the presentation from Lion Barbara Bentley on the benefits that social media can offer you in promoting your club and its service projects.

https://www.facebook.com/LionsClubDistrict20y2w/?epa=SEARCH_BOX

Please be sure to report your clubs projects to LCI. By reporting our service projects we enhance our opportunity to collaborate with other major Foundations that serve, such as the Bill & Melinda Gates Foundation and the Anthem (BlueCross BlueShield) Foundation. These relations help to further the positive influence that we have on the members of our communities.

Our District Leaders are here to serve you! Please reach out to me with any new ideas or questions you may have!

Yours in Lionism,
Lion John McDonald
Immediate Past District Governor
District GST Chair



Childhood Cancer Awareness Day
February 13, 2019

What Will Your Lions Club Be Doing On February 13th?

One of the biggest misconceptions is that we have plenty of treatments available for pediatric cancer, when in fact only 4% of our government funds or cancer goes toward childhood cancer.

In 20 years only 4 new drugs have been developed specifically to treat children with cancer. In the United States more children die of cancer than any other disease!

How Can Lions Club Help?

Listed below are 10 suggestions to get your club started:

1. Raising Awareness in your club and community. Arrange for a speaker familiar to childhood cancer or hold a fundraiser at a local restaurant in your area.
2. Identify nearby childhood cancer center and provide crafts, books, puzzles and board games to children receiving therapy. All items must be new!
3. Gift Cards: I Tunes, Movie Passes, Targets, Walmart, Gamestop, Dunkin Donuts, Gas Cards, Stewarts, Price Chopper and Hannaford.
4. Prepare healthy meals for families in your area or contact the Ronald McDonald House. They are always looking for volunteers to cook evening meals.
5. Make or buy new hats, caps, head scarves to donate to childhood cancer centers.
6. Help coordinate travel arrangements to and from treatment for families and patients.
7. Sponsor a Comfort Bag or a Family Hope Bag - Donate \$150 to help purchase items to help children being diagnosed for the first time and their families at Albany Medical Center.
(Contact: janinecammarata@fighttobehealed.org)
8. Provide tutoring services to children with cancer and their siblings.
9. Sponsor a Luke's Legacy Pillow Teens battling cancer (skipper2dfl@yahoo.com)
10. Sponsor a child to attend a childhood cancer camp through Rosie's Love Foundation or Double H Ranch.

Provide children's entertainment at a local hospital. Distraction is a great medicine! Sponsor eye screening in you area day care centers to detect eye cancer. "WHERE THERE IS A NEED, THERE IS A LION." Please help spread Childhood Cancer Awareness.

Thank You, Lion Diane Lange, Pediatric Cancer Chairperson (skipper2dfl@yahoo.com)



Edwards
Lions Club

VINTAGE SNOWMOBILE RACES

Saturday, February 16 at the Edwards Field



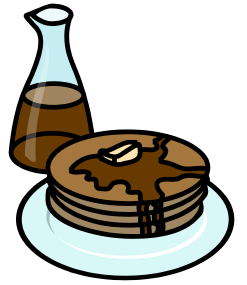
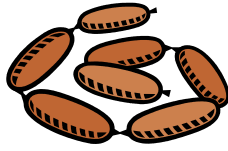
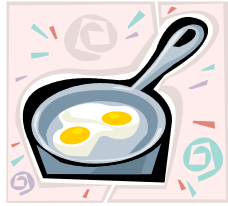
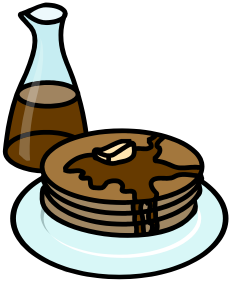
**Registration is
8:00 am until 11:00 am**

Races start at Noon

Food and Drink will be available.

Donations at the gate will go to the Lions for upgrades to the field.

**Dress warm and come out
to see these old snowmobiles!**



GALWAY LIONS COMMUNITY BREAKFAST

Sat. March 9th, 7:00-11:00

At Bob's Trees Ski Lodge

**Pancakes & Syrup
French Toast Bake & Syrup
Home Fried Potatoes
Ham, Sausage, Eggs
Most items Gluten Free

\$8.00 Adults

\$4.00 Children 10 & Under

Take Outs Available

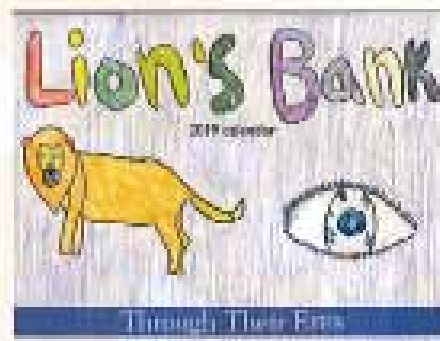
**For more information go to
www.galwaylionsclubNY.org**

**Give the Gift of Sight This
Holiday Season!**

Support Blind Children
By Purchasing a
"Through Their Eyes – The Gift of Sight"
2019 Calendar

Each month showcases
original artwork created by
Capitol District children
expressing their
appreciation
for the gift of sight.

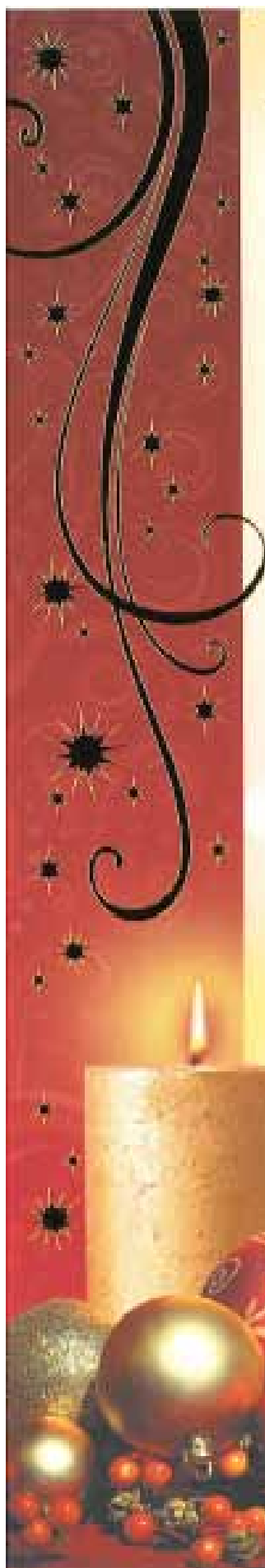
Every calendar sold benefits
underprivileged children in
need of eye care. This
calendar is about *children*
helping children.



For more information call:
Lions Eye Bank at Albany

\$8.00 per Calendar / No Tax Due / Shipping Included

Make checks payable to:
Lions Eye Bank at Albany
4 Tower Place, Ste. 601
Albany, NY 12203





NABA'S PLACEMENT PROGRAM

offers support to employers who hire the visually impaired. These can include assistive technology, a work try out program that allows the employer to try out the employee with wages reimbursed for a month or two and job coaching. We are currently looking to place:

1. A recent graduate in the Capital District who is looking for employment as an IT specialist in the healthcare field. She has a Bachelors in Health Care Administration with a focus on Information Technology. She also has excellent customer service skills and an understanding of the most recent IT developments.
2. A recent high school graduate who is looking for entry level work in the Hadley or Glens Falls area. He has experience working summers as a student and demonstrated a good work ethic.
3. A highly motivated young woman who is looking for an Administrative Assistant position in the Saratoga Springs area. She is proficient in written and verbal communications, has customer service experience and a positive, welcoming personality.

If you would be willing to consider interviewing any of these candidates please contact:

Mikala Ide

Employment Specialist

Northeastern Association of the Blind at Albany (NABA)

301 Washington Avenue, Albany, NY 12206

Office: 518-463-1211 x 223 ~ Email: mide@naba-vision.org

FELLOW LIONS!

As many of you are aware, we usually have the sitting 1st Vice President of LCI as our state convention's International guest. 1st V.P. Jung Yul Choi is unable to be with us this year. In conversation with others, the idea of asking our very own PID Dr. Jack Weber to be our guest – and guest speaker – came up.

Jack has graciously accepted that invitation. We all know this will be one of the most memorable conventions we have ever put on. Who else could be more informative and motivating to our Lions than PID Jack?

By the way, what a great way for us all to celebrate – and for Jack to celebrate being 95 years young. Who also met Melvin Jones.



The Capital Region Caregiver Coalition is proud to present the 12th Annual

TOOLS FOR CAREGIVERS

~ Resources You Can Use When a Senior Relies on You ~

Workshops, Continental Breakfast, Caregiver Healing Touch and Vendor Resource Fair

WHERE: HVCC Bulmer Communications Center
80 Vandenburg Avenue, Troy NY 12180

WHEN: **Saturday, April 6, 2019** from 8:30am-1:00pm

REGISTRATION: Call Angela at 518-279-5502 or email at crccreg@gmail.com

This **FREE** caregiver event is made possible through the generous support of our sponsors:



Visit us at www.capitalregioncaregiver.com for more information!

Tools for Caregivers: Resources You Can Use When a Senior Relies on You

Saturday, April 6, 2019 • 8:30am – 1:00pm • Bulmer Telecommunications Center
Hudson Valley Community College, 80 Vandenburg Avenue, Troy NY 12180

➔Registration & Vendor Information and Resource Fair (8:30-9:00am)

* Vendor Tables of Resources and Information available from 8:30am-12:00pm

➔Welcome and Introduction to Services for Caregivers (9:15-9:45am)

➔Workshops Session 1 (9:55-10:40am) Attend *one* of the three options

Session 1A – *Hospital Discharge* □ *Now What? Services Overview Panel Presentation*

Description: Sub-Acute Rehab, Adult Day Program, Home Care Options, Community Services and more. Panelists: Jess Flynn of Eddy Daybreak Adult Day Services, Caitlin St. George of Eddy Visiting Nurse Association, Erin Szesnat of Catholic Charities Senior and Caregiver Services and Leidon Johnston

Session 1B – *Disaster Preparedness* □ *Tools You Need to Weather Your Caregiving Storm*

Description: We know that disasters don't just happen far away. Our expert will discuss how you can prepare for emergencies that are most likely to happen in our communities.

Presented by: Jennifer Lee, Rensselaer County Dept of Health Emergency Preparedness

Session 1C – *Legal and Financial Issues Facing Caregivers*

Description: Learn about health care proxy and power of attorney; understand benefits available under Medicare and Medicaid; have questions answered and learn about protecting the family home, guardianship, and estate planning in a crisis. Presented by: JulieAnn Calareso, Esq.

➔Vendor Fair (10:45-11:05am) Visit the Vendor Tables for Resources and Information

➔Workshop Session 2 (11:15am-12:00pm) Attend *one* of three options

Session 2A - *Self Care - Staying Calm In the Tumult of Caregiving.*

Description: Caring for a loved one with a chronic illness can be overwhelming. Too often, caregivers do not recognize their own needs, putting their own physical, mental, and emotional well-being on the back burner. This workshop will provide simple, effective meditation tools that all caregivers can master and implement in their daily lives, without a huge time commitment.

Presented by: Marisa Iacobucci and Jackie Weckesser, Eddy Alzheimer's Services

Session 2B – *Having Difficult Conversations*

Description: Gain tips on calming the stormy seas when discussing difficult topics. Our experts can help you raise tough topics and get through the conversation. Presented by: Mary Moller, Center for Excellence in Alzheimer's, Albany Medical Center and Beth Slezak, Senior Services of Albany

Session 2C - *Legal and Financial Issues Facing Caregivers (repeat presentation; see above)*

➔Closing Session (12:00-12:30pm)

Description: Discussion with presenters from our day will summarize their presentations for those who missed them, take your questions, and provide summary advice on their topics.

➔Gift Basket Giveaways and Wrap Up (12:30-1:00pm) **Must be present to win**

*Our day is **FREE**, but advanced registration is required*
call or email Angela 518-279-5502 or crccreg@gmail.com
Doors open at 8:30am. Sorry, no early birds!



A new world of service to explore.

We're excited to introduce you to the all-new MyLion™ web experience!
Now available in all web browsers, MyLion is the next-generation online tool to complement your service as a Lion leader.

Here's what the new addition to the MyLion family means to you and your service:

- ♦ The same great MyLion service planning ability now online
- ♦ A new place to report your service*
- ♦ A global digital experience available to all Lions on all devices

In the next few days, we'll announce this exciting news to Lions across the world.

Thank you for your support. This is a product that will continue to improve and add value to you, your club and most importantly, our global service.

VISIT MYLION™ NOW!

**Note: MyLion does not replace MyLCI at this time. If you do not have a login for MyLion, you will be prompted to create one.*



District & Club Articles

HOW TO GET THE DISTRICT NEWSLETTER FOR



1. GO TO 20WLions.org

2. Find "To sign up for the District newsletter, click here" at the bottom of the blue box.

3. Fill in requested information.

4. Submit!

**It's as easy as that!
You will receive the newsletter
each month in your email.**

Northeastern Association of the Blind Albany (NABA)

VOLUNTEERS NEEDED

By DG Michele O'Hare

Since 1908 the mission of the Northeastern Association of the Blind at Albany (NABA) has been to assist persons with visual impairment to achieve independence and growth. So by volunteering at NABA you're not only providing crucial support to individuals receiving rehabilitation, but get to the chance to meet others while having fun. Your support can go a long way and the rewards are countless!

How Can I Help?

NABA recognizes that individuals have different interest, talents, and time schedules, so we have various positions in which you can volunteer to best suit you. Some of these opportunities include: Community Services, which may include assisting individuals with visual impairments by being a friendly visitor, reading mail, books, or magazines to them, and Internal Support, which may include volunteering at NABA's headquarters and assisting employees with recording information for blind staff members via tape, assisting with special events, providing artistic and graphic design skills in the development of displays, photographs, and literature, computer support, NABA offers volunteers by a thorough orientation and training session to ensure that you're volunteering to the best of your ability.

Information

If you are interested in making a difference and want to volunteer at NABA, please contact us at this number (518) 463-1211, and ask for NABA's volunteer coordinator, Gail Hessney, for more information. We look forward to hearing from you.

NABA

301 Washington Avenue, Albany, NY 12206

LION CHRISTOPHER BURKE EXECUTIVE DIRECTOR

Work: 518-463-1211; Fax: 518-463-3585

info@naba-vision.org

www.naba-vision.org

Glens Falls Lions Club

LAST SATURDAY SUPPER

By Lion Karen Rager

Every year on the last Saturday of January, the Glens Falls Lions participate in the Christ Church United Methodist's community service project of preparing and serving a meal for those who are in need. Our club plans the meal, purchases the ingredients, prepares, cooks, and serves the meal. Most years we have prepared homemade meatloaf, roasted rosemary potatoes, baby carrots, bread, salad, and dessert. It is very popular among those who come.

KING LION AL CERNY

14 Willow Street, South Glen's Falls, NY 12803

Cell: 518-528-6641

cerny8062@hotmail.com

CLUB CORRESPONDENCE

glensfallsions@gmail.com

www.glensfallsions.org

Glens Falls Lions Club fb page



Albany & Troy Lions Club

By Lion Jerry Gordon

General Meeting

At the Men's Garden Club of Albany last spring, PDG Dave Harris met Greg Sheldon and found out that Greg is a Lion in Ecuador, is moving back to the Albany area and is interested in transferring his membership. Greg and his wife Jody attended this meeting, and both are interested in joining our club. As our speaker in February, he'll tell us about Victory Garden's mission to improve food access through skills training and community partnership gardening. Lion Jerry announced two awards from LCI: a 2017-2018 fiscal year patch to add to our club banner below the Member Satisfaction Banner Patch we earned last year, and a Gold Centennial Award pin for himself for bringing in a new member during our centennial year. Our speaker was Joanna Patterson, Healthy Neighbors Program Educator for Cornell Cooperative Extension in Albany. Home visits that last 15-60 minutes are available to anyone. They provide free smoke detectors, fire extinguishers, CO detectors, and other goodies, including a bed-shaker that's tied to a fire alarm for the hard of hearing. They provide air-quality monitoring, radon detectors, pest management and special services for those with asthma.

Board Meeting

- ♦ Popcorn sales at the Victorian Stroll grossed \$430, down a bit from previous years.
- ♦ Various individual Lions signed up to underwrite the club's purchase of three NYS&BLF raffle tickets, which will allow us to present one RJU award.
- ♦ KL Carol reminded us of the zone meeting on 1/9 and the cabinet meeting on 1/26.
- ♦ The seal campaign has generated \$995 in income so far.
- ♦ Because of changes in Lion Stefan's business, he will no longer be able to be our hearing chair. Lion Jerry will handle hearing requests for the time being.
- ♦ Lion Ruth is investigating America's Best as a possible source of reasonably priced glasses.
- ♦ Instead of buying bunnies, we voted to donate \$100 to the Lions Foundation at Albany.
- ♦ Instead of buying raffle tickets, we voted to donate \$100 to the Brandel-Murphy Youth Foundation.
- ♦ We voted to donate \$100 to the Hearing Conservation Society.

KING LION CAROL QUANTOCK

90 Jolly Road, Stillwater, NY 12170

Home: 518-664-3901

Cell: 518-209-8652

cquantoc@nycap.rr.com

CLUB CORRESPONDENCE

P. O. Box 192, Troy, NY 12181-0192

info@albanytroylions.org 518-512-2722

AlbanyTroyLions.org facebook.com/albanytroylions



Clinton Lions Club

By Lion Jim Winkler

Winter is here in force... but the days are getting longer! At our second January meeting, we honored one of our local high school seniors as our Student of the Month. Andries Kruger, and his parents joined us as our guests. We presented Andries with a certificate for his achievements. He continually researches the Civil War, is a member of the Honor Society and played football during his years at Clinton. He hopes to attend either Bentley College or Bryant University and pursue a career in business. Members in attendance were most

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Clinton High School Senior Andries Kruger receives Student of the Month Certificate from Lion Les LaBrecque.

impressed with his accomplishments while at Clinton Central (CSD) and wish him every future success.

Mike King also joined us at that meeting. He was recently named to the position of Athletic Director at CSD. In his address, he described his background and how he became Athletic Director, his initial impressions of the athletic programs offered by the District and some future plans he hopes to implement. One of the biggest challenges he faces is the scheduled refurbishing of the playing surfaces on the District's playing fields which will cause considerable scheduling concerns this spring and fall. Dwindling student enrollment, decline in student participation in team sports and the impact of our digital society were additional areas he has noted in his brief time in his new position. It doesn't sound like he will be bored. We offered him our support and invited him to contact us if he felt we could be of any assistance.

Twenty regional Lions, including nine members from our club attended our District's third Cabinet Meeting of the

year on Saturday January 26 at the Homewood Suites in Hew Hartford. Six Clinton Lions got their initial exposure to a District Cabinet Meeting. They met other Lions from around the District, heard about the need for clubs to report their service activities to LCI and were updated on two of the Global Causes (Diabetes Education & Awareness and Childhood Cancer) being championed by LCI. Lion Bill O'Mara & Jim Winkler were recognized at the meeting for their continued service and dedication to our local Food Pantry by DG Michele and the Food Pantry Volunteer Coordinator, Lion Mary Zimblar.

We continue collecting used eyeglasses and hearing aids from previously established local businesses and this month have established another location in one of our bordering Central School Districts. Our assistance with the food distribution at our local Pantry this month was a little different as a result of the government shutdown. Not only did additional people require assistance, but supplies were low due to the negative impact on the USDA and lack of frozen food deliveries. This impact will be exacerbated until the current situation with the partial federal government shutdown is finally settled since each month additional people will seek the assistance of the Pantry as a result of not receiving food stamps through the federal SNAP program.

For two hours during lunchtime, two club members continue distributing soup and sandwiches to the needy one day a week at the Veterans Outreach Center in Utica and the club once again this year participated in the chocolate rabbit fundraiser for the Lions Eye Institute at Albany. We ordered 22 cases of milk chocolate rabbits that we will sell in our area with the assistance of our Leo Club in the Clinton Middle School. Along with the other clubs in our region, we look forward to the visitation from DG Michele on February 21!

KING LION ROBERT MAXAM

2 Sunset Drive, Clinton, NY 13323

Home: 315-853-5968

Cell: 315-794-0410

maxamr60@gmail.com

<http://clintonnylionsclub.com/>



DG Michele & Clinton Lion Mary Zimblar recognize Lion B. O'Mara & J. Winkler for volunteering at the local Food Pantry.

Lions Prayer

Where Lions meet be present Lord,
To weld our hearts in one accord,
To do thy will, Lord make us strong,
To aid the weak and right the wrong.



Town of Hoosick Lions Club

NEW LIONS/AWARD

By Lion Bill Gaillard



Left to right, District Governor Michele O'Hare, Sponsor Lion Doug Harrison for new member Pam Lawton, Lisa Cramer sponsored by Lion David Harrison.



William D Hazen Jr. Town of Hoosick 30 Year Monarch Chevron

KING LION WILLIAM GAILLARD

662 Wilson Hill Road, Hoosick Falls, NY 12090

Home: 518-686-9715

gaillardia12090@gmail.com



Saratoga Springs Lions Club

ANNUAL FOOD DRIVE

By IPDG John McDonald

The Saratoga Springs Lions Club annual "Because Hunger Doesn't End With the Holidays" food drive collected a record amount of food for local food pantries in Saratoga on Saturday, January 19th! Partnering with the Golub and Hannaford Corporations, the club collected donations at 4 area Price Chopper, Market



32 and Hannaford stores from 9 AM - 3PM. All of the donations received were shared

equally with 6 area pantries in Saratoga. In total, the club collected



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approximately 8,700 pounds of food and monetary donations of \$346!

KING LION LANCE INGMIRE

44 Trombley Road, Stillwater, NY 12831
Cell: 518-888-4459
ny95thregt@aol.com

CLUB CORRESPONDENCE

P. O. Box 166, Saratoga Springs, NY 12866-0166
www.saratogaspringslions.com/

Sauquoit Valley Lions Club

By Lion John Griffin

The Sauquoit Valley Lions, family and friends gathered at the Orchard Hall Restaurant in Sauquoit on Saturday, January 12, 2019 to participate in the Club's Annual Holiday Party. Over 34 people were in attendance and the evening was enjoyed by all in attendance. Special guest Region L Chair Jim Winkler, and his partner in service Karen, joined the festivities.



Region Chair Jim, Club Charter Member Lion Lew Smith, President Lion Ted Thomas and Sponsor Lion Connie Griffin participated in the Induction Ceremony for our newest Lion, Sherry Kimball.

At the end of the evening a drawing was conducted by Raffle



Chairman Lion Ed Jones as winners of the annual Sauquoit Lions Holiday Raffle were awarded. The raffle raised \$3,500 for the Club.

At our meeting on January 10, 2019 the Club heard from a representative of Mercy Flight Central. This non-profit helicopter emergency response group provides life saving service for our community and surrounding communities throughout Central New York. Following the presentation the Club made a \$250.00 donation to the Group.

Our Sauquoit Valley Central School District foreign exchange student presented at our meeting on January 24th. The student, 16 year old Aahroki Agrawal from India, presented on her home country and family history, as well as her time with us in Sauquoit. Remarkably, her father was also a foreign exchange student at Sauquoit Valley CSD. Aahroki performed a ceremonial Indian dance for the Club. It was a most impressive presentation all around.

KING LION EDWARD THOMAS

9598 Pinnacle Road, Sauquoit, NY 13456
Home: 315-737-7441
kthythomas15@yahoo.com

Diabetes Awareness

By Lion John Sutton

Does your club have a Diabetes Chairperson? We really hope you do and we can help with some ideas concerning service projects. Is information about type 2 diabetes and how to find out whether you are at risk readily available in your community? Has a Diabetes Educator been a guest of your club or done a program in your community? Have you held a health fair where diabetes information, including the effect of nutrition and exercise, is available?

Contact me at JohnS147@aol.com for more information or how you can help determine what diabetes services and programs are in our District's "wheelhouse".

DIABETES CHAIR LION JOHN S SUTTON

JohnS147@aol.com



Long Lake Lions Club HOLIDAY FOOD BASKETS

By Lion Katherine Cronn

The Long Lake Lions Club coordinated the purchasing and distribution of Thanksgiving and Christmas food baskets with the support of the community. Eighteen families received baskets

filled with the supplies needed for festive, nutritious holiday meals along with a message of cheer. Deliveries were made by Lions Club members and community volunteers.

Supplies were purchased using a special fund for food baskets administered by the Lions Club. The club is planning a fundraiser later this year to replenish the account.

Donations can be sent to: Long Lake Lions Club Food Baskets, P. O. Box 424, Long Lake 12847-0424.

KING LION SUSAN KUNZMANN

80 Jim Bird Lane P. O. Box 424
Long Lake, NY 12847-0424
Home: 518-624-6677
sbk1226@gmail.com



Lions Club members, Carol Inserra and Jodi Luxford, sorting food boxes by addresses to expedite delivery.

his tour of duty, Grant graduated from Utica College of Syracuse University in 1968. He was awarded a Certified Public Accountant certificate from the Commonwealth of Pennsylvania in January of 1971. After returning to Lowville, Grant served as Treasurer of the First Presbyterian Church for many years, as well as serving as a Village of Lowville Councilman for 1.5 terms.

Grant loved reading, gardening, and most importantly serving his community as a member of the Lions Club International. He served as the Secretary/Treasurer of the Lowville, NY Club for many years and as Cabinet Secretary for District 20-W in 1994 - 1995. Grant was elected as District Governor of District 20-W in 2001. He was elected Council Chair of the Lions of NYS & Bermuda in 2002. In 2007, when Grant moved to Delaware, he began serving his new community as a Lion in the Milford Lions Club. He served as Treasurer from 2008 – 2018. He was active at the 22-D District level as well. Grant is survived by his son, Christopher B. Curtis (Jeannette) of Philadelphia, PA and the love of his life, Nancy Czerwinski, of Lincoln, DE.

A celebration of Grant's life was held on Saturday January 26, 2019 at The Rookery North, 6152 S. Rehoboth Boulevard, Milford, DE 19963. A celebration of Grant's life will also be held in Lowville, NY in the spring.

In lieu of flowers, memorial contributions in his name may be sent to one of the following organizations:

Milford Lions Club, P. O. Box 25, Milford, DE 19963

Lowville Academy and Central School. 7668 N. State Street Lowville, NY 13367. Please note: Grant Curtis scholarship on the memo line of the check.

Chazy Lions Club WINTER WEEKEND

By Lion Karen Russel

Once again the Chazy Lions Club will be sponsoring "Winter Weekend", February 20th to 23rd, 2019 for Chazy High School Students in 7th grade thru 12th grade.

Always promising to be a fun weekend for the students, this year's themes for sculptures will be "Countries", (ex. Great Wall of China, etc). Traditionally the sculptures have been made of snow by each class. In past years with no snow, they have been papier-mâché. Here's hoping there will be enough snow for outdoor sculptures again!

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Grant E. Curtis, 77, passed away on Friday, January 4, 2019. Born in Lowville, NY on December 29, 1941, Grant was the son of the late Byron E. Curtis and the late Helen L. Curtis (nee McCue). Grant graduated from Lowville Academy and Central School in June of 1959.

He attended Buffalo University and proudly served his county for four years in the United States Air Force. After

Other fun events will include open skating, talent night, volleyball, dodge ball, basketball, and pillo polo, ending the weekend with the dance where the King and Queen will be announced.

Following is the schedule of events.

WINTER WEEKEND

February 20th to 23rd, 2019

For Chazy High School Students in
7th grade thru 12th grade ("Only")

Theme: Countries



Feb. 20th: Open Skate at Scotty Rink - 3:00 pm to 5:00 pm (Helmets are not required)



Feb. 21st: Talent Night - 6:00 pm to 9:00 pm



Feb. 22nd: Volleyball - 5:30 pm



Feb. 23rd: Game Day - Noon – 3:00 pm
Dodge Ball
Basketball
Pillo Polo



Feb. 23rd: Dance - 7:00 pm - 10:00 pm
Music/DJ – Ray Rivera
Crowning King and Queen } between
Awards } 9:00 and 9:30 pm

KING LION THOMAS PEPPER

649 Ratta Rd Chazy, NY 12921

Home: 518-846-8404

Cell: 518-569-2734

Work: 518-846-7111

tom.pepper@westelcom.net



Lion Bob Pandori,
Region Chair for I, recently had a quadruple bypass. He is recovering at home. For those of you that know him and wish to send him a get well card his address is:

5525 Crooked St. Broadalbin, NY 12025

Please keep Lion Bob in your thoughts and prayers for a speedy recovery.

Our Mission CONCERT SIGNER

By Karen Rager

Recently Lion Scott and I were able to witness something pretty incredible! We were attending a concert in Buffalo to see Grand Funk Railroad and Bob Seger, when I happened to notice what I thought was a woman dancing all by her self at the back of the ice rink. I also noticed she was dancing with her back to the band, facing the audience, and there was a bright light on a music stand in front of her.

I was intrigued. I took a picture, and watched her for quite a while, when I realized she was actually "signing" the concert! It looked like there were a few people in front of her, and I would guess she was either hired by the event or the concert goes to sign for them.

What was incredible was that she was actually dancing AND signing, and signed the entire concert, both bands - probably two and a half hours! The lighted music stand held the lyrics. She was SPOT on too! Phew, she must have been exhausted!

(The picture is not good because we were in nosebleed seats.)



District & Club Resources



What is MyLion?

MyLion is Lions Clubs International's new digital service platform for all Lions and Leos. MyLion is available in two formats:

- The MyLion app is a mobile phone application that you can download on your smart phone. It was gradually released starting in 2017 and is available everywhere outside of the European Union.
- MyLion on the web is the next major MyLion application and is a website that you will be able to access on any device with a web browser. MyLion on the web will be gradually released over the next few quarters.

When will I have access to MyLion on the web?

Over the next few quarters, Lions Clubs International will work with our Global Action Team leaders to gradually release MyLion on the web to ensure there is adequate time for testing and training.

Why are we gradually releasing MyLion on the web?

By gradually releasing MyLion on the web we can:

- Focus on one region at a time and provide advanced notice and support to MyLion users.
- Collect and methodically apply feedback.
- Ensure that every member has adequate time to learn the MyLion system before transitioning service activity reporting from MyLCI to MyLion.

Where should I report my club's service activities right now?

You should continue to report your service activities on MyLCI or your local reporting system until your region received MyLion on the web. We will communicate well in advance when MyLion on the web is available for you to test in your region.

Where can I learn more about the MyLion app and eventually MyLion on the web?

Our website www.mylion.org has tools, training resources, blog posts, and more related to the MyLion app. We will update it with content related to MyLion on the web as we begin to release the platform. www.mylion.org is your main, easy to navigate resource for all things MyLion.

When will the MyLion mobile phone app be released in the European Union?

We are working diligently with our partners in the EU to meet the requirements of the General Data Protection Regulation (GDPR). We will release the MyLion mobile phone app to European Union countries when we feel confident that the MyLion mobile phone app meets these requirements.

Is your club in The ROAR/MD20Magazine?

Let the District and the State know the GREAT THINGS YOUR CLUB IS DOING!

Below are the specifications for each publication.

MD/20 MAGAZINE SUBMISSIONS

January, 2019 ~ June, 2019

ONLY TWO ISSUES will be emailed to include district news.

I will submit everything I receive by the deadline, however submission does not guarantee publication, (I am not the editor). **WE ARE LIMITED TO ONE PAGE PER DISTRICT SO PLEASE LIMIT YOUR ARTICLES!**

THE ROAR SUBMISSIONS

THE 28TH OF EVERY MONTH (FEBRUARY WILL BE THE 26TH)

Everything received by the deadline will be in the next issue. Publication will be the 1st of every month.

ARTICLES

- Digital submission **preferred** in upper/lower case format.
- Microsoft Word, PDF, or text embedded in an email are acceptable.
- If it is handwritten, it **MUST BE LEGIBLE**.
- No scanned newspaper articles. Newspaper articles will be accepted IF they are in digital format, and with written permission from the originating publication.
- **SPELL CHECK** everything, particularly names, titles, club name, etc.

PHOTOS

- Digital submission **preferred** in JPEG or TIFF format.
- Hard copies are acceptable (Please do not write on the back).
- Hard copy newspaper photos are not acceptable. Digital newspaper photos are acceptable **ONLY** with a release from the newspaper/photographer, with photographer credit.
- **SPELL CHECK** everything, particularly names, titles, club name, etc.
- **PLEASE MAKE SURE CAPTIONS ARE IDENTIFIED WITH CORRESPONDING PHOTOS!**

EVENT FLYERS (THE ROAR ONLY)

- Original documents saved in .jpg, .pdf format or Microsoft Word are acceptable. No scanned documents. Flyers may be “reworked” due to space requirements.
- **SPELL CHECK** everything, particularly names, titles, club name, etc.

Submissions can be made to karen@deuxflutes.com
or Lion Karen Rager, 82 Hunter Lane, Queensbury, NY 12804.



Lions Hearing Conservation Society of NYS

LIONS LOAN-OUT EQUIPMENT

Below is a list of assistive devices available at many of LHCS of NYS's Loan-Out Centers.
(Other equipment may be available upon request)

Pocketalker

Personal amplifier. Ideal for one-to-one Communication and TV listening.

Infrared TV Listening System

Wireless infrared amplification system.

Personal FM System

Wireless portable amplification system. Transmits up to 300 feet. Helpful for an individual or large group situation.

Amplified Telephone

Adjustable volume control with amplified ringer.

Amplified Telephone Ringers

Provides adjustable ring volume, frequency, and pitch tone.

Whistle Stop

Phone adapter to prevent feedback from using Telephone with hearing aid.

Digital Alarm Clock

Wake to an alarm, a flashing light, or a portable pillow shaker.

Alert Master

Uses a pillow shaker and a lamp flashing simultaneously to alert you to a smoke detector sounding, door knocking, telephone ringing, and alarm clock activation.

Cap-Tel Telephone

Telephone that has both amplification and caption capability

Personal Body Pager

Pager works with the Alert Master. You wear it to alert to sounds while awake.

Lions Hearing Conservation Society of NYS Loan Out Centers

Albany - Madison Hearing Center
One Executive Center Drive - Suite 202, Albany, NY 12203
Voice: (518) 690-2060

Amsterdam - Resource Center for Independent Living
347 W. Main Street, Amsterdam, NY 12010
Voice: (518) 842-3561 TDD: 842-3593

Castleton - Madison & Saratoga Hearing Center
81 Miller Road, Suite 700, Castleton, NY 12033
(518) 689-0792

Herkimer - Resource Center for Independent Living
401 East German Street, Herkimer, NY 13350
Voice: (315) 866-7245 TDD: 315 - 866-7246

Hudson - Audiologic Solutions
351 Fariview Avenue, Suite 350, Hudson NY 12534
(518) 631-2564

Glens Falls - Center for Better Hearing
318 Ridge St, Glens Falls, NY 12801
Voice/TTY: (518) 798-4800

Green Island - Advanced Audiology Services
27 Lower Hudson Avenue, Green Island, NY 12183
(518) 270-5802

Saratoga Springs - Saratoga Hearing Center - Saratoga Medical Arts Center
414 Maple Avenue, Saratoga Springs, NY 12866
Voice/TTY: (518) 584-0578

Schoharie County Office for the Aging
113 Park Place, Suite 3, Schoharie, NY 12157
Voice: (518) 584-0578

Utica - Resource Center for Independent Living
P. O. Box 210, Utica, NY 13503