



December 2020

District 20W

LIONS ROAR



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Centers



A
message
from...



**District Governor
Rick Brisee**

**NEXT ROAR DEADLINE
DECEMBER 28, 2020**

**NEXT MD20 MAG. DEADLINE
JANUARY 15, 2021**



**See Page
37 for
submission
instructions.**

I hope this finds everyone safe and well and I hope everyone had a safe and enjoyable Thanksgiving holiday!

Despite the quarantines endured and preventive measures taken, Covid is still very much a topic of consideration for every Club and community across the state and it is certainly affecting us as a District. Of my last few planned visitations, one was held via a last-minute Zoom call and the rest were postponed as almost all counties are reporting a spike in cases.

Any Club electing to postpone in-person meetings are encouraged to do so as your safety and the safety of your family is our first priority. It remains to be seen whether we will have an effective vaccine soon, or how it will be distributed and administered so like before, most Club planning is subject to change.

...continued on next page

It is encouraging to note that Clubs are still holding some events and fundraisers such as Christmas tree and wreath sales as well as continuing to support their local food pantries and school backpack programs.

If a Club elects to postpone in-person meetings and you have a DG visitation planned, simply let me know and we can re-schedule it for a later date.

Please remember that both myself and District 20-W own a paid Zoom account and it is available for Clubs to use for free so please do not think you cannot meet at all or that you have to cease all activities. 20-W has applied for a grant that will allow us to purchase several more Zoom accounts and as soon as we hear a positive result, we will announce it to all Clubs.

We were able to successfully hold our Fall Conference on November 14th and my deepest thank you to all of the wonderful speakers as well as PID Bob Libin and Partner-in-Service Michelle Libin. Thanks also go to all that were able to attend either in-person or via Zoom and Facebook Live and as announced, we will continue to use Zoom for the upcoming Cabinet meetings.

A highlight of the Conference was the awarding of an international President Certificate of Appreciation to Lion

Diane Lange and 2VDG Ricky Laurin. A well-deserved and overdue District Lion of the Year award went to Lion Karen Rager and Cabinet Treasurer Eric Unislawski is our District's newest Melvin Jones Fellow. Congratulations to all that were recognized!

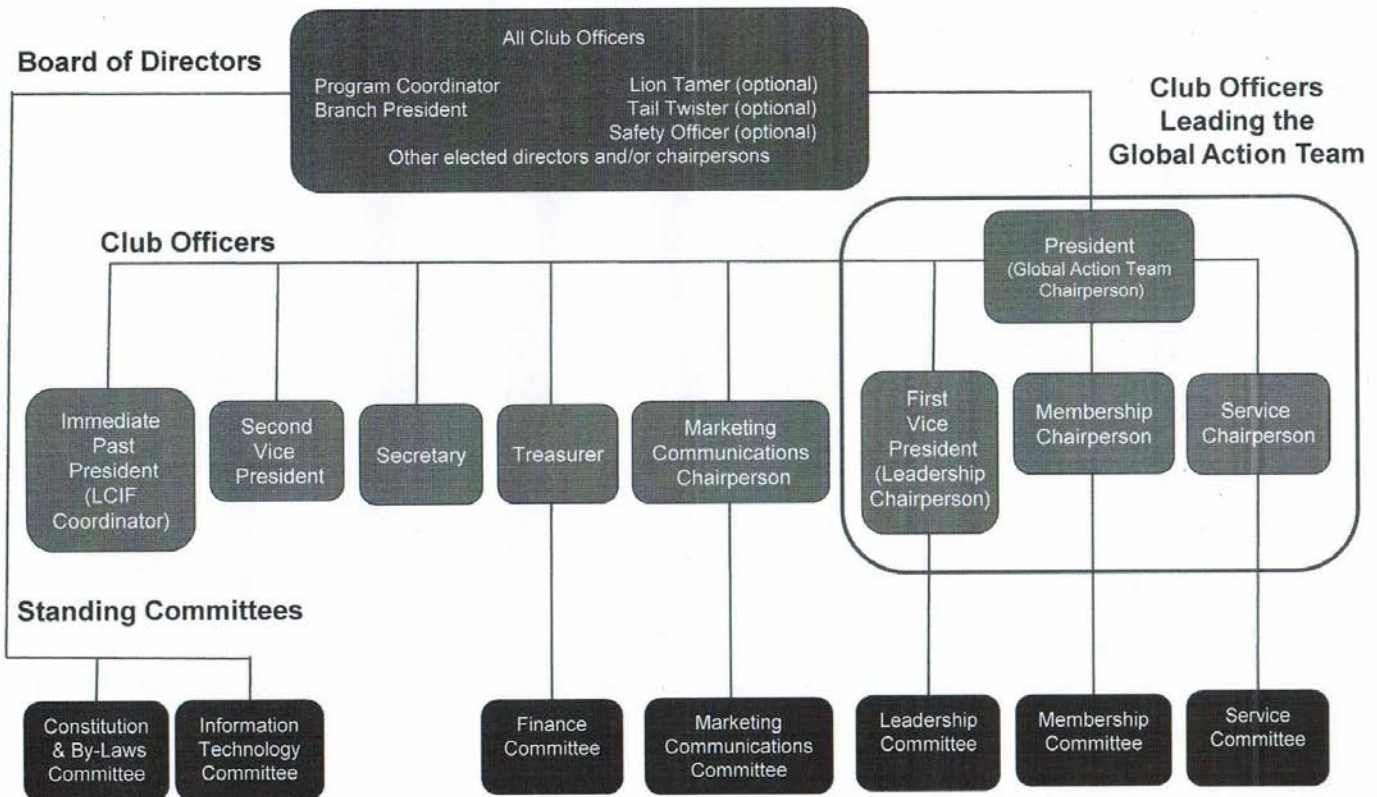
Our next Cabinet meeting is scheduled for Saturday, February 6, 2021 in Saratoga Springs although we are not sure of the location as Covid is once again affecting those plans. An actual site will be announced as we get closer to the date and we see where things stand.

The theme of this meeting will deal with leadership on the Club level and we will discuss Club succession plans and will offer insights for Club Presidents, Vice-presidents, Treasurers, Secretaries, and Committee Chairs. Each segment will include a Q&A session so if you have ever wondered what any given position entails, then this will be the Cabinet meeting for you! In closing, stay safe, practice social distancing and follow all safety protocols as without question, each of you is our most important asset. Without you, our communities do not get their needed help and nothing gets done.

Where there is a need, there is a Lion!

Yours in Lionism,
DG Rick Brisee

Standard Club Structure



20W Cabinet Officers

DISTRICT GOVERNOR

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

1st VICE-DISTRICT GOVERNOR

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

2nd VICE-DISTRICT GOVERNOR

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

3rd VICE-DISTRICT GOVERNOR

Your Name Here!



CABINET SECRETARY

Barbara Bentley (Saratoga Springs Lions)
P. O. Box 1031, Guilderland, NY 12084
Cell: 518-894-1375
bbentley@saratogaspringslions.com

CABINET TREASURER

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

IMMEDIATE PAST DIST. GOVERNOR

Edwin Pike (Galway Lions)
3037 County Highway 10, Amsterdam, NY 12010
Home: 518-842-2994; Cell: 518-423-9128
weski48@yahoo.com

REGION AND ZONE CHAIRS

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N

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ZONE A: Clinton, Deerfield,
Greater Herkimer, Holland Patent.

ZONE A: Ballston Spa, Galway,
Greater Amsterdam, Saratoga
Springs, Scotia/Glenville, Town
of Greenfield.

ZONE A & B: Albany & Troy,
Bethlehem, Duane, Greater
Ravena Area, Town of Wright/
Schoharie/Vly, Waterford.

ZONE A: Glens Falls, Hadley
Luzerne, Long Lake, Newcomb,
Town of Schroom.

ZONE A: Clifton Fine, Edwards,
Gouverneur, Heuvelton, Lisbon,
Louisville, Ogdensburg, Quad
Town, Raquette River.

ZONE B: Marcy Telephone,
New Hartford, New York Mills
Whitestone, Sauquoit Valley,
Utica.

ZONE B: Broadalbin/Perth,
Central Mohawk Valley, Fonda/
Fultonville, Greater Johnstown,
Northville/Sacandaga, Speculator.

ZONE B: Cambridge, Greenwich,
Mechanicville/Stillwater,
Schuylerville, Town of Hoosick.

ZONE B: Chazy, Lake Placid,
Malone, Peru, Plattsburgh, Saranac
Lake, Tupper Lake.

REGION CO-CHAIRS

Bill O'Mara (Clinton Lions)
131 Sanford Avenue,
Clinton, NY 13323
Home: 315-853-5973
Cell: 315-527-8381
billo4077@yahoo.com
AND
Jim Winkler (Clinton Lions)
136 Utica Road, Clinton, NY 13323
Home: 315-853-6355
Cell 315-601-4038
Wink8@aol.com

REGION CO-CHAIRS

Holly McConchi (Galway Lioness)
2491 Northline Road,
Galway NY 12074
Home: 518-882-6516
hmcchonc@aol.com
AND
Bob Pandori (Galway Lions)
5525 Crooked Street
Broadalbin, NY 12025
Home: 518-882-6944
Cell: 518-461-3058
rpandori@yahoo.com

REGION CO-CHAIRS

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

REGION CHAIR

Your Name Here!



REGION CHAIR

Your Name Here!



ZONES "A" AND "B" CO-CHAIRS

Bill O'Mara (Clinton Lions)
131 Sanford Avenue,
Clinton, NY 13323
Home: 315-853-5973
Cell: 315-527-8381
billo4077@yahoo.com
AND
Jim Winkler (Clinton Lions)
136 Utica Road, Clinton, NY 13323
Home: 315-853-6355
Cell 315-601-4038
Wink8@aol.com

ZONE "A" CHAIR

Edward Moore
(Ballston Spa Lions)
44 Chester Street,
Ballston Spa, NY 12020
518-852-3246
emoore4@nycap.rr.com

ZONE "B" CHAIR

Robert Townsend
(Broadalbin-Perth Lions)
805 County Highway 126
Amsterdam, NY 12010
Home: 518-843-6553
rtownsen@nycap.rr.com

ZONE "A" AND "B" CHAIR

Florence Brisee (Waterford Lions)
192 Middletown Road
Waterford, NY 12188
Home: 518-235-4988
fbrisee@hotmail.com

ZONE "A" CHAIR

Kassey Granger
(Glens Falls Lions)
22 Whippoorwill Road
Queensbury, NY 12804
Home: 518-223-0633
kassey.granger@gmail.com

ZONE "B" CHAIR

Lettie Saheim
(Mechanicville-Stillwater Lions)
117 Hansen Road
Mechanicville, NY 12118
518-753-7867
lsaheim@nycap.rr.com

ZONE "A" CHAIR

Betsy Cummings
160 Grove Street
Gouverneur, NY 13642
Home: 315-771-1310
Cell: 315-771-1310
Work: 315-287-0770
e-mail: bcummin3@msn.com

ZONE "B" CHAIR



COMMUNICATIONS AND MARKETING TEAM

District Coordinator

Michael Murtagh (Quad Town Lions)
P. O. Box 161, Winthrop, NY 13697
315-389-4165
outageco@yahoo.com

Website & Directory Director

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

Newsletter & MD20 Magazine Director

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

Facebook Administrator

PDG James Griffith (Cambridge Lions)
119 East Main St, Cambridge, NY 12816
Home: 518-252-1070; Cell: 315-269-5370
PDGJamesGriffith@gmail.com

Facebook Editor & District Photographer

Lion Barbara Bentley (Saratoga Springs Lions)
P. O. Box 1031, Guilderland, NY 12084
Cell: 518-894-1375
bbentley@saratogaspringslions.com

WEB SITES

District 20-W: 20WLions.org
Revisions to this directory: bit.ly/20Wdirectory
20W Facebook page: bit.ly/facebook20w
Multiple District 20: MD20Lions.com
Lions International: LionsClubs.org

District Notes



Official Lionsbrand lawnsigns!

Now available for you to download and have made at your local sign shop.

Available in two sizes: 18 X 12, and 24 X 18.

Download your #kindnessmatters Yard Signs here:

<https://tinyurl.com/y2c1lm64>



PLEASE do not use the images in this newsletter as they are lo-res. Use the link for the hi-res images.



District 20W Fall Conference

By Lion Barbara Bentley

The District 20W Fall Conference was held on Saturday, November 14th at the Courtyard by Marriott in Lake George. The focus of the conference was on Service and presented a wealth of ideas and information from clubs around our District on different service projects they can do in their communities, despite the pandemic. Our guest speaker, the Executive Director of the Food Pantries for the Capital District, Natasha Pernicka, spoke of the opportunities that exist for Lions clubs to partner with their local food pantries. Awards which had been delayed in the spring due to the pandemic, were also presented. Congratulations to all!



Guest speaker Past International Director Lion Bib Libin and his partner-in-service Lion Michelle Libin.



District Lion of the Year awarded to Lion Karen Rager, District Newsletter Editor and member of the Glens Falls Lions Club.



Past District Governor Leadership Award presented to Lion Barbara Bentley, District Secretary and member of the Saratoga Springs Lions Club.



Melvin Jones Fellow presented to Lion Eric Unislawski, District Treasurer and member of the Johnstown Lions Club.



International President Certificate of Appreciation presented to Lion Diane Lange, Childhood Cancer Chair and member of the Ballston Spa Lions Club.



International President Certificate of Appreciation presented to 2VDG Lion Rick Laurin, member of the Chazy Lions Club.

Not pictured, but presented via Zoom:

Robert J Uplinger presented to Lion Jim Hadjis, president of the Lake Placid Lions Club and a Knight of the Blind presented to PCC Lion Mark Whitney, member of the Town of Schroon Lions Club.



International President Certificate of Appreciation presented to DG Rick Brisee, member of the Waterford Lions Club.



This year's Peace Poster Winner was Olivia Ferrell, presented here (in the picture) by the Hadley-Luzerne Lions club president Cheri Mackey!

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International Vice President Doug Alexander is the candidate for International President from Multiple District 20, of which our District is a part.

For anyone planning on attending the International Convention in Montreal on June 25-29, 2021 and marching in the parade, of which MD20 will have the honor of marching first, it will be required that you wear this shirt.

Information for ordering can be found at:
www.douglasalexander.org/store/c2/Commemorative_Shirts.html
(or www.tinyurl.com/y2rvr3nn)

Please reach out if you have any questions.

CS Barbara A. Bentley
bbentley@saratogaspringslions.com
518-894-1375 cell phone



The Committee to Elect Douglas X. Alexander for International President commemorative shirts.

Shirts are available for order online.

Short Sleeve Polo	- \$40 ⁰⁰
Long Sleeve Polo	- \$45 ⁰⁰
Sweatshirt	- \$45 ⁰⁰



GENERAL ATTENDEE

103RD LIONS CLUBS INTERNATIONAL CONVENTION

MONTRÉAL, QUÉBEC, CANADA • FRIDAY, JUNE 25 - TUESDAY, JUNE 29, 2021



CONVENTION REGISTRATION AND HOTEL RESERVATION FORM

DEADLINE - SATURDAY, MAY 1, 2021

Deadline for advance registration and hotel reservation and to request a refund for registration, housing and/or ticketed event.

REGISTRATION INFORMATION

ATTENDEE (Please type or print name as it appears on passport/photo ID.)

First/Given Name		Last/Family Name		Badge/Call Name	
Address					
City		State/Province		Postal Code	Country
Daytime Phone		E-Mail			

☐ Lion ☐ Leo-Lion* ☐ Lioness ☐ Omega Leo

*Leo-Lion is a Lions membership type available exclusively to Leos who served in the Leo Program for over a year.

Club #	Membership #	District	Title
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COMPANION

First/Given Name		Last/Family Name		Badge/Call Name	
<input type="checkbox"/> Lion <input type="checkbox"/> Leo-Lion <input type="checkbox"/> Lioness <input type="checkbox"/> Omega Leo <input type="checkbox"/> Alpha Leo <input type="checkbox"/> Adult Guest					
Club #	Membership #	District	Title		

CHILD

First/Given Name	Last/Family Name	Age	<input type="checkbox"/> Alpha Leo
First/Given Name	Last/Family Name	Age	<input type="checkbox"/> Alpha Leo

HOTEL INFORMATION

PACKAGE A Includes convention registration for each registrant listed above plus one (1) hotel room serviced by shuttle buses during convention.

☐ Before January 8, 2021 - room reserved in delegation hotel based on availability
☐ After January 8, 2021 ☐ I prefer my delegation hotel ☐ Prefer another hotel:

Arrival Day/Date Departure Day/Date

of Guests in room including yourself: # of beds requested ☐ 1 ☐ 2

Special Requirements: ☐ Wheelchair Accessible ☐ Other:

• US \$200 Hotel Deposit is per room and credited to your hotel bill at check out.

• Room requests are subject to hotel availability

PACKAGE B

☐ NO ROOM REQUIRED (Registration only for each person listed above)

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OPTIONAL TICKETED EVENTS

MELVIN JONES FELLOW LUNCHEON (Must be registered to attend.)☐ I/we plan to attend this event.Date/Time: June 27, 12:30 - 14:30 Fee: US \$75 Quantity: Amount Due \$: **DISTRICT GOVERNORS/PAST DISTRICT GOVERNORS BANQUET** (Must be registered to attend.)☐ I/we plan to attend this event.Date/Time: June 28, 20:00 - 22:00 Fee: US \$125 Quantity: Amount Due \$: **DIETARY REQUIREMENTS**☐ No Restrictions ☐ Indian Vegetarian ☐ Vegetarian ☐ Other:

EMERGENCY CONTACT INFORMATION

Emergency Contact Name:

Emergency Contact Phone Number:

SERVICE PROJECTS IN MONTRÉAL

☐ I am interested in participating in a hands-on community service project during the Montréal International Convention.

LEOS AND YOUNG LIONS INTEREST

☐ I am interested in receiving information on sessions and activities for and about Leos and Young Lions (Leo-Lions, Campus Lions Clubs and Student Members). If you have questions, please email membership@lionsclubs.org

REGISTRATION FEES AND PAYMENT

Full payment is required with this form. US Currency only. Checks and money orders must be drawn on US Banks. Visa, Mastercard & Discover accepted.

REGISTRATION FEES

EARLY (Before January 8, 2021)	Adult/Leo-Lion: US \$175	Omega Leo: US \$100	Child (17 and under)/Alpha Leo: US \$20
REGULAR (January 9, 2021 - March 31, 2021)	Adult/Leo-Lion: US \$225	Omega Leo: US \$100	Child (17 and under)/Alpha Leo: US \$20
LATE (April 1, 2021 - Onsite)	Adult/Leo-Lion: US \$250	Omega Leo: US \$100	Child (17 and under)/Alpha Leo: US \$20
PACKAGE A: Registration: US \$ <input type="text"/>	Ticketed Events: US \$ <input type="text"/>	Hotel Deposit: US \$200.00	Total Due: US \$ <input type="text"/>
PACKAGE B: Registration: US \$ <input type="text"/>	Ticketed Events: US \$ <input type="text"/>		Total Due: US \$ <input type="text"/>

PAYMENT INFORMATION☐ Check # (payable to Lions Clubs International) ☐ Wire Transfer (payment slip must be attached to this form) ☐ Visa ☐ MasterCard ☐ Discover

Name as it appears on credit card. Credit card must be in the name of the registrant.

Card Number Expiration Month/Year / Security Code (3 digits)

Cardholder Signature:

- Please submit all pages of completed form once via mail, fax, or email • Allow 4 weeks for processing.
- Mail: Lions Clubs International, Attn: Convention Division, 300 West 22nd Street, Oak Brook IL 60523-8842, USA
- Fax: (630) 571-1689
- Email: registration@lionsclubs.org
- Credit card information should only be entered into this form and never written into the body of an email.
- Personal checks should be mailed.
- After processing this form, Lions International will email your Official Registration Confirmation.
- Please print your Official Registration Confirmation and bring it to the convention in order to obtain your name badge. A photo ID is required.
- Information provided on this document shall be used in accordance with the privacy policies and procedures of Lions International.
- Please note: Lions Clubs International will be documenting LCIcon for promotional purposes. Your participation may be filmed or photographed at this event.
- Your registration is your consent for use of images by Lions International.
- To avoid a duplicate, please do not mail original if faxed or emailed.

District Governor's Visitation Schedule for 2020 - 2021

Alphabetical

Albany & Troy	Nov 4
Ballston Spa	Jan 20
Bethlehem	Oct 21
Broadalbin Perth	Jan 14
Cambridge	Apr 21
Cent Mohawk Valley	
Chazy	Oct 20
Clifton-Fine	Oct 12
Clinton	Feb 25
Deerfield	Feb 10
Duane	Feb 3
Edwards	Nov 9
Fonda & Fultonville	Mar 10
Galway	Jan 11
Glens Falls	Jan 26
Gouverneur	
Greater Amsterdam	
Plattsburgh	Nov 2
Greater Johnstown	Jan 27
Greater Ravena	Apr 28
Greenwich	Nov 5
Hadley-Luzerne	Oct 7
Heuvelton	
Holland Patent	Nov 17
Lake Placid	Oct 26
Lisbon	Oct 6
Long Lake	Oct 27
Louisville	Nov 18
Malone	Apr 14
Marcy Telephone	Jul 1
Mechanicville-Still	Sep 28
New Hart NYM White	Oct 13
Newcomb	Oct 28
Northville Sac	Oct 15
Ogdensburg	Sep 17
Peru	Oct 8
Plattsburgh	Nov 2
Quad Town	Apr 8
Raquette River	Mar 2
Saranac Lake	
Saratoga Springs	Jan 7
Sauquoit Valley	
Schuylerville	
Scotia-Glenville	Sep 15
Speculator	Dec 17
Town of Greenfield	Nov 11
Town of Hoosick	Jan 21
Town of Schroom	Nov 16
Town of Wright/Schoh	Oct 19
Tupper Lake	Mar 4
Utica	Dec 7
Waterford	Jan 6

Chronological

Scotia-Glenville	Sep 15
Ogdensburg	Sep 17
Mechanicville-Still	Sep 28
Lisbon	Oct 6
Hadley-Luzerne	Oct 7
Peru	Oct 8
Clifton-Fine	Oct 12
New Hart NYM White	Oct 13
Northville Sac	Oct 15
Town of Wright/Schoh	Oct 19
Chazy	Oct 20
Bethlehem	Oct 21
Lake Placid	Oct 26
Long Lake	Oct 27
Newcomb	Oct 28
Albany & Troy	Nov 4
Greenwich	Nov 5
Edwards	Nov 9
Town of Greenfield	Nov 11
Town of Schroom	Nov 16
Holland Patent	Nov 17
Louisville	Nov 18
Utica	Dec 7
Speculator	Dec 17
Waterford	Jan 6
Galway	Jan 11
Broadalbin Perth	Jan 14
Ballston Spa	Jan 20
Town of Hoosick	Jan 21
Glens Falls	Jan 26
Greater Johnstown	Jan 27
Duane	Feb 3
Deerfield	Feb 10
Clinton	Feb 25
Raquette River	Mar 2
Tupper Lake	Mar 4
Fonda & Fultonville	Mar 10
Quad Town	Apr 8
Malone	Apr 14
Cambridge	Apr 21
Greater Ravena	Apr 28



MEMBERS CORNER

Global Action Team (GAT)

LEADERSHIP Membership

SERVICE

GLOBAL ACTION TEAM

Global Leadership Team (GLT)

The Club Vice President Role as Leadership Development Chairperson

Position Overview

The club first vice president is the GLT club leadership development chairperson.

As GLT club leadership development chairperson, you will bring Melvin Jones' dream to life – that every need can be met by a Lion or Leo. By ensuring members develop the skills needed to be effective leaders, you will ensure your club has strong leadership to serve your community and the world. You will impact lives!

Actions for Success

- **Ensures that new members are provided with an effective orientation** so new members understand how the club operates within its district, multiple district and Lions Clubs International, with the support of the Club Membership Chairperson.
- **Ensures current and/or incoming club officers attend training**, offered by the district and/or via the Lions Learning Center (LLC)
- **Communicates the need for training and identifies potential new leaders** for leadership development activities that club members attend.
- **Mentoring Lions and Leos in their development as future leaders.**

Encourages members to participate in leadership training offered by the district, multiple district and Lions Clubs International.

Measuring Success

- **Incoming club officers participate in club officer training.**
- **Increase the total number of club members participating in leadership development training events by 10%.**
- **New members participate in new member orientation.**

As your Club's Leadership Development Chairperson you have the opportunity to access and promote all the webinars and online training available in the Lions Learning Center, receive mentoring from your Zone Chairs and Certified Guiding Lions, and invite new members to come along with you to attend the new District 20-W Lions Member Orientation Programs. You are encouraged to participate in quarterly Lions Leadership Zoom Summit Conferences where you can also learn about best practices, see how to navigate helpful online resources, use available toolkits, and develop a working network for yourself with the other future Club Presidents and District Officers.

Valuable Opportunity {Application Due Date December 13th}
District 20-W is offering a scholarship to the LCI Advanced Lions Leadership Institute in Toronto, Canada : March 13th-15th , 2020 !

The purpose of the Advanced Lions Leadership Institute (ALLI) is to provide Lions leaders with an opportunity to enhance skills in preparation for leadership responsibilities at the zone, region and district levels. (Applicants must be Lions that have completed a successful term as club president.)

Download the application at www.lionsclubs.org/en/resources/108267485

UPCOMING EVENTS

International and MD20 Events

LCI Advanced Lions Leadership Institute, Chicago, IL	Nov 9-11, 2020
Lions Day at the United Nations, NYC	March 20, 2021
2021-2022 Lions Club Officer Reporting Due	May 15, 2021
MD-20 NYS & Bermuda Convention, Syracuse, NY	May 14-16, 2021
LCI 103rd International Convention, Montreal	June 25-29, 2021

FOR MORE INFORMATION AND EVENTS

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

District 20W 2020 - 2021 Club Events

Saratoga Lions/Mama Mia Pasta Wednesday	Every Wednesday until further notice
Dining with Diabetes	Dec 3 & 10
LEI Bunny Sales	Dec 15/earlybird discount/Jan 8/deadline
Greenfield Lions Tree Sales	Dec 15 until sold out
Galway Lioness Memory Tree	Dec 31 (names may be submitted until)

Do you know what today is?....
It's PASTA WEDNESDAY!



Mama Mia's Restaurant
Saratoga Springs NY

Fresh Pasta
Dinner To-Go!

\$20.00 Without Wine



\$30.00

Includes a
Bottle of
Red Wine



Box Includes:

- 1 Lb Fettuccine
- 1 Lb Cavatelli
- 1 16oz Sauce
- 1 Loaf of Bread

Pick Up
3pm - 7pm

All proceeds to benefit
the Saratoga Springs Lions

Or call 518-212-7752
before 12noon on Wednesday
to place your order.



Need help managing your diabetes?
Want to prevent diabetes?

DINING WITH DIABETES

a 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 at a restaurant and adopt other healthy habits to help manage diabetes through healthy eating. Recipes will be provided. Time provided for Q&A. Diabetes & Covid19 will be discussed.

CCE

JOIN US VIA ZOOM:
CORNELL COOPERATIVE
EXTENSION
ALBANY, SARATOGA &
WARREN COUNTIES

NOVEMBER
5, 12, 19 &
DECEMBER
3 & 10
12 NOON OR 7 PM
ONLINE VIA ZOOM

PRESENTED BY
NUTRITION EDUCATORS

KAREN MORT, MS
CCE ALBANY CO.
KEM18@CORNELL.EDU
518-765-3500

DIANE WHITTEN, MS
CCE SARATOGA CO.
DSH23@CORNELL.EDU
518-885-8995

MB MITCHAM, MPH
CCE WARREN CO.
MEM467@CORNELL.EDU
518-623-3291

Zoom Registration Link: [Dining with Diabetes Registration](#)



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

2020
a year with **VISION**

RAFFLE

1st PRIZE \$2500

2nd PRIZE \$1000

3rd PRIZE \$500

\$20 per ticket

Drawing held December 3, 2020

For tickets contact:

Lion Lettie Saheim 518-753-7867

e-mail: Isaheim117@gmail.com

Lion Victoria Adler 518-489-7606

e-mail: vadler@lionseyebankalbany.org

proceeds to benefit

Lions Eye Bank at Albany / Rochester

Sight-Saving . Life-Changing

Lions Foundation at Albany, NY, Inc.

Easter Bunny Sales

In support of the Lions Eye Institute
A proven fund raiser that can help your club.

The 6.2 ounce, solid milk chocolate and dark chocolate bunnies are manufactured for us by the renowned Donini Chocolate Ltd.

Each bunny is imprinted with the Lions insignia and comes individually boxed. There are 24 bunnies per case.

The Lions Foundation suggests a retail price of \$5.00 per bunny as a fair price that represents a balance between price, volume and quality for a fair profit fund-raiser for your club.

Easter is April 4, 2021; place your bunny orders now!

The Prices To Your Club Are As Follows:

Orders received
by January 8th
\$77.00/case

Early Bird Discount:
Orders received
by December 15th
\$75.00/case



TO ORDER:

Early bird Discount for orders
received by December 15th

All orders should be
placed no later than

January 8, 2021

by contacting:

PDG Barbara Gavin
159 South Quaker Lane
Hyde Park, NY 12538
845-454-4660 (H)
845-275-9858 (C)
gvnbbbsb@aol.com

Additional contact
information:



Lions Foundation Easter Bunny Order Form

Name: _____

Address: _____

Telephone: _____

Club: _____

Number of Cases:

Milk Chocolate(24/6.2oz): _____

Dark Chocolate(24/6.2oz): _____

Total Cases: _____

Amount Due: _____

Please keep a copy of this order form for your records.



The Town of Greenfield Lions Club Annual Christmas Tree Sale

Any Tree - \$40 each



**Trees Sales will only be in the
vacant lot next to the
Greenfield Community Center
at 31 Wilton Road**

December 15, 2020

**Self-serve/Honor system until the trees are gone.
Dawn to Dusk. Lions are there on weekends only.**

**The Greenfield Lions
Club appreciates
your continued
support of our
community service
efforts. Proceeds from
the sale will benefit
Sight, Hearing,
Hunger, Diabetes
and Youth Programs
in our community.**



WE SERVE

Memory Tree Galway Lioness Club

The Galway Lioness announces the 26th annual Memory Tree in the Village Park by the bandstand. Our memory tree will be lit with bulbs donated by individuals wishing to remember loved ones during the Christmas season. It is an annual holiday tradition and bulbs can be purchased each year. There is a \$1.00 donation requested per bulb for each individual name submitted. All proceeds will be used for our Community Fund listed below. Names may be submitted until December 31st. Tree will be lit through end of January.

Anyone interested in buying a bulb in memory of someone special may submit that person's name and donation to the Galway Lioness Club.

A list of names of those to be remembered will be posted in the Memory Book, location TBD. Each name will be listed only once. Angels next to the names will indicate additional remembrances.

Community Fund projects we donate to include local Holiday and Spring basket programs, Lions Eye Bank at Albany, Lions Foundation, flags for Memorial Day, Hospice of Saratoga, Regional Food Bank for Galway, Town of Galway Summer Program, the Gateway House of Peace, the Annual Senior Class Breakfast, and a scholarship for a Galway High School senior.

Please join us for the tree lighting on November 29, 2020 at 5:30 PM. Bring a flashlight. After the tree is lit, due to uncertainty with COVID-19, location of the ceremony of reading the names, carol singing and possible refreshments are unknown at this time and will be communicated closer to the lighting date in both the Galway Get Together and the Daily Gazette Community News listing.

The members of the Galway Lioness Club wish to express their gratitude for your support throughout the year and wish you a joyous Christmas season.

Examples of the way names should be listed (\$1.00 per name):

In memory of Mrs. Jane Smith = a \$1.00 donation

In memory of Mr. & Mrs. John Smith = a \$2.00 donation

Donated in memory of:

Total amount enclosed \$_____. Make checks payable to the Galway Lioness Club.

My name is _____ and I can be reached by phone at
 _____ (in case we need to discuss your remembrances).

Detach and return to Galway Lioness Club, PO Box 502, Galway, NY 12074

NABA

**Northeastern Association
of the Blind at Albany**

301 Washington Avenue
Albany, NY 12206

WE NEED YOUR HELP

NABA IS LOOKING FOR A LIONS CLUB OR CLUBS TO BUILD DIVIDERS
MADE OF PLEXIGLASS IN THE MANUFACTURING DEPARTMENT
BETWEEN WORK STATIONS

PLEASE CONTACT VDG MICHELE O'HARE 518-463-1211X241 OR
MOHARE@NABA-VISION.ORG



LIONS CAMP BADGER

Operated by the Empire State Special Needs Experience, Inc.



In these trying times, it's important to find the good in bad situations as well as revel in the generosity of the human spirit. Lions Camp Badger would like to recognize and thank the clubs and organizations who have been generous to the camp this year* despite all of the challenges. We are grateful for 2020 and hopeful for 2021!

MD-20 LIONS CLUBS**20-N**

Arcade
Barker
Boston
Buffalo Host
Buffalo Kensington
Cheektowaga
East Aurora
Gasport
Gowanda
Grand Island
Jamestown
Kenmore
Lockport
North Buffalo
Community
Olcott
Orchard Park
Pendleton
Randolph
Springville
Town of Hamburg
Town of Niagara
Lioness
Town of Niagara Lions
Town of Wheatfield
West Seneca
Wilson
Youngstown

20-E1

Alfred
Angelica
Avon Lioness
Avon Lions
Belfast
Bolivar Lioness
Bolivar Lions
Brockport
Chili
Churchville
Clarendon
Dansville
Fairport
Gates

Greece
Hilton
Kendall
Lyndonville
Maple City
Rochester Host
Scio
Spencerport
Walworth
Wellsville

20-E2

Apalachin
Clyde
Corning Lioness
Corning Lions
Geneva
Hector Area
Ithaca
Lansing
Manchester Shortsville
Newfield Lioness
Newfield Lions
North Rose
Ovid Willard
Painted Post
Palmyra Macedon
Phelps
Rushville
Sodus Lioness
Sodus Lions
Southern Tier Retired
Spencer Candor
Tioga Nichols
Twin Cities
Union Springs
Victor
Waterloo
Waverly
Wolcott Lioness

20-W

Bethlehem
Clifton Fines
Fonda Fultonville
Galway

Glens Falls
Greenwich
Hadley Luzerne Lioness
Peru
Scotia Glenville
Town of Greenfield
Town of Schroon Lake

20-Y

Bainbridge
Baldwinsville
Binghamton
Camden
Canastota
Cape Vincent
Chittenango
Hamilton
Johnson City
Lowville
Manlius
Marathon
Martisco
McGraw
Oneida Sherrill
Oneonta
Pompey
Pulaski
Skaneateles
Solvay Geddes
Camillus
South Jefferson
Syracuse Host
Town of Brownville
Windsor

20-O

Goshen
Hyde Park
LaGrange
Mamakating
Middletown
Northern Columbia
Rhinebeck
Rondout Valley
Stanford
Wallkill

Warwick

20-R1

Bedford Hills
North Rockland
Stoney Point

20-R2

Borinquen
Huguenot
The Bronx
Tuckahoe Eastchester

20-K1

Central Brooklyn
Hollis
Little Neck Douglaston
Queens Las Americas
Queens Village
Springfield Gardens

20-K2

Glen Cove North Shore
Long Beach
Merrick
New Hyde Park
Oyster Bay
Port Washington
Rockville Centre
West Hempstead

20-S

Babylon
Brookhaven Great
South Bay
Mattituck
Melville
Northport Centerport
North Sea
Rocky Point

MD20 PDG Association
PTCNY&B
Project New Hope

BUSINESS/CORPORATE DONORS

Barley Enterprises
First Presbyterian Church-Hector
Lounsbury Agency
Tioga State Bank
Tioga State Bank-Employees Fund
Tioga United Way
Otis Eastern Service

FOUNDATIONS

Triad Foundation
TSB Foundation
Community Foundation for the
Twin Tiers (Floyd "Vic" Hooker
Fund)
Community Foundation for South
Central NY

INDIVIDUAL DONORS

Abrams, Gerald
Andrews, Jenn & Susan
Banach, John & Joanna
Barber, Lisa & Brian
Bartles, Donald & Kathleen
Bartolini, Thomas
Bartolotti, Anna & Frank
Basile, Thomas & Karen
Belair, David
Bennett, Richard & Sonia
Bowen, Sherwin & Janet
Brearey, Paul
Brisee, Rick & Florence
Brisson, Linda
Brown, Kerry & Nickolette
Brown, Jennifer & John Eckhart
Bryant, Ethel
Burkwit, Clarence & Lorna
Bush, Tim & Rosemarie
Canino, Joseph
Caswell, Robert & Nancy
Catena, George & Ellen
Chiusano, Melissa
Cordes, Ed & Gail
Corrigan, Richard
Countermin, Dawn
Craig, Diane
Cypher, James
Davies, Jr., Robert
Demers, Kim & Rosemary
Derr, Ann

Deys, Cheryl
Donner, Mike
Donohue, Michael & Margaret
Dormady, Jim & Helen
Dugan, Charlotte
Dzierga, Matthew
Emrick, William & Dianna
Emrick, Jack & Donna
Evans, Robert & Connie
Ferguson, Daniel & Barbara
Forestiere, Paul
Fox, Ellen
Fraser-Thomas, Sandy
Freier, Brian
Frew, Jeff
Garner, Virgil & Linda
Goodwin, Terrence
Gorman, Joseph
Grupinski, Paul & Virginia
Haigh, Rena
Hand, Bruce & Vickie
Hankinson, Marv
Harris, David
Harris, George & Karen
Hartman, David & Rosann
Haynes, Paul & Rae
Hazen, Bruce & Marilyn
Hoffman, Brad
Hoyle, Jane
Hubman, David
Hugenbruch, Emily
Huizinga, Gretchen
Hurd, Lyle & Gladys
Infantino, Robert & Janice
Jaffe, Paula & Laurence
Jensen, Robert E. & Laura J.
Joachin, Carole
Johnson, Lyn
Kirchgraber, Eileen
Klotz, Edward
LaFornara Family
Lehman, Jane
Letham, Debbie
Locantore, Leonard
Luciano, Jeff & Nancy Murray
MacKnight, Judith
Maher, Sharon
Marange, Douglas
Maxwell, Darrell & Carol
McDonald, John
McMenamin, Sandra

Miller, Martha & James
Morimoto, Mari
Neidrauer, Peter & Nancy
Noteboom, David & Judy
Oster, Theresa & Steven
Ottley, Robert
Owens, Robin
Paradiso, Anthony
Pastrana, Jose
Peck, Donna
Petraitis, Eugene & Marie
Poloniak, Vincent
Quinlan, Pamela
Rapp, Brian & Debra
Reaves, Yvette
Repak, John & Stephanie
Resca, Theresa
Richards, Kelleena
Riggs, Nancy
Rosenkrans, Eric & Frances
Rueffer, Brenton
Rupright, Dave & Naomi
Russell, Douglas
Schiebel, Jim & Donna
Schleyer, Karen & Robert
Shaff, Rich & Linda
Sheldon, Henry & Melissa
Shepherd, Gerald
Shultz, Steven
Stano, Jr., Edward & Elizabeth
Stevens, John
Stewart, Linda & Donald
Stundtner, Linda
Traverso, Caroline
Truman
Twohie, Maybelle & John
Umreiko, Andy & Paula
Vail, Spencer
Velardi, Michael & Virginia
Vidal, Manuel & Maria
Vora, Sheree
Wademan, Craig & Christine
Wayson, Laura
Whalen, Theresa
Whitney, Rick & Lois
Wizwer, Ilene & Stewart
Wolf, John
Worth, Deanna
Yunker, Harry & Connie
Zacccone, Paul & Esther
Zebrowski-Darrow, Tami

*received as of 11/20/20

Thank you, Gracias, Merci, Dank, Arigato, Grazie, XieXie, Mahalo



Pepper is a dog like any other dog, except one day, she can't see anymore. Pepper was diagnosed with diabetes and lost her sight but being a dogged dog, Pepper never lost her will or her wag! She is now the mascot of the Plattsburgh Lions Club and in conjunction with the club, her owner, illustrator and co-author, Suzanne Moore and co-author Shelby Moore of *Pepper Finds Her Way; A Blind Pup Tale*, Pepper is spreading the story of how she found her way again.

Contact the Plattsburgh Lions Club on their Facebook page, by e-mail at plattsburghlions@gmail.com or visit our Amazon page to buy your copy of *Pepper Finds Her Way; A Blind Pup Tale*

Regular Price \$10.00

All proceeds benefit the Plattsburgh Lions Club



Lions Clubs International

Dear Club Leader,

The coronavirus (COVID-19) pandemic has impacted the work of Lions around the world. In many cases, it has also created financial hardships for our Lions and the people for whom we care.

To support the incredible men and women serving with us, the International Board of Directors has passed a resolution to help our clubs.

Here is an overview of the resolution approved by the Board of Directors:

Flexible payments – No clubs will be suspended or cancelled through December 31, 2020 for late payment of dues.

Charter and entrance fees waiver – We have waived all charter and entrance fees from July 1 – December 31, 2020.

These measures will help Lions facing financial hardships, and give our clubs hope, encouragement, and an opportunity to start the new Lion year with renewed energy and optimism.

This may be a time of great need, but we will overcome this together. For more than a century, Lions have taken on the greatest challenges facing humanity. That is who we are, and what we do.

So let us stand together. And let us remember just how important we are to our communities and the world.

Regards,

Dr. Jung-Yul Choi
International President

SUPPORT FAMILIES OF SERIOUSLY-ILL CHILDREN BY COLLECTING ITEMS FROM OUR WISH LIST!



WISH LIST



Gift Cards for RMH Families & RMH Supplies

VISA/MC/AMEX

Amazon, Walmart, Target, Home Depot,
Lowes, Price Chopper, Hannaford

Gift Cards for Family Travel/Gas Expenses

Mobil Gas Cards

Gift Cards for Family Meals in or near the hospital:

Subway
Panera
Dunkin
Starbucks

Individual Nut Packs
Individual Raisin Packs
Microwave Oatmeal Cups
Individual Microwave Pasta
Individual Easy Mac Cups

Disinfectant Wipes/Spray
Laundry Detergent
Wet Swiffer Refills
Dry Swiffer Refills
Windex in Spray Bottles

Individually Wrapped Plastic Forks & Spoons
Paper Plates
Paper Towels

Check out our Amazon Smile wish list for more items!

https://smile.amazon.com/hz/charitylist/ls/ZNTVC7A2T8JC/ref=smi_ext_lnk_lcl_cl



**Ronald McDonald
House Charities®**
of the Capital Region

139 South Lake Avenue • Albany, NY 12208
Phone: (518) 438-2655 Fax: (518) 459-6529



Hand Sanitizer



\$5 per bottle, or buy 4 and get 1 free (save 25%!)

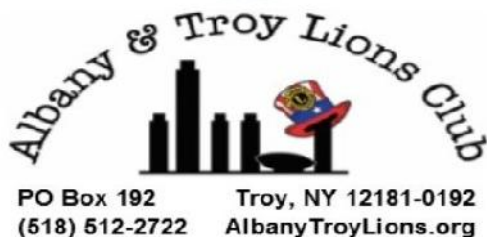
**Get yours today by contacting Ruth Sano at 518-859-3796
or albanytroylions@gmail.com**

- ◆ All proceeds benefit the Albany & Troy Lions Club and Grateful Villages
- ◆ FDA registered and approved hand sanitizer
- ◆ Made to W.H.O. standards
- ◆ 75% isopropyl alcohol for maximum efficacy
- ◆ Contains aloe for moisturizing and counteracting the drying effects of alcohol
- ◆ Only two ingredients; a natural product without the unwanted filler of industrial sanitizers
- ◆ Fine-mist spray applicator covers hands with just the right amount
- ◆ Glass bottles and high-quality packaging avoid single-stream waste and unnecessary plastics
- ◆ Sanitizer bottles are made to be refillable at local refill stations like the Honest Weight Food Coop



Grateful Villages Hand Sanitizer

2 fl-oz (59.15 ml)



Drug Facts

Active Ingredient:

Isopropyl Alcohol 75% v/v

Purpose:

Antiseptic

Use: Hand Sanitizer to help reduce bacteria that potentially can cause disease. For use when soap and water are not available.

Warnings:

For external use only.
Flammable. Keep away from heat or flame.

Do not use: - in children less than 2 months of age
- on open wounds.

When using this product: keep out of eyes, ears, and mouth. In case of contact with eyes, rinse eyes thoroughly with water.

Stop use and ask a doctor if irritation or rash occurs. These may be signs of a serious condition.

Keep out of reach of children. If swallowed, get medical help or contact a Poison Control Center right away.

Directions: Place enough product on hands to cover all surfaces. Rub hands together until dry. Supervise children under 6 years of age when using this product to avoid swallowing.

Store between 15-30°C (59-86°F)

Avoid freezing and excessive heat above 40°C (104°F)

Inactive Ingredient: Aloe Vera NDC: 76829-720-02

Spread the word, not the germs.

Masks are two-ply cotton separated by a coffee filter, and they're only \$10 each.



Can be hand-washed with a mild dish detergent like Dawn®. After the masks are made, they're washed, sprayed with antiseptic hydrogen peroxide and placed into a zippered plastic bag.



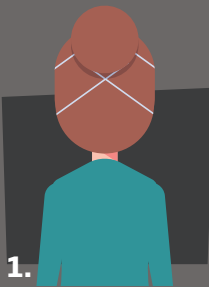
Albany & Troy Lions can call or email Jerry. This order form is for Lions from other clubs.

Mask Order Form		
	Quantity	Total \$
Masks @ \$10		
S & H (or contact Jerry to arrange delivery)		
1-2 masks: \$1; 3-4: \$2; 5-6: \$3; 7-8: \$4; 9-10: \$5. >10, ask		
Total:		
Name _____		
Address _____		
City, ST ZIP _____		
Phone _____ Email _____		
Club _____		
Make check payable to ALBANY & TROY LIONS CLUB and mail with this form to:		
Lion Jerry Gordon, 15 Hyland Circle, Troy, NY 12182-1690		
Questions? jerrygordon@juno.com or 518-235-8232		

Wearing a mask with your hearing aids



Clever tips to protect your ears and hearing aids while wearing a mask



1.

If you have long hair, pull it back into a bun and loop the elastics around the bun.



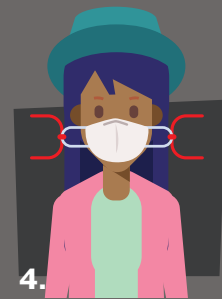
2.

Create a "mask extender" out of fabric or ribbon about 4 inches long. Buttons sewn on either side allows for a place to put the elastic other than your ears.



3.

Sew 2 large buttons onto a soft headband, placing the buttons to line up with each ear. Looping the elastic around each button will take the strain off your ears.



4.

Use masks with string or ribbons that tie in the back. There are YouTube videos on creating masks that tie, which puts absolutely no pressure on the ears.

Communicating when wearing a mask



Speak slowly, clearly and at a normal volume.



Rephrase remarks when not understood.



Take turns when speaking.



Make sure hearing aid users have them on.



Keep background noise in the room to a minimum.



Face each other (at a safe distance).

When removing your mask...

Check to make sure hearing aids are still in place after removing a mask as they may come off with mask removal.



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.**

Glens Falls Lions Club

By Lion Karen Rager

Our club provided an early turkey dinner, complete with all the fixins' for the six veterans, who are currently living at the Adirondack Vet House on November 8th, for Veterans Day. Club members provided everything from turkey to pumpkin pie. We hope this could become an annual community service project.



Wooden Veterans sculpture outside the Adirondack Vet house in Glens Falls.

We will be participating in “Wreaths across America” by purchasing three wreaths for three of our Veteran Club members who have passed. Lions Garner Tripp, Rose Ora Stewart, and



Glens Falls Lions Veterans who have passed.

“Skip” LaRose, who are interred at the Gerald B. H. Solomon Saratoga National Cemetery. Club members will be placing wreaths on December 19th.

At our dinner meeting on the 24th, we welcomed Major Leo Lloyd from the Salvation Army in Glens Falls as our speaker. Because of the pandemic, the Salvation Army has had to become creative, as we all have, in how to help our community.



Major Leo Lloyd of the Salvation Army.

Taken from their website, “The Salvation Army’s Pathway of Hope initiative provides individualized services to families with children who desire to take action to break

the cycle of crisis and vulnerability that repeats generation after generation. It seeks to address the root causes of poverty in addition to The Army's history of compassionate serving. By helping families overcome challenges like unemployment, unstable housing, and lack of education, we can lead families down a path toward increased stability and, ultimately, self-sufficiency.”.

www.salvationarmyusa.org/usn/pathway/

In our local community, they work with Habitat for Humanity helping families work out credit issues so they can qualify for mortgages; work with stopping generational poverty; help local food pantries, not only by distributing food, but working with a wholistic approach to healthy food.

Aside from the annual Kettle campaign during the holidays, (which club members can volunteer as bell ringers), there are ways you can help. **The Salvation Army is collaborating with Walmart with SA's "Angel Tree Program".**

www.salvationarmyusa.org/usn/walmart-angel-tree/

Our next meeting we will hold a basket auction to help our Administrative Fund, in lieu of our usual cookie auction.

Lastly, Lion Karen Rager was awarded "Lion of the Year" at the Fall Conference, which was held in Lake George on November 21st.



PDG John McDonald presents Lion Karen Rager with "Lion of the Year".

We hope everyone has a safe, healthy, and Happy Holiday.

KING LION AL CERNY, JR.

7 Shallow Creek Road, Queensbury, NY 12804
Home: 518-615-6938; Cell: 518-528-6641
cerny8062@roadrunner.com

CLUB CORRESPONDENCE

glensfallsions@gmail.com
www.glensfallsions.org
Glens Falls Lions Club fb page



Clinton Lions Club

By Lion Jim Winkler

As the virus continues to spike, we've once again modified our meeting schedule and method in which we meet. November was the last month in which we will be meeting twice monthly until the virus becomes somewhat controlled. Henceforth we will be only meeting once a month and our "temporary home" at the town Municipal Building has been closed due to a number of town employees having been tested positive for the virus. We will therefore be going back to conducting our meetings via Zoom until things return to more normal conditions locally.

The Shopper's Stroll and annual parade, which have welcomed the Holiday Season in our community for decades, were cancelled. Therefore, we were unable to distribute popcorn to revelers since no food vendors were allowed to participate in the drastically modified events normally held the day after Thanksgiving.

We have taken the lead on the Salvation Army Red Kettle Campaign in our community, although the number of locations and number of "bell ringers" has been reduced. Our goal is to do the best we can in light of the current situation and we will establish multiple collection points within the community based upon the heaviest week end pedestrian traffic patterns around the community – all while being cognizant of the



current guidelines and the possible need to alter plans at any time.

We sponsored a flag in the "Flags for Heroes" Display on the Memorial Parkway in Utica, NY. The display contained 1,000 flags sponsored by various groups/people in the Greater Utica Area. Our flag was in honor of all Town of Kirkland

...continued on next page

residents who have served or are currently serving our nation in any branch of the military.

Since our visibility in the community has been adversely affected by our inability to hold most of our service and fundraising activities, we purchased 1,000 blue pencils with erasers for distribution at the various businesses check out areas in our town. Engraved in gold/yellow on the pencils are the words CLINTON LIONS CLUB, WE SERVE and KINDNESS MATTERS. The reason? An effort to inform residents that our club is still functioning and hoping the pencils will serve to attract interest and assist in the solicitation of contributions that we will be requesting in our "first-ever" appeal mailing being mailed after the first of the year. Only time will indicate the success of our efforts...

From our dwindling treasury, which we hope to replenish with the appeal mailing in January, this month we helped as many charities/organizations as we could with donations to the Kirkland Bloodmobile, Salvation Army, Hospice Light Up a Life Holiday Campaign, Utica Rescue Mission to provide meals for the holiday season, Lions Hearing Conservation Society, Central Association for the Blind & Visually Impaired (CABVI), American Cancer Society and the Country Pantry. In addition, the club supported the efforts of the Brandel-Murphy Youth Foundation (BMYF) and the USA/Canada Leo Leadership Foundation MD-20 Scholarship at the Forum next July in Arizona by purchasing tickets in their upcoming raffles.



Finally, we feel very fortunate to be able to continue collecting used eyeglasses from previously established collection points around the community and assisting our local Country Pantry monthly with food distribution. The distribution remains outside in the parking lot of the actual food pantry. We really caught a break with an extremely unseasonably late fall day this month but are aware that Mother Nature will provide us with many challenges as we head into the winter season. This month we served approximately 450 cars (approximately 950 people) with personal items and nutritious food for their upcoming Thanksgiving meal. The number of people seeking assistance continues growing. With our annual Thanksgiving distribution behind us we look forward to the Christmas distribution with gratitude for the many community members financially supporting the efforts of the burgeoning number of people requiring assistance and give thanks for the pantries

staff and volunteers who give so much of their time!

THE BEST TO EVERYONE DURING THE
UPCOMING HOLIDAYS
STAY SAFE & HEALTHY!

KING LION ROBERT MAXAM

2 Sunset Drive, Clinton, NY 13323

Home: 315-853-5968

Cell: 315-794-0410

maxamr60@gmail.com

<http://clintonnylionsclub.com/>

Bethlehem Lions Club

By VDG1 Michele O'Hare



New members Gregory Morris and Rachel Williams are inducted into the Bethlehem Lions Club by District Governor Brisee, left, and 1st District Vice Governor Michele O'Hare, right, their sponsor.

KING LION ROBERT TOUGHER

16 Candlewood Lane, Delmar, NY 12054

Home: 518-439-0399

Cell: 518-376-0209

bobt@tlemme.com

CLUB CORRESPONDENCE

P. O. Box 141, Bethlehem, NY 12054

info@bethlehemlions.org

www.bethlehemlions.org

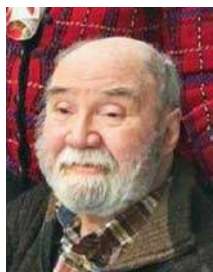


**Wear Your Mask.
Social Distance.**

**Have a Safe,
Healthy, and
Happy Holiday!**



By DG Rick Brisee



"It is with great sadness that we announce the passing of long-time Lion Gil Roy of the Waterford Lions Club.

Lion Gil has been a Lion for over 45 years and his kindness, gentle spirit, guidance, and knowledge of Lions history will be greatly missed.

Our condolences go to his wife, Lion Diana Roy and their family".

Those who wish may make memorial contributions to the Waterford Lions Club, 7 Eighth St., Waterford, NY 12188.

Diabetes Awareness

DIABETES RESOURCE ON 20W WEBSITE

By Lion Barbara Bentley

Lions clubs of District 20W now have an added resource on our District website... a tab for Diabetes Information! Here you will find all the resources you need in one spot, such as the pre-diabetes risk assessment test, info on diabetes device, inulin & prescription savings programs, tip sheets on healthy eating, holiday eating, diabetes & heart disease and more from ADCES (Association of Diabetes Care & Education Specialists) and direct links to LCI for service project ideas, information for diabetes chairs and diabetes grant information. Also, there is a link to our District 20W Diabetes Education and Awareness Facebook page that you can share information from onto you club's social media pages! You can find our district website at www.tinyurl.com/Lions20WDiabetes.

In addition, District 20W now has a DIABETES TOOL KIT that contains the basic information and resources clubs need to get started in raising awareness for prediabetes and diabetes. Though we will be making a hard copy available to the club's diabetes/service chairs that includes a STRIDES kit as well, you can also download a copy of the tool kit from our district website at www.tinyurl.com/Lions20WDiabetes.

As always, I am more than happy to speak to your clubs,

in person or virtually, about diabetes and what we can do, even during the pandemic, to share prediabetes & diabetes education and awareness with our communities. If you have any questions, please reach out to me!



DIABETES EDUCATION & AWARENESS TOOLKIT

DIABETES CHAIR
LION BARBARA BENTLEY

Certified Diabetes Paraprofessional
P. O. Box 1031, Guilderland, NY 12084
Cell: 518-894-1375
barbann22@gmail.com

Ogdensburg Lions Club

By VDG1 Michele O'Hare

PDG Jim Shaw was chosen as Senior Volunteer of the Year 2020 by St. Lawrence County Office for the Aging as an example of outstanding civic engagement. PDG Jim is responsible for Claxton Hepburn Hospital Diabetes Center in Ogdensburg

KING LION KIMBERLY DUPREY

291 Murphy Road Lisbon, NY 13658
Home: 315-344-2452; Cell: 315-244-3178
kbduprey@yahoo.com



Plattsburgh Lions Club

By King Lion Dennis Hulbert

Our last meeting was well attended with several guests. Our District Governor Rick Brisee was present along with 1st Vice District Governor Michele O'Hare and 2nd Vice District Governor Rick Laurin and Priscilla.

We had a formal induction of our newest members, Lion Christian Knight & Lion Mitchell Ryder. Welcome!

The District Governor also presented four Chevron Awards for years of service. Congratulations to:

Lion John Schmitt	25 Years
Lion Kurt Kline	30 Years
Lion Carl Sorensen	30 Years
Lion Dennis Hulbert	45 Years

Thanks to Lions: Clark Foster, Dennis Hulbert, George Palmer, Scott Rogers, John Schmitt and Bobby Wyand. Rt. 87 between Exit 38 & 39 is so much cleaner!



KING LION DENNIS HULBERT

284 Cumberland Head Road, Plattsburgh, NY 12901
Home & Work: 518-561-4692
dennishulbert@yahoo.com

CLUB CORRESPONDENCE

P.O. Box 1031, Plattsburgh, NY 12901
Plattsburghlions@gmail.com
e-Clubhouse.org/sites/plattsburgh/

Sauquoit Valley Lions Club

By Lion John Griffin

At our November 12, 2020 meeting our Club enjoyed a virtual presentation by Toni Gary, Assistant Vice President of Community Relations and Development for the Upstate Foundation at Golisano Children's Hospital in Syracuse. Toni, with the support of Andrea MacDiarmid, addressed opportunities to support



Andrea MacDiarmid, along with Lion President Michael Bader, address questions around the Upstate Foundation from Club members at our November meeting.

children with debilitating illnesses and their families. Andrea, the daughter of Lion Gary Puleo, is Children's Miracle Network Coordinator for Mohawk Valley Health System Foundation. The Club has committed to support the Upstate Foundation going forward. Following the meeting Club and Club Members donated \$420.00 to the Foundation.

The Club is working once again this year with Sauquoit Valley Friends and Neighbors SVF&N and will be purchasing and distributing Christmas gifts for senior shut-ins in the community. In December Club members will also support SVF&N in the distribution of food and gifts for community families in need.

A \$300.00 donation was approved for the New York State and Bermuda Foundation and a \$200.00 donation was made to the Sauquoit Valley School Sports Boosters Club for after-Prom Party activities taking place this Spring.

The Club is holding our annual Holiday Raffle drawing. Tickets are \$50.00 each. There will be 10 prize winners with a top prize of \$1,000. A limit of 120 tickets will be sold. Contact a Club member if you would like to purchase a ticket.

The Club would like to extend wishes to Lions and their families across District 20W for a blessed and healthy Holiday Season!

KING LION MICHAEL BADER

9244 Paris Hill Road, Sauquoit, NY 13456
Cell: 315-737-9959
mike490@roadrunner.com

Broadalbin-Perth Lions Club

By PDG Linda Walsh Rhinehart

As with so many clubs in our District, our meetings and activities have slowed down or come to a halt, but King Lion Bill Suchy has stepped up to the plate and has kept our club active and busy.

We have monthly phone meetings which have been very successful and fun as well. Attendance is taken, minutes read, treasury reports given and letters and correspondence read.

We recently had a church dinner, take out only, at the Perth Fire Department, which was very successful.

We are still doing back pack lunches for our school, and because of the pandemic we donated money to our food pantry instead of delivering dinners to individual families.

We have plans to get new logo shirts when we get back together. We also donated to a scholarship fund of a Broadalbin-Perth student.

We sold Christmas Trees and wreaths at Bob's Trees on the Saturday after Thanksgiving.

I am working on a project to help the Domestic Violence homes in Fulton and Montgomery counties. I am collecting soaps, shampoo, and toothbrushes that you might have after staying in a hotel. This project is a little slow now because many of us are not traveling, but in the future please keep in mind, this project. I can pick up at your club anytime. The products need to be unopened. Needs would be shampoo, toothpaste, combs, hand lotion, deoderant, hairspray, etc.

Beekmans of 1802, a store in Sharon Springs, which sells soaps and body products, after appearing on HSN and QVC, have donated to the project, hand creams, soaps, lip balms and hand sanitizers.

Have a joyous happy, safe and healthy Christmas from the Broadalbin-Perth Lions Club.

KING LION BILL SUCHY

145 Memory Lane, Amsterdam, NY 12010
Home: 518-843-5850
Cell: 518-339-3692
bsuchy@nycap.rr.com

CLUB CORRESPONDENCE

P. O. Box 331, Broadalbin, NY 12025-0331
bplions@hotmail.com
e-clubhouse.org/sites/broadalbinny/

Lions Eye Institute/ Lions Foundation at Albany

LEI IS ALIVE AND WELL

by PDG Ilene Wizwer

Hello everyone. It has been a while since you have heard from us. We are working on our 30+1 anniversary year. This past week we had a face to face board meeting accompanied with zoom. We would like to mention congratulations and a welcome aboard to our newest board member, James Cypher, president of the Beacon Community Club in District 20-O. He will be our web and face book administrator. Be on the lookout for new and updated information on our social media beginning in 2021.

Let's talk bunnies. I know, we just finished clearing the turkey off the table and we are on to the next animal. Why bunnies? Well, this is our delicious fundraiser that many of you have been helping out with for years. We are in contact with our supplier and the chocolate is ready to pour into the molds. Flyers should be in the email as we read this. All club presidents and secretaries have already received the order form. Some of you are saying that you are not getting out into the community to do any fundraising because of COVID. We understand this. How about sending out a pre-order paper to your places of business that have sold the bunnies in the past and have them fill it out with number of bunnies people want. What about surveying your club members via phone or email and asking them to preorder. Call your friends and neighbors before the winter Holiday Rush and ask them to preorder from you for the Spring celebrations. If your order is in by December 15, 2020 the price will be \$75.00 per case. After December 15, the price will be \$77.00 per case. This way, by January, we have a good handle as to the number of cases we will be ordering in total. Delivery is set for the third week in February. Hop to it!!! See our flyer on page 15.

KOB. It's the acronym for Knight of the Blind. In the past years many of your clubs so generously contributed to our biggest fundraiser we have. We know that the coffers

ARE YOU A KNIGHT OF THE BLIND?

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

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

For more information:
jmcDonald33@nycap.rr.com
www.leialbany.com

are limited for this year's contributions to your different causes. Please keep us in mind. Our treasurer, Kevin Ronayne, can track any donation amount toward a KOB, (Knight of the Blind). Just to remind you that your donations help us help people with catastrophic vision problems along with research and development by the residents of the ophthalmology program at the Lions Eye Institute at Albany.

Our board wishes everyone a healthy and safe holiday season

**LIONS FOUNDATION AT ALBANY, INC.
LIONS EYE INSTITUTE AT ALBANY, INC.**
1220 New Scotland Road, Slingerlands, NY 12159

CHAIRPERSON PHIL KLEIN

(District 20-W)

29 Walter Dr, Saratoga Springs, NY 12866
Home: 518 587-7145; Cell: 518-378-8111
Pklein@amsureins.com

PRESIDENT PDG STUART WIZWER

(District 20-O)

P. O. Box 105, Hurleyville, NY 12747
Home 845-434-2152; Cell 845-798-2152
swizwer@hvc.rr.com

www.leialbany.org/



Like us on fb!

Just search for:

Lions Eye Institute/Foundation at Albany, NY

Albany & Troy Lions Club

By Lion Jerry Gordon

GENERAL MEETING

District Governor Rick Brisee's visitation consisted of presentation about various upcoming events, what other clubs were doing, and the importance of reporting our service activities on MyLION and on social media.

He presented service awards to four Lions: Kathy Dorn for 10 years; Chris Horan, 15 years; Carol Quantock, 20 years; and Kristen McVeigh, 30 years.

One of the most interesting upcoming events is a district-sponsored new-member orientation session. We've picked up enough new members over the last few years to make this

very worthwhile.

Normally, this is the meeting at which we'd have our annual folding/stuffing/sealing party for the seal campaign. But that's impossible on Zoom (and the letter isn't quite ready yet), so Jerry & Maryanne will get the mailing out within the next week.

Club/Charitable Fund Board Meetings

Since Ruth has taken over as treasurer, she discovered that four people still have not paid their dues. She has been in touch with them and all are in process.

Lion Greg reported that he has been in touch with the Lions club in Ecuador about receiving used glasses from the Lions distribution center in NJ. The center invited Greg to come down to their facility when they were ready to ship and work with them for a day. There was no discussion on covering the expense of shipping the glasses.

Eva, Re: Lions Initiatives - looking for more volunteers to help with community projects. Ruth suggested that is where the Leos could come in. When this group meets, they will also discuss a response to Eden's Rose Foundation's letter of August regarding our continued involvement with the blueberry orchard.

John/Tom - No news on Fundraising, not sure what is happening with Save Around Books. Eva mentioned we need to have a Fundraising Committee (John cannot commit to fundraising anymore). Greg said he'd help but didn't want to Chair. Eva will work with him and Ruth was also appointed to the committee.

District Governor Rick has our two peace-poster entries. He will bring them to the cabinet meeting this weekend.

The December meeting has traditionally been our holiday party, but not this year. We will have another Zoom meeting instead.

Hand Sanitizer Sales Status - Ruth reported that 321 bottles have been sold for a profit of \$522.00. We still have 29 bottles left to sell.

Since the Victorian Stroll has been cancelled this year, we should find another fundraiser to take its place. We did add the Hand Sanitizer & Mask fundraisers this year which will help offset that, but we aren't sure if we will even receive Save Around Books so there is another fundraiser we could possibly lose. (We have since found out they're on the way.)

The Coats for Kids campaign is officially underway. We do

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have enough drivers for all our cleaners.

New Business - Greg wanted to get something going regarding the district environmental committee he is on - possibly a highway clean-up. Greg & Jodi are entertaining the idea of visiting other clubs to see what they are doing with their environmental programs and see if we could work together on something.

Greg suggested that we might want to invest in better equipment for holding Zoom meetings.

Ruth is waiting for paperwork on two eyeglass applications.

Jerry distributed two hearing-aid applications before the meeting. For one, we will split the \$750 total with HCS. For the other, we have asked the family to contribute \$250 towards the \$750 total, and we will split the \$300 fitting fee with Madison Hearing. Both were approved by the board.

Blueberry signage - Eva to call on price of sign. She has a general idea what will be on the sign. It's been promised for a while but a proof is on the way!

Community Dev Grant status: Greg reported that all 5000+ bottles of hand sanitizer have been distributed as well as 2000 masks. People have been overwhelmed with the donations and appreciate the donation from the A & T Lions Club. Sanitizer was distributed at food distribution sites, community events and also through local not for profit organizations like the Refugee Welcome Center, SNUG, Frank Chapman Memorial Institute, etc. We have received no reimbursement from HUD as of 11/4/2020 towards the \$15,000 grant.

Greg mentioned that there are Community Dev. Block Grants available for Troy that we should apply for.

It was decided to table discussion until we see how the reimbursement goes for the Albany CDBG.

Lion Preem moved that we contribute \$350 to Greg's Pandemic Produce Market to support one week's operation. Seconded by Jerry and passed. Greg & Jodi are getting the produce donated 4 days per week. Neighborhood people are volunteering at the market. There is one person who is paid to run the market for the 4 days and that was the only cost of supplying food to the neighborhood.

Boscov's reported on the results of their Friends Helping Friends campaign: "It looks like your organization had about \$1500 in sales designated toward it, and you can

expect to receive a check for approximately \$80-90. We're working hard finalizing figures for almost 4,000 organizations, with over \$500,000 going to charitable organizations and expect all checks should be mailed by mid-December."

Lion Joann Beach reported via email that because of Covid, Vanderheyden was requesting donations this year instead of the gifts we usually supply. We approved sending them \$250.

We approved our annual \$200 donation to HOBY (Hugh O'Brian Youth Leadership) to sponsor a local highschool sophomore to attend their leadership seminar.

KING LION EVA BASS

12A Lark Drive,
Albany, NY 12210
Cell 518-419-5330
bridgethagapcommunity@gmail.com

CLUB CORRESPONDENCE

P. O. Box 192, Troy, NY 12181-0192
info@albanytroylions.org 518-512-2722
AlbanyTroyLions.org facebook.com/albanytroylions

Pediatric Cancer **URGENT!!!**

By Lion Diane Lange

Children with cancer are the last in line for new drugs. In the last 20 years, only 4 new drugs have been developed to help our children with cancer. Many children are given adult medicines with eventually cause serious side effects and even death.

Our Senators will be voting at SOON and need to be encouraged to pass S. 4010 Creating Hope Act "Reauthorization Act".

These are the Senators that need to be contacted to pass this bill. They will not answer the phone, but PLEASE leave a message.

Senator McConnell	202 224-2541
Senator Schumer	202 224-6542
Senator Alexander	202 223-4944
Senator Murphy	202 224-2621
Senator Sanders	202 224-5141
Senator Warren	202 224-4543

This needs to be accomplished by December 11th!!!

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Does your Club have a Childhood Cancer Chair?

If not, please consider having one. There is a great need to support Childhood Cancer, not only through lobbying for the development of drugs and medicine specific to children as mentioned previously, but also supplying Comfort Bags for children, Hope Bags for families, Gift Cards, and supplying items on the Ronald McDonald House Charities Wish List (see page 23).

Here are some ideas your Club Cancer Chair could initiate within your club or a GREAT PROJECT for Leo Clubs!

1. FILL CHILDRN'S MAILBOXES

A 4year old named J. J. is at Albany Med battling a very rare blood disease. He undergoes many monthly blood transfusions and "pokes".

J. J.'s wish was to have a mailbox of his own, so that he could get mail just like his parents. His wish was granted and now after each visit he gets to go to his mailbox.

There is a NEED to keep his mailbox FULL! J. J. loves superheros, stickers, Holiday cards, matchbox cards and trucks.

J. J. Amisano
P. O. Box 14511
Albany, NY 12212

2. NICK'S FIGHT TO BE HEALED FOUNDATION

Comfort Bags for Children (\$150 - \$200/per bag)

1. Art Supplies
2. Comfy Socks
3. Hats
4. New Children's Books
5. Gift Cards (Visa, Google, Game Stop, Walmart, I-tunes)

Hope Bags for Families

1. Journals/Pens
2. Ear Plugs
3. Comfy Socks
4. Combs/Brushes
5. Travel size (toothpaste, toothbrushes, mouthwash, shampoo, soap, hand lotion)
6. Gift Cards (Stewarts, D&D, Price Chopper, Walmart, Hanniford, Gas Cards)

If you do have a Childhood Cancer Chair, please send this information:

Name, Club, email, and phone Number to Childhood Cancer Chair Diane Lange. Her address and contact information is in the footer of this article.

**Where there's a NEED,
 There's a LION!**

DIANE LANGE, PEDIATRIC CANCER CHAIR

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

Chazy Lions Club

By Lion Priscilla Laurin

Chazy Leo's club and the little Leo's together raised \$781.00 for the American Cancer Society Real Men Wear Pink. The little Leo's are grade K -6. The Leo's are grades 7-12.

2nd Vice District Governor Ricky Laurin received the International President Certificate of Appreciation at the 20W Fall Conference in Lake George, on November 14th.



KING LION THOMAS PEPPER

649 Ratta Road, Chazy, NY 12921
 Home: 518-846-8404
 Cell: 518-569-2734
 Work: 518-846-7111
 tom.pepper@westelcom.net

Central Association for the Blind and Visually Impaired (CABVI)

By Tara A. Capponi

On behalf of the American Diabetes Association, the Central Association for the Blind and Visually Impaired wants to inform and/or remind people that November is Diabetic Eye Disease Month. Diabetic eye disease is a group of eye diseases that people with diabetes need to be screened,

...continued on next page

monitored, or treated for, as they are a complication of the disease.

According to the ADA, diabetes takes a toll on your general health. The heart, the kidneys, and the nervous system are affected. Heart attacks, kidney failure, strokes and peripheral nerve damage can occur. The eyes are at particular risk for hemorrhage and blindness if diabetes is not treated.

Who is at risk for developing diabetic eye disease(s)?

- Anyone who has diabetes I or II

What type of diseases may affect my eyes if I am diabetic?

Diabetic retinopathy, which damages the blood vessels in the retina, is the most common diabetic eye disease. The longer you have diabetes, the more likely you are to get it. It's important to know that there are two major types of retinopathy: 1-nonproliferative and 2- proliferative. Also, for those who have diabetic retinopathy, Diabetes Macular Edema (DME) can occur. It happens when there is leakage of fluid, blood, and cholesterol in the macula and affects the center, or fovea, of your retina.

You may also be affected by the following eye diseases, which are strongly related to, but not limited to diabetes:

- Cataract: Clouding of the lens of the eye (this can happen in one, or both eyes)
- Glaucoma: increases the fluid pressure inside your eye and leads to optic nerve damage and irreversible loss of vision

How do I find out if I have a diabetic eye disease?

Because the aforementioned eye diseases have no warning

signs, it's imperative for diabetic patients to get an annual, comprehensive eye exam with dilation to determine and/or detect any of the diabetic eye diseases they are at a higher risk for. Early detection is still the best detection. Timely intervention with pharmaceuticals, and/or laser procedures are the most effective in treatments in managing the diseases and preserving your vision.

What can I do to decrease my risks of diabetic eye diseases?

- Taking your diabetic medication as prescribed
- Maintain a healthy diet
- Stay physically active
- Maintain a healthy weight
- Do not smoke

It is a good idea to have an annual comprehensive eye examination, even if you do not suffer from diabetes and especially if you experience any visual problems. If you suffer from diabetes, make sure you have a comprehensive eye examination with dilation each year.

www.diabetes.org/diabetes/complications/eye-complications.

CENTRAL ASSOCIATION FOR THE BLIND AND VISUALLY IMPAIRED (CABVI)

507 Kent St. Utica, NY 13501

Phone: 315-797-2233

www.cabvi.org

**MICHAEL MARRONE
PR & EVENTS MANAGER**

District & Club Resources

Important Links

Zone and Region Chairs

<https://tinyurl.com/y7dtrtz5>

Service Toolkit

<https://tinyurl.com/ybq7vnhd>

Club Resource Center

<https://tinyurl.com/y7onrj7l>

Club President

<https://tinyurl.com/ycbk9l9e>

Lions Learning Center

<https://tinyurl.com/y96hmy27>

Lions University

<https://lionsuniversity.org/>

Club Secretary

<https://tinyurl.com/y9ke23xg>

Club Treasurer

<https://tinyurl.com/y92he2c8>

Membership Chair

<https://tinyurl.com/yckcqmq6u>

Services Chair

<https://tinyurl.com/y7nepq8p>

LCIF Coordinator

<https://tinyurl.com/y7w9zjzp>

Marketing and Communications

<https://tinyurl.com/y9scx447>

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, 2021 ~ June, 2021

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,
WE ARE LIMITED TO ONE PAGE PER DISTRICT/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. Please no handwritten.
- 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.

Whistle Stop

Phone adapter to prevent feedback from using the telephone with a hearing aid.

Infrared TV Listening System

Wireless infrared amplification system.

Digital Alarm Clock

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

Personal FM System

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

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.

Amplified Telephone

Adjustable volume control with amplified ringer.

Cap-Tel Telephone

Telephone that has both amplification and caption capability. Telephone ringing, and alarm clock activation.

Amplified Telephone Ringers

Provides adjustable ring volume, frequency, and pitch tone.

Personal Body Pager

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

LIONS LOAN-OUT CENTERS

Madison Hearing Center

14 Columbia Circle West Drive, Suite 202
Albany, NY 12203
Voice: (518) 690-2060

Northeastern Association of the Blind at Albany

301 Washington Avenue
Albany, NY 12206
Voice: (518) 463-1211, ext. 241

Madison & Saratoga Hearing Center

81 Miller Road, Suite 700
Castleton, NY 12033
Voice: (518) 689-0792

Center for Better Hearing

318 Ridge Street
Glens Falls, NY 12801
Voice: (518) 638-4363

Audiologic Solutions

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

Saratoga Hearing Center/Saratoga Medical Arts Bldg.

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

Schoharie Office for the Aging

113 Park Place, Suite 3
Schoharie, NY 12157
Voice: (518) 295-2001

Resource Center for Independent Living

131 Genesee Street
Utica, NY 13503
Voice: (315) 797-4642 Ext. 2928
TTY: (315) 797-5837

Capital Region Hearing

9 West Sand Lake Road
Wynantskill, NY 12198
Voice: (518) 326-1742