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A
message
from
**District Governor
Ricky Laurin**



"How Can We...?"



International President
Brian Sheehan's pin.
"Together We Can"

Hey Lions Team,

Another month is upon us. November throws a lot on our plate to tackle as we head toward the holidays. I am asking Lions to tackle Diabetes because it is a Lions Global Focus & National Diabetes Awareness Month. November 14th is Worldwide Diabetes Day and is a day for education and action.

What is diabetes? The body does not produce the proper amount of insulin from the pancreas. There are two types of diabetes: Type 1 and Type 2. With Type 1 Diabetes, the body does not produce any insulin. With Type 2 Diabetes, the body produces too little insulin.

**NEXT ROAR
DEADLINE
NOV. 28, 2022**

**Submission requirements
page 45**



...continued on next page

According to CDC 1 in 3 people are pre-diabetic, and 9 out 10 don't know they have pre-diabetes. What can Lions do for people that are diabetics and pre-diabetic? There are pamphlets you can get from several places, look online and check with local hospitals, health departments., etc. Partnering with other organizations such as health fairs and cooperative extensions can provide helpful information.

District 20W has Diabetes Educators that can give presentations at Senior Centers, Lions club meetings, libraries, senior living facilities, etc. Three new educators in 20 W are going to start training at the beginning of November to cover a broader area.

Remember Lions Clubs International (LCI) develops goals and gives us guidance to serve Worldwide. I would like every Lion in OUR district to look at things a little differently. LCI does not exist without front-line Lions. You are the most important people in Lions, how else would We Serve the local communities. Local communities are where you, you, you, you, and you make a great difference. No member should underestimate their value to their Lions club and community. I know it is easy to get trapped in a routine, but success is changing routine into positive action.

Positive actions can only come from us Lions members when we do things to SERVE. It is a trickle up effect; our local members, local clubs, and district 20W, which is the foundation for LCI. After these levels the rest of Lions is built on top of the foundation, which holds every other Lions endeavors up.

Please believe in YOURSELF, YOUR CLUB AND THE GREAT THINGS LIONS DO. When your image improves, YOUR performance improves !!!!!!!!!!!

District Governor
Ricky Laurin (Chazy Lion)
20W District Governor
email: rickylions18@outlook.com
Phone: 518-569-7253



REMEMBER!
Fall Conference this Saturday
Registration 9:30 am
Lake George Marriot Courtyard

Save the Date!
DG Ricky Laurin's Testimonial
June 4, 2023

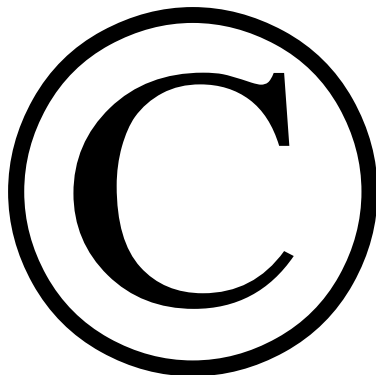
A Cautionary Tale

I have been editor of Rare Meat, our club newsletter, for at least the last ten years. I hate to have too much empty space, so whenever there's room, I usually add one or more (sometimes a whole page) of seasonal cartoons. I find them by Googling "winter cartoons" or "Thanksgiving cartoons" or something similar. I'll usually get hundreds to choose from.

About six months ago, I got a letter from King Features Syndicates, a division of Hearst Holdings, in which they cited 10 of their copyrighted cartoons that had appeared in Rare Meat between October 2019 and August 2021 and for which they wanted compensation. We ignored them for a while, hoping they would go away, but when they didn't, we started talking. They weren't happy with my sincerest apology and promise not to do it again. Nor were they impressed with our non-profit status and all the good we do for our community. Soon they turned it over to a law firm who demanded \$5000. Based on the recommendation of a friend of a friend, we ended up being represented by a partner in a large law firm that specializes in intellectual property. He agreed to negotiate for us on a pro bono basis.

Bottom line: We finally settled for money for us, but only a fraction of court.

How did they find us? All the must have a bot (a bot is a software certain tasks) that crawls the Internet



a payment of \$1500. That's a lot of what it could have cost us if it went to

newsletters were on our website. They application that is programmed to do looking for copyrighted images.

Lesson to be learned: Be careful where you get your images. All Google results say "image may be subject to copyright." Even "free clipart" has conditions attached to its use. If you're using the image in the poster for an event, you're probably going to put the poster on your website, the calendar on the district website, Lions Roar (the district newsletter, which ends up on the 20W website), Facebook, Twitter, Instagram and anyplace else for the publicity. Be aware that you could run into the same problem we did, especially if the event is to raise funds. It may be a good idea to track down whoever holds the copyright and ask for permission. It may even be worthwhile to pay whatever fee they ask; it's usually not too much.

Jerry Gordon
 Secretary, Albany & Troy Lions Club
 Webmaster for AlbanyTroyLions.org and 20WLions.org
 518-235-8232
 Aug. 27, 2022

NYS and Bermuda LIONS District 20-W



Marketing Plan for the 2022-2023 LION Year #Lions of Upstate New York

District 20-W Marketing Plan 2022-2023



What do we want to achieve?

- Specialty Club and New Club Initiative
- Increased Awareness of our Mission
 - General Public – Families and community
 - Other Service Organizations
- Membership – Growth and Retention
- Service expansion
- Leverage LCI Resources

Develop Partnerships with other Community/Business Groups

District 20-W Marketing Plan 2022-2023

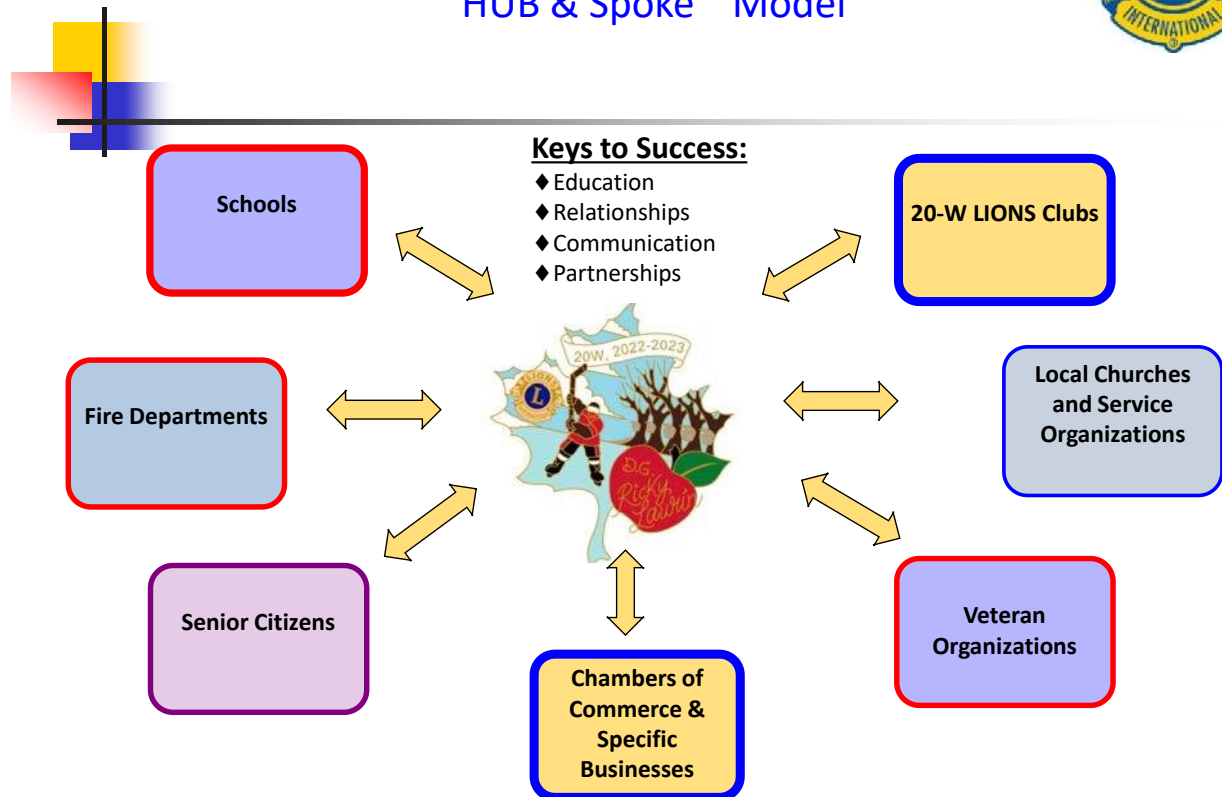


20-W Current Plans

- District Wide Coloring Book Program
 - Application to NYS/Bermuda for PR Grant to produce and distribute books and crayons
 - Plan to work with other districts on distribution
- Meeting with Communications and Marketing Team to develop focused strategy on supporting the District.
 - Lion Jerry Gordon, Lion Karen Rager, PDG James Griffith, Lion Barbara Bentley, Lion Joe Wagner and PDG John McDonald (Eye Institute Model)
 - District Facebook – Lion Barbara and PDG James
 - Website and Directory – Lion Jerry Gordon
 - Newsletter & MD20 Magazine – Lion Karen Rager
- Focus on specific messaging and communication channels
 - Content, Frequency and Education
 - Embrace “Thinking out of the Box” to bring our message
 - Obtain Funding/Grants to execute plan.
 - District and Local Clubs Partnering on the plan

How does the District move forward with a Marketing Plan?

Expanding Membership & Service through a “HUB & Spoke” Model



20W Who's Who

DISTRICT 20-W CABINET

DISTRICT GOVERNOR

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

1st VICE-DISTRICT GOVERNOR 2nd VICE-DISTRICT GOVERNOR

Priscilla Laurin (Chazy Lions)
207 Sheldon Lane, Chazy, NY 12921
Home: 518-846-7269
laurinr@westelcom.com

Holly McConchie (Galway Lions)
13 Marilyn Drive, Glenville, NY 12305
Home: 518-882-6516
hmeconchie@aol.com

CABINET SECRETARY

Gayle Woodruff (Chazy Lions)
7423 Rt. 22, West Chazy, NY 12992
CSgwoodruff@gmail.com
Cell: 585 704-7422

CABINET TREASURER

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

IMMEDIATE PAST DISTRICT GOVERNOR

Michele Puleo O'Hare (Bethlehem Lions)
8 Turnberry Drive, Slingerlands, NY 12159
Home: 518-475-1908; Cell: 518-410-5941
mapohare@gmail.com

GLOBAL ACTION TEAM

MEMBERSHIP

PDG Ed Stano, Jr.
(Town of Greenfield Lions)
2070 Route 9N
Greenfield Center, NY 12833
Home: 518 893-7150
Cell: 518-879-5757
estanojr@nycap.rr.com
Club: Town of Greenfield

SERVICE

PDG Milledge "Smitty" Smith
(Gouverneur Lions)
13487 NY-178, Adams, NY 13605
Home: 315 232 2530
Cell: 315 778 3281
pdgsmitty@gmail.com

LEADERSHIP

PCC Mark Whitney
(Town of Schroon Lions)
6825 Lynvale Drive
Fort Wayne, IN 46804
Cell: 518-791-7519
md20pccmark@gmail.com



**District 20-W comprises
these New York State counties**

Albany, Clinton, Essex, Franklin, Fulton, Hamilton, Herkimer,
Montgomery, Eastern Oneida, Rensselaer, St. Lawrence,
Saratoga, Schenectady, Schoharie, Warren, and Washington

REGION L

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

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

REGION I

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

ZONE B: Broadalbin-Perth,
Fonda & Fultonville, Greater
Johnstown, Northville Sacandaga,
Speculator.

REGION O

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

REGION N

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

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

REGION S

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

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

REGION AND ZONE CHAIRS

L I O N S

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, Raquette River.

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

ZONE B: Broadalbin-Perth, 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 CHAIRS

Jim Winkler
(Clinton Lions)
136 Utica Road, Clinton, NY 13323
Home: 315-853-6355
Cell: 315-601-4038
Wink8@aol.com

REGION CHAIR

REGION CHAIR

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

REGION CHAIR

REGION CHAIR

Priscilla Laurin
(Chazy Lions)
207 Sheldon Lane
Chazy, NY 12921
Home: 518-846-7269
Cell: 518-569-4421
lionpriscilla2324@yahoo.com

ZONE "A" CHAIR

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

ZONES "A" AND "B" CHAIR

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

ZONE "A" CHAIR

IPDG Michele Puleo O'Hare
(Bethlehem Lions)
8 Turnberry Drive
Slingerlands, NY 12159
Home: 518-475-1908;
Cell: 518-410-5941
mapohare@gmail.com

ZONE "A" CHAIR

Joe Latimer
(Clifton Fine)
P. O. Box 52
Newton Falls, NY 13666
Home: 315-848-3578
Cell: 315-854-4247
dlatimer@slc.com

ZONE "B" CHAIR

ZONE "B" CHAIR

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

ZONE "B" CHAIR

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

ZONE "B" CHAIR

Priscilla Laurin
(Chazy Lions)
207 Sheldon Lane
Chazy, NY 12921
Home: 518-846-7269
Cell: 518-569-4421
lionpriscilla2324@yahoo.com

COMMUNICATIONS AND MARKETING TEAM

DISTRICT COORDINATOR

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

WEBSITE & DIRECTORY DIRECTOR

Jerry Gordon (Albany & Troy Lions)
15 Hyland Circle, Troy, NY 12182
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jerrygordon@juno.com

NEWSLETTER & MD20 MAGAZINE DIRECTOR

Karen Rager (Glens Falls Lions)
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FACEBOOK ADMINISTRATOR

PDG James Griffith (Cambridge Lions)
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PDGJamesGriffith@gmail.com

FACEBOOK EDITOR

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.org
Lions International: LionsClubs.org



MEMBERS CORNER



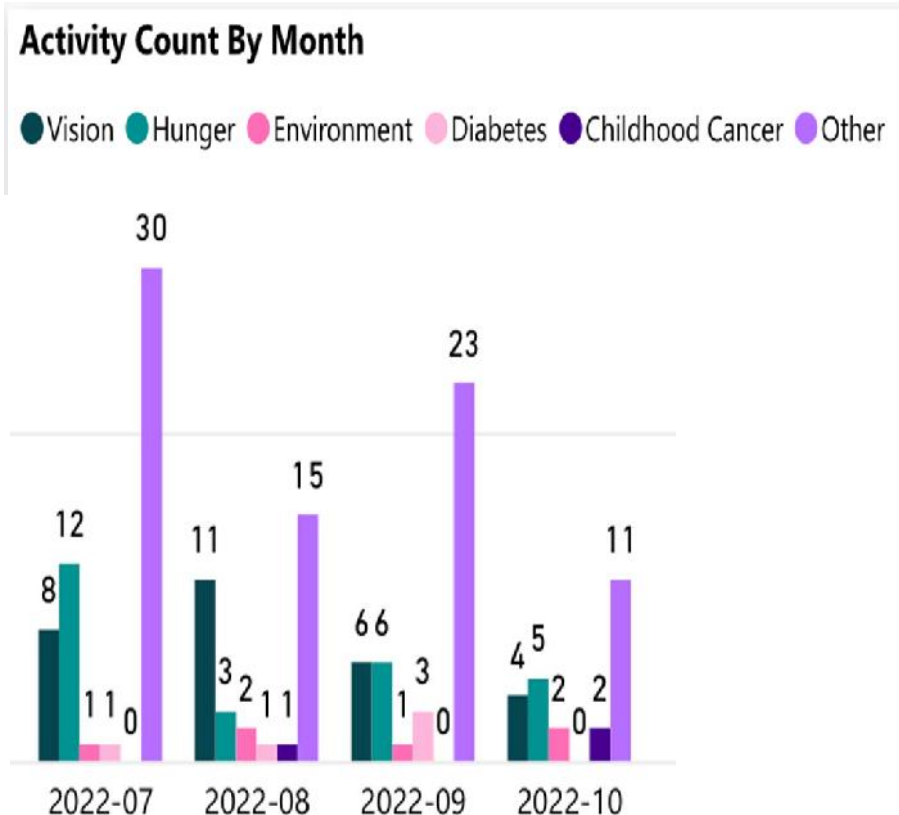
CONGRATULATIONS and a big Thank You to the Clubs currently reporting!

District 20 W
Current LCI Fiscal Year July 1, 2022 - June 30, 2023

Activity Level
[All](#) [District Activities](#) [Clubs](#)

46,277 People Served	148 Service Activities Completed	4,162 Volunteer Hours	\$117,748 Funds Donated(USD)	\$174,027 Funds Raised(USD)
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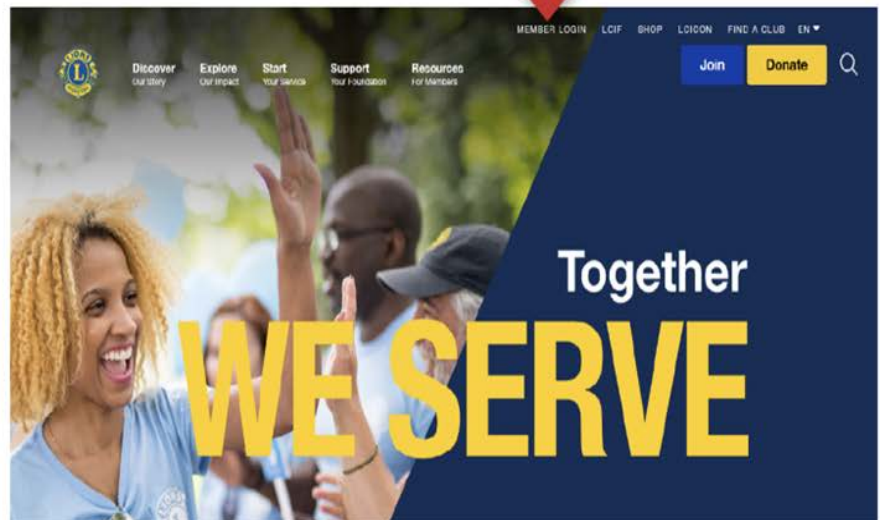
Here is the current service reporting.



To the other half of the Clubs that have also been active in your communities please...



1. On lionsclubs.org, select
"Member Login"



...You can quickly learn how to report service and use all of the Lions digital platform with convenient online video tutorials....<https://vimeo.com/showcase/digital-products>

Remember that all Lions members can still plan service activities and set them up on MyLion...



	MyLion Access	Plan an Activity	Report a Club Activity	Report a District Activity	Report a Multiple District Activity
Member (for Lion or Leo Club)	✓	✓			
Club President	✓	✓	✓		
Club Secretary	✓	✓	✓		
Club Service Chairperson	✓	✓	✓		
Club Administrator	✓	✓	✓		
District Governor	✓	✓		✓	
District Office Staff – Admin	✓	✓	✓	✓	
District Lions Staff – Admin	✓	✓	✓	✓	
District YCE Chairperson	✓	✓		✓	
District GST Coordinator	✓	✓	✓	✓	
District IT Chairperson	✓	✓	✓	✓	
District Leo Chairperson	✓	✓		✓	
District Diabetes Chairperson	✓	✓		✓	
District Environment Chairperson	✓	✓		✓	
District Hunger Chairperson	✓	✓		✓	
District Vision Chairperson	✓	✓		✓	
District Childhood Cancer Chairperson	✓	✓		✓	

Learn more at lionsclubs.org/service-reporting



Lions Clubs International

District/Club News

CALENDAR OF EVENTS

Fall Conference

Marriott Courtyard, Lake George, NY..... November 5, 2022

Cambridge Lions Club Membership Mixer

The Vault, Cambridge, NY..... November 9, 2022

Chazy Lions Club Annual Turkey Raffle

The Weathercock, Chazy, NY November 12, 2022

Cambridge Lions Club

Strides for Diabetes..... November 12, 2022

Town of Greenfield

Christmas Tree sales starts November 20, 2022

Duane Lions Club

Basket of Cheer Raffle November 20, 2022

Galway Lions Memory Tree Lighting

Village Park..... November 27, 2022

Town of Greenfield Lions Club Pop up Christmas Shop

Greenfield Community Center..... December 3 and 10, 2022

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

2022 Raffle..... December 8, 2022

Hadley Luzerne Lions Club 75th Anniversary

Nettle Meadow Farm and Artisan Cheese December 9, 2022

Town of Greenfield

Christmas Pop - Up - Shop December 3, 10, 2022

DG Ricky Laurin Testimonial

Save the Date June 4, 2023



Attached are the deadlines and advertising rates for the MD 20 magazine. Part of the MD20 budget is the expense of the magazine and this can be offset by advertising. Please solicit ad's to help this. Send Ad's ONLY directly to the Publisher at the address below.

FROM THE ROAR EDITOR: Please send free articles for the MD Magazine to karen@deuxflutes.com NO LATER than ONE WEEK BEFORE their deadline below.



~ Magazine Advertising Contract ~
MD20-New York & Bermuda Lions

The undersigned agrees to take _____ page advertisement in the MD20 Magazine and agrees to pay for said advertisement in the amount stated for the advertisement in the sum of \$ _____.

Name	Title	
Organization		
Address		
City	State	Zip
Telephone	Fax	
Email		
Authorized Signature		

PER ISSUE

<input type="checkbox"/> Outside Back Cover (Full Color) \$750	<input type="checkbox"/> One Third - Inside Page \$200
<input type="checkbox"/> Inside Back/Front Covers (Full Color) \$600	<input type="checkbox"/> One Quarter - Inside Page \$130
<input type="checkbox"/> Full - Inside Page \$500	<input type="checkbox"/> Business Card - Inside Page \$65
<input type="checkbox"/> Half - Inside Page \$300	<input type="checkbox"/> Additional for Photos with Adv. \$25

Inside ad Sizes:

- Full page -- 7 5/8" wide by 9 3/4" deep
(the outside back cover ad should be 10 1/4" deep)
- Half page -- 7 5/8" wide by 4 3/4" deep
- One-third page -- 7 5/8" wide by 3" deep
- One-quarter page -- 7 5/8" wide by 2 1/4" deep
OR 3 3/4" wide by 4 3/4" deep
- Business card size -- 3 1/2" wide by 2 1/4" deep

Deadlines for Printed Issue

- Convention Issue - March 28th

Deadlines for Electronic Issues

- October Issue - October 4th
- January Issue - January 6th
- June Issue - June 5th

**AD PLACEMENT REQUEST WILL BE
FIRST COME FIRST SERVE - WITH PAID ADVERTISEMENT.**

For internal (MD20 Office) use only

PAID by ☐ Cash ☐ Check # _____ ☐ or website,

Accepted by: _____

Date: _____

ATTACH COPY OF ADVERTISEMENT - PLEASE PRINT OR ATTACH BUSINESS CARD

Due Dates - See Above

Please make check or money order payable to:
New York & Bermuda Lions
NYS Lions, 200 Gateway Park Drive, N. Syracuse, NY 13212

THE LIONS WORLDWIDE ONLINE AWARENESS CAMPAIGN

STRATEGY GUIDE



2022-23



Our Mission

*To create awareness on social causes especially **Diabetes** through various mediums including social media*



WWW.WECAREWESERVE.COM



Ronald McDonald House Charities® of the Capital Region

Keeping families close™



Snacks & Beverages

Individual Cereal Cups
Individual Oatmeal Cups
Individual Nut and Trail Mix Packs
Mini Muffin Packs
Crackers & Cheese Packs
Crackers & Peanut Butter Packs
Individual Chips, Pretzels, Popcorn
Protein bars
Fresh Fruit: Bananas, Oranges, Apples
Water (6 - 12 oz bottles)
Lemonade, Sprite, Coke, Seltzer (12 oz. cans)
Powerade (12 oz bottles)
Ramen/Cup O' Noodles Soup
Infant food pouches: Fruit/Veggies/Yogurts

Household Items



Paper Towels
Standard-size Pillows
Zippered Pillow Protectors
Queen-size Mattress Protectors (Zippered)
Queen-size Mattress Pads
Ziplock bags (snack, sandwich, & quart size)
Swiffer dust cloth refills
Swiffer wet cloth refills
Laundry detergent
Clorox mopping clothes
Infant diapers
Baby wipes
Feminine products



Gift Cards

Dunkin' Donuts
Subway
McDonald's
Hannaford
Wal-mart
Stewart's
Chipotle
Dominos
Price Chopper
Gas Cards
Sam's Club
Visa gift cards

Family Needs & Activities



Preemie Gerber Socks
Preemie Receiving Blankets
Pop Bubble Fidget Toys
Hot Wheels
Outdoor Toys/Games
Crayons
Bubbles
Small Infant Toys
Teething Toys
Children's Board Books
Play-doh

Wish List Items can be dropped off at Ronald McDonald House

139 S. Lake Avenue, Albany, NY 12208

Monday - Friday, 9AM-5PM

Questions? Call 518-438-2655

Please Join Us...



CAMBRIDGE LIONS MEMBERSHIP MIXER



Interested in giving back to your Community?



**Join us for our 1st Membership Mixer!
Come learn about our communities oldest
service organization!**

Refreshments ~ Door Prizes ~ Networking

**WEDNESDAY, NOVEMBER 9TH, 2022 5:30-7:00 PM
AT THE VAULT, CORNER OF MAIN & WASHINGTON**

HOSTED BY TERRI CONRAD





Chazy Lions Club

Presents our annual

“Turkey Night” Raffle

The fun starts at 6:30pm on Saturday, November 12th at the Weathercock in Chazy! Food provided by the Weathercock when the raffle has completed.

All Proceeds Go to Our Local Community's Charitable Needs

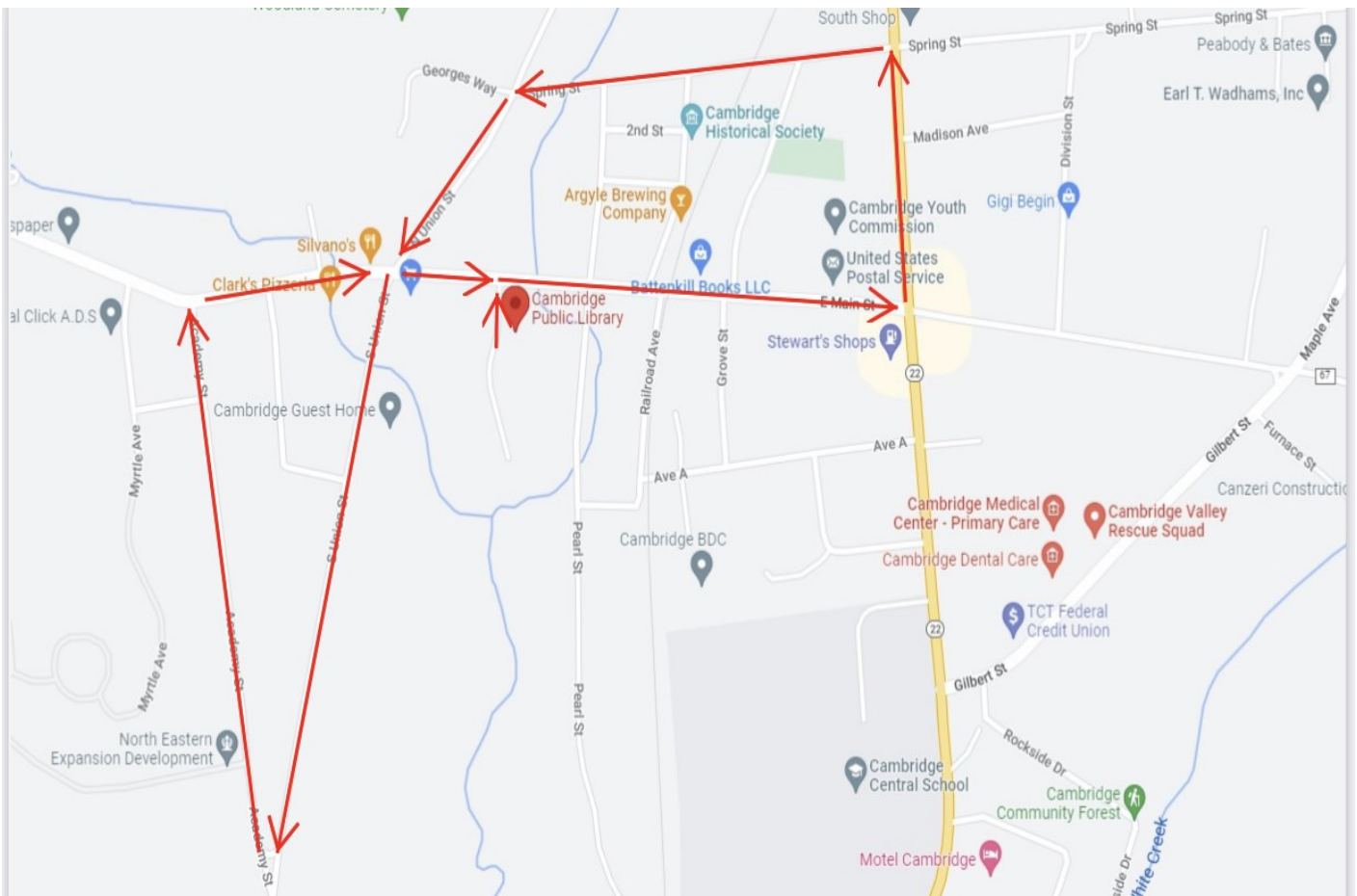


Cambridge Lions Club Strides Walk to Create Awareness for Diabetes Saturday, November 12, 2022

Registration at 8:30am, Walk starts at 9am

Start: Cambridge Library Gazebo

Donuts, apples, coffee, and water will be available for walkers





**Town of Greenfield
Lions Club
Annual Christmas
Tree & Wreath Sale**

Any Tree - \$50 each



**Wreaths:
\$12 Plain
\$15 w/Ribbon**

**Tree Sales Located at 31 Wilton Road,
behind Greenfield Community Center
Ample Parking in Community Center**

We Thank You for your continued Support!
Starts Nov 20, self serve, except on weekends.



Duane Lions Club



Basket of Cheer Raffle



3 Baskets will be awarded

Treat Yourself and Your Friends!

Tickets sold at these
Duanesburg locations:
Syron's Meat Market
Duanesburg NBT Bank
Back Barn Brewery
Helderberg Meadworks
or via

Venmo @DuaneLions
with name, phone, email,
and # of tickets



\$5 per ticket *or* 3 for \$10

Drawing: November 20, 2022

Must be 21 years old to claim prize

You do not need to be present to win.



Courtesy of the Duane Lions Club
Duane Lions...Helping others in our community

Memory Tree Galway Lions Club

The Galway Lions announce the 28th 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 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 the 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 Lions Club.

A list of names of those to be remembered will be posted in the gazebo. Each name will be listed only once. Angels next to a name will indicate additional remembrances.

Community Fund projects we donate to include: Gateway House of Peace, local holiday and spring basket programs, Lions Eye Bank at Albany, Lions Foundation, Town of Galway Summer Program, and the annual senior class breakfast.

Please join us for the tree lighting on Sunday, November 27th at 5:30 pm. Bring a flashlight. After the tree is lit, we will read the names of those being remembered.

The members of the Galway Lions 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 per name)

In memory of Mrs. James Smith = a \$1 donation

In memory of Mr. & Mrs. John Smith = a \$2 donation

Donated in memory of:

Total amount enclosed \$ _____. Make checks payable to the Galway Lions 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 Lions Club, PO Box 244, Galway, NY 12074

Town of Greenfield
Lions Club

**Christmas
Pop-up Shop**



**Dec 3rd and Dec 10th
- 10am to 5pm**

**Greenfield Community Center
25 Wilton Road**

For More Information please email vpplummer122@gmail.com or
call Lion Verna Plummer 518-605-6105

**Lions Fresh Homemade Hot Soups or Chili
Local Vendors & Crafters
Lions Cookbook & Bake Sale
Food Drive for Food Pantry**

22



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

2022

RAFFLE

1st PRIZE | \$2500 2nd PRIZE | \$1000 3rd PRIZE | \$500

\$20 per ticket | Drawing held December 8, 2022

For tickets contact:

Lion Victoria Adler 518-489-7606

e-mail: vadler@leba-r.org

Lion Lettie Saheim 518-753-7867

e-mail: lsaheim117@gmail.com

proceeds to benefit

Lions Eye Bank at Albany/Rochester

Saving Sight | Changing Lives



ST. CATHERINE'S

CENTER FOR CHILDREN



Hope for the Holidays

Memories of happy holidays don't exist for a child like Devin, who was recently removed from his home after suffering years of neglect. For Sara and Dante—who have three young children and live in a homeless shelter—it won't be a happy holiday season until they can find a safe and affordable apartment to call home.

At this time of year, friends of St. Catherine's often ask how they can brighten the holidays for someone in need. St. Catherine's **Hope for the Holidays** program offers a variety of ways you can help.

Holiday Tree: Starting in mid-November, St. Catherine's will collect gifts for children at our Holiday Tree in Colonie Center. Simply visit Colonie Center and pick a card of your choice from the tree. Shop for the gift listed on the card, and **drop the unwrapped gift in our collection box by the designated date.** Or, you can reach out to us if you would like to set up your own Holiday Tree at your office or workplace. **We will wrap and deliver all gifts to children and families in need, so please return your donation to our box just as soon as possible!**

Adopt-a-Child / Adopt-a-Family: The holidays can be especially difficult for parents who are unable to provide for their children. Our **Adopt-a-Child / Adopt-a-Family** program allows you, your family and friends, or your group/organization the opportunity to make a big impact. Just reach out to us, and we will match you with a child or family in need. Needs may include food, household items/essentials, clothing, or toys. If you would like to participate in this program, we ask that you plan ahead so that your shopping is complete and donations are ready for delivery or pick-up no later than December 15. Contact us to learn more!

Donate a Holiday Meal: A bag of groceries is all you need to make a memorable holiday meal for a family or someone in need. A turkey or ham, canned goods, rolls, and an apple or pumpkin pie will do the trick. Our staff will personally deliver your meal(s) to those who will most benefit from your gift.

Gift Wrapping Day: Our annual gift wrapping day is scheduled for Thursday, December 22 from 10am to 3pm at 40 North Main Avenue in Albany. We're always looking for volunteers to join us and help wrap toys or gifts. We provide the wrapping paper, scissors, tape, and snacks! You just bring a holiday smile (colorful sweaters are optional!) Contact us soon if you would like to get on our volunteer list, as tables fill up quickly!

Holiday Gift Catalog: You can use our Holiday Gift Catalog to make cash donations that will be used to support children, adults, and families in need. Your gift can help send a child to camp, pay for therapeutic art classes for traumatized children, and so much more. Simply visit us at www.st-cath.org and follow the **Hope for the Holidays** button to make your online donation.

Host a Children's Holiday Party: Hosting a party for children is always a great way to bring holiday cheer! Call us if you're interested, and we'll discuss the details!

Call Dori O'Neal at 518-641-6802 or Michele Puleo-O'Hare at 518-453-6702, or email holidayhope@st-cath.org to learn more about holiday giving opportunities noted above.



St. Catherine's at a Glance

St. Catherine's serves children, adults and families who face challenges including physical and emotional neglect or abuse, homelessness, special education needs and developmental disabilities, mental illness or substance abuse, and trauma. St. Catherine's employs more than **300 full and part-time professionals at more than 10 locations** throughout the Capital Region.

During fiscal year 2020-21, St. Catherine's:

- Served children, adults and families from **202 towns, villages, and cities in New York; 28 state counties; and 19 school districts.**
- Served 72 children from 63 families in our **Residential** program.
- Served 112 children and 96 families in our **Foster Care** programs.
- Served 85 children and 60 families in the **R & E May School Day Treatment** program.
- Served 187 children, 100 families, and nearly 1,000 single adults in our **Homeless Services** programs.
- Served 554 children and 403 families in our **Community-Based Services** program.



How you can help

The Foundation of St. Catherine's Center for Children coordinates all giving events and activities for St. Catherine's Center for Children. Interested in learning more about how you can support the mission of St. Catherine's? Contact Michele Puleo O'Hare at mpuleoohare@st-cath.org (fundraising and special events). Email volunteer@st-cath.org to learn about volunteer opportunities at St. Catherine's.

*Offering hope for tomorrow to vulnerable children, adults,
and families in the Capital Region and beyond.*

Residential Program



It's a fact of life. Families struggle, and a child may be removed from the care of his or her parents or guardians for any number of reasons. When that happens, a child not only needs a safe place to live, but often requires therapeutic care. St. Catherine's **Residential Program** provides treatment for boys and girls, ages five to 13, who have been removed from their homes and require 24-hour supervised care. Children in the program struggle with a variety of emotional and challenging behaviors. Some have been abused or neglected and suffer from a history of trauma. Our staff of social workers, clinicians, health care providers, and child care workers offers our children the care and treatment they need to help them thrive. Services include individual, group, and family therapy; psychiatric and psychological evaluation; crisis stabilization and assessment; and daily recreational activities. Development of a placement plan to help a child return home is a critical element of our residential program. When a child's return home becomes impossible, adoption or foster care placement are alternatives to residential care.

Therapeutic Foster Care

When a child is removed from his or her home, foster care placement is sometimes the answer. Children thrive in homes where they are nurtured and loved. St. Catherine's offers **Therapeutic Foster Care** for special-needs children, from pre-school through teens, who may benefit from therapeutic care in a home setting. Children in the program are matched with professional foster families who provide a consistent, predictable and nurturing environment which promotes positive growth. St. Catherine's offers foster parents extensive training and support to help them meet their foster care commitment. Support includes pre-placement and ongoing training, respite services, peer support group meetings, participation in planning and implementation of the foster child's treatment plan, and availability of program staff 24 hours a day. A related program, **Kinship Care**, offers services to close family members—including grandparents, aunts and uncles—or family friends who open their homes to a child and provide full-time care.



R & E May School

Not every child thrives in a traditional school setting. Some have special educational and behavioral needs that can only be met in an environment designed to promote success. St. Catherine's **R & E May School** is a day treatment program that serves struggling elementary school students with special educational needs. Children in the program, which can accommodate up to 68 students at a time, are enrolled from home school districts throughout the region. Each student undergoes an

individual assessment to determine his or her educational and social needs. Staff—including special education teachers, mental health professionals, social workers, and clinicians—develop a comprehensive plan tailored to meet the needs of the student. The school also partners with the child's family and home school district to ensure the greatest chance for success, helping the student develop the knowledge, social skills, and attitudes necessary to reach his or her full potential.

Homeless and Housing Services

Homelessness is a complicated social issue, not only threatening the health and welfare of families and individuals, but also burdening communities. St. Catherine's offers comprehensive **Homeless and Housing Services** for both families and single adults who are homeless or at-risk of becoming homeless. People served in the program struggle with a broad range of socio-economic issues, including poverty and low household incomes, mental health challenges, lack of access to affordable health care, and substance abuse. Our homeless and housing services address those issues to promote independence and stability. **Marillac Homeless Family Shelter** serves up to 24 families at a time, providing emergency shelter and supplemental services for homeless families in need of permanent housing. **Michael's House** provides supportive housing services for up to 20 families and single adults at a time. Additional programs, including **Project HOST** and **Pathways to Health**, connect families and adults to stable housing, health care services, and counseling and employment services. Various housing and homeless family services reach people in Albany, Rensselaer, Columbia, and Schenectady Counties. All services ultimately aim to help the homeless—or those at risk of becoming homeless—find secure, permanent, stable housing, often by linking clients to services essential for their long-term well-being.



Community-Based Services



Many people struggle with complex social and behavioral issues that threaten family stability. St. Catherine's offers an array of **Community-Based Services** designed to preserve family life and provide at-risk families with the skills they need to remain intact. A **Parent Care** program is a specialized clinical and case management program that offers intensive, in-home services that help families remain together or, if a child has been placed outside of the home, promotes family reunification. An **Access and Visitation** program offers supervised visitation in a safe and supportive environment for children and non-custodial parents when parents have separated. Our **Health Homes** program coordinates health services for children in families eligible for Medicaid services.

Other services include *clinical assessments; parent skills training and parent support groups; individual, marital, and family counseling programs; respite* service for families with children displaying emotional or behavioral problems; and *comprehensive support services* for adolescents who have been in foster care or residential programs to help these youth attain independence. Our **Community-Based Services** work closely with representatives from various counties and peer agencies to ensure the needs of our most vulnerable children and families throughout the region are the met.

Make a few dollars while you help the environment

Our club has signed up with CLYNK, a company that pays us for returnable cans and bottles and helps keep them out of the landfill. It's an easy way for us to increase our treasury and help the environment.

If your club would like to participate, go to clynk.com and sign up for a "CLYNK to Give" account.

If your club is not participating and you (and any friends or family members) would like to help our club, contact me at 518-235-8232 or jerrygordon@juno.com and I'll get you all the bags you want.

Here's how it works:

Bag it

Put your bottles (with caps) and cans in the green recyclable CLYNK bag. You can include any plastic or glass bottle or aluminum can that's redeemable in NYS. The bag already has our personalized white CLYNK bag tag on it.

Scan it

Bring your bag to any **Hannaford Supermarket's** bottle-return area, where you should find a hand-held scanner on the wall. Scan the white tag on the bag, which helps ensure all your bottles and cans can be properly tracked.

Drop it

There should be a chute or bin right near the scanner. Drop the bags off and go about your day!

Collect \$\$

Within a week, CLYNK will deposit our earnings right into our bank account.

Jerry Gordon

Secretary, Albany & Troy Lions Club

Webmaster for ALBANYTROYLIONS.ORG and 20WLIONS.ORG



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



Vision of Hope Award

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

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



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

To order:

Please indicate the name, organization or in memory of

Name _____

Shipping information:

Name _____

Address _____

City _____

State, Zip _____

Phone _____

Price \$300.00 (no tax due)

shipping included

Make checks payable and mail to:

Lions Eye Bank at Albany

4 Tower Place, Ste. 601

Albany, NY 12203

Questions—518-489-7606

Please allow four weeks for delivery

If any Lion in 20W is interested in assisting forming new traditional clubs, specialty clubs and a club branch, please contact IPDG Michele O'Hare at mapohare@gmail.com or 518-410-5941.

A decorative border surrounds the central text. It features several stylized handprints in yellow, orange, pink, and blue, along with various styles of eyeglasses (black, green, blue, and grey) scattered throughout.

NEW YORK AND BERMUDA LIONS

LIONS SEE, INC

LIONS SCREENING EYES EARLY

Coming Back Strong!
in the next school year

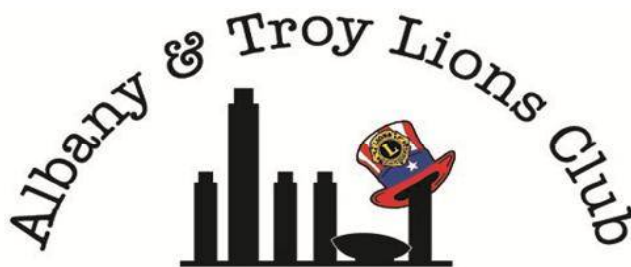
VISION SCREENERS AND ASSISTANTS
NEEDED

For more information:
www.lionsseeny.org



Got Yarn? Or extra fleece fabric?

If you don't need it anymore,
we can find someone who will use it to make hats,
mittens and scarves for the needy.



Warm Woolen Wishes Project

Helping Hands ~  ~ Creating Comfort

Unites people with yarn or fabric so they can help us reach our
goal of 500 items by the end of 2022

This helps us help everyone

Someone stuck at home will have materials to make cozy items

We will have those items to give to the needy

Everyone wins!

If you can help us out with yarn or fabric ~ Let us know.
We will be happy to pick up it up and get it where it needs to go.

Contact the Albany Troy Lions at albanytroylions@gmail.com

or

Lion Ruth Sano at 518-859-3796



DG RICKY'S VISITATION SCHEDULE for 2022-2023

Rev date: October 26, 2022

<i>Alphabetical</i>		<i>Chronological</i>	
Albany & Troy	Feb 1	Saranac Lake	Aug 4
Ballston Spa	Mar 1	Clifton-Fine	Aug 8
Bethlehem	Nov 16	Saranac Lake	Sep 1
Broadalbin Perth	Oct 27	Ogdensburg	Sep 8
Cambridge	Apr 6	Galway	Sep 12
Chazy	Oct 18	New Hart NYM White	Sep 13
Clifton-Fine	Aug 8	Greater Johnstown	Sep 14
Clinton	Feb 9	Tupper Lake	Sep 15
Deerfield	Feb 9	Lake Placid	Sep 19
Duane	Oct 19	Louisville	Sep 21
Edwards	Oct 10	Long Lake	Sep 27
Fonda & Fultonville	Feb 22	Gouverneur	Sep 28
Galway	Sep 12	Raquette River	Oct 1
Glens Falls	Oct 25	Waterford	Oct 5
Gouverneur	Sep 28	Edwards	Oct 10
Greater Amsterdam		Town of Greenfield	Oct 12
Greater Herkimer	Feb 16	Peru	Oct 13
Greater Johnstown	Sep 14	Town of Schroom	Oct 17
Greater Ravena	Mar 8	Chazy	Oct 18
Greenwich	Oct 20	Duane	Oct 19
Hadley-Luzerne	Nov 9	Greenwich & Saratoga	Oct 20
Heuvelton	Nov 15	Glens Falls	Oct 25
Holland Patent	Mar 21	Malone	Oct 26
Lake Placid	Sep 19	Broadalbin Perth	Oct 27
Lisbon	Apr 4	Scotia-Glenville	Nov 8
Long Lake	Sep 27	Hadley-Luzerne	Nov 9
Louisville	Sep 21	Mechanicville-Still	Nov 14
Malone	Oct 26	Heuvelton	Nov 15
Marcy Telephone	Aug	Bethlehem	Nov 16
Mechanicville-Still	Nov 14	Northville Sac	Nov 17
New Hart NYM White	Sep 13	Plattsburgh	Jan 16
Newcomb	Apr 12	Albany & Troy	Feb 1
Northville Sac	Nov 17	@Sauquoit, Deerfield, Clinton, Utica	Feb 9
Ogdensburg	Sep 8	Greater Herkimer	Feb 16
Peru	Oct 13	Fonda & Fultonville	Feb 22
Plattsburgh	Jan 16	Ballston Spa	Mar 1
Raquette River	Oct 1	Schuylerville	Mar 2
Saranac Lake	Aug 4, Sep 1	Greater Ravena	Mar 8
Saratoga Springs	Oct 20	Town of Wright/Schoh	Mar 20
Sauquoit Valley	Feb 9	Holland Patent	Mar 21
Schuylerville	Mar 2	Lisbon	Apr 4
Scotia-Glenville	Nov 8	@Town of Hoosick, Cambridge	Apr 6
Speculator		Newcomb	Apr 12
Town of Greenfield	Oct 12		
Town of Hoosick	Apr 6		
Town of Schroom	Oct 17		
Town of Wright/Schoh	Mar 20		
Tupper Lake	Sep 15		
Utica	Feb 9		
Waterford	Oct 5		

PROTOCOL FOR THE DISTRICT GOVERNOR'S OFFICIAL VISITATION

For the District Governor to have a successful visit to your club, please adhere to the following recommendations:

1. Keep your Club's calendar open for the date agreed upon.
2. Please do not schedule any other guest speaker at that meeting.
3. Plan on conducting your regular meeting and agenda, unless the District Governor requests that he/she speak first. (In case of inclement weather or a long drive home for the DG.)
4. The District Governor will be honored to induct new members at the official visit. Please notify in advance.
5. It is customary that the meal of the DG be paid for by the club. It is optional that the meal of the Partner-in-Service be paid for.
6. Send a notice to all members of the Club that the DG will be making his/her official visit. Be sure to give them the date and request that as many as possible attend.
7. Be proud of your Club and tell the DG of your activities.



District/Club Articles

To get district 20W's newsletter

LIONS ROAR

[click here](#)

Fill all the required spaces and submit!

It's That Easy!

**Just a reminder that effective
July 1st the \$35 entrance fee will
NO LONGER BE WAIVED
by Lions Clubs International.**

**If you have any new members to be
added in to MyLCI, be sure to do
so by June 30, 2022, otherwise, you will
also have to pay the \$35 entrance fee.**

ANY CLUB OR LION INTERESTED IN Kindness Matters Stickers

email IPDG Lion Michele Puleo O'Hare

mapohare@gmail.com

or call her at 518-410-5941

and let her know how many you
would like and where to send them.



Glens Falls Lions Club HALLOWEEN SPIRIT

By Lion Karen Rager

District Governor Ricky "Flintstone" Laurin visited the Glens Falls Lion Club for our October 25th dinner meeting. King Lion Marilyn Rivers asked the club to partake in the Halloween Spirit by dressing up, which we conveyed to the DG!



We had a great club turnout, in costume for the DG and his partner in service, Lion Priscilla. When asked by Lion Scott Rager, why he didn't have his usual animal print toga on, the DG replied, "Black velvet was more formal"! Much fun was had by all!



The club also had their biannual Road Clean up on October 15th on Ridge Road in Queensbury. Thank you to Lion Dick Cipperly for organizing this.

KING LION MARILYN RIVERS

62 Helen Drive, Queensbury, NY 12804

Home: 518-793-1034

Cell: 518-859-3738

smrivers@roadrunner.com

CLUB CORRESPONDENCE

glensfallsions@gmail.com

e-clubhouse.org/sites/glensfallsny/

Glens Falls Lions Club fb page

HAPPY THANKSGIVING

Diabetes Awareness

NOVEMBER IS NATIONAL DIABETES MONTH

By Lion Barbara Bentley

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes.

Lions Club International President, Brian Sheehan, is encouraging all clubs to participate in "The Lions Worldwide Online Awareness Campaign". The mission, is to create awareness on diabetes through various outlets, including social media, by taking the Pre-Diabetes Risk Assessment Test.

As the District 20-W Diabetes Chair, I have a unique link for each club in our district. You can post that link on your social media pages and/or send it out in an email to the members of your club to not only take the test, but to share it with their friends, family and other community members. You will be able to track how many people have taken your club's test and can use those numbers of those you have served to report you service for diabetes to LCI!

Let's make it a goal to get as many people as we can to take this test!! I will be able to track each clubs numbers served, so let's see what club can have the most people click the link and take the test!! However, no matter how many do, our goal as Lions is to be the resource in our communities that helps raise awareness on pre-diabetes and diabetes. This link, through LCI, is just another tool in the toolbox we can use to do that. Remember, we still have the brochures that I developed for the district that has the test in them and bookmarks that we can leave in libraries or use at our local food pantry.

To get started and receive your club's link, email me at: bbentley@SaratogaSpringsLions.com

DIABETES CHAIR LION BARBARA BENTLEY

ADCES 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.



Raquette River Lions Club

MEMBER INDUCTION

By Lion Priscilla Laurin

District Governor Ricky Laurin visited the Raquette River Lions on October 4, 2022 where he inducted new member Mike Mitchell.

Pictured left to right is DG Ricky, newly inducted Lion Mike Mitchell, Sponsor Gordon Theisen, and President Suzanne Murray.



KING LION SUZANNE MURRAY

P. O. Box 49
Raymondville, NY 13678
Home: 315-384-3254
murra109@yahoo.com

CLUB CORRESPONDENCE

P. O. Box 723, Potsdam, NY 13676

Waterford Lions Club

TWO NEW MEMBERS

By Lion Priscilla Laurin

District Governor Ricky visited Waterford Lions on October 5, 2022, where he inducted two new members. Congratulations to the Waterford club!

From left to right, newly inducted Lion Michael Thompson, Sponsor, Lion Diana Roy; Sponsor Lion Florence Brisee, and newly inducted Lion Grace Thompson.



KING LION DR. PHIL FUSCO

7 Eighth Street, Waterford, NY 12188
Home: 518-237-4057
philipfusco@aol.com

District 20W FALL CONFERENCE RAFFLE

By Lion Priscilla Laurin

This quilt will be raffled at the Fall Conference. If someone wants tickets contact us before November 4th, 2022, however tickets will be on sale at the conference.



DISTRICT GOVERNOR RICKY LAURIN

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

Broadalbin-Perth Lions Club

By Lion Ed Balaban

Lions District 20W Governor Ricky Laurin and his wife, Lion Priscilla, made their official visit to the Broadalbin-Perth Lions Club. The event was held at C&R Restaurant in Galway, and featured an evening of fellowship, frivolity, recognition, and the formal addition of three new members to the Broadalbin-Perth pride.

Lion Priscilla recognized several Club members, acknowledging them with coveted Lions Club International Milestone Chevron Awards for their respective years of service that ranged from 10 to 45 years. By virtue of this recognition it was clearly evident that the Broadalbin-Perth Lions Club is one of the most seasoned and experienced group of Lions in the region.

District Governor Ricky Laurin, who is also President of the Lions Eye Institute and Foundation at Albany, along with Broadalbin-Perth Lion Bill Suchy, who also serves as a director of the Lions Eye Institute and Foundation at Albany,

presented the Club with a “Knight of the Blind” certificate and patch, acknowledging the Club’s \$500 donation to the charity. Broadalbin-Perth Lions Club President Bob Townsend accepted the honor on behalf of the Club.

In his remarks to the Broadalbin-Perth Lions, the District Governor spoke about his experiences growing up in Northern New York, coaching ice hockey, and being a Lion, all of which shared a common thread of caring for one’s community. Having already heard about the various service projects, solid fund raising, and deep community involvement of the Broadalbin-Perth Lions, when compared to many of the other 49 clubs in the District, Laurin said, “You guys do more than the average!”

Following his comments, District Governor Laurin inducted three new Lions into the Broadalbin-Perth Club.



Broadalbin-Perth Lions Club President Bob Townsend proudly shows the “Knight of the Blind” patch and certificate awarded the Club by the Lions Eye Institute and Foundation at Albany. (Photo courtesy Broadalbin-Perth Lions Club/Lion Ed Balaban).



Swelling with pride at the induction of new Lions are, from left, District Governor Ricky Laurin, Lion Susan Phillips and her sponsor Lion Don Savoie, Lion Tim Munn and his sponsor Tom Kevlin, Lion Don Shanahan and his sponsor Lion Valerie Kevlin, and Broadalbin-Perth Lion President Bob Townsend. (Photo courtesy Broadalbin-Perth Lions Club/Lion Ed Balaban).

KING LION ROBERT TOWNSEND

805 County Highway126
Amsterdam, NY 12010
Home: 518-843-6553
Cell: 518- 866-1250
rtownsen@nycap.rr.com

CLUB CORRESPONDENCE

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

Sauquoit Valley Lions Club

ENVISION FLIGHT

By Lion John Griffin

The Sauquoit Valley Lions met on October 13th at Orchard Hall for our first monthly meeting with 20 members in attendance. Lion Ed Jones expressed appreciation to the Club for its support of the Lincoln Davies Fall Fest. The Club hosted a food tent at the event, held a raffle for a new grill and assisted in monitoring children's activities at the event. The Club raised nearly \$2,000 from the raffle and food concession. Lincoln Davies donated \$10,000 of proceeds from the event to Golisano's Children Hospital in Syracuse.

The Sauquoit Valley Lions donated \$500.00 to Golisano Children's Hospital in memory of a local child who passed recently and, according to family members, had received "excellent" care from the hospital throughout his battle with cancer.

At the meeting's close, King Lion John Markley presented Chevrons to several members and congratulated them on their service to Club and community. Lions' Maria Puleo and Candy Collins were recognized for 15 Years. Lion Ed Collins was recognized for 30 Years. Lion Louis Dunlay was recognized for over 50 Years of service.

At our second meeting in October held on October 27th, the Club learned of a local initiative for visually impaired children called ENVISION FLIGHT.

The mission of ENVISION FLIGHT is to expose children with visual impairments to all the excitement that flying has to offer. In addition to learning about aircraft and airport facilities, the children will have the opportunity to experience a short flight around the airport. The initiative is the brainchild of our guest speaker John Williams. John gained insight into the visually impaired children through his work at Utica CABVI Campabilities as a counselor. Subsequent to the presentation the SV Lions approved a \$500 donation to support the initiative at the outset. Donations will help fund ancillary expenses while pilot and aircraft services are being provided voluntarily by supportive benefactors. ENVISION FLIGHT is launching a Website soon where you will be able to access additional information on the initiative. John Williams is the grandson of the late Jack Williams, a 30 year member of the SV Lions. He is applying to medical school following his recent graduation from Virginia Tech and is enjoying his experiences as a Camp Counselor in the interim.

Twenty-three Peace Poster Contest submissions from the S.V. Middle School students were reviewed and voted on by Club members prior to the meeting. The winning poster is being

submitted to the District W Contest and the top three winners and their parents/guardians will be recognized at our meeting on December 8th at Orchard Hall.



Guest speaker John Williams addresses the "Envision Flight" initiative with Sauquoit Valley Lion members with Peace Poster submissions in the background.

The Club will have a booth at the Annual Sauquoit Valley Art and Craft Show to be held at the Sauquoit Valley Middle School on November 19th and 20th. In addition to learning more about the Club and Lions Clubs International, attendees will have a chance to win a Lottery Ticket Tree with any donation.

KING LION JOHN MARKLEY

2625 Oneida Street
Sauquoit, NY 13456-3209
Cell: 315-725-9644
golfjisc@aol.com

Clinton Lions Club

By Lion Jim Winkler

We continue our volunteer work at our local Country Pantry on Distribution Day each month, outside in the parking lot where we join other community members passing out food staples to the most food insecure families in the area. To date, the weatherman has been kind to us and kept the inclement weather away from our distribution site until after we've exhausted



Vehicles await entry to Country Pantry in Clark Mills, NY on October 17, 2022. Line begins forming on shoulder of road two-plus hours prior to pantry being officially opened. At height of distribution, line stretches for 1.5 miles. Better than 475 vehicles comprising over 1,000 individuals received.

...continued on next page

our food supplies – but we know what’s coming. Due to the ever-increasing cost of just about everything, more families have become reliant on the services of the pantry. This month well over 1,000 people received the benefits from the pantry, up from approximately 375 before the pandemic hit us. The generosity of area individuals and businesses who financially support the pantry’s efforts to procure food has been overwhelming.

While staffing our booth at the last Farmer’s Market of the season, we also assisted our local Chamber of Commerce at their booth. Although the number of visitors to the market has dropped off, weather wise we couldn’t have asked for a better day. No doubt much of the market traffic was attracted by a rather unique display – a 1,952.5-pound pumpkin grown by a local resident. Wonder what they do with it after Halloween...



A surprise “guest” at the last Farmer’s Market in Clinton, NY on October 6, 2022.

Our previously established locations for used eyeglass collection continue to be serviced by our membership regularly – this month we picked up 207 pair of glasses and two hearing aids.

At our second meeting of the month, members enjoyed the presentation from Sam Reeder, Regional Liaison from the Salvation Army in upstate New York. Not only did members learn a great deal from Sam, but he thanked us for our efforts over the past five - six years in organizing the Red Kettle Campaign in our township and explained how every penny collected is returned to the disadvantaged in our immediate area/town (something that many members have questioned in the past).



FLAGS FOR HEROS, UTICA, NY – Part of the Veterans Day Flags for Heroes Display of American Flags sponsored by various organizations & individuals along the Memorial Parkway in Utica, NY. The Clinton Lions sponsored one of the flags in honor of all residents from the Town of Kirkland, NY who have or are serving our country.

Donations approved by our Board of Directors this month include: \$100 each to the Clinton and New Hartford Fire Departments and the Clinton Central School District Dollars for

Scholars in memory of local citizens who have passed away; \$300 to the Kirkland Bloodmobile; \$110 to the Utica Rescue Mission to assist with the cost of providing area homeless with Thanksgiving meals; \$35 for sponsorship of a flag in honor of all veterans from the Town of Kirkland in the upcoming Veterans Day display; \$400 to the Lions Eye Bank at Albany/Rochester for the purchase of twenty raffle tickets; and \$250 to the local unit of the Salvation Army.

We continue to plan for participation in the upcoming Shopper’s Stroll the day after Thanksgiving. Once again, we will be serving freshly popped popcorn to revelers and visitors to the small business shops that surround our village green. These festivities open the Holiday Season in our community.

DON’T FORGET TO VOTE!

KING LION ROBERT MAXAM

2 Sunset Drive, Clinton, NY 13323

Home: 315-853-5968

Cell: 315-794-0410

maxamr60@gmail.com

clintonnylionsclub.com

Chazy Lions Club

By Lion Priscilla Laurin

District Governor Ricky Laurin presented to his home Club, Chazy Lions Club, on October 18, 2022.

KING LION JOHN SAXE

1708 Lake Shore Rd

Chazy, NY 12921

Home: 518-846-7725

Cell: 518-593-0987

saxe@jeffordssteel.com



LCI’S MISSION STATEMENT

To empower Lions clubs, volunteers, and partners to improve health and well-being, strengthen communities, and support those in need through humanitarian services and grants that impact lives globally, and encourage peace and international understanding.

District 20W

FINANCIAL WELLNESS SERIES

By IPDG Michele O'Hare

Broadview Federal Credit Union (formerly CapCom) has announced the next two webinars in their 2022 Financial Wellness series. They will present "Fraud & ID Theft" on November 8th at noon and "How to Buy a House" on November 17th at 3:00. Registration information is below. All webinars are scheduled for noon unless otherwise stated.

Below is Broadview Federal Credit Union's workshop series and registration links.

November 8, 2022 - Fraud & ID Theft

In honor of Fraud Awareness Week join us as we share information about the importance of protecting your credit and identity.

[Click here](#) to register

November 17, 2022 - How to Buy a House

(webinar time 3:00)

Learn how to afford one of the largest purchases you'll make.

[Click here](#) to register

DISTRICT GOVERNOR RICKY LAURIN

207 Sheldon Lane, Chazy, NY 12921

Home: 518-846-7269

jana5652@yahoo.com

Town of Schroon Lions Club

By Lion Priscilla Laurin

District Governor Ricky Laurin visited Town of Schroon Lions Club on October 17, 2022 and helped celebrate 65 years.

KING LION MARY GEREAU

447 Charley Hill Road
Schroon Lake, NY 12870

Home: 518-532-9649

mgereau@slwildcats.org



Edwards Lions Club

FIVE NEW MEMBERS INDUCTED

By Lion Priscilla Laurin

Congratulations to the Edwards Lions Club. District Governor Ricky Laurin inducted five new members at their October 10, 2022 meeting.

Front row: Donna Whitford, President; Megan Brothers, Lorri Shippe, District Governor Ricky Laurin. Back row: Jeffrey Shippe, Crystal Whitford, Secretary; Gregory Brothers, Danielle Lawlis, Jim Whitford, member.



KING LION DONNA WHITFORD

304 River Road, Edwards, NY 13635

Home: 315-562-8377

Cell: 315-405-5645

kwhitford@tds.net

Peru Lions Club

By Lion Priscilla Laurin

District Governor Ricky Laurin met with the Peru Lions Club on October 13, 2022.

DG inducted new Lion Jack Collier; also in the picture is his sponsor, Lion Dave Dalton



KING LION EDWARD EISELE

8 Button Brook Parkway

Peru, NY 12972-2602

Home: 518-643-2865

bigolddivot@yahoo.com

Town of Greenfield Lions Club

By Lion Priscilla Laurin

District Governor Ricky Laurin visited with the Town of Greenfield Lions Club on October 12, 2022. It was a great night out.



*PDG Joe Jarvis presenting
an Robert J. Uplinger to
Lion Sherry Hoffman.*

KING LION VERA PLUMMER

612 Plummer Road
Ballston Spa, NY 12020
Home: 518-885-0349
Cell: 518-605-6105
vplummer122@gmail.com

Saratoga Springs Lions Club

By Lion Priscilla Laurin

Saratoga Lions recently received \$10,148.00 towards Camp Abilities. Some of the Saratoga Lions participated in October Fest in Lake George and received a check from the profits.



KING LION TIMOTHY PEHL

12 Roberts Lane,
Saratoga Springs,
NY 12866-2809
Home: 518-587-6809; Cell: 518-852-8523
Work: 518-899-5544
tim@kdhpcpa.com

CLUB CORRESPONDENCE

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

Albany & Troy Lions Club

By Lion Jerry Gordon

GENERAL MEETING

The Red Front had a large party in “our” usually private back room, so we were relegated to the alcove off the main dining room, a much less desirable location. IPDG Michele inducted our two newest members, Marilyn Bradley (sponsored by Davia) and Ruthann Richards (sponsored by Greg). Ruthann is working on her master’s degree at Ohio State, so her induction was via FaceTime.

IPDG Michele then expounded on the many services offered by St. Catherine’s Center for Children, her new employer. They were founded in 1886 as a home for sick orphans. Today, they focus on issues of homelessness and supportive housing, abuse and neglect, mental health, special education and family reunification. They serve around 3,500 people per year.

Lion Shawn reported on the V.I.P. (Visually Impaired Pedalers) Tandem Bike Rides that we held on Sept 25. Members of the Albany & Troy Lions Club, Saratoga Springs Lions Club, Camp Abilities Saratoga, Albany Police Dept and the local biking community gathered at the Mohawk Hudson Bike Trail for the first of what we hope will be an annual event. In the future, we should partner with NABA, CABVI and NYS Comm for the Blind, among others.

Lion Jerry reminded folks to sell their Boscov’s passes, and that he had additional CLYNK recycling bags if anyone needed any.

CLUB AND CHARITABLE FUND BOARD MEETINGS

Given the conditions, it was difficult to conduct an orderly meeting. We did vote to donate \$500 towards St. Catherine’s Thanksgiving fund.

KL Eva has access to Toys for Tots and she will work with Lion Maryanne to arrange for the delivery of some to Lansingburgh Boys & Girls Club.

KING LION EVA BASS

12A Lark Drive,
Albany, NY 12210
Cell: 518-487-8194
bridgethagapcommunity@gmail.com

CLUB CORRESPONDENCE

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

District 20W LEADERSHIP INSTITUTE

By Lion Priscilla Laurin

Lions Eva Bass from Albany & Troy Lions Club and Andrea Penamora from Town of Greenfield Lions Club attended the Leadership Institute at the beginning of October in Binghamton, NY.

During the same time, District Governor Ricky Laurin and Lion Priscilla Laurin attended a Council Meeting.



DISTRICT GOVERNOR RICKY LAURIN

207 Sheldon Lane, Chazy, NY 12921

Home: 518-846-7269

jana5652@yahoo.com

Remember to Vote! November 8, 2022

It's Your Right and Civic Duty!

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



Resources



Lions Club Secretaries
are integral in holding
clubs together!

One responsibility is

**MONTHLY MEMBERSHIP
REPORTING**

IT'S SO EASY!

1. GO TO: www.lionsclubs.org
2. CLICK: Member Login
3. ENTER: User Name and Password
4. SELECT: MyLCI Button
5. MEMBERSHIP BOX (LOWER LEFT HAND: Click More Membership
6. TOP OF NEXT PAGE: Add Member or Report no Change to Month Buttons.
7. SELECT NO CHANGE or ADD MEMBER to ADD or DROP , Depending on what you are Reporting

**REMEMBER THAT MEMBERSHIP
MUST BE REPORTED EVERY MONTH
EVEN IF YOU HAVE NO CHANGE!**



Lions Clubs International

Dear Lion Leader,

As your clubs and districts develop plans for membership satisfaction and retention, connecting with the Membership Committee is a great way to help with planning, create enthusiasm and build the club's membership. In addition, reaching out to members within the club and building teams that will help enhance their experience as Lions is key to success.

Lions Clubs International offers several great resources to help clubs and their members, so take some time to check them out!

- **Membership Satisfaction Guide:** This guide will help you troubleshoot common issues that members have in their experience as Lions. There are useful templates for quick surveys of club members to get a pulse on what they think of your club. This will help you identify areas improving the club experience.
- **Your Club, Your Way!:** This resource offers ideas on how your club can customize your meetings for an enjoyable membership experience.
- **Club Quality Initiative (CQI):** Change is critical for each club. The CQI is a strategic planning tool that helps clubs identify opportunities for improvement. By understanding our current operations, identifying areas that can be improved and taking measured steps to accomplish your goals, your club can be even better.
- **Build a Vision for Your Club:** Use this planning guide and PowerPoint to discover your club's strengths, ways to improve and new opportunities that will help your club grow and thrive! Planning forms help you develop a vision, assess your club's needs and organize your plan for successful implementation.
- **The Club Excellence Award (see following pages):** This resource serves as your club's roadmap to excellence, focusing on the key elements of a quality club: membership, service, organizational excellence and marketing. If you have any questions about the award, please contact us by email at clubexcellenceaward@lionsclubs.org or by phone at (630) 468-6828.

If you are a Facebook user, visit us at Improving Lions Club Quality to find helpful information from Lions around the world. You can post questions, comments, stories and share new ideas to improve clubs within your zone.

We look forward to supporting you. Please contact us if you have any questions by email at clubofficers@lionsclubs.org or by phone at (630) 468-6890 or (630) 468-7084.

Sincerely,

Your District & Club Administration Division Support Team



Lions Clubs International

2021-2022

CLUB EXCELLENCE AWARD APPLICATION

Date: _____

Club Name: _____ Club Number: _____ District: _____

2021-2022 Club President's Name: _____

Member Number: _____ Email Address: _____

1. MEMBERSHIP

- ☐ Achieved a net growth of: _____ **or** ☐ Chartered new Lions club, Leo Club or Club Branch

Name of club, or branch: _____

2. SERVICE

- ☐ Contributed to LCIF
- ☐ Started a new service project. *Consider one of our Global Causes!*
- ☐ List Three projects/events reported by the club:

1. _____

2. _____

3. _____

3. LEADERSHIP & ORGANIZATIONAL EXCELLENCE

- ☐ Club is in Good Standing: Not in Status Quo or Financial Suspension. District dues paid and no unpaid balance with LC greater than US\$50 outstanding 90 days or more.
- ☐ Reported Club Officers to LCI
- ☐ Key Officers participate in one or more of the following leadership training events. Select all that apply:
- ☐ District
- ☐ Multiple District
- ☐ International
- ☐ Webinars
- ☐ Lions Learning Center
- ☐ Improvement opportunities can be identified with tools such as the *Club Quality Initiative, Your Club, Your Way!* and *Build a Vision for Your Club*

Improvements include: _____

...continued on next page

4. MARKETING AND COMMUNICATION

☐ The club has publicized its service activities through local media or social media. Choose all that apply:

- ☐ Facebook
- ☐ Instagram
- ☐ Twitter
- ☐ Billboards
- ☐ Presentation Groups
- ☐ Local Paper
- ☐ Radio
- ☐ Club Website
- ☐ Posted or Distributed Flyers
- ☐ Other

2021-2022 District Governor Signature*:

District:

Member Number:

Date:

Due by: August 31, 2022

Send to: clubexcellenceaward@lionsclubs.org or fax to (630) 468-6828

Awards Mailed to: 2022-2023 District Governors

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

Request for review of award eligibility from a disqualified club will be considered only if received at International Headquarters within 12 months after completion of the fiscal year; provided that the original application form is already filed at LCI.



Lions Clubs International

District and Clubs Administration

Lions Clubs International

300 W. 22nd St.

Oak Brook IL 60523-8842 USA

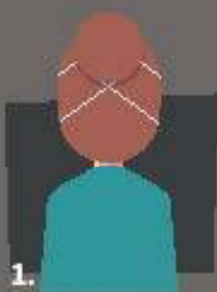
www.lionsclubs.org

DA-CEA 3/21 EN

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.



Are your club Events and Articles in the Roar?

DEADLINE IS THE 28TH OF THE MONTH

Publication is as close to the 1st as possible.
(Please keep this in mind if you have event at the beginning of the month.)

ARTICLES

- Digital submission **ONLY**, (in upper/lower case format).
- Microsoft Word, PDF, or text embedded in an email are acceptable.
- **NO SCANNED NEWSPAPER ARTICLES.** Newspaper articles will be accepted **IF** they are in digital format, and **ONLY** with written permission from the originating publication.
- **SPELL CHECK** everything, particularly names, titles, club name, etc.

PHOTOS

- Digital submission preferred in JPG.
- Hard copy newspaper photos are not acceptable. Digital newspaper photos are acceptable **ONLY** with written permission from the originating publication/photographer, with photographer credit.
- **SPELL CHECK** everything, particularly names, titles, club name, etc.
- **PLEASE MAKE SURE CAPTIONS ARE IDENTIFIED WITH CORRESPONDING PHOTOS!**

EVENT FLYERS

- Digital submission in verticle format; .jpg, .pdf format or Microsoft Word are acceptable.
- **SPELL CHECK** everything, particularly names, titles, club name, etc.

Submissions can be made to **karen@deuxflutes.com**

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>



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

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