



April 2019

# District 20W

# LIONS ROAR



## What's inside...

20W News

Upcoming Events

District & Clubs

Resources

Who's Who

My Lion Information

GAT Message

District & Club

District & Club

Lions Roar  
Submission

Calendars

Event Flyers

Articles

Hearing Loan Out  
Centers

Cabinet Meetings



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  
APRIL 28, 2019**

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

**G**reetings Lions, Leos and Lionesses of District 20-W!

As we approach our last quarter of our Lions year we still have a lot to accomplish. As of March 27th we have added 113 members and dropped 88 for a total of 52 Clubs and a net gain of +25. Congratulations for all your hard work. We are currently are in first place for membership growth in the multiple. Please keep up the good work.

We want to make sure that we hear from all of you in regards to our Strategic Plan for our District. We are asking you to return all the Strategic Plan Surveys to me no later than April 30th. If you need it emailed to you again or mailed to you, please email me at [dgmicheleohare@gmail.com](mailto:dgmicheleohare@gmail.com) or call me at 518-694-6872. Please leave me your name and address and I will get you one ASAP.



**See Page  
36 for  
submission  
instructions.**

...continued on next page

This month is Leo Club Awareness Month. I want to thank Lion Katrina Plummer, our District Leos Coordinator for all her hard work with the seven Leos Clubs and their advisors. She gave an excellent presentation at our last Cabinet Meeting on how a Club can start a Leo Club and a summary of our Leo Club survey to date. Please go to our District Facebook page and you can watch the presentation. She is also available to assist Clubs in starting a Leo's Club.

April is also Environmental Awareness Month and April 22nd is Earth Day. The goal of Lions, Leos and Lionesses is to sustainably protect and restore our environment to improve the well-being of all communities. It would be wonderful if all our Clubs this month could provide an environmental assistance project to your community. Your Club can work with a Leo's Club or any youth group such as, Boys and Girls Scouts, Key Clubs, etc. and other service agencies to provide roadside cleanups, riverbank cleanups, and or a tree planting project.

This month we are also looking for 100% participation of all Clubs to LCIF's Campaign 100. Over 40% of the 20-W Lions Clubs have contributed to LCIF so far this year. The average contribution per Lion is approximately \$20.00. The total so far for our District is \$11,250. If all Lions in 20-W could contribute \$20 to LCIF this year we would raise nearly \$30,000.

We are also looking to get all Clubs to report. Did you know that a Club President or a Club Secretary can assign a Club Administrator to LCI to perform all the same task as a Club Secretary. If you need assistance, please let me know. We need to report our membership even if there is no change in status and all our service projects.

In April your club should be having elections of new officers for the 2019-2020 Lions year so your Secretary can input the new officers into MyLCI. Please be sure to report new officers as soon as they have been elected so they will get access to club reports starting in April. This is great as the mentoring process can begin sooner and our future club leaders are better prepared for their year. PCC Mark Whitney is offering training program for all new Club Officers, Region and Zone Chairs, please see article in last month's newsletter. These programs are open to all Lions not just officers. So if you are thinking about taking on a leadership role in the future in your Club, the District, etc. Please take advantage of these programs.

At our Cabinet Meeting this past weekend the nominations of Lions Ed Pike for District Governor, Lion Rick Brisee for First Vice District Governor and Ricky Lauren for Third Vice District Governor were approved by our District. Congratulations to these very committed and worthy Lions – we're in good hands going forward! Our team will continue to work to identify a Second Vice District Governor to round out our team for next year. Finally, I hope to see many of you at the NYS and Bermuda Lions Convention in Binghamton on May 3-5, 2019 and at our testimonial on May 11th at the Holiday Inn in Saratoga Springs. Details and invitations will be sent out to all Club Presidents for all our Lions.

I want to THANK all the Lions, Leos and Lioness in our District for the wonderful things you do for your communities and your Clubs. It is a privilege to serve you.

Sincerely Yours in Lionism,

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

*P.S. If you noticed the mustache please email me. [dgmicheleohare@gmail.com](mailto:dgmicheleohare@gmail.com)*

## Strategic Plan Survey

We have been receiving great response to our strategic plan survey for our District.  
Thank you to all the Lions who have responded to date.

We want to hear from all the lions in our district. Your opinion on the future of your district is very important. An update on the survey at our last cabinet meeting on March 23rd in Lake Placid.

Please announce and email to each of your members that we have  
**extended the deadline to complete the survey to April 30th.**

If they still need a survey either emailed or mailed to them to please let me know.

## 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: Waterford

**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@twcny.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 &amp; MD20 Magazine Director

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

## Website &amp; 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

Int'l Board of Directors Meeting, Reykjavik, Iceland.....April 3 – 7, 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**  
 International Convention, MILAN, ITALY.....July 5-9, 2019

## FOR MORE INFORMATION AND EVENTS

**20WLions.org ~ members.lionsclubs.org/EN/events/calendar.php**

## District Governor Michele O'Hare's Visitation Schedule

Utica Lions Club .....	April 1	Town of Wright Schoharie.....	April 15
Albany Troy Lions Club.....	April 3	Duane Lions Club.....	April 17
Lake Placid Lions Club.....	April 8	Speculator.....	April 18
Malone Lions Club.....	April 10	Mechanicville Stillwater.....	April 22
Herkimer Lions Club.....	April 11	Bethlehem Lions Club.....	June 19
		Deerfield Lions Club.....	TBD

## District 20W 2018 - 2019 Club Events

Leo's Month.....April  
 Waterford Lions Trivia Night .....

April 3, 2019  
 Capital Region Caregiver Coalition "Tools for Caregivers", Troy, NY.....April 6, 2019  
 Scotia - Glenville Lions Spaghetti Dinner.....April 6, 2019  
 Glens Falls Lions "Gala Fundraiser" at the Park Theater.....April 6, 7, 2019  
 Saratoga Lions Night at the Brewseum.....April 12, 2019  
 Sauquoit Valley Palm Sunday Pancake Breakfast.....April 14, 2019  
 NABA Volunteer Recognition Breakfast.....April 25, 2019  
 Regional Anthem Food Pantry Project.....April 27, 2019  
 Sight Society of Northeastern New York, Inc.  
 Lions Eye Bank at Albany/Rochester Membership Meeting.....May 16, 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  
 Galway Lions Club 40th Anniversary.....November 16, 2019

## District Governor Michele O'Hare's Testimonial Lunch

Saturday, May 11th, 2019  
 Holiday Inn, Saratoga Springs, NY

It will be a lunch and  
 will be business casual

Save  
 the  
 Date





# MEMBERS CORNER



## STATUS OF MEMBERSHIP

1. Congratulations to Albany-Troy, Broadalbin-Perth, Clinton, Clifton Fine, Duane, Gouverneur, Greater Amsterdam, Greater Johnstown, Hadley-Luzerne, Holland Patent, Mechanicville –Stillwater, Lake Placid, Lisbon, Long Lake, Newcomb, Plattsburgh, Raquette River, Saratoga Springs, Speculator, Town of Hoosick, Town of Schron, Tupper Lake and Waterford for positive membership Growth.
2. District has YTD added 113 and dropped 88, net +25.
3. So far we have 23 clubs with at least a positive membership increase of 1. Great work! Now we need the other 29 clubs to do the same.

## AREAS OF CONCENTRATION

1. Retention – We need to make personal contact with members who have not paid dues or attended meetings in a long time. Offer a payment plan, if you can.
2. New Members – Please hold at least one membership event; various approaches; depends on individual skills, geo area; personal associations; club service projects; community needs assessment; all based on asking.
3. Extension – forming new clubs; We have received many suggestions for areas to concentrate on, but need district help to identify individuals in areas to start prospecting; need individuals to become Guiding Lions.
4. Leadership – necessary to accomplish any goal. GLT will address; We need leaders to set and accomplish goals.

## ORIENTATION

1. An absolute must when inducting a new member.
2. Orientation Programs – clubs should have a formal program for each new member; I will be working to provide a format and scheduling orientation programs through the year.

## REPORTING

1. For the most part every club is keeping up with their reporting to LCI. Only 11 clubs are 3 months or more behind.
2. I will be in contact with those that are delinquent for 3 months or more.

On line help for membership events: [lionsclubs.org](http://lionsclubs.org)>Resources>Resource Center> enter in search box "Membership Even ">select any or all of the boxes offered to get some ideas



# Club Excellence Awards

**Make it your club's tradition to  
achieve excellence every year!**

Clubs that excel in community service,  
membership growth, communications and  
organizational operations may qualify for the  
prestigious Excellence Awards.

Please use the qualifications outlined in the club excellence award  
application as your road map to excellence.

**Is your club striving to finish the year with  
a net growth in membership?**

**Will your club participate in at least three service projects?**

**Are you promoting your club's events or activities to the community?**

If you answered yes to these questions,  
you may be eligible for the Club Excellence Award.

The Club Excellence Award is more than an award...  
it is proof that your club is **STRONG!**

For questions, inquiries or to submit your Club Excellence Award Application  
you may contact us by email  
**clubexcellenceaward@lionsclubs.org** or by phone **(630) 468-6890**

**Make achieving the award a winning tradition!**

2018-2019 Club Excellence Award Application  
**Deadline date to submit your Club Excellence Award Application is August 31st.**

**(See application on the next page)**



## 2018-2019 CLUB EXCELLENCE AWARD APPLICATION

*Club must be chartered prior to January 1 of the fiscal year to qualify.*

Application Date \_\_\_\_\_

Club Number \_\_\_\_\_

Club Name \_\_\_\_\_

Member Number \_\_\_\_\_

2018-2019 Club President's Name \_\_\_\_\_

2018-2019 Club President's Email Address \_\_\_\_\_

### 1. MEMBERSHIP

☐ Achieved a Net Growth of: \_\_\_\_\_ \*

**OR**

☐ Chartered new Lions club or Club Branch:

Name of club or branch: \_\_\_\_\_

**AND**

☐ Supported member retention by increasing member satisfaction

Outline strategy: \_\_\_\_\_

*\*Based on June 30 cumulative membership report*

### 2. SERVICE

☐ Started a new service project. *Consider one of our Global Causes!*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**OR**

☐ Organized a new Leo Club

**AND**

☐ Contributed to LCIF

### 3. ORGANIZATIONAL EXCELLENCE

☐ Club is in Good Standing: Not in Status Quo or Financial Suspension. District dues paid and no unpaid balance with LCI greater than US\$50 outstanding 90 days or more.

**AND**

☐ Key Officers participate in one or more of the following leadership training events:

☐ District

☐ International

☐ Lions Learning Center

☐ Multiple District

☐ Webinars

☐ Club Quality Initiative

**AND**

☐ Improved club operations

Improvements Include: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Improve Membership Value & Reach New Markets

Enhance Service Impact & Focus

Pursue Club, District and Organizational Excellence

Reshape Public Opinion & Improve Visibility

### 4. MARKETING AND COMMUNICATION

☐ The club has publicized its service activities through local media or social media as noted below:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**OR**

☐ The club utilized social media to promote club activities and reported to Lions Clubs International as noted below:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date \_\_\_\_\_

2018-2019 District Governor's Signature\* \_\_\_\_\_

District \_\_\_\_\_

Member Number \_\_\_\_\_

**Due by:** August 31, 2019

**Send to:** [clubexcellenceaward@lionsclubs.org](mailto:clubexcellenceaward@lionsclubs.org) or fax to (630) 706-9245

**Awards Mailed to:** 2019-2020 District Governors

\*If sent from district governor's registered email, it qualifies as signature on applications submitted electronically.

Disqualified clubs have 12 months from original due date to request a review.



## Did you know April is Leo Awareness Month?

### Leo Club Motto:

**Leadership** – Develop skills as a project organizer, time manager and team leader.

**Experience** – Learn how teamwork, cooperation and collaboration can bring exciting changes to your community and the world.

**Opportunity** – Make friends and feel the rewards of community service.

serving since  
**1957**



Coach Jim Graver started the Leo ball rolling in 1957 and chances are that ball was a baseball. Graver was the baseball coach of the Abington High School in Pennsylvania, USA and an active member of the Glenside Lions Club. With help from his fellow Lion, William Ernst, the first Leo club was chartered on December 5, 1957.



Leos can work with Lions on many different projects



**International Leo Day** commemorates the chartering of the first Leo club on December 5, 1957. More than 60 years later, Leos continue to build on a tradition of service to meet emerging local and global needs.

**Leo Club Objective:** To provide the youth of the world with an opportunity for development and contribution, individually and collectively, as responsible members of the local, national and international community.

Need more information about starting a Leo Club in your community? Contact **District Leo chair Lion Katrina Plummer** at [kplummer817@gmail.com](mailto:kplummer817@gmail.com)







You're invited to  
Waterford Lion's Club Fundraiser

# Trivia Night

at McGrievy's Restaurant

91 Broad St., Waterford

Wednesday, April 3<sup>rd</sup>

6:30 to 9:00

1st, 2nd, 3rd place Team Trophies

Door prizes, Chinese auction and raffles. Fun for all!

Form a group of 4,5 or 6 people to compete  
or sign up by yourself and we'll put you in a team.

Food and drink available for purchase.

To reserve: contact Fran at 518.469.7037 or [lawlerfh53@gmail.com](mailto:lawlerfh53@gmail.com)

**\$10.00 per person donation to Waterford Lion's Club**

The Waterford Lion's Club is a non-profit organization that supports community activities such as our local food pantries, Waterford-Halfmoon food backpack program, Camp Abilities for the Blind and also provides hearing aids and eye glasses for those in need, as well as vision and hearing screenings for all.



The Glens Falls Lions Club  
invites you to a

# Gala Fundraiser

Rock, Pop, 50's, Jazz/  
Swing, Broadway &  
Classic Country Music  
Describing

Lions Missions of

**SIGHT, HEARING,  
HUNGER, ENVIRONMENT,  
& CHILDHOOD CANCER**

Saturday, April 6 at 7:00 pm

Sunday, April 7 at 2:00 pm

at **THE PARK**

THEATER  
14 Park St, Glens Falls, NY

Lite fare  
provided  
by



**Tickets \$45.00**

Available at [parktheatergf.com](http://parktheatergf.com)

**Box Office: 518-792-1150**

**RESERVATIONS REQUIRED!**

Doors open 30 minutes prior to the event.  
Performances by local professionals and students.



The  
Glens Falls  
Lions Club  
is a 501c3

## 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* ~

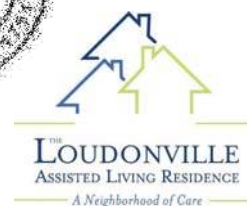
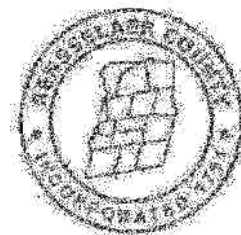
Workshops, Continental Breakfast, Caregiver Healing Touch and Vendor Resource Fair

**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](mailto:crccreg@gmail.com)

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



Visit us at [www.capitalregioncaregiver.com](http://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](mailto:crccreg@gmail.com)  
Doors open at 8:30am. Sorry, no early birds!





# Annual Spaghetti Dinner

PRESENTED BY THE SCOTIA-GLENVILLE LIONS CLUB

**Saturday, April 6, 2019**

**4pm - 7pm (Takeouts available)**

**First Reformed Church of Scotia**

**224 North Ballston Avenue, Scotia, NY**

**Includes:**

**Salad**

**Spaghetti with Meatballs**

**Cheese**

**Perreca's Italian Bread**

**Coffee, Milk & Soda**

**Homemade Desserts**

**Features:**

**Imported Spaghetti and**

**Famous Cappiello Sauce & Meatballs**



**Adults - \$10**

**Children under 12 - \$5**

Tickets available through your favorite  
Scotia-Glenville Lions Club Member & at the door.

SCOTIA-GLENVILLE LIONS  
CLUB "WE SERVE"

**[www.SGLions.org](http://www.SGLions.org)**



The 67th Annual Membership Meeting of the  
Sight Society of Northeastern New York, Inc.  
Lions Eye Bank at Albany/Rochester

will be held at the Lions Eye Bank at Albany  
4 Tower Place, Suite 601, Albany, NY 12203  
on **May 16, 2019 at 2:30pm**

Executive Board Members and Officers will be elected.  
Club contributions will be accepted.

We look forward to seeing you at this meeting as we review the accomplishments of  
the past year and our vision for the future.

Please RSVP by May 9, 2019 at 518-489-7606

Lion Jim Winkler, Chairman of the Board  
Victoria Adler, Executive Director/Tissue Bank Director

# 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



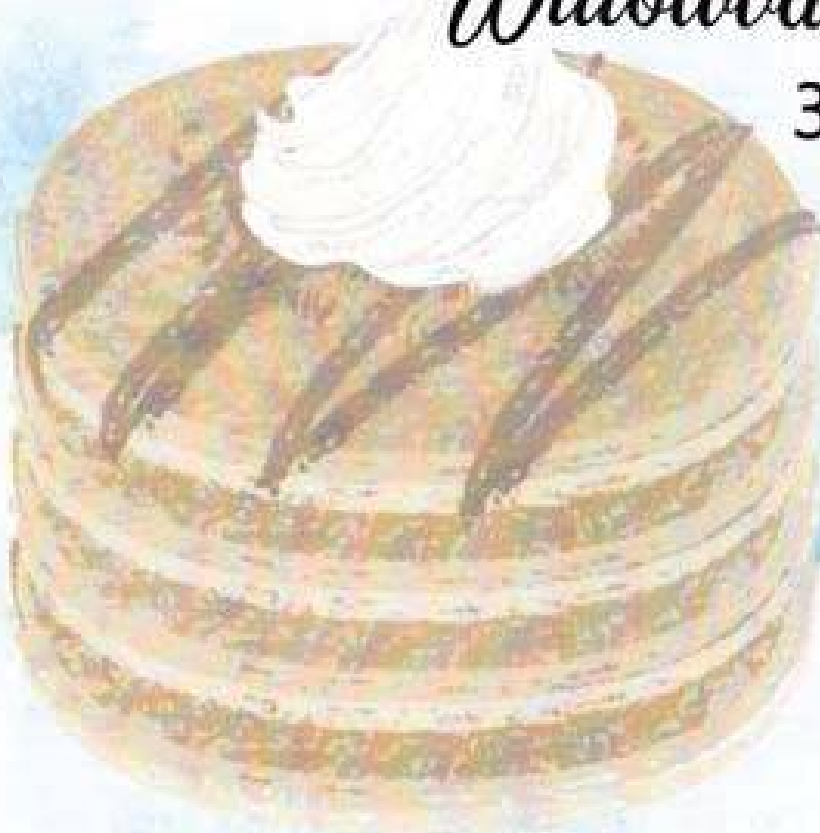
**Sauquoit Valley Lion's Club**

*Palm Sunday Pancake Breakfast*

April 14th, 2019  
at  
8am - 12 noon

*Willowvale Fire Hall*

3459 Oneida St.  
Chadwicks, NY



Adults \$6  
12 & under \$3  
5 & under FREE



## **VOLUNTEER RECOGNITION BREAKFAST**

**Honoring you and your Club's service to  
The Northeastern Association of the Blind at Albany**

**Thursday, April 25, 2019 9:00am-10:30am**

**This Year's Breakfast will be held at  
Million Air Terminal  
16 Jetway Drive, at the  
Albany International Airport**

**Please allow us this opportunity to say "Thank You"  
for improving the quality of life for persons  
who are blind and visually impaired.**

**Please RSVP by April 19, 2019  
to Volunteer Coordinator:**

**Gail Hessney  
[ghessney@naba-vision.org](mailto:ghessney@naba-vision.org) or 518-463-1211, ext. 201  
Parking lot is provided**





**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@nycap.rr.com](mailto:jmcdonald33@nycap.rr.com)





**The Sight Society of Northeastern NY, Inc.  
Lions Eye Bank at Albany/Rochester**

- We are currently searching for enthusiastic, experienced and engaged community members (Lions and non-Lions) to serve on our Board of Directors. This is a volunteer position. We have exciting opportunities on our Board of Directors and we are seeking to fill these positions with people who have the skills, passion and commitment to complement our current Board structure.
- A nonprofit organization the Lions Eye Bank at Albany/Rochester was founded in 1952 by Lions Clubs. Since then the eye bank has restored sight to thousands of people suffering with corneal blindness. Together the Lions Eye Bank at Albany and Rochester serves 50 counties in New York State, Great Barrington, MA and six hospitals in Vermont.
- ***Time commitment*** – serve a 4 year term (with a prospective second term), attend quarterly board meetings (Albany office).
- ***Why join our board of directors?***
  - Leadership opportunities – make a difference
  - Personal and professional development – share and enrich your expertise
  - Community service – advocate to help those who are blind or visually impaired
- ***Reach out today***– to learn more or submit an application for consideration/interview contact Chairman Lion Jim Winkler at 315-853-6355 or email [Wink8@aol.com](mailto:Wink8@aol.com) or Lion Vicki Adler at 518-489-7606 or email [Vadler@lionseyebankalbany.org](mailto:Vadler@lionseyebankalbany.org)



**Information and Registration at [www.thememorialduathlon5k.com/](http://www.thememorialduathlon5k.com/)**



Sight Society of Northeastern NY, Inc.  
Lions Eye Bank at Albany/Rochester



## Vision of Hope Award

The Sight Society of Northeastern NY has designated this ultimate recognition to be presented in honor of a person, organization or "in memory" of those who have a special place in our hearts.

This award has been established to help us continue our mission to "give the gift of sight" along with providing cutting edge technology regarding corneal transplants in a state of the art processing facility.



Choose this beautiful Art Glass Award as the ultimate recognition. Your inscription will be etched in silver onto a black metal plate. Size 10" high X 4" wide.

*To order:*

*Please indicate the name, organization or in memory of*

*Name* \_\_\_\_\_

*Shipping information:*

*Name* \_\_\_\_\_

*Address*

*City* \_\_\_\_\_

*State, Zip* \_\_\_\_\_

*Phone* \_\_\_\_\_

*Price \$300.00 (no tax due)  
shipping included*

*Make checks payable and mail to:*

*Lions Eye Bank at Albany  
4 Tower Place, Ste. 601  
Albany, NY 12203*

*Questions—518-489-7606*

*Please allow four weeks for delivery*



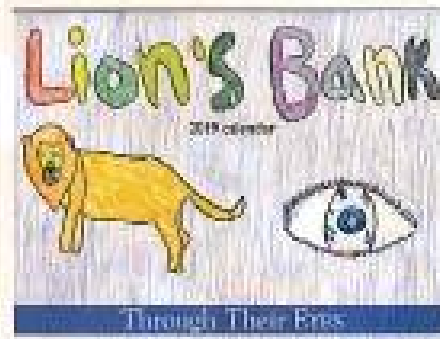
**Give the Gift of Sight This  
Holiday Season!**

Support Blind Children  
By Purchasing a

**"Through Their Eyes – The Gift of Sight"  
2019 Calendar**

Each month showcases  
original artwork created by  
Capital 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



## The project

The KiDS project was launched in September 2013 by the International Diabetes Federation (IDF) in collaboration with the International Society of Paediatric and Adolescent Diabetes (ISPAD) and Sanofi Diabetes. KiDS pilot projects are on-going in Brazil and India.

### Global Partners

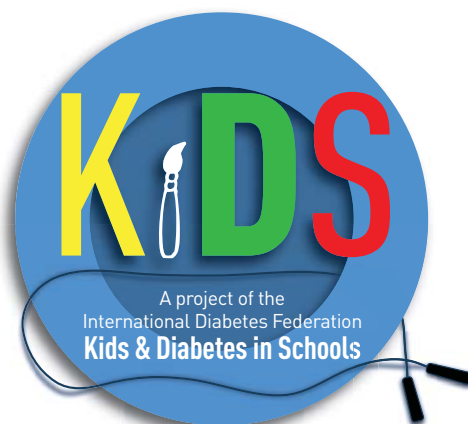


International  
Diabetes  
Federation



ISPAD  
International Society for Pediatric  
and Adolescent Diabetes

SANOFI DIABETES



### Local partners in Brazil and India



PUBLIC  
HEALTH  
FOUNDATION  
OF INDIA



SOCIAL  
BIOGRAPHY  
DIABETES



young leaders  
india



HRIDAY  
HEALTH RELATED INFORMATION  
DISSEMINATION AMONGST YOUTH



A programme of the  
International Diabetes Federation

### Contact

International Diabetes Federation  
Chaussée de La Hulpe 166  
B-1170 Brussels, Belgium  
T+32-2-53855111 - F +32-2-5385114  
kids@idf.org  
idf.org/education/kids



# SAVE THE DATE

**Saturday, November 16, 2019, (afternoon)**

**40th Anniversary of  
Galway Lions Club**

## 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](mailto: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](http://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>

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](http://www.lionsclubs.org/EN/member-center/managing-a-club/club-resource-center.php)

### 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.





## 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.*





**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

## Scotia-Glenville Lions Club

By Lion Eric Buskirk

### HOW TO GET THE DISTRICT NEWSLETTER FOR



1. GO TO [20WLions.org](http://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.**

The Scotia-Glenville Lions, chartered in 1954, have been selling Christmas wreaths as a fundraiser for 64 years. Each year they purchase blank wreaths and decorate them with bows and pinecones. Decades ago, the club would sell upwards of 1000 wreaths per year; however, now the number is closer to 250. Increased competition from other non-profit organizations and the convenience of large box stores have cut into sales.

Looking forward, the club is trying to differentiate their wreaths from others to encourage



*Above: The laser cutter.*



*Left: Inside the laser cutter*

sales. For 2019 the SG Lions will be utilizing a new technology to help make their wreaths stand out. Club president, Eric Buskirk, recently purchased a laser cutter for personal use and experimented with a simple addition for the wreaths – a wood ornament with a Lions logo on the front and club information on the back. Costing about \$0.10 each and taking about a minute to make, the ornaments are cost effective. Each wreath will get an ornament (bottom of photo to right) as a keepsake and help encourage people to visit the club website.

The laser cutter works like a dot-matrix printer with a head moving rapidly back and forth. Instead of leaving ink on

*...continued on next page*





Front and back of the ornament.

paper, a laser is fired vaporizing a small amount of material it's aimed at. This results in a recessed image or lettering with sharp detail in wood, plastic or other material. Once programmed the laser can quickly engrave and cut dozens of parts at the same time. Commercial laser cutters can cost \$2000; however, this model is ~\$350 and much more basic. While it does require considerably more effort to program, it's still a very capable machine. Questions on the SG Lions or the laser cutter can be directed to [scotiaglenvillelions@gmail.com](mailto:scotiaglenvillelions@gmail.com).

KING LION ERIC BUSKIRK  
117 Washington Road, Scotia, NY 12302  
Home: 518-882-8754; Work: 518-288-3634  
[esbuskirk@gmail.com](mailto:esbuskirk@gmail.com)

CLUB CORRESPONDENCE  
P. O. Box 2001, Scotia, NY 12302  
[scotiaglenvillelions@gmail.com](mailto:scotiaglenvillelions@gmail.com)  
[sglions.org](http://sglions.org)

## Lions SEE, Inc.

### LIONS SEE NOMINATIONS

By PDG Mike Lawkowski

**L**ions SEE is holding election for the Board of Directors. The election will take place at the MD20 convention in Binghamton.

Qualifications are you must be a member in good standing in a Lions Club in the district you represent and a willingness to promote Lions SEE.

Duties of directors include but are not limited to attending the quarterly board meetings. Meeting are held via computer so no physical travel is required. Promoting Lions SEE in your district. Educating the clubs and screeners on the proper procedures and reporting responsibilities.

If you want to be put on the ballot, please email your name, club and district to PCC Gary Boisseau at [liongaryB@gmail.com](mailto:liongaryB@gmail.com). Deadline of applications is midnight April 14, 2019.

PRESIDENT MICHAEL LAWKOWSKI  
Lions SEE  
200 Gateway Park Drive. Building A  
North Syracuse NY 13212  
[michaellawkowski@yahoo.com](mailto:michaellawkowski@yahoo.com)  
[www.lionsseeny.org](http://www.lionsseeny.org)  
fb: Lions SEE New York

## Central Association for the Blind and Visually Impaired (CABVI)

### CABVI ELECTIONS

By Tara A. Capponi

**R**ecently, the C.A.B. Foundation, Inc. board of directors elected new officers, and one new member. The C.A.B. Foundation is the governing board of Vehicles for Vision and Valuables for Vision. Both are donation programs that support programs at the Central Association for the Blind and Visually Impaired (CABVI).

New, elected officers: Michael Misiaszek, President, Pondra Bowen, Vice President, and Steve Cater, Secretary/Treasurer. They will each serve a one year term. New, elected member: Dana Nimey-Olney. Nimey-Olney will serve a three year term.

Other members of the C.A.B. Foundation Board are Phil Burkhart, Ray O'Brien, Bart Rasmus, Steve Roefaro, Ed Welsh, and Dr. Michael Wicks.

Vehicles for Vision and Valuables for Vision accept donations of motor vehicles, recreational vehicles, boats, antiques, real estate, or appreciated property.

CENTRAL ASSOCIATION FOR THE BLIND  
AND VISUALLY IMPAIRED (CABVI)  
507 Kent St. Utica, NY 13501  
Phone: 315-797-2233  
[www.cabvi.org](http://www.cabvi.org)

MICHAEL MARRONE  
PR & EVENTS MANAGER



## Hadley-Luzerne Lions Club

### TEACUP AWARD

By Lion Peter Watts

At her March 6th visit DG Michelle was presented with the Hadley-Luzerne Lions Club “teacup” award for outstanding service to the Lions Clubs. Pictured is DG Michelle holding her “teacup”, with Hadley-Luzerne Lions Sec. Peter Watts and Pres. Tink Wright to her right. In the foreground is a reverse view of PDG Joan Scott.



KING LION CLAUDE WRIGHT  
29 Third Avenue Hadley, NY 12835  
Home: 518-696-5154  
tinkw30@frontier.com

race” said Tony Catalano, Lions Club member and co-chair of The Memorial. Catalano added, “The Saratoga Casino Hotel, continues to be a great partner and venue for our races. Because of our many generous sponsors, this event is a key contributor to the Saratoga Lions Club’s fundraising efforts to benefit sight, hearing, diabetes and community projects throughout our local area.”

The Memorial is recognized as the premiere duathlon in the Capital District area. The duathlon race involves two 5k runs sandwiched around a 30k bike ride done individually or as a team. In addition a separate 5k run/walk is held to encourage participants of all levels.

For more information on participating please visit: [www.thememorialduathlon5k.com](http://www.thememorialduathlon5k.com). See our flyers on page 14 and 19 of this newsletter.

For information on becoming a sponsor please contact: Dave Carr: [dcarr@saratogaspringslions.com](mailto:dcarr@saratogaspringslions.com); Phone: 518-212-7752.

KING LION LANCE INGMIRE  
44 Trombley Road, Stillwater, NY 12831  
Cell: 518-888-4459  
[ny95thregt@aol.com](mailto:ny95thregt@aol.com)

CLUB CORRESPONDENCE  
P. O. Box 166, Saratoga Springs, NY 12866-0166  
[www.saratogaspringslions.com/](http://www.saratogaspringslions.com/)

## Saratoga Springs Lions Club

### MEMORIAL DUATHLON & 5K

By Lion Tony Catalano

The Saratoga Springs Lions Club has renamed their annual duathlon and 5k race, “The Memorial” to reinforce their alignment with Memorial Day Weekend and to better honor those who have given their lives and those who have served our country. This year’s event will once again start at the Saratoga Casino Hotel. The races will be held on Sunday, May 26 and the start times are 8:00AM for the duathlon and 8:20AM for the 5k. Registration for both events is now open and discounts are available for those who sign up online and in advance.

“By all measures this event has always been deemed a huge success not only by the participants, but our sponsors and the Saratoga community at large. With 2019 being the 15th anniversary of the duathlon we wanted to bring extra attention to the event along with the hope of adding more participants, especially runners now that we have added a separate 5k

## Pediatric Cancer

### SERVICE PROJECT IDEA

By Lion Diane Lange

**J**ust a Reminder: In planning for your 2019-2020 Goals, please remember to add Pediatric Cancer Awareness to your Service Project List.

A big thank you to the Galway Lions Club for supporting **Nick’s Fight To Be Healed Family Hope Bags!**

The Family Hope Bags are given to families after their child has been diagnosed with cancer at the Albany Medical Center. “When a child is diagnosed with cancer, the whole family has cancer.” At least one parent stays with their sick child. Many of these families come with only a wallet and car keys. They stay at the Melodies Center Family Room or the Ronald McDonald House without any personal supplies. The Hope Bags supply these basic needs.

Below is a "Wish List for the Hope Bags". Lions Clubs may want to give to this cause as one of your projects.

Journals  
Pens  
Game Cards  
Shampoo/ Conditioner  
Toothpaste/Toothbrushes (ask a dentist in your club)  
Mouthwash  
Hand Creams/ Sanitizers  
Soft Comfy Socks  
Hairbrush/ Combs  
Deodorant (male and female)  
Chap Sticks  
Mouthwash  
Gum/Hard Candies  
Gift Cards (\$10-\$25) Gas Cards, Stewarts, Dunkin Donuts, Walmart, Price Chopper, Hannaford

Please contact Lion Diane Lange, Pediatric Cancer Chairperson to inquire about donations. (skipper2dfl@yahoo.com)



DIANE LANGE, PEDIATRIC CANCER  
CHAIR

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

## Sight Preservation, Awareness, and Action

By Lion Michael O'Brien

As mentioned At the September meeting, DG Michele feels our efforts should primarily concentrate on assisting and reporting on, the activities of the vision-related service providers in our district, which is why we aren't currently reporting on Visions Center on Blindness, as we have in the past. Instead, over the next two reports, I'll briefly summarize current and planned initiatives of the major providers in the district, during their current and upcoming fiscal years.

In this report, we'll discuss plans of several of the agencies working with the blind and vision-impaired communities.

...continued on next page



What's  
Up?!

Let us know what  
**GREAT THINGS**  
**YOUR CLUB**  
is doing for  
**YOUR COMMUNITY!!!**

See page 36 for more info on how to submit an event flyer, article & photos.



This year, the Central Association for the Blind and Visually impaired, (CABVI.), is reaching a major milestone. Founded in 1929, it was one of the Utica Lions Club's early major projects, because the club played a major role in founding it.

Planned events to commemorate this include an active volunteer recognition luncheon in April, a formal celebration at CABVI.'s annual meeting in May, and the projected opening of the agency's new Vision and Wellness Center, in August, prior to the retirement, that month, of long-time Executive Director, Rudy DAmico. A search is currently underway for his replacement.

As part of its expanded Blind Hockey Program, CABVI will be hosting the US. Blind Paralympic Hockey Team, which will be training at a site in the Utica Area.

CABVI. Is currently renovating a building in Syracuse, where it plans to reestablish an employment program for the blind, formally offered at that location by Aurora.

In cooperation with a woman working in Nigeria, The agency will be sending personal hygiene and educational supplies, to schools working with girls with and without vision impairments, who are students in that country. Many of these items are manufactured and packed by blind workers, in the agency's industry program.

Two years ago, the Glens Falls Association for the Blind and Visually Impaired, (GFABVI.), Celebrated 80 years of existence, during which Current Executive Director, Lion Phil Jessen, has been in his position for more than half of it! The agency was founded in 1937, and Lion Phil became its Executive director, in 1977.

To address the current shortage of vision rehabilitation therapists, particularly in rural areas such as GFABVI.'s, the agency is developing certificate programs to train Vision Rehabilitation Therapy Assistants, who will train people who are blind or otherwise visually impaired, in basic orientation and mobility skills, as well as home management and basic adaptive technology use. These certificate programs must be approved by the New York State Commission for the Blind, and will only allow orientation and mobility training, in or around the home of the person receiving service. For o & M training out in the community, a professional O & M instructor is required.

On Saturday, April 27th, GFABVI. Will be sponsoring an accessible art and blind artist exhibition, at the Charles Wood Theater, Glens Falls, from 1:00 to 6:00 PM. This will give people who are blind a chance to experience various art works, and the public the opportunity to experience the capabilities of artists who are blind.

The North Country Association for the Visually Impaired, (NcAVI.), is located in Plattsburgh, and is celebrating its 31st year of service, having been founded in 1989. It's the youngest of the agencies serving the vision impaired community in our district.

The agency works with the other agencies in the district, to serve consumers in Plattsburgh, and the Adirondack Region. Its current executive director is Amy Kretser.

The agency added job placement services, and hopes to offer a recreation day, if there's sufficient interest, to publicize ways in which the vision impaired community can participate in local recreational opportunities.

The agency is working with the YMCA, and other Adirondack educational and recreation organizations, to assist them in making there offerings accessible to vision impaired visitors. An example was the Access Adirondacks program, where trips to various Adirondack-oriented museums and recreational opportunities were arranged, to acquaint the agencies consumers with these opportunities, and how they were being made accessible to them.

MICHAEL O'BRIEN, SIGHT PRESERVATION,  
AWARENESS, AND ACTION CHAIR  
464 Pawling Avenue, Troy, NY 12180  
Home/Cell: 518-272-0905  
m.obrien@samobile.net

## Clinton Lions Club

By Lion Jim Winkler

Our student of the month, Connor Hinderling, his mother and two brothers were our guests at our first monthly meeting. Connor, a former member of our Middle School Leo Club, will be graduating in June and he plans on attending SUNY Brockport to major in criminal justice. His desire is to make a career in the law enforcement field, hopefully one day becoming a New York State Trooper. We congratulate him on his career path and wish him every success in his future. Connor was presented with our Student of the Month Certificate and his picture will appear in our local newspaper. Also, two of our members received recognition awards from LCI at that meeting. Lion President Bob presented Lion Gordon Reitema with a Campaign 100 LCIF Lapel Pin for his contribution to our Foundation's three-year fundraising event and Lion Gabe Martini received his 30-year chevron for his three decades of service to the members of our community. We continue collecting used eyeglasses and hearing aids from

our previously established community locations. This month we received two new (still in the original box) rechargeable hearing aids which will be given to our Hearing Conservation Society President at the District Governor's Testimonial in May.

Our sales of the 22 cases of chocolate rabbits in support of the Lions Eye Institute at Albany is well under way. Leo Club members in our Middle School are once again assisting us selling the rabbits. It doesn't appear there will be any left by the time Easter arrives!

As in past months, several club members assist on "food distribution day" at our local Country Pantry. We greet the consumers as they arrive, assist in packaging food staples according to pre-designated family sized planning schemes and transport the bags of groceries to their vehicles. It's very humbling to witness how appreciative the consumers are for the small part we play in the total operation. It's also eye-opening to see how many people in our area rely on the monthly operation of this pantry!

Donations were made this month to: Clinton Kiwanis for annual sign sponsorship at Little League field; American Heart Association for sponsorship of an individual in America's Greatest Heart Run and Walk; the District Melvin Jones Fellowship, Robert J. Uplinger and Knight of the Blind accounts.



*St. Patrick's Day Parade in Utica (March 16, 2019) – it was COLD! Prior to stepping off - Clinton Lions Les LaBrecque, & Bill O'Mara (suit), Sauquoit Valley Lion Ed Jones and NH/ NYM/Whitestown Lions Bob & Sara Porter.*

Two club members braved the winter storm warning and traveled through the Adirondacks to Lake Placid to represent our club and the Region at the last Cabinet Meeting of the year. Fortunately, they arrived before the approximately 10 inches of snow received in the Lake Placid area!

Finally, our club is preparing for the 38th annual Regional

Journey for Sight. It'll be held on May 18th at 9:30 AM at the Sauquoit Valley High School. We're selling advertising space in our ad/program book to local businesses and organizations and obtaining pledges for the event. To advertise the event locally and draw attention to Regional Lions Clubs, we once again participated in the annual St. Patrick's Day parade on Saturday, March 16 in Utica, NY. Our past President, Lion Bill O'Mara donned the Lion costume again this year and he was the warmest participant in the parade... boy was it COLD & WINDY! It seems like the parade is seldom held in nice weather.

If you're in central New York the morning of May 18th, stop by at the Sauquoit Valley High School Track Complex and say hello!

KING LION ROBERT MAXAM  
2 Sunset Drive, Clinton, NY 13323  
Home: 315-853-5968  
Cell: 315-794-0410  
maxamr60@gmail.com  
<http://clintonnylionsclub.com/>

## Empire State Special Needs Experience/Lions Camp Badger

### PRE SEASON REPORT

By PCC Andy Umreiko

**B**uildings and Grounds: The buildings and grounds at the Camp are in good order despite the flooding we had in the fall. Some flood damage will need to be repaired before Camp opens. Most of this work involves roadway repair, clearing of trees and brush from drainage ditches and repair of the small bridge over the stream. The buildings are old and some are in need of extensive repair and maintenance. For the safety and comfort of our campers our two largest cabins are being addressed first. The cost for this work is an estimated \$40,000. We have secured some funding through local grants but we also need the financial support of the Lions of MD-20 to complete the job.

**Camp Staff:** All but one of our Camp Staff positions have been filled including 4 foreign exchange volunteers; 2 from UK, 1 from Mexico and 1 from Columbia. We are looking for volunteer drivers and hosts to assist us in getting staff from Ithaca Airport to the Camp. If you are available, please call our Business Manager Cynthia Reuter at the Camp (607-589-4800).

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**Camp Program:** This year Lions Camp Badger will offer five programs over six weeks for children and young adults with functional differences and intellectual disabilities; including a program for individuals with severe emotional and behavioral challenges requiring one-on-one attention. We will also partner again with Camp Abilities for a weekend session for visually impaired and blind campers. In addition to the many activities we regularly have for our campers, several new activities will be included. Square dancing, Mardi Gras Night, Cafe Night with a professional singer and the travel zoo from Animal Adventure Park. We will also have a volunteer service opportunity with "Sole Hope" to provide shoes for kids in Uganda.

**Lions Camp Badger Golf Tournament:** The annual golf tournament will be held on Friday, September 20 at the Wellsville Country Club, Wellsville, NY. Fliers will be available on-line and at our booth at the Convention in Binghamton.

**Board of Directors Election:** Each District is entitled to two Lions as District Directors on the ESSNE Board of Directors. One Director is elected each year. If you would like to serve as a member of the Board please advise your District Governor and submit your name to PDG Dennis Hardy at [hiker305@gmail.com](mailto:hiker305@gmail.com).

CAMP BADGER  
725 LaRue Road, Spencer, NY 14883

CYNTHIA REUTER, OFFICE MANAGER  
PATRICIA GILLULE, PRESIDENT  
[lionscampbadger@htva.net](mailto:lionscampbadger@htva.net)  
Phones: 800-232-7060, 607-589-4800;  
Fax: 607-589-6181  
[lionscampbadger@htva.net](mailto:lionscampbadger@htva.net)  
[www.lionscb.org](http://www.lionscb.org)

## Albany & Troy Lions Club

By Lion Jerry Gordon

### General Meeting

Our speakers were Barbara Bentley and Joe Brady from the Saratoga Springs Lions Club, who talked to us about Camp Abilities. There are 19 camps around the world and 4 in NYS: Brockport, Long Island, CABVI (near Utica) and Saratoga. This year, the camp will run from Aug 4-11, and they expect to have 26 campers who are blind, deaf-blind or visually impaired. The kids participate in all sorts of sports and social activities that help them develop self-confidence and self-esteem. We are all encouraged to visit the camp anytime during the week they're in session.

### Board Meetings

Speakers for the rest of the year: DG Michele in April, Greg Sheldon in May, installation dinner in June. We reviewed the voice-mail log, which PDG Dave handled during Lion Jerry's southern sojourn. Of the 13 calls we got, several were out of our area (Scotia, Valatie, northern Columbia county, Highland, Utica). The rest were the usual: looking for help getting glasses, asking where to donate used glasses or collection sites asking us to come and get their glasses. No reports from the Facebook, membership, fund-raising, publicity or eyeglass-collection committees. We voted to maintain our dues at \$75 for the 2019-20 LY. KL Carol reminded us of the cabinet meeting on 3/23 and the LCI/Anthem work day at the Regional Food Bank on 4/27. The seal campaign has generated \$1020 in income so far, but not much more is expected. Lion Ruth has been sending eyeglass requestors to America's Best, where they can get two pairs of glasses for \$69. We sent a 12-year-old girl to the Lions Eye Institute, where she will be getting cross-linking surgery for her keratoconus, a condition in which the clear tissue on the front of the eye (cornea) bulges outward. With help from the Hearing Conservation Society, we got hearing aids for an 86-year-old gentleman from Troy.

KING LION CAROL QUANTOCK  
90 Jolly Road, Stillwater, NY 12170  
Home: 518-664-3901, Cell: 518-209-8652  
[cquantoc@nycap.rr.com](mailto:cquantoc@nycap.rr.com)

CLUB CORRESPONDENCE  
P. O. Box 192, Troy, NY 12181-0192  
[info@albanytroylions.org](mailto:info@albanytroylions.org) 518-512-2722  
[AlbanyTroyLions.org](http://AlbanyTroyLions.org) [facebook.com/albanytroylions](https://www.facebook.com/albanytroylions)

### 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](mailto:rbrisee@hotmail.com)**  
**or (518) 209-8812.**



## Glens Falls Lions Club

### COMMUNITY SERVICE AND FUNDRAISING

By Lion Karen Rager

The Glens Falls participated in the 2nd Saturday Supper March 9, 2019 at the Christ Church United Methodist Church. We provided a yummy dinner of Spaghetti and homemade meatballs along with salad, rolls and cookies.

On March 24th, we participated in a new community service project, benefitting Big Brothers Big Sisters by bowling in their annual fundraiser, "Bowling for Kids Sake". We were personally invited by the Rotary President, to participate



along with the Kiwanis, both of which have been long time participants. A team of 4, Lions Scott and Karen Rager, and King Lion Al and Lion Lisa Cerny raised \$508 for the cause! BBBS raised over \$35,000 total in their 38th year of this fundraiser! A fun time was had by all and we look forward to doing it again next year.

The Glens Falls Lions Club, (GFLC), will be holding a Gala Fundraiser on Saturday, April 6, 7:00 pm, and Sunday, April 7, 2:00 pm at the Park Theater, 14 Park Street, Glens Falls, NY. The Gala will feature Rock, Pop, 50's, Jazz/Swing, Broadway & Classic Country Music describing Lions missions of Sight, Hearing, Hunger, Environment, and Childhood Cancer. The house will be set with cabaret style seating for four. Lite fare will be provided by Doc's Restaurant. Tickets are \$45.00, reservations required, and can be purchased at the Park Theater Box Office, through their website, parktheatergf.com. The GFLC is a 501c3. Performances will be by professionals and



By Lion Karen Rager

Glens Falls Lions are sad to have lost one of our own. Lion Skip LaRose passed away March 19, 2019. He is survived by his wife, Caroline; daughters, Lion Denise LaRose, Rebecca (Jake) Stephens; and his granddaughters, Maria and Alyssa Osuchowski.

He began his battle with an aggressive bladder cancer in 2009. He fought bravely and valiantly, never complaining as he endured multiple surgeries and cancer treatments.

Lion Skip has been an active member of the club since 2004.

A celebration of life and calling hours will be held May 4th at Pine Knolls Alliance Church in South Glens Falls.



**Lions Club International,  
Rotary International,  
and Kiwanis International,**  
are pleased to announce the merger  
of the three service organizations.  
Effective April 1, the new service  
organization

**LIROKI INTERNATIONAL,**



will become  
the  
largest  
service  
organization  
in the entire  
Solar  
System!



# 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](http://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](http://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**

**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](mailto: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