

**District
20W**

LIONS ROAR

March 2019



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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

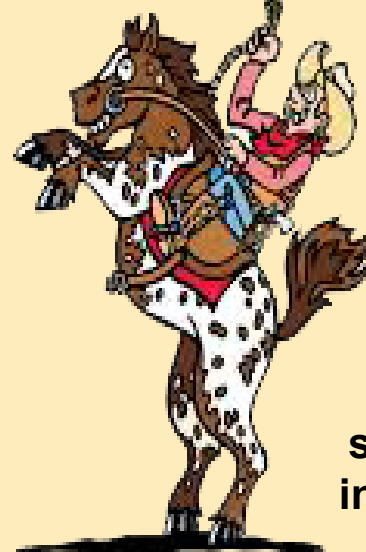
**NEXT ROAR DEADLINE
MARCH 28, 2019
NEXT MD20 MAG. DEADLINE
JUNE, 2019**

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

I want to thank the clubs that I have visited so far for their warm hospitality and friendship. I have met so many great people and have had help from some great Lions. It has been an honor to work with you and hear all the wonderful things you are doing in your communities. I look forward to continuing visitations through March and April.

Congratulations on publicizing your service activities and attracting new members to join with us! As of February 28th, we have increased service reporting and have a net gain in membership of +18 for a total of 1,468 members.

We want your input for the future of our District: Together we are developing a plan for attracting new membership, sharing orientation and mentoring our



**See Page
30 for
submission
instructions.**

...continued on next page

current members, identifying and developing future leaders, strengthening small clubs and establishing new clubs reaching into areas where there are still unmet community needs.

The strategic plan for district 20-W is important so that all Clubs and as many individual Lion's voices as possible are heard from. It is important to me that your ideas and suggestions are heard. The strategic planning process is essential to the success of our District and it provides a commonly shared sense of direction and outlines measurable goals for us. As a tool, our strategic plan will be useful for guiding day-to-day decisions and also for evaluating progress and changing approaches while we continue moving forward over the next several years.

By now you should have received the Strategic Plan Survey for 20-W by email or postal mail. If you have not, please email me at dgmicheleohare@gmail.com or call me at 518-694-6872. Please leave me your name and address and I will get you one ASAP.

By answering the survey you will allow us to develop a plan that will incorporate your voices and give very careful thought to the strategic objectives it outlines, backing up these goals with realistic, thoroughly researched, quantifiable benchmarks for evaluating results for our District.

As we enter the last third of the Lions year it is a very busy time for many of our clubs preparing for officer elections, Lion's Day at the UN on Saturday, March 9th, and registering for the MD-20 New York /Bermuda Convention in Binghamton, NY on May 3-5, 2019. Finally, the new Lions year will begin with our 102nd annual Lions Clubs International Convention in Milan, Italy.

For your Clubs, new officer's elections will be here very soon. Please remember that your new officer elections should be completed by April and please remind your secretary to enter the new officer's information into MyLCI ASAP. This information is necessary to accurately publish the 20-W district directory for 2019-2020 District Governor Ed Pike.

I hope to see you all at the final cabinet meeting on Saturday, March 23rd at the Hampton inn in Lake Placid! We will have our elections, informative updates on our diabetes programs, an educational presentation on childhood cancer and we will discuss the responses for the District 20-W strategic plan survey.

Thank you, Lions, for all that you do. So until next month, happy St. Patrick's Day, and Happy Spring!

Sincerely Yours in Lionism,

Lion Michele P. O'Hare. MJF
District Governor
District 20-W

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.



A
message
from...

**1st Vice District
Governor
Ed Pike**

School for District Governor Elect

I recently got back from the DGE seminar. It was a five day event held at the Q Center in St. Charles, Illinois. The Q Center is a very large conference hotel. With over 750 rooms they are quite capable of hosting 733 VDG's.

They have what appears to be an endless supply of classrooms, a large ballroom, and three areas to eat in. The sleeping rooms were tiny but very efficient.

In previous years the DGE seminar was done immediately preceding the international convention. It was held on site at the convention. LCI is going to use this new system for five years. This was a very focused event without any spouses.

We covered the following topics; becoming a whole leader, team dynamics, service journey, supporting membership growth, elements of image, and achieve your goals. We were divided up first by language and then the sub groups were by geographical location. The group I was in included VDG's from NY, MA, VT, NH, ME, and CT.



MD20 DGE's at LCI headquarters

Every day we would do a session with the group from Italy. The food was just as varied as the participants. I certainly enjoyed trying lots of new foods.

Getting trained and educated in advance of July 1 will help

me with the many tasks I need to complete. I want to thank all the members of 20W, it is a portion of your dues that supports these leadership programs.



LCI VP Dr. Jung Yul Choi

1ST VDG ED PIKE

3037 County Highway 107, Amsterdam, NY 12010

Home: 518-842-2994; Cell: 518-423-9128

weski48@yahoo.com

**ARE
YOU A
KNIGHT
OF THE
BLIND?**



Did you know that over 5,000 children and 30,000 adults are treated every year at the Lions Eye Institute at Albany?

BECOMING A KNIGHT OF THE BLIND is one way you can support this mission.

For more information:
jmcdonald33@nycap.rr.com
www.leialbany.com

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

Edwin Pike
3037 County Highway 107, Amsterdam, NY 12010
Cell: 518-423-9128
weski48@yahoo.com
Club: Galway

DISTRICT GOVERNOR

Michele Puleo O'Hare
8 Turnberry Drive, Slingerlands, NY 12159
Home: 518-475-1908; Cell: 518-694-6872
Work: 518-463-1211 x 241
dgmicheleohare@gmail.com
Club: Bethlehem

2nd VICE-DISTRICT GOVERNOR

Rick Brisee
192 Middletown Road, Waterford, NY 12188
Home: 518-235-4988
Work: rbrisee@hotmail.com; Home: fbrisee@macaran.com
Club: Waterfprd

CABINET SECRETARY

Rita Ware
2816 Baptist Hill Road
Middle Grove, NY 12850
Home: 518-882-6818
rware@nycap.rr.com
Club: Galway

CABINET TREASURER

Kevin Ronayne
4 Fenimore Place, Gansvoort, NY 12831
Work: 518-580-2452; Cell: 518-257-2629
kronayne@saratogacare.org
Club: Saratoga Springs

IMM. PAST DIST. GOVERNOR (former Y2)

John McDonald
P. O. Box 91, Galway, NY 12074
Home: 518-882-6148; Cell: 518-763-9262
jmcdonald33@nycap.rr.com
Club: Saratoga Springs

IMM. PAST DIST. GOVERNOR (former W)

Donna Ober
6843 US Highway 11, Potsdam, NY 12676
315-244-1141
donnaober38@gmail.com
Club: Potsdam

REGION AND ZONE CHAIRS**L****REGION "L" CHAIR**

Jim Winkler (Clinton Lions)
136 Utica Road, Clinton, NY 13323
Home: 315-853-6355
Cell 315-601-4038
Wink8@aol.com
Clubs: Deerfield, Herkimer, Holland
Patent, Marcy Telephone Club,
Clinton, New Hartford, Utica,
NYS-Whitestone, Sauquoit Valley

I**REGION "I" CHAIR**

Robert Pandori (Waterford Lions)
5525 Crooked Street
Broadalbin, NY 12025
Home: 518-882-6944
rpandori@yahoo.com
Clubs: Ballston Spa, Galway,
Greater Amsterdam, Saratoga Springs,
Scotia-Glenville, Town of Greenfield,
Broadalbin-Perth, Central Mohawk
Valley, Fonda & Fultonville,
Gloversville, Johnstown, Northville-
Sacandaga, Speculator

O**REGION "O" CHAIR**

Florence Brisee (Waterford Lions)
192 Middletown Road
Waterford, NY 12188
Home: 518-235-4988
fbrisee@hotmail.com
Clubs: Albany & Troy, Bethlehem,
Greater Ravena, Waterford, Duane,
Town of Wright-Schoharie Valley

N**REGION "N" CHAIR**

PDG Joan Scott (Glens Falls Lions)
140 Gailey Hill Road
Lake Luzerne, NY 12846
Home: 518-696-2904
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)
P.O. Box 52
Newton Falls, NY 13666
Home: 315-287-1344
dlatimer@slc.com
Clubs: Clifton-Fine, Edwards,
Gouverneur, Heuvelton, Lisbon,
Ogdensburg, Louisville, Norfolk-
Potsdam, Quad Town, Malone, Chazy,
Peru, Plattsburgh

ZONE CHAIR

Bill O'Mara (Clinton Lions)
131 Sanford Avenue, Clinton, NY
13323
Home: 315-853-5973
Cell: 315-527-8381
billo4077@yahoo.com
Clubs: Deerfield, Herkimer, Holland
Patent, Marcy Telephone Club,
Clinton, New Hartford, Utica,
NYS-Whitestone, Sauquoit Valley

ZONE "A" CHAIR

Mike Baxter (Saratoga Springs Lions)
239 Brownville Road
Gansevoort, NY 12831
Home: 518-788-7570
Work: 518-793-2727, ext. 105
mike@heberassociates.com
Clubs: Ballston Spa, Galway,
Greater Amsterdam, Saratoga Springs,
Scotia-Glenville, Town of Greenfield

ZONE CHAIR

Liza Tougher (Bethlehem Lions)
16 Candlewood Lane
Delmar, NY 12054
Home: 518-439-0399
Cell: 518-763-3329
Pansymoo@aol.com
Clubs: Albany & Troy, Bethlehem,
Greater Ravena, Waterford, Duane,
Town of Wright-Schoharie Valley

ZONE "A" CHAIR

Scott Rager (Glens Falls Lions)
82 Hunter Lane
Queensbury, NY 12804
Home: 518-798-3143
rager@roadrunner.com
Clubs: Glens Falls, Hadley Luzerne,
Long Lake, Newcomb, Town of Schroon,

ZONE "A" CHAIR

Rita Keenan (Quad Town)
P.O. Box 96
North Lawrence, NY 12967
Home: 315-389-4608
rkeen2@twcnny.rr.com
Clubs: Clifton-Fine, Edwards,
Gouverneur, Heuvelton, Lisbon,
Ogdensburg, Louisville, Norfolk-
Potsdam, Quadtown,

ZONE "B" CHAIR

Robert Townsend (B-P Lions)
805 County Highway 126
Amsterdam, NY 12010
Home: 518-843-6553
rtownsen@nycap.rr.com
Clubs: Broadalbin - Perth, Central
Mohawk Valley, Fonda & Fultonville,
Gloversville, Johnstown, Northville-
Sacandaga, Speculator

ZONE "B" CHAIR

Carman Bogle (Cambridge Lions)
6 North Park Street
Cambridge, NY 12816
Home: 315-287-1344
carmanbogle@yahoo.com
Clubs: Cambridge, Greenwich,
Mechanicville-Stillwater, Schuylerville,
Town of Hoosick

ZONE "B" CHAIR

Ricky Laurin (Chazy Lions)
207 Sheldon Lane, Chazy, NY 12921
Home: 518-846-7269
jana5652@yahoo.com
Clubs: Malone, Chazy, Peru,
Plattsburgh, Saranac Lake, Lake
Placid, Tupper Lake

Newsletter & MD20 Magazine Director

Karen Rager
82 Hunter Lane
Queensbury, NY 12804
Home: 518-798-3143
karen@deuxflutes.com

Website & Directory Director

Jerry Gordon
15 Hyland Circle
Troy, NY 12182
Home: 518-235-8232
jerrygordon@juno.com

**Communications & Marketing Team
District Coordinator**

Michael Murtagh
315-389-4165
P. O. Box 161, Winthrop, NY 13697
outageco@yahoo.com

UPCOMING EVENTS

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

| | |
|--|-------------------|
| 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, NY..... | June 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 Visitation Schedule

| <u>CLUB</u> | <u>MEETING DATES</u> |
|-----------------|----------------------|
| 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 March 1, 2019

District 20W 2018 - 2019 Club Events

| | |
|--|------------------|
| Galway Lions Community Breakfast..... | March 9, 2019 |
| Glens Falls Lions “Cabaret” at the Park Theater..... | April 6, 7, 2019 |
| Saratoga Lions Night at the Brewseum..... | April 12, 2019 |
| Regional Anthem Food Pantry Project..... | April 26, 2019 |
| Greater Johnstown Lions 5th Annual Golf Tournament..... | May 18, 2019 |
| Saratoga Lions Memorial Duathlon and 5k..... | May 26, 2019 |
| Glens Falls Lions Golf Tournament, Airway Meadows, Gansevoort, NY..... | June 8, 2019 |
| Schroon Lake Lions Golf Tournament..... | June 15, 2019 |



MEMBERS CORNER



PLEASE MARK YOUR CALENDARS FOR UPCOMING LEADERSHIP TRAINING EVENTS

Certified Guiding Lion Training

Sunday, March 24th from 9:30 am to 1:30 pm

Village Veterinary Hospital, 230 Genesee Street, Canastota, NY 13032.

To register please contact instructor PCC Kelly Clark at kclarkmd20@gmail.com to RSVP. There is no charge to attend so bring your lunch and your sense of humor for an entertaining and educational certification program.

Lions Club Officer Training Program for District 20-W

April and May

Redesigned as a flexible program to allow for the customization of training based on the club officer's needs and travel distances between the different areas.

The program will consist of two parts: A *standardized online self-study component*, and a *second instructor-led component* organized by the GLT district coordinator. These two components will work together to provide comprehensive training for all incoming club officers so they will be able to successfully meet the needs of their club.

The Goals of the 2019 Club Officer Training Program will be:

- To provide a focused and flexible approach to club officer development.
- To increase collaboration and communication between the incoming club officers, outgoing club officers, zone chairpersons and the GLT-D coordinator.
- To create the opportunity for a district-wide collaborative environment that fosters ongoing dialogue for club officers to share/exchange ideas throughout the year.
- To promote and learn to use the LCI resources available for model club position training, foster leadership development, and MyLCI / MyLion club administration.

Part One: Online Self-Study Module

The *online portion of the training program* is to be completed by the club officers between his/her election to office in April and the date of the Part Two Training to be scheduled during the week following the State Convention in early May. There is one course each for President, Secretary and Treasurer.

Part Two: Club Officer Training

The *instructor-led portion of the program* is designed to provide an interactive learning experience. Specific dates, times and locations for the training between May 6th – 10th will be determined by the needs of the participating club officers, Zone Chairs and the GLT-D coordinator.

As part of the Club Officer Training Program, newly elected club officers and those Lions interested in becoming officers in the future should first complete the online self-study training module before attending the instructor-led onsite & webinar training in early May.

Required Pre-Assignments:

Club Officer Online Self-Study Training Modules

- Club President
- Club Secretary
- Club Treasurer

*These modules can be found on the LCI website in the Club Officer Training section.

www.lionsclubs.org/EN/member-center/leadership-development/news-train-club-officers.php

Optional Pre-Assignments: Online Courses (Only Available Until March 29th)

- Introduction to Lions Leadership
- Setting Goals
- Conflict Resolution
- Time Management
- Effective Teams
- Managing Meetings
- Public Speaking

These courses can still be found on the LCI website in the Lions Learning Center until March 28th <http://www.lionsclubs.org/EN/member-center/leadership-development/lions-learning-center/index.php>

www.lionsclubs.org/EN/member-center/leadership-development/lions-learning-center/index.php

E-Books, Publications, and MyLCI Videos:

- Club Officer Team Manual
- Standard Club Constitution and By-Laws
- www.lionsclubs.org/EN/member-center/managing-a-club/club-resource-center.php



What's Up?!

Let us know
what

GREAT THINGS

your club is doing for
YOUR COMMUNITY!

See page **30** to submit an event flyer,
article, photos, etc.

8 District 20W Cabinet Meeting



Saturday March 23, 2019

Hampton Inn and Suites ~ 801 Mirror Lake Drive, Lake Placid, NY 12946

This year as a District Hunger Project, we are asking anyone who attends the cabinet meeting to bring at least one non-perishable food item to be donated to that city's food bank.

Registration starts at 9:00 am

**Meeting starts at 9:30 am
and will include election of officers for 2019 - 2020**

\$25 covers lunch and coffee and donuts during the meeting

If you would like to spend the night, a special rate of \$289/night is available,
(there is a huge hockey tournament that weekend).

Contact the Hampton Inn and Suites directly at 518-523-9500.

**Please share this with all of the members in your club
and encourage them to attend - everyone is welcome.**

If you have any questions, please do not hesitate to call me
at 518-882-6818 or email me at rware@nycap.rr.com

**If you are attending, please send this part of the form and your check for
\$25.00 to Lion Rita Ware, 2816 Baptist Hill Rd. Middle Grove, NY 12850.**

Please make the checks payable to: District 20-W Lions Clubs.

Please return this no later than Friday, March 15th.

Attending _____ Not Attending _____

email: _____

Name/s: and Club: _____



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**



**Regional
Food Bank**
OF NORTHEASTERN NEW YORK

Anthem.

Lions District 20-W will once again support
Lions Clubs International Lions-Anthem Volunteer Days
in our region with projects benefiting
the Regional Food Bank of Northeastern New York.

This year we have a Spring project scheduled for:

Saturday, April 27, 2019

9:00am – 12:30pm

&

12:30pm – 3:30pm

We would love our Lions members and friends to lend a helping hand!

Volunteers must be at least 18 years of age.

- **Regional Food Bank; Saturday April 27, 2019; 9am-12:30pm; 12:30pm-3:30pm**
965 Albany-Shaker Road, Latham, NY 12110
Volunteering in the Salvage Sorting Room.
<https://regionalfoodbank.net/mission-and-overview/>

To volunteer please contact Immediate Past District Governor Lion John McDonald at
jmcdonald33@nvcap.rr.com



Night At The

BREWSEUM

Where History & Spirits Come to Life

VIP HOUR 5PM-6PM

Presented by the Saratoga Springs Lions Club



Friday, April 12, 2019

6pm – 9:30pm

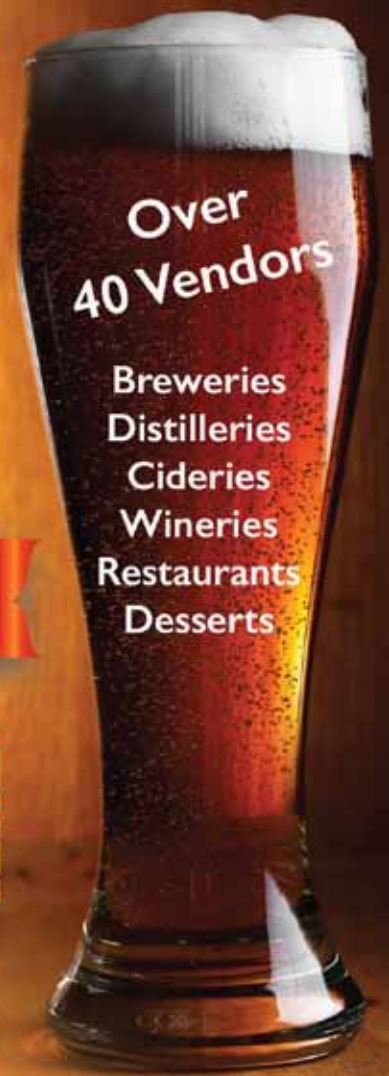


Canfield Casino • Congress Park, Saratoga Springs, NY

21 and Over Only • ID is Required

Over
40 Vendors

Breweries
Distilleries
Cideries
Wineries
Restaurants
Desserts



Glens Falls Lions Presents

A Gala Fundraising Event

Saturday, April 6 at 7:00pm

Sunday, April 7 at 2:00pm

Doors open 30 minutes prior to the event

Park Theater, 14 Park St, Glens Falls, NY 12801

\$25.00 (Ticket sales information TBA next month)

A variety of Rock, Pop, 50's, Jazz/Swing, Broadway & Classic Country music will illustrate Lions missions of Sound, Sight, Childhood Cancer, the Environment, and Hunger.

Performances by local professionals and students.



Celebrating Our 15th Anniversary



THE MEMORIAL DUATHLON & 5K

A Saratoga Springs Lions Club Event

Save the Date!
Sunday, May 26, 2019

Come join us for the 15th Annual
Saratoga Springs Lions Duathlon and 5K,
aka "The Memorial".

WHERE: Saratoga Casino Hotel

WHAT: A competitive duathlon for
individuals or teams on a highly
regarded course and a separate 5K
run/walk for all to enjoy. Awards are
presented for almost all classifications
for both races.

WHEN: Sunday May 26, Memorial Day
weekend. The duathlon begins at 8:00AM
and the 5K at 8:20AM.

Information and Registration at www.thememorialduathlon5k.com/

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
**CHIPPING CONTEST
RAFFLES - 50/50**
★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Johnstown Lions Club

5th Annual Golf Tournament

THE DETAILS:

\$95.00 per person (by 5/1/19)

\$115.00 day of tournament

Includes 18 holes of golf, lunch,
cart, dinner, prizes... and fun!

*Proceeds from the tournament benefit the
Parkhurst Field Foundation - Johnstown &
Gloversville Back Pack Programs.*

Questions?

Please call Colleen Ioele-DeCristofaro
(518) 281-4467 or email

greaterjohnstownlions@gmail.com

Current Officers:

Co-Presidents

Colleen DeCristofaro

Diedrie Roemer

VP

Cathy Preston

Treasurer

Eric Unislawski

Secretary

Diedrie Roemer

Chairperson

Colleen Ioele-DeCristofaro

Sponsorship Committee Chair

John Huebeler



Greater Johnstown Lions Club

5th Annual Golf Tournament

Johnstown, NY 12095
(518) 281-4467
greaterjohnstownlions@gmail.com



Greater Johnstown Lions Club

5th Annual Golf Tournament

Saturday, May 18, 2019
Registration 8:00AM
9:00 AM Shotgun Start
Scramble Format

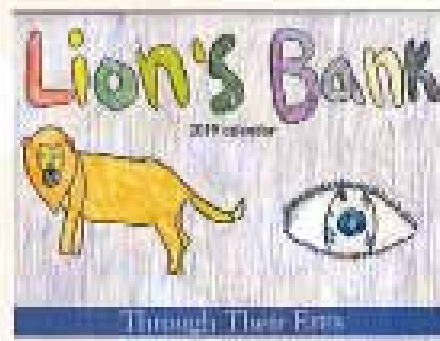
Fox Run Golf Club
129 Fox Run Drive, Johnstown

**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.
2. A hard worker in the Capital District is looking for a cleaning position. She has open availability.
3. An adult student is looking for a dishwashing position in Albany. On the weekdays he has availability in the afternoons and full availability on the weekends.

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!
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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.

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**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.*





**PROUD DOUBLE-A AFFILIATE OF
THE NEW YORK METS**

**LION S CLUB NEW YORK STATE CONVENTION OFFER
WEDNESDAY, MAY 1, 2019**

**Binghamton vs. Akron RubberDucks (AA – Cleveland)
Game Time: 6:35 PM (Gates Open: 5:30 PM)**



**Third Base Terrace Seating Ticket
*Exclusive Group Area with Picnic Table Seating***

**Each Ticket Includes In-Seat Wait Service
Choice of Entrée, Side & Bottled Soda/Water**

Max Capacity: 77 Seats

\$20 per Person

Ordering Deadline: 5 PM, Monday, April 29

To order, visit:

<https://groupmatics.events/event/NYSLions>



**211 HENRY STREET · PO Box 598
BINGHAMTON, NY 13901 · (607) 722-FUNN (3866)**



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.**

Lions Quest

LIONS QUEST GAINING TRACTION AT CNY BOCES

By Lion John Griffin

Amy Lamitie, an employee of the Oneida Herkimer Madison BOCES located in New Hartford New York, and a Lions Quest Affiliate trainer has provided the following update on recent efforts at the BOCES to embrace and expand Lions Quest training. OHM BOCES services 12 component school districts in CNY.

Lions Quest in Practice

The Lions Quest curriculum continues to be used for primary instruction in social-emotional learning in the Bridges Program at Oneida-Herkimer-Madison BOCES. Classroom teachers utilize lesson plans and instructional materials on a weekly basis to deliver first-time instruction to special-needs students. These educators report that students and teachers alike enjoy the program.

Continuing Professional Development

Lions Quest provided continuing professional development in late November for its affiliate and national trainers in Nashville, Tennessee. The purpose of the training event was to expose trainers to a broad overview of current practices and approaches happening at the local, state, and national level relating to social emotional learning. Trainers first participated in exercises designed for participants to examine their own implicit biases. These exercises were led by representatives of the Collaborative for Academic, Social, and Emotional Learning (CASEL). CASEL has been at the forefront of social emotional learning for more than two decades and drives research, guides practice, and informs policy on a number of stages. Additionally, participants collaborated with the Metro-Nashville Public Schools (MNPS) to explore and learn more about restorative practices and trauma-informed care in the school setting. MNPS is the second-largest school district in Tennessee and is committed, through the development of a social-emotional department, to delivering social-emotional learning professional development to every educator in its district. The group additionally explored the changing terrain of social emotional learning, examining new approaches and new products on the market today. Matthew Kiefer from Lions Club International reported out to the group on upgrades to the Lions Quest product, introduced a mindfulness program that is in the pilot stage, and recognized some of the competitors' approaches to social-emotional learning.

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Spreading the Word

On the local level, all school superintendents and building leaders are now aware of the Lions Quest program and its capacity to meet the criteria for social-emotional learning and mental health literacy set for by the new State Education Department requirements. All administrators received sample instructional materials and were guided through the ways in which the curriculum can assist buildings and districts to meet the new, first-in-nation requirements.

JOHN GRIFFIN, LIONS QUEST CHAIR

Phone: 315-737-9119

griffj@me.com

Sauquoit Valley Lions Club BLUE STAR MOTHERS/DG VISITATION

By Lion John Griffin

Our semi-monthly meeting was held on February 14th, Valentines Day, at Orchard Hall Restaurant in Sauquoit. The restaurant prepared a special dinner fare that evening accompanied with special decor marking the occasion. It was most appreciated by Lions and guest in attendance.



In the photo above Sauquoit Valley Lions in attendance at the Region L District Governor visitation on February 21, 2019.

That same evening the SV Lions



In the photo above Lion John Griffin (l) and Lion John Markley (r) receive their 30 year Chevron from District Governor Michele.



In the photo above 2018 Journey for Sight Sponsors are recognized by District Governor Michele (c) during the District Governors visitation.

donated \$300.00 to the Blue Star Mother's Organization. The donation was earmarked to help offset shipping cost the organization incurs mailing personal care packages to our troops in Afghanistan.

On Thursday evening, February 21st, the Clubs of Region L were visited by District Governor Michele O'Hare and Vice District Governor Ed Pike at a dinner at Orchard Hall in Sauquoit. Over 50 Regional Lions in attendance were welcomed by Region Chair Jim Winkler and listened intently as the District Governor updated the group on developments in District W and thanked the Lions for their service. Following her presentation District Governor Michele presented 30 year Chevron awards to SV Lions John Markley and John Griffi. The District Governor also participated in recognizing Major Journey for Sight Sponsors Lion Nicholas Montesano and Revere Cooper for their support over many years. The 2019 Region L Journey for Sight will take place at the Sauquoit Valley High School Track on Saturday, May 18, 2019. Registration is at 9:30 in the morning.

KING LION EDWARD THOMAS

9598 Pinnacle Road, Sauquoit, NY 13456

Home: 315-737-7441

kthythomas15@yahoo.com

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.



Lions Club International Foundation

WHAT IS LCIF'S CAMPAIGN 100?

By DG Michelle O'Hare

LCIF's Campaign 100 asks all Lions throughout the world to contribute \$100 per year for the next three years in order to raise the targeted \$300 Million. Simply stated that is less than 28 cents per day, less than 1 cup of coffee per week!

What's the power of your gift to Lions Clubs International Foundation? A safer and healthier world in which Lions have even greater opportunity to: increase service impact in the areas of vision, youth, disaster relief and humanitarian work.

- Fight diabetes to reduce its prevalence and improve quality of life for those diagnosed.

Expand our global causes to include:

- Hunger – Growing resources and infrastructure needed to address food shortages, we'll work toward a world in which no one goes hungry.
- Childhood Cancer – We'll strengthen medical and social services designed to increase life expectancy of children with cancer and enhance quality of life for them and their families.
- Environmental Issues – Together, Lions and LCIF will protect the environmental health of our global communities.

PDG PAULA FLISNIK, LCIF COORDINATOR

Phone: 315-865-8253, Cell: 315-527-1112

Work: 315-797-2233 ext. 1270

pflisnik@gmail.com

Town of Schroon Lions Club

HOLIDAY BASKETS

By Lion Roger Friedman

On December 21st the Town of Schroon Lions Club distributed 48 Holiday Baskets of Cheer in the Towns of Schroon and North Hudson. These Holiday Baskets have been a tradition of the Town of Schroon's Lions Club for 50+ years! Tops Friendly Markets made a generous donation and their employees take great pride in preparing the baskets. This year from Tops Kia Lapier, Merissa UMBER and Kelsey Garceau were responsible for loading up the baskets and the Town of



The loading area in the supermarket

Schroon and North Hudson Highway Departments helped with the distribution of the baskets. The boxes were donated by International Paper and Staples. The Lions Clubs extends a heart filled thank you to everyone who helped make this project a success.

Lions Clubs International is the largest service club organization in the world -- where there's a need there's a Lion. Our Club believes in the Lion's Motto – We Serve! If you are interested in joining the Town of Schroon Lions Club, please contact a local Lion. This year Dennis D'Amico is the King Lion.

KING LION DENNIS D'AMICO

59 Pointe Drive, P.O. Box 637

Schroon Lake, NY 12870

Phone: 518-532-7978 Cell: 518-796-0676

merlin47@nycap.rr.com

Environment

HAVE YOU BEGUN YOUR ENVIRONMENTAL PROJECT YET

By Lion Carol Quantock

Hello, everyone! It's been quite a while since I wrote to you about starting an environment-related project in your club. Since spring will be in the air very soon (I hope!), this is an opportune time to start a club project that will help our environment. This may sound like an overwhelming task, especially with only four months to go until the end of the Lion year. However, making your environmental project an ongoing venture will not only have a long-term benefit for your club, but even more important, long-range projects will

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have a beneficial effect on the environment.

There are many different projects that can be done, depending on the size of your club, and your resources. In my last article, I suggested a few projects that might work for your club. Below are some more suggestions that can be adapted for your club's size, talents, and capabilities.

I am also requesting that you send your project ideas to me at cquantoc@nycap.rr.com, and copy DG Michele (dgmicheleohare@gmail.com) on the e-mail. I'll be thrilled to see that your club is already actively working on a project, or planning a project, no matter how small or large. The environment is one of the Lions Club's major service areas, and we need to address climate change throughout the world. The best place to start is locally, as every little bit helps.

Here are some interesting suggestions you might consider for your club:

1. Sponsor a neighborhood beautification project. Plant trees and flowers and pick up trash. Coordinate and work with community or local non-profit volunteers to get the job done. Here's a link to the New York State DEC tree sale, which sells seedlings at a greatly reduced rate: www.dec.ny.gov/animals/9395.html. DEC strongly recommends calling to place orders, as their stock is starting to get low. The phone number to call is on the web page.
2. Participate in exchange and recycling programs with area schools. Schools are a great place to start, but I suggest contacting the school's PTA to initiate contact with school administration.
3. Hold an e-waste (electronic components) collection and recycling day. Recycle e-waste to a re-use facility.
4. Provide educational information on the value of wetlands. Set up and sponsor tours of a local wetland to the community and school kids.
5. Hold an environmental seminar on pollution prevention, water protection, and air or water quality standards for science teachers from local schools.
6. Work with local businesses or neighborhood environmental group(s) to hold an environmental awareness day at a local school.
7. Conduct a household waste collection day for paints, automotive fluids, batteries, aerosol cans, cardboard, etc.
8. Establish a wildlife habitat program (raptor breeding; purple loosestrife control) that includes employees and local groups.
9. Annually, recycle Christmas trees collected by employees, the community, Scout troops. Use to construct

brush pile wildlife shelters on facility grounds.

10. Sponsor and hold an annual Environmental Art Contest, working with lower, middle, or upper grades in local school.

Well, I think you get the idea! On a personal note, I have purchased 30 seedlings from NYSDEC, and will be picking them up at a local nursery in April. The trees are all native to New York State and my county (Saratoga). While this is not a Club project, it is a long-term plan to convert my home property to all native plants for wildlife and pollinators. My property has been a National Wildlife Federation Certified Wildlife Habitat for over 20 years, and is in the process of becoming a certified Monarch butterfly waystation.

Here's a link to some more projects, some of which are more labor-intensive or require financial commitment. However, please read them all and see how you can adapt them to suit your club: www.michigan.gov/documents/deq/deq-ess-nep-envactivities_306107_7.pdf.

And don't forget, please send me your ideas or project plans! Thank you for reading this, and thank you for all you do for the Lions Club.

**ENVIRONMENT CHAIR
LION CAROL QUANTOCK**

Phone: 518-664-3901; Cell: 518-209-8652
cquantoc@nycap.rr.com

**March Is Eye Donor
Awareness Month!**



March Is Eye Donor Awareness Month!
**This is a special time to honor eye donors and their families
for giving the gift of sight.**
Contact your local eye bank for more information

Clinton Lions Club

By Lion Jim Winkler

At our first meeting of the month we recognized one of our local high school seniors as our Student of the Month. Current Clinton Central senior, Talia Foley was this month's recipient. She and her parents joined us as our guests. Talia was presented with a certificate and her picture will be published in our local newspaper. She is looking to continue her education in the field of Chemistry with a minor in Studio Art and desires to attend Clark University in Massachusetts. Very involved in student life at our high school, her special interests lie in the areas of protecting and restoring our environment. Members in attendance were most impressed with this month's choice and we wish her every success in the future.



DG Michele inducts new Clinton Lion Gary Clinton into Clinton Lions Club at recent Regional Visitation with aid of Sponsor Lion Bill O'Mara.

DG Michele joined us and members from six other regional clubs for her annual visitation at our second meeting of the month. In her presentation, she described the newly merged District, our success as a District at increasing membership and her intent to publish a District-wide Strategic Plan by the end of her tenure. Every Lion in the District will be asked to supply input to a series of questions. These questions will be



Clinton Lion Dave Welchons receives his 15-year service chevron from DG Michele at recent Regional Visitation.

summarized and compiled into the District Strategic Plan. In addition, DG Michele presented Lion Dave Welchons with his 15-year service chevron and inducted new member Lion Gary Clinton into our club.

Our collection of used eyeglasses and hearing aids from previously established local businesses and school districts continued as did our assisting with "food distribution day" at our local Country Pantry and helping one day per week with the weekly lunch-time soup & sandwich dispersal in front of the Veterans Outreach Center in Utica.

One of our community members, the owner of our meeting place fell on the ice at the local hockey arena, breaking his leg in three places. He will be laid up for some time. Hearing that he enjoys reading, we sent him a gift card to Amazon for purchase of reading material to help him pass the time during his convalesce.

Donations were made to: Freedom Guide Dogs in Cassville, NY to defray operating expenses associated with the raising, training and placement of guide dogs for the blind and visually impaired; Mercy Flight Central (an independent non-profit air medical service) and to the Sauquoit Valley Lions in memory of recently deceased member Lion George Owens.

On Saturday February 23, two members traveled to Galway, NY to pick up 22 cases of chocolate rabbits our club ordered to support the annual fundraiser of the Lions Eye Institute at Albany. Upon returning home, the "bunnies" were delivered to club and Leo Club members for sale prior to Easter. Anyone interested in purchasing some bunnies?

KING LION ROBERT MAXAM

2 Sunset Drive, Clinton, NY 13323

Home: 315-853-5968

Cell: 315-794-0410

maxamr60@gmail.com

<http://clintonnylionsclub.com/>

New Voices Campaign

By Lion Glynnis Santeramo

Why are Leos not becoming Lions? I have been wondering why there is a huge age gap in Lions clubs. Personally; in my club I am the youngest by 20 years. Unfortunately I never went through The Leos. I just saw the amazing work my local club was doing for people.

With the such a huge age gap in clubs, I started wondering why younger people were not crossing over from being a Leo

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to a Lion. Within my research on the topic why Leos were not taking the next step. Leos felt a disconnect from their Lions club. The Leos did not fully understand why their purpose was to the Lions. They would fundraise but did not know what they were fundraising for. The former Leos I talked to wished that they knew what was the purpose of the Lions is. They would like to come back to Lionism but they feel the age gap is awkward and they feel like their voices will not be heard because sometimes older people are set in their way and do not want to change what they do.

I personally think that younger individuals are good for clubs because they can have a different view point on things. They are more able to do more of the physical tasks. Also they can carry on the traditions of Lionism. We have worked so hard to carry on Lionism through many different generations; why stop now?

One of the initiative that I am starting is I would like one female from each club to tell their story on film. I would like to showcase why women become Lions. Hopefully I would like them before June. If you have any questions feel free to email me at glsantera@gmail.com.

**NEW VOICES CHAIR
LION GLYNNIS SANTERAMO**

Central Association for the Blind and Visually Impaired (CABVI)

By Tara A. Capponi

The Central Association for the Blind and Visually Impaired (CABVI) announced today that it raised \$1,057,908 as a match to a \$500,000 challenge issued in 2018 by The Community Foundation of Herkimer & Oneida Counties. The funds help support construction of an \$8 million, state-of-the-art vision rehabilitation center in Utica, a part of CABVI's \$14.1 million Focus on the Future Initiative.

"To declare that 'Central New York came through in a big way' would be an understatement," said Rudy D'Amico, president & CEO of CABVI. "CABVI raised over \$1 million to meet the \$500,000 challenge—the largest challenge grant in The Community Foundation's history. I am proud that CABVI's supporters, which included many of The Community Foundation's fundholders, exceeded the goal."

"Central New York is extremely generous," said Alicia Dicks, president & CEO of The Community Foundation. "We hoped to inspire community members to support the mission and vision of CABVI and the work they are doing to transform our

community—the final result is @gmail.com."

"CABVI continues to advance opportunities for individuals who are blind or visually impaired, from early intervention through services for seniors, in innovative ways that also promote economic development and neighborhood revitalization," said Dicks.

The \$500,000 challenge is one component of CABVI's Focus on the Future Initiative which has three major components:

- Construction of a 23,000-square-foot vision and wellness center in Utica
- Renovations to CABVI's headquarters in Utica
- Purchase and renovation of a building for CABVI Syracuse Industries in DeWitt

CABVI is within \$250,000 from achieving the Focus on the Future goal.

Visit www.cabvi.org to learn more about the Focus on the Future Initiative and to make a gift.

**CENTRAL ASSOCIATION FOR THE BLIND
AND VISUALLY IMPAIRED (CABVI)**

507 Kent St. Utica, NY 13501

Phone: 315-797-2233

www.cabvi.org

**MICHAEL MARRONE
PR & EVENTS MANAGER**



By Lion John Griffin

Lions of District W, our dear friend and fellow Sauquoit Lion George Owens passed away early Thursday morning, Feb. 7th. Services were held Sat. Feb. 9th, at the Smith Funeral Home on Oneida Street in Sauquoit. Lions gathered to pay respect to George and the Owens family.

Lion George was a dedicated Lion, serving his community as a Lion for over 30 years. George was an active Lion and served as Club President for multiple terms. His sense of humor, work ethic, devotion to family and youth sports are just some of his more admirable traits. He enjoyed sports and was a tenacious competitor on the playing field as well. Lion George

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was honored for his service to Club and Community with the Robert J. Uplinger Award in 2005. A full obituary can be seen at the Smith Funeral Home website.

Our condolences to Lion Sharon Owens and the entire Owens family.

VOLUNTEER WORKERS NEEDED!!

Your **Multi-District ALERT Committee** will be at the ALERT building site, located on the Camp Badger grounds, on Thursday - Saturday, April 4th-6th, 2019 and we are looking for volunteer workers to help receive and assemble industrial steel shelving as well as receive and stock the assembled shelves with emergency supplies.

There are a limited number of rooms available at Camp Badger where you can stay, free of charge, and will be assigned on a first-come-first served basis (meals are on your own).

There is no TV, but Wi-Fi is available.

There are also a number of nearby hotels should you wish to pay to stay off-site.

If available, please contact
2VDG Rick Brisee at: rbrisee@hotmail.com
or (518) 209-8812.

Empire State Special Needs Experience/Lions Camp Badger

By Cynthia Reuter

Greetings from Lions Camp Badger!

Even though it's only March, and the camp is still under a blanket of snow, we are gearing up for Summer Camp 2019.

Camper applications are being completed online and spots are filling up fast. Campers can apply online at www.LionsCB.org. Beginning 7/5 through 8/8, we are offering 4 sessions for individuals with intellectual disabilities, and 1 session for teens with Emotional/Behavioral disabilities.

We are also busy accepting applications and interviewing for summer staff positions. We are seeking highly energetic, motivated, and caring individuals to fill summer camp counselor positions.

If you know of a young person in need of a summer job from July 1st through August 9th, send them to our website: www.LionsCB.org to apply. The pay is good and the experience is even better! Room and Board is included.

At this time, we are specifically in need of more MALE counselors to staff the male cabins. Counselors will be living and working with campers with a wide range of special needs. Duties may include a level of personal care for the campers. Training is provided before summer sessions begin. Counselors must be at least 18 years of age and pass a background screening.

2019 Super Raffle

Be on the lookout for our 2019 Super Raffle tickets. This raffle has been a big hit with Ten(10) \$1,000 prize winners drawn on Lions Appreciation Day in July. We have had winning clubs and individuals from all districts in MD20! Thank you for continuing to support Lions Camp Badger and the programs we provide for our special campers.

Follow us on Facebook: @CampBadger, Twitter: @LionsCampBadger, & Instagram

CAMP BADGER

725 LaRue Road, Spencer, NY 14883

CYNTHIA REUTER, OFFICE MANAGER
PATRICIA GILLULE, PRESIDENT

lionscampbadger@htva.net

Phones: 800-232-7060, 607-589-4800;

Fax: 607-589-6181

lionscampbadger@htva.net

www.lionscb.org



By PDG Joan Scott

Tom Diehl, who I believe was a charter member of the Hadley-Luzerne Lions Club, passed away Friday, February 8th.

Tom was a member of the Hadley-Luzerne Lions Club since 1972. There was a graveside service at the VA Cemetery on Monday, Feb. 11 at 2:30 PM.

He was 90 years old, with cardiac problems and Alzheimer's.

Pediatric Cancer

"BRAVE THE SHAVE" AND "ROCK THE BALD"

By Lion Diane Lange

These events are sponsored by the St. Baldrick's Organization, a Childhood Cancer Research Charity. Each March, St. Baldrick's raises awareness of childhood cancer by organizing fundraising "Shaving" events.

Lions Clubs can support this event by hosting or supporting and event in your area. Go to St. Baldrick's org.com for a list of dates in your area.

Did you know?

- ❖ Every 2 minutes a child is diagnosed with cancer.
- ❖ 6 years old is the average age for a child to be diagnosed with cancer.
- ❖ 1 in 5 children do not survive cancer.
- ❖ 2/3 of the children treated for cancer will suffer long term effects such as hearing and sight loss and heart and kidney diseases.

St. Baldrick's Foundation exists to change these realities. Childhood Cancer is one of Lions Club International 5 main global causes.

"Where There Is A Need, There Is A Lion." Let's help to change these realities too!

DIANE LANGE, PEDIATRIC CANCER CHAIR

14 Jacob Drive, Gansevoort, NY 12831
Phone: 518-409-4321 Cell: 518-527-1926
skipper2dfl@yahoo.com

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

Albany & Troy Lions Club

By Lion Jerry Gordon

The meetings scheduled for February 6 at the Red Front were canceled because of the weather, so there's no report. Board actions taken by email vote during the month: Two applicants for hearing aids, a 100-year-old woman and a 59-year-old man, were rejected because they didn't meet our financial guidelines. An 86-year-old man was approved for new hearing aids; we're in the process of negotiating a cost-sharing deal with the Hearing Conservation Society.

Our next general meeting is Wednesday, March 6, at the Red Front. Our speakers will be from Camp Abilities/Saratoga. I understand they have a new presentation that's different from what you may have heard before.

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We call the meeting to order at 6:00 p.m., but please try to be there by 5:45 so you can place your dinner order and have a few minutes to socialize. The restaurant likes a head count, so please let me know (518-235-8232 or jerrygordon@juno.com) whether you'll be there. Telling me your intentions will be one less follow-up phone call that Lion Mike will have to make.

KidSight Vision Screenings

Kathryn Miklowitz, NABA's LPN who conducts their KidSight vision screenings of pre-schoolers, always appreciates our help. The screenings usually start around 9:30 a.m. and last an hour or two. I'm still waiting for her March schedule and will send it out when I get it. If you'd like to sign up for one or more, please contact Kathryn at kmiklowitz@naba-vision.org and mickeyskat@gmail.com or call her on her cell at 518-915-4722 for time and address details.

Seal Campaign

This project is one of our major fundraisers. We added over \$1400 in each of last two years to our charitable fund. So far this year, we have received only \$1020. There's still time for you to send a check to the Albany & Troy Lions Club, PO Box 192, Troy, NY 12181-0192.

New Member Greg Sheldon, whom we met at our January meeting along with his wife Jody, has transferred into our club from the Tosagua (Ecuador) Lions Club, where he's been a Lion since 2013.

On a personal note

Lions Maryanne and Jerry interspersed their time in Florida with visits to several clubs. On Feb 11, we visited our friends



at the Delray Beach Lions Club, whom we had visited two years ago. They were celebrating their 80th anniversary, which almost didn't happen. They were ready to give up their charter about 10 years ago because they had lost so many members, but a few loyal members persevered, and now they have almost 20 members, most of whom are active. They're involved in many community projects. An inspiring success story.

On Feb 25, we visited the New Smyrna Beach Lions, who

were celebrating their 72nd Charter Night. In addition to us, there were visitors from Virginia and Pennsylvania. They have their own clubhouse and hosted a rummage sale the weekend before our visit, which brought in about \$1400. We forgot to take a picture.

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

Glens Falls Lions Club

By Lion Karen Rager

February was a quiet month for the Glens Falls Lions Club, activity wise. We have, however, been busy planning activities for the months ahead.

A second **Paint & Sip** fundraising event was held March 2, at Kathleen's Jam n' Eggs in South Glens Falls, (formerly Cirelli's Jam n' Eggs). We had 15 participants, some great food and drinks raised a few bucks for our administrative fund! Our subject was an Indian Lake scene in the style of Georgia O'Keeffe, taught by Lion Karen Rager.

Upcoming events in the works is a Gala Fundraising Event at the newly renovated beautiful Park Theater in Glens Falls, on April 6 and 7. A variety of Rock, Pop, 50's, Jazz/Swing, Broadway and Classic Country music will illustrate Lions missions of Sound, Sight, Childhood Cancer, the Environment, and Hunger. Performances will be by local professionals and students. More information will be forthcoming regarding ticket sales.



...continued on next page

Next weekend we will also be participating in the 2nd Saturday Supper service project at the Christ Church in Glens Falls. We will be serving spaghetti and homemade meatballs.

Please keep the La Rose family in your prayers as our Lion Skip continues fighting a long battle with cancer. His daughter, Lions Denise, her daughters, and sisters will be flying to Florida to be with him and their mother Caroline. If you would like to send cards of support, you can send them to:

Skip and Caroline LaRose
P. O. Box 10053, Cocoa, FL 32927

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

Utica Lions Club

By King Lion Antonetta Panuccio

I would first like to say Congratulations to The Utica Lions Club for their 95th Charter year. Utica Lions were chartered February 8th, 1924. In 1924, prominent Utica, Physician Harold Lyman led the effort to establish the Lions Club of Utica. Five years later he founded The Central Association for the Blind and Visually Impaired. The Lions continue to support CABVI, as well as many other important community programs.

We also perform volunteer work for many different kinds of community projects. It is important to The Utica Lions to bring our community together.

Lion Antonetta Panuccio, President of The Utica Lions was presented with an award by her fellow Lions.

Thank You fellow Lions for this award. It means a great deal to me. I couldn't do it with all your dedication. We are great a team.



Where There's A Need There's A Lion for outstanding service and commitment.

KING LION ANTONETTA PANUCCIO
642 Eagle Street, 2nd Floor, Utica, NY 13501-4055
Home: 315-724-3997
grandmanuch@aol.com

LCI

Purpose and Ethics

As Lions, we hold ourselves to the absolute highest standards in everything we do. Our members and clubs are dedicated to serving others, and it shows. We champion kindness in our communities and actively work to improve the lives of all people.

Our Purpose

To Organize, charter and supervise service clubs to be known as Lions clubs.

To Coordinate the activities and standardize the administration of Lions clubs.

To Create and foster a spirit of understanding among the peoples of the world.

To Promote the principles of good government and good citizenship.

To Take an active interest in the civic, cultural, social and moral welfare of the community.

To Unite the clubs in the bonds of friendship, good fellowship and mutual understanding.

To Provide a forum for the open discussion of all matters of public interest; provided, however, that partisan politics and sectarian religion shall not be debated by club members.

To Encourage service-minded people to serve their community without personal financial reward, and to encourage efficiency and promote high ethical standards in commerce, industry, professions, public works and private endeavors.

Our Code of Ethics

To Show my faith in the worthiness of my vocation by industrious application to the end that I may merit a reputation for quality of service.

To Seek success and to demand all fair remuneration or profit as my just due, but to accept no profit or success at the price of my own self-respect lost because of unfair advantage taken or because of questionable acts on my part.

To Remember that in building up my business it is not necessary to tear down another's; to be loyal to my clients or customers and true to myself. Whenever a doubt arises as to the right or ethics of my position or action towards others, to resolve such doubt against myself.

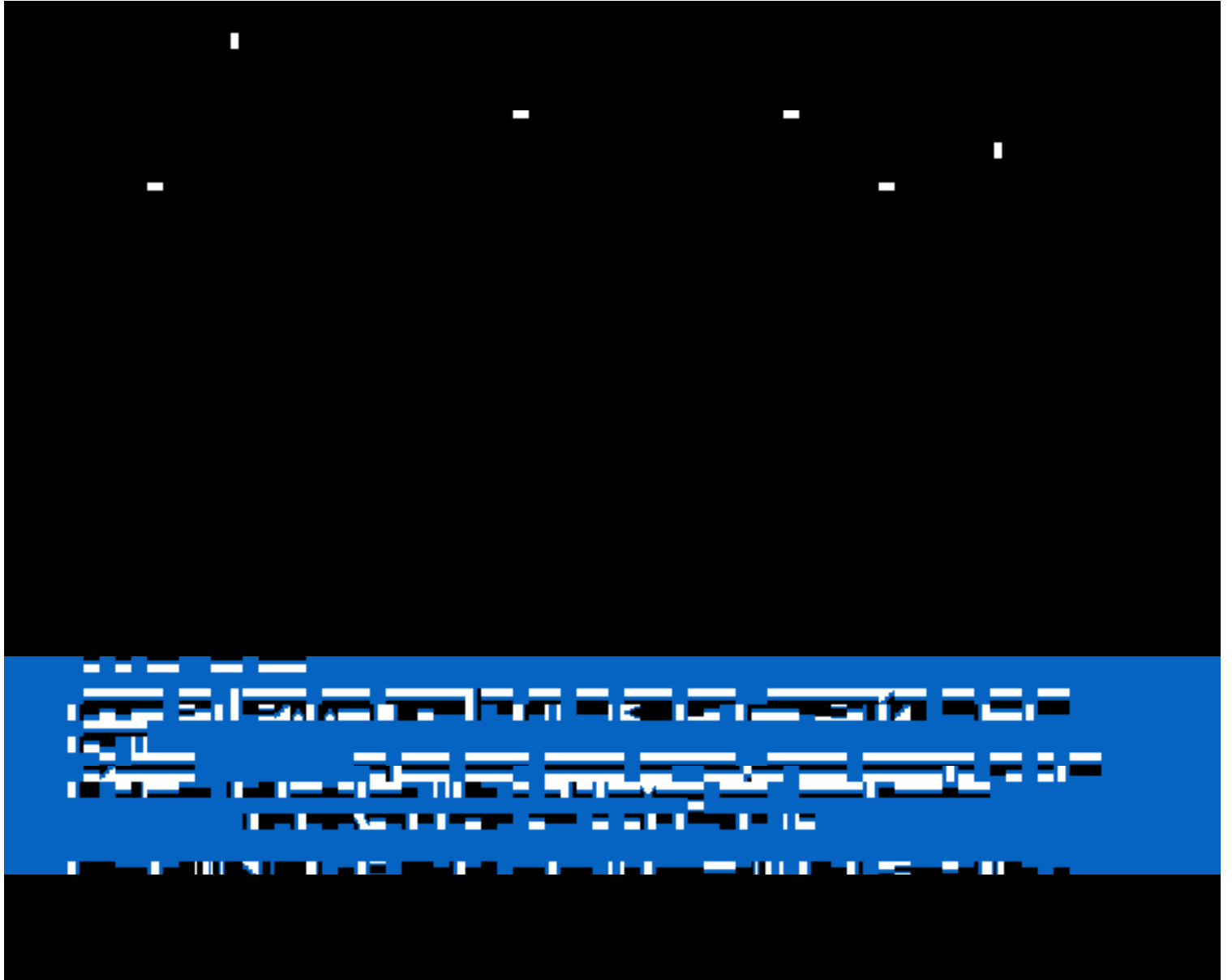
To Hold friendship as an end and not a means. To hold that true friendship exists not on account of the service performed by one to another, but that true friendship demands nothing but accepts service in the spirit in which it is given.

Always to bear in mind my obligations as a citizen to my nation, my state, and my community, and to give them my unswerving loyalty in word, act, and deed. To give them freely of my time, labor and means.

To Aid others by giving my sympathy to those in distress, my aid to the weak, and my substance to the needy.

To Be Careful with my criticism and liberal with my praise; to build up and not destroy.

District & Club Resources



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

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