



January 2020

District 20W

LIONS ROAR



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District & Club

District & Club

Lions Roar
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Is your club looking for ideas for the New Year?

Organize a Community Service Project

To implement a Lions Crew at Work project, first:

- ❖ Evaluate community needs.
- ❖ Partner with local organizations.
- ❖ Determine the best project for the community.
- ❖ Outline a plan. Include procedures, materials needed, and costs.
- ❖ Submit the plan and budget to the Lions club, district, or multiple district for approval.

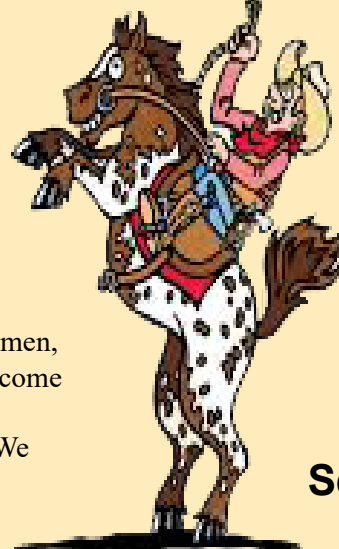
Once approved:

- ❖ Request volunteers – both Lions and non-Lions – to serve on the project committee.
- ❖ Obtain legal permits for the project.
- ❖ Promote the event in advance.
- ❖ Request volunteer manpower and donated materials from throughout the community. These persons (local government, civic and business leaders, tradesmen, friends, and neighbors) and companies (local retailers and corporations) may become project sponsors and/or new club members.
- ❖ The project will provide an opportunity for the entire community to fulfill the "We Serve" motto as they work together for a common cause.
- ❖ Advise all volunteers to wear protective clothing and eyewear for the project.
- ❖ Create a large Lions-logo sign for the project.
- ❖ Invite the media to witness a Lions Crew at Work project.

For more information go to: <https://tinyurl.com/yjkjz6m5>

NEXT ROAR DEADLINE
JANUARY 28, 2020

NEXT MD20 MAG. DEADLINE
FEBRUARY 1, 2020



See Page
23 for
submission
instructions.

CABINET OFFICERS**DISTRICT GOVERNOR**

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

1st VICE-DISTRICT GOVERNOR

Rick Brisee
192 Middletown Road, Waterford, NY 12188
Home: 518-235-4988; Cell: 518-209-8812
rbrisee@hotmail.com
Club: Waterford

2nd VICE-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

3rd VICE-DISTRICT GOVERNOR

Ricky Laurin
207 Sheldon Lane, Chazy, NY 12921
Home: 518-846-7269
jana5652@yahoo.com
Club: Chazy

CABINET SECRETARY

Barbara Bentley
P. O. Box 1031
Guilderland, NY 12084
Cell: 518-894-1375
bbentley@saratogaspingslions.com
Club: Saratoga Springs

CABINET TREASURER

Eric Unislawski
P. O. Box 31 Johnstown, NY 12095-0031
Cell: 518-669-2903
jeneric39@juno.com
Club: Greater Johnstown

IMM. PAST DIST. 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
mohare@naba-vision.org
Club: Bethlehem

ZONE CHAIRS**L****I****O****N****S****ZONE CO-CHAIR**

Bill O'Mara (Clinton Lions)
131 Sanford Avenue,
Clinton, NY 13323
Home: 315-853-5973
Cell: 315-527-8381
billo4077@yahoo.com

ZONE "A" CHAIR

Edward Moore (Ballston Spa)
44 Chester Street, Ballston Spa, NY
12020 518-852-3246
emoore4@nycap.rr.com
*Clubs: Ballston Spa, Galway, Greater
Amsterdam, Saratoga Springs,
Scotia/Glenville, Town of Greenfield*

ZONE CO-CHAIR

Liza Tougher (Bethlehem Lions)
16 Candlewood Lane
Delmar, NY 12054
Home: 518-439-0399
Cell: 518-763-3329
Pansymoo@aol.com

ZONE "A" CHAIR

Kassey Granger (Glens Falls Lions)
22 Whippoorwill Road
Queensbury, NY 12804
Home: 518-223-0633
kassey.granger@gmail.com
*Clubs: Glens Falls, Hadley Luzerne,
Long Lake, Newcomb,
Town of Schroom*

ZONE CO-CHAIR

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

ZONE "B" CHAIR

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

ZONE CO-CHAIR

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

ZONE "B" CHAIR

Lettie Saheim
(Mechanicville-Stillwater)
117 Hansen Road
Mechanicville, NY 12118
518-753-7867
lsaheim@nycap.rr.com
*Clubs: Cambridge, Greenwich,
Mechanicville-Stillwater,
Schuylerville, Town of Hoosick*

COMMUNICATIONS AND MARKETING TEAM**Communications & Marketing Team
District Coordinator**

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

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Jerry Gordon (Albany & Troy)
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Home: 518-235-8232
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Karen Rager (Glens Falls)
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karen@deuxflutes.com

Facebook Administrator

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119 East Main St, Cambridge, NY 12816 Home: 518-252-
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PDGJamesGriffith@gmail.com

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Photographer**

Lion Barbara Bentley (Saratoga)
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518-894-1375, barbann22@gmail.com

Facebook Editor

Diane Chanowsky (Peru)
1936 Saranac Ave #3, Lake Placid, NY 12946
518-593-6501
dichan72@gmail.com



MEMBERS CORNER



Hello Lions, Lioness and Leos,

Since this letter won't be out until after the new year, I hope you all had a wonderful and safe holiday season. I also hope that with ½ of our Lions' year gone, we are all ready to recommit to continue moving our clubs forward in membership, leadership and service.

At the end of December we had added 45 members and dropped 39 for a net gain of 6 members! We are one of five districts that are positive in growth. I believe that we need to keep things simple. We need to concentrate on getting at least one plus member per club by the end of our year. To do this we need only pay attention to our existing membership, i.e. keep them involved in club activities. Continue to recruit new people. Please just ask! Don't assume anything about a potential member except that they deserve the chance to experience what you have experienced as a member. If you need help, remember to ask any of us on the Governor's support team.

Remember to file your membership reports every month whether or not you have had a change in membership. If you are having a problem reporting, please contact me and I will get you the help that you need to do the reports.

I would like every club to schedule some type of membership event. Recommit to end your year with a positive growth of at least one member. Utilize all the help that LCI has available on line. Keep everyone involved in the club. Just remember, someone probably asked you to become a Lion. Do the same for someone else. Don't keep this wonderful opportunity to help those less fortunate to yourself!

If anyone wants to contact me for any membership issues, this is my contact information:

PDG Ed Stano, 2070 Route 9N, Greenfield Center, NY 12833

Email: estanojr@nycap.rr.com

Home phone – 518-893-7150

Cell phone – 518-879-5757

Yours in Lionsism,
Lion Ed

UPCOMING EVENTS

International and MD20 Events

Hunger Awareness & Glaucoma Awareness Month	January, 2020
Childhood Cancer Awareness Month	February, 2020
LCI 1st VDG/DGE Seminar, Chicago	February 11-13, 2020
Lions Day at the United Nations, NYC	March 7, 2020
Environmental Awareness & Leo Club Awareness Month	April, 2020
Recycle for Sight Month	May, 2020
MD-20 97th Lions NYS & Bermuda Convention, Buffalo	May 1-3, 2020
2020-2021 Lions Club Officer Reporting Due	May 15, 2020
Helen Keller Day	June 1, 2020
LCI 103rd International Convention, Singapore	June 26-30, 2020

FOR MORE INFORMATION AND EVENTS

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

District 20W 2019 - 2020 Club Events

Saratoga Lions Dining with Diabetes	January 16, 2020
Saratog Lions and History Museum Trivia Night	January 17, 2020
Saratoga Lions Dining with Diabetes	January 23, 2020
District Cabinet Meeting - Canton, NY	January 25, 2020
Best Western; "Service/partnering"	
Saratoga Lions Dining with Diabetes	January 30, 2020
District Cabinet Meeting - Utica/New Hartford, NY	March 28, 2020
Venue to be decided; "Membership"	
MD-20 97th Lions NYS & Bermuda Convention, Buffalo	May 1 - 3, 2020
DG Testimonial	May 23, 2020
The Bridge Walk at Perthshire, 112 Perthshire, Amsterdam, NY	

District Governor Visitation Schedule

Jan. 6	Utica	Feb. 4	Heuvelton
Jan. 7	Lisbon	Feb. 5	Waterford
Jan. 8	Greenfield	Feb. 6	Tupper Lake
Jan. 9	Peru	Feb. 12	Gouvernor
Jan. 15	Edward	Feb. 19	Bethlehem
Jan. 16	Northville	Feb. 20	Hoosick
Jan. 23	Quadtown	Feb. 26	Newcomb
Jan. 27	Galway	Feb. 27	Clinton
Jan. 28	Central Mohawk		
		Mar. 5	Saranac
		Mar. 11	Malone
		Mar. 18	Louisville
		Mar. 19	Ogdensburg
		Mar. 25	Fonda Fultonville



DINING with DIABETES

A three class program for people with Diabetes or Prediabetes and their family members. Participants will learn how to fit carbohydrates into a healthy menu, effectively use food labels, choose meals when eating out and adopt other healthy habits through healthy eating. Recipe demonstration and samples provided.

Where: Saratoga Springs Public Library

When: Thursdays, January 16th, 23rd, 30th

Time: 12noon - 1:30pm

This program is FREE and is being sponsored by the Saratoga Lions Club.



Presented by Diane Whitten,
Cornell Cooperative Extension of Saratoga County.
Registration is required by calling (518) 584-7860 x247.

Cornell Cooperative Extension
Saratoga County

HAPPY NEW YEAR

2020



BRANDEL-MURPHY YOUTH FOUNDATION



Don't let the time run-out!!

BUY YOUR SUPER BOWL RAFFLE TICKETS NOW!!

Great Holiday Gift!



VIP SUPER BOWL PACKAGE

TICKETS NEED TO BE RECEIVED BY JANUARY 11th!

(PDG John McDonald will be attending the drawing being held in Queens on January 12th, so contact him directly if you would like to get your tickets to him rather than mail them.)

For more information or tickets, contact your District Coordinator:

John McDonald
Joan Scott
Michele O'Hare

jmcdonald33@nycap.rr.com
jmsc@roadrunner.com
mohare@naba-vision.org

PS: DON'T FORGET TO HONOR THE "EVERYDAY HERO" IN YOUR DISTRICT!

*The Saratoga Springs Lions Club &
The Saratoga Springs History Museum
Present:*

TRIVIA NIGHT

FRIDAY, JANUARY 17, 2020



Canfield Casino Congress Park Saratoga Springs



Team Sign Up

Teams are made up of 6 players at \$50/pp or \$300 per team

Dinner is included for each team participant

TEAM NAME:

TEAM PRIMARY CONTACT: (Name, Email, Phone #)

PARTICIPANTS:

1

4

2

5

3

6

Team Signed-up Supporting

Pre-registration required. All payments must be submitted with the application.

_____ Saratoga Springs Lions Club

Return form and payment to:

The Saratoga Springs Lions Club

P.O. Box 166

Saratoga Springs, NY 12866

For more information contact:

Lance Ingmire

ny95thregt@aol.com

518-888-4459

_____ Saratoga Springs History Museum

Return form and payment to:

The Saratoga Springs History Museum

P.O. Box 216

Saratoga Springs, NY 12866

For more information contact:

Jamie Parillo

info@saratogahistory.org

518-584-6920 x102



DISTRICT 20-W CABINET MEETING "SERVICE & PARTNERSHIPS"

SATURDAY, JANUARY 25th 2020

Best Western University Inn

90 E. Main Street, Canton NY 13617

9:30 AM Registration - Meeting - Lunch - Dismissal

Meeting Start Time 10:00am

\$30 per person, Includes Lunch

Please share this with all of the members in your club and encourage them to attend.

If you are attending, please send the bottom part of this form and your check for \$ 30.00/pp to CS Barbara Bentley, PO Box 1031 Guilderland, NY 12084.

Make checks payable to: District 20W Lions Clubs.

Please return this no later than Monday, January 20, 2020.

Hotel Reservations can be made by calling the Best Western at 315-386-8522. Rooms rates are \$129/per night.

If you have any questions, please do not hesitate to contact CS Barbara Bentley at 518-894-1375 or bbentley@saratogaspringslions.com.

Attending: _____ Name(s): _____

Club : _____ Email: _____

**The cost is \$ 30.00 per person. Please mail your check to:
CS Barbara Bentley ~ PO Box 1031 Guilderland, NY 12084
Make checks payable to: District 20W Lions Clubs.**

CELEBRATE ABILITIES WITH...

Flame

SPREADING hope AND inspiration
THROUGH THEIR MUSIC



**SPECIAL GUEST - LOCAL RESIDENT
CLAIRE COSTELLO**



PRESENTED BY -



**TIOGA DOWNS CONFERENCE CENTER & CASINO
2384 W. RIVER RD., NICHOLS, NY**

**SATURDAY, FEBRUARY 1ST
2PM - 4:30PM**

TICKETS - \$20

ORDER TICKETS AT WWW.LIONSCLUB.ORG

**COMPLIMENTARY TICKETS ARE AVAILABLE FOR INDIVIDUALS WITH SPECIAL NEEDS
CALL 1-800-232-7060 TO RESERVE YOURS**

THANKS TO OUR SPONSORS - THIS PROGRAM IS FUNDED IN PART BY GRANTS FROM:

- THE FLOYD "Vic" HOOKER YOUTH FUND OF THE COMMUNITY FOUNDATION FOR THE TWIN TIERS, MADE POSSIBLE BY GENEROUS DONORS SINCE 2003
- THE UNITED WAY OF TIOGA COUNTY



Changing Life through Lenses For Eye Doctors

Changing Life through Lenses™, an Essilor Vision Foundation platform, is a first-of-its-kind charitable solution which provides no-cost glasses to help you expand charitable efforts within your community.

The site provides real-time registration with immediate ordering of eyeglasses and frames, referral tracking and access to educational resources on how to engage in the community.

Qualified Patients

- Individuals at or below the poverty level without vision insurance for this pair of glasses as reasonably determined by the provider
- No age or citizenship restrictions

Make a Positive Impact Today

Did you know 1 in 4 children in the U.S. have a vision problem that affects their ability to learn? 80% of all vision impairment can be prevented or cured. Without charitable eye doctors, millions of children would be unable to obtain vision services.

Questions?

View the demonstration video and register at changinglifethroughlenses.org or contact support@evfusa.org.

Program Benefits



No-cost, single vision or bifocal glasses for qualified patients



Use of one account to process all of your charitable work



Real-time account creation and access to immediate ordering



Free trial collection of frames with 30 styles, sizes 42-58



Library of resources that includes best practices & guides

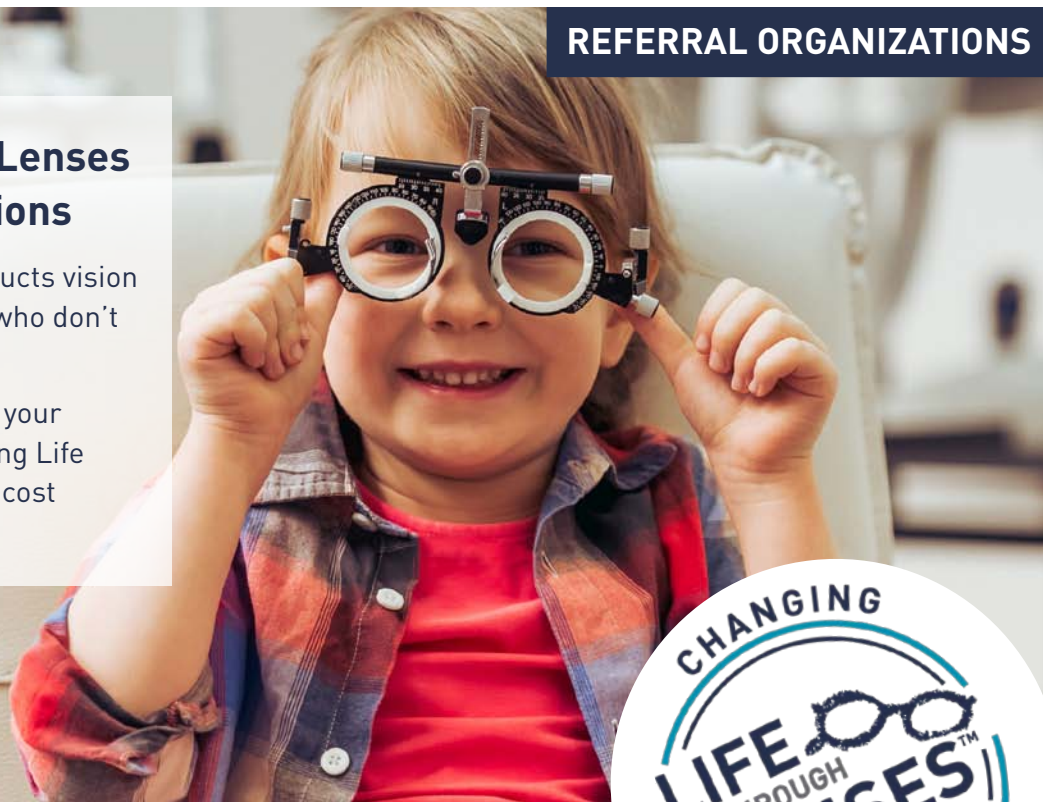


Join a community committed to making a difference

Changing Life through Lenses For Referral Organizations

Are you an organization that conducts vision screenings or identifies patients who don't have insurance for vision care?

You can help enlist eye doctors in your community to register for Changing Life through Lenses™ and receive no-cost glasses for patients in need.






How to Get Involved




Changing Life through Lenses™ is Essilor Vision Foundation's charity ordering website offering glasses and resources to enhance charitable giving.

Review our checklist below to understand how your referral organization can participate:

DOES YOUR ORGANIZATION FOCUS ON SCREENING?

- ☐  **Spread the Word:** Go to eye doctors in your community and tell them about the program.
- ☐  **Share Information:** Use the reverse side of this flyer and encourage eye doctors to register.
- ☐  **Send Qualified Patients:** Begin sending qualified patients to the eye doctors who are now enrolled in the program.

DO YOU ALSO PROVIDE EXAMS + DISPENSE GLASSES?

- ☐  **Visit the Website:** Visit changinglifethroughlenses.org to educate yourself on the program.
- ☐  **Consult with Your Organization:** Review the program benefits and requirements with your team.
- ☐  **Create an Account:** Register at changinglifethroughlenses.org and gain access to immediate ordering.

QUESTIONS?

View the demonstration video and register at changinglifethroughlenses.org or contact support@evfusa.org.



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 ☐ Multiple District
☐ International ☐ Webinars
☐ Lions Learning Center ☐ 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: clubexcellenceawards@lionsclubs.org or fax to (830) 708-0245

Awards Mailed to: 2018-2020 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.



**Lions Clubs and the Sight Society of NENY, Inc.
Lions Eye Bank at Albany
Partners in sight restoration**

Together.....We can make a difference!

Looking for something different for your club's program night?

The Lions Eye Bank at Albany invites your club for a tour of our new office and state of the art laboratory located adjacent to Stuyvesant Plaza at 4 Tower Place, Suite 601, Albany, NY.

If you are looking for dinner or a snack, Stuyvesant Plaza has many wonderful eateries. A list and description of restaurants can be found at stuyvesantplaza.org. We would be happy to offer suggestions or help make arrangements.

Contact Joann Beach at 518-489-7606 or email jbeach@lionseyebankalbany.org with any questions or to schedule a visit.

➤ *A nonprofit organization, the Lions Eye Bank at Albany was founded in 1952 by Lions Clubs. Since then the eye bank has restored sight to thousands of people suffering with corneal blindness. The Lions Eye Bank at Albany serves 28 counties in New York State, Great Barrington, MA and six hospitals in Vermont.*



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.

Empire State Special Needs Experience/Lions Camp Badger BAND, FLAME TO ROCK FUNDRAISER

By Cynthia Reuter

We are hosting fun event at Tioga Downs Conference Center & Casino on Feb 1st. It features Flame, a band made up entirely of individuals with special needs, as well as a special guest performance by a local young lady. This is our third year hosting this event and it has proven to be a fun-filled afternoon with great music and dancing! Flame plays popular music from the 50s to now. All of our campers are invited to attend with a caregiver for free. In fact, anyone with special needs is offered two complimentary tickets. All others may reserve tickets for \$20 through our website www.LionsCB.org.

Tioga Downs has also very kindly reserved a small block of rooms at a discounted rate of \$99 for those who may be traveling a long distance.

See our flyer on page 9 of this newsletter.

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

Albany & Troy Lions Club

By Lion Jerry Gordon

December 4th found 35 Lions, Kiwanians, Rotarians and their spouses gathered at Van Schaick Island Country Club for a Joint Service Club Holiday Party. Maryanne's Bag Game, as always, was a great ice-breaker. And the group version of "12 Days" rang in the holiday spirit. Look for similar joint events in the future.

Donations for Joseph's House Instead of a grab-bag, we asked

...continued on next page



folks to bring toiletries and socks to the holiday party. Here's what we ended up donating to a very appreciative Joseph's House, a homeless shelter in Troy:

- | | |
|---------------------------------------------------------|---------------------------|
| 32 Bars of soap | 4 Pair men's gloves |
| 12 Tubes of toothpaste | 4 Pair women's gloves |
| 15 Tooth brushes | 4 Pair children's gloves |
| 5 Containers of dental floss | 10 Pair men's socks |
| 1 Bottle mouthwash | 8 Pair women's socks |
| 21 Small shampoo | 10 Pair crew socks |
| 5 Large shampoo | 5 Pair slipper socks |
| 12 Conditioners | 1 Pack of 2 nail clippers |
| 11 Lotions | 1 Pack of 3 men's briefs |
| 1 Large jar of cheese balls | |
| 1 Kit of razors, shaving cream, after-shave & deodorant | |
| 1 Kit of emery boards & women's shave gel | |



L-R: Kiwanians Kareem Jandali, Lt Gov Lynne & Vinnie Catelotti, Elissa Prout, Wendy & Jim Prout.



L-R: Lions Tom & Diane Hart, Bob Sano, Fran McDoal, Ruth Sano, Kathy Dorn.



CW from left: Rotarians Paul Burke, Father David Jones, Steve & Eleanor Georgopoulos, Katie Davis.



Front couple: Kiwanians Lori & Karl Cote. Debbie & Pete Dziamba, Marie & Mike Malch.



On the ends: Lions Maryanne & Jerry Gordon. Rotarians Jaime & Janet Thomas, Dodie & Jack Byrne.



Seated, L-R: Lions Shawn Newton, Paul & Laura Vergoni, Larry Krug. Standing: Ruth Sano, Mary Krug, Bob Sano, John Bianco.

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

Long Lake Lions Club

THIRTY YEARS OF SERVICE

By Lion Kate Cronn



District Governor Ed Pike presents Long Lake Lion Lew Plumley with an letter recognizing his thirty years of service to the Long Lake Lions Club. Lew has spent years helping to run the snowmobile races and "manning" the BBQ grill raising funds for the groups charitable works.

KING LION SUSAN KUNZMANN

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

Diabetes Awareness

DIABETES COMMUNITY OUTREACH

By Lion Barbara Bentley

There are many things you can do to raise awareness and promote education on prediabetes and diabetes in your community. One such thing would be to partner with your local Cornell Cooperative Extension and sponsor a diabetes education program in your community. As an example, the Saratoga Springs Lions Club is sponsoring a "Dining with Diabetes" program at their local library in partnership with Cornell Cooperative Extension.

To find the Cornell Cooperative Extension office in your area, visit www.cce.cornell.edu or contact our District 20W Diabetes Chair, Barbara Bentley at bbentley@saratogaspringslions.com. See our flyer on **page 5** of this newsletter.

DIABETES CHAIR

LION BARBARA BENTLEY

Certified Diabetes Paraprofessional
 P. O. Box 1031, Guilderland, NY 12084
 Cell: 518-894-1375
 barbann22@gmail.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 Hearing Conservation Society of NYS

If you have collected used hearing aids, which supports the Lions Hearing Conservation Society of NYS, please send them to:

**301 Washington Avenue
 Albany, NY 12206**

IPDG Michele Puleo O'Hare

Hadley-Luzerne Lions Club

PEACE POSTER WINNERS

By Lion Tink Wright



Lion Tink Wright, 1st place Leena Haskell, 2nd place Lindsay Fortner, 3rd place Dakota Fisk and Art teacher Maya Puchkoff.



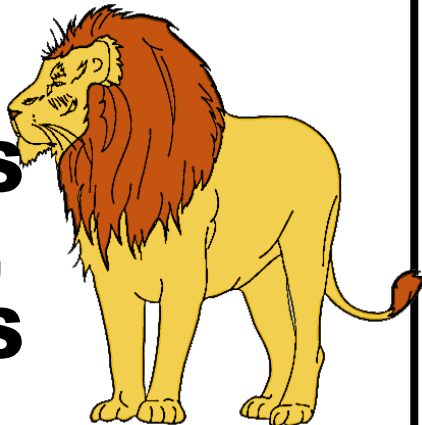
KING LION CLAUDE WRIGHT

29 Third Avenue Hadley, NY 12835

Home: 518-696-5154

tinkw30@frontier.com

**WHERE
THERE'S
A NEED,
THERE'S
A LION!**



Glens Falls Lions Club

NEW COMMUNITY SERVICE PROJECT

By Lion Karen Rager

The Glens Falls Lions Club held their Annual Cookie Auction/Dinner on December 10, at the Queensbury Hotel. A variety of sweet confections made for competitive bidding, with \$123.00 raised.

While this normally supports our administrative fund, this year a new community service project was suggested and agreed on by the club. A club member offered that since we needed a new project around the holidays, we could work with a local nursing home in some capacity. After contacting the home, it was suggested that personal care gift bags would be greatly appreciated and welcomed.

Our treasurer Lion Roy Steves suggested that we use the Cookie Auction money as seed money to start the project. since we didn't have a line item in our budget for a new project. A list of what was needed was made and purchase both online and locally were made.



Along with the cookie auction money we raised, we received another \$85.00 in donations from members.

The home currently houses 34 residents. We were able to get enough personal care items for about \$6.00 per bag/person! Included in the medium size gift bags were individually wrapped toothbrushes and combs, personal bath gels, crossword or wordsearch books, reading glasses, and crew socks which were donated by another club member.

Several Lions delivered the bags on the 23rd. We are very excited to expand this project next year and hopefully make

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this a permanent project.
Next month we will be inducting a former member who has decided to rejoin us! We also had contact from another possible member who will be joining us for lunch in January.

We wish all of you a Happy and Healthy New Year.

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CLUB CORRESPONDENCE

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Glens Falls Lions Club fb page



Sauquoit Valley Lions Club PEACE POSTER CONTEST WINNERS

By Lion John Griffin

At our meeting on December 12th, 2019 the Sauquoit Valley Lions hosted Sauquoit Valley Middle School students and parents to recognize the 2019 Peace Poster Contest winners.



Sauquoit Valley Middle School students are recognized at our meeting on December 12, 2019. Middle School Art Teacher Colleen Luczak, Lion President Mike Bader and Peace Poster Chair John Griffin presenting.

A total of 20 students and parents joined Middle School

Art teacher Colleen Luczak, the Lions and District Governor Ed Pike at a dinner hosted by the SV Lions at Orchard Hall restaurant. The top four contest winners received gift certificates in recognition of their great work.

Following recognition of the students, District Governor Ed led a spirited conversation with the Club on opportunities to increase Club membership, among other topics. The District



District Governor Ed Pike and Vice D.G. Rick Brisee address the Sauquoit Valley Lions at their December meeting.

Governor presented Chevrons to Lion Gary Puleo(35 Yr.), Lion Michele Przylyuke(25Yr.) and Lion Ed Jones(25 Yr.) in recognition of their years of service to the Sauquoit Valley Lion and New Hartford Lioness Clubs.

The Sauquoit Lions donated \$350.00 to Sauquoit Valley Friends and Neighbors over the Holiday in support of families in need. On the morning of December



SV Lions John Griffin, Suzanne Ernst and Sherry Kimball assist the Sauquoit Valley Friends and Neighbors in distributing gifts to community members during the recent Holidays.

21st several Lion members assisted SVF&N in the delivery of food and gifts.

The Club is holding our annual Holiday Party at Orchard Hall on Saturday, Jan. 11, 2020 at 6:00 p.m.. Holiday Raffle tickets are being sold at a cost of \$50.00 at ticket with over \$2.500 in prizes being awarded to winning tickets to be drawn that evening. Contact any SV Lion member for tickets. Wishing all Lions and their families throughout District 20-W a Blessed and Happy New Year!

KING LION MICHAEL BADER

9244 Paris Hill Road, Sauquoit, NY 13456
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Clinton Lions Club

By Lion Jim Winkler

Because of the Holiday Season, scheduled service projects and fundraising, we

only had one General Membership Meeting in December. Three main topics were discussed. They were: our recently very successful popcorn distribution at our annual community's Shoppers Stroll the day after Thanksgiving; scheduling coverage for the remaining shifts ringing the bell for the local unit of the Salvation Army; and our upcoming White Cane Fundraiser the week

end before Christmas. In addition, we were joined by Alyssa Cancilla, our Student of the Month from the Clinton Central School District and her parents.

Alyssa will be attending college in the fall majoring in biology. She has currently applied to SUNY Albany and Union College in Schenectady, NY. A member of the National Honor Society, Vice President of her senior class, she has been involved annually in the high school musical production and choir and is employed at our local Price Chopper Food Market on a part-time basis. By their attendance at our meeting and through the topics discussed at the meeting and informal chatter over dinner, she and her parents, Mike & Carol, gained a more complete understanding of the projects and mission of the Clinton Lions and Lions Clubs International.

The day after Thanksgiving we once again joined fellow organizations and businesses in the village in welcoming



Lion Les LaBrecque presents Clinton Central Senior Alyssa Cancilla with certificate recognizing her as our December Student of the Month.



Lions Paul Mulville and Bob Maxam distribute popcorn and "friendly" chatter at Clinton Shoppers Stroll the day after Thanksgiving.

residents and visitors to our annual Shoppers Stroll. This event initiates the Christmas Season in our community and people peruse (and in some cases purchase) merchandise in all the stores in and around our village green commencing their holiday shopping. Thirteen club members worked in shifts totaling 52 man-hours. They popped corn and distributed it in bags to the many revelers who stopped by. Approximately 950 people enjoyed our "Lion Corn". It's an event we look forward to participating in every year and the seasonable weather was a huge assistance!

Where There's a Need – There's a Lion... This year we assumed total responsibility for the Salvation Army Red Kettle Drive in our community. We organized the event, obtained and scheduled volunteers assured people were at their locations at their specified times, collected and counted the monies collected

at the end of the shifts and made the necessary deposits in the Salvation Army Bank Account. Kettles were setup in front of two businesses in our community during busy hours on Fridays, Saturdays & Sundays from November 29 through December 15. Eighteen (18) club members volunteered to assist ringing the bells, collecting almost \$2,000. The money collected is utilized by the Salvation Army to assist the needy in our local community throughout the year. Without our club accepting this new service project, Red Kettles would not have been present in our community this year... sounds like a spontaneous community needs requirement.



Clinton Lions Brad Paulson & Gary Clinton ring the bell for our local unit of the Salvation Army.



Clinton Lions Bob Maxam and Jim Lomanto keeping warm while collecting donations during our recent White Cane Fundraiser.

For many years we've held our White Cane Days Fundraiser the weekend before Christmas. This year was no different as we realized our most lucrative one ever! During four (4) prime business hours on Friday, December 20 and

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five (5) hours on Saturday, December 21, members of our club approached people doing their last-minute shopping as they entered three businesses in our village. We solicited monetary donations to assist with our projects for the blind and visually impaired and other community services. In return we distributed small white plastic canes with adhesive tags. These were purchased from White Cane Production in Wenatchee, Washington. Although the weather was very December-like (temperatures in the teens and twenties with some snow), we found the public extremely generous and cordial. Interacting with members of the community in this manner at this time of year proves to be not only financially rewarding for our club but serves to be quite a recruiting aid since we engage members of the community and discuss the various projects our club supports.

Eight (8) club members assisted on the Christmas Distribution Day (December 17) at our local Food Pantry where approximately 750 people received supplemental food for the month. Also, because of the colder weather many families received blankets that had been donated to the pantry and families with children received gifts to be placed under the tree on Christmas morning.

Trusting Santa was good to everyone and all Lions found their Holiday service projects personally rewarding, we hope 2020 brings you and your families much health & happiness!

KING LION ROBERT MAXAM

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USA/Canada Leo Leadership Foundation

Lions, I would like to share some exciting news with you. The Leos & Lions of California are hosting the 4th USA/Canada Leo Leadership Forum on July 22nd to 26th, 2020 at the Wyndham Visalia. Registration is now OPEN! This 2020 Leo Leadership Forum will bring Leos together from across North America and the Caribbean. During the course of the week, we have seminars in various areas of leadership and community-organizing as part of our core curriculum toward the HIGH SCHOOL DEGREE earned during this Forum experience. We also have elective seminars prepared by Leos. It's our goal to also empower our Leos to educate each other in areas of interest to them related to leadership. At the conclusion of

every seminar, the facilitator offers a quiz on the subject. The passing of this seminar quiz will give the Leo the credits needed to graduate our program. All seminars are reviewed by our Dean of the High School Program and its committee members.

At every Leo Leadership Forum, we invite an international officer as our guest speaker. This gives our Leos the opportunity to ask questions, learn more about our association and the legacy that our Founder Melvin Jones left for the world. Leos also get the opportunity to network and bond with other Lions, Leos and LCI Staff Members. We provide a full day of fun touring the host city area and a day of community service planned by the Leo Host Committee. We have an Opening Ceremony/ Dinner together with a Closing Night Dinner Gala that includes the presentation of diplomas and concludes with an entertaining night of dancing. Our Leos return home more knowledgeable about our Association, the Leo Club Program, ways to continue building up their own clubs while bringing bright new ideas for service projects and fundraisers. This Leo Forum will help Leos become great leaders ready to serve their community and continue to grow as an individual while feeling proud to be a Leo. We welcome Leo Club Advisors, Lions and parents to attend the Forum. We want this to be a learning experience for all.

Please share this email with your Leos or Lions interested in learning more about the Leo Club Program. If your Leo Club is school-based, our team is happy to speak to Principals or Faculty Advisors to better explain our Leo Forum or answer any question. Our contact information is listed below. Take a look at our video with highlights of our 2nd Leo Leadership Forum. We look forward to welcoming all Leos and Lions to the Golden State.

Yours In Lionism,

WILLIAM VANLANDINGHAM

District Governor 4-A2

Host Co-Chair, 4th USACLLF

and

KEVIN PATEL

Past District Governor 4-A2

Host Co-Chair, 4th USACLLF

**For More Information Contact Us:
President, USA/Canada Leo Leadership Foundation
Lion Pablo Romano (New York, USA)
(347) 260-4544**

District & Club Resources



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.*



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.
- 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
14 Columbia Cir W Dr, #202, Albany, NY 12203
Voice: (518) 690-2060

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

Glens Falls - Center for Better Hearing
318 Ridge St, Glens Falls, NY 12801
Voice/TTY: (518) 638-4363

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 Fairview Avenue, Suite 350, Hudson NY 12534
Voice: (518) 631-2564

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: 518-295-2001

Utica - Resource Center for Independent Living
P. O. Box 210, Utica, NY 13503
Voice: (315) 797-4642 ext 2928. TTY: 315 797-5837

Wynantskill - Capital Region Hearing
West Sand Lake Dr, Wynantskill, NY 12198
Voice: 518-326-1742