

District 20W LIONS ROAR



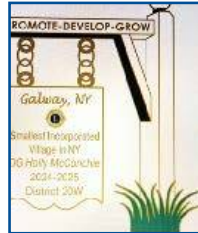
November 2024

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**Meet 2024 - 2025 Lions
International President
Fabrício Oliveira**

MAKE YOUR MARK



**“PROMOTE – DEVELOP
– GROW”**

**A message from
District Governor
Holly McConchie**



Fellow Lions,

It’s November – Thanksgiving is coming fast and Christmas will be right around the corner.

Our fall conference this year will be held on Saturday, November 2nd at Fort William Henry. International Director, Bert Nelson, and his wife, Lion Pam, from the Mills Lions Club in Minnesota will be our guest speaker. We would like to show him our District 20W support, so please plan to join us.

My service partner, Lion Margo Walrath, and I joined the Brandel-Murphy Youth Association Royal Caribbean Cruise that sailed October 13 – 20th from Cape Liberty, NJ with stops at Port Canaveral, FL, Royal’s private island Coco Cay, and Nassau, Bahamas. It was a wonderful time by all 68 Lions and non-Lions who participated. The cruise is usually offered every other year and we would recommend you watch for the next offering and join the fun!

The 2025 International Convention has moved! It will no longer be held in Mexico City but has moved to Orlando, Florida July 13th – 17th 2025. Make your plans to join Lions from around the world! Hotels will be the Swan and the Dolphin, both located in the heart of the Walt Disney World Resort.

Our Multiple District 20 State Convention will be held in Niagara Falls May 16th – 18th. Looking for people who will be attending who would

be interested in serving on the following committees from District 20W: sergeant-at- arms, nominations, flag ceremony, and voting and elections.

Mission 1.5 (growing membership to 1.5M world-wide by June 2027) is still the most important Lions endeavor around. We need to demonstrate to new Lions the significant impact Lionism has on our communities. Their fresh energy will help to invigorate the district, bringing greater excitement and vibrancy to our events and our projects. So far, I have inducted at least one new member at each of my September and October visitations. Please keep up the momentum so that we can help get multiple district 20 back to 15,000 members by June of 2027 from 13000+ currently.

I have been working on scheduling visitations with all of the clubs. Visitation schedule can be found on the next page. Those clubs that are in red, please confirm these dates work with your club.

Donations to Lions Clubs International Foundation (LCIF), both by clubs and individual club members, is a significant consideration we should all make.

All donations received are used to assist in disasters around the world, including many times in our own district, unfortunately. Won't you please consider making a donation to our foundation? The MD-20 LCIF newsletter comes out monthly to all Lions with a working email in the system. A new feature, a segment where you can ask LCIF related questions and receive an answer, is being added. Send your questions to lorrymd20lcifchair@gmail.com.

Our goal this year is to have all Lions and Leos Clubs reporting service, it's important to let others know what we are doing. Hopefully you are becoming more comfortable with the new Lions Portal but just in case, remember you can reach out to District Administrator, Lion Margo, for assistance. Here the basic steps:

TO REPORT SERVICE PROJECTS

1. Go to WWW.LIONSCLUBS.ORG
2. If asked click GO TO LIONS PORTAL
3. Click MEMBER LOGIN
4. Enter your USER NAME and PASSWORD. (If you don't have an account, click REGISTER to sign up)
5. Select Service Dropdown, and My Activities
6. Click Create Service Activity. Choose Your Club and click next
7. Input Title and select Activity Type (Donation, Fundraiser, Meeting or Service Project) then click next
8. Brings up a Service Project Form just fill it out. Click Report Complete to finish then select Save

IMPORTANT EVENT DATES TO RECORD IN YOUR CALENDARS

Saturday, November 2 – Fall Conference – Fort William Henry, Lake George. International Director Lion Bert Nelson and his wife, Lion Pam, from the Mills Lions Club in Minnesota will be our guest speaker for this event. Let's show the Nelson's a 20W welcome! Rooms available at Fort William Henry in case you need to spend the night.



NEXT ROAR DEADLINE

**NOVEMBER
28**

karen@deuxflutes.com

**Submission requirements
page 44**

Saturday, February 8, 2025 – 3rd Cabinet meeting – Holiday Inn, Saratoga Springs

4th Cabinet meeting – sometime in April, working on details

May 16-18, 2025 – State Convention – Niagara Falls

Friday, May 30, 2025 – Testimonial dinner – Turf Tavern, Scotia, working on details

July 13-17, 2025 – International Convention – Orlando, FL

ALL MEMBERS WELCOME, BUT KEY PLAYERS (CLUB PRESIDENTS AND SECRETARIES) SHOULD ATTEND.

DG HOLLY MCCONCHIE'S 2024 – 2025 VISITATION SCHEDULE

November 5, 2024 Lisbon & Raquette River interclub meeting

November 6, 2024 Albany & Troy

November 13, 2024 Fonda & Fultonville

November 18, 2024 Town of Wright / Schoharie Valley

November 20, 2024 Duane

December 3, 2024 Scotia-Glenville

December 5, 2024 Saratoga Springs

December 10, 2024 SUNY U Albany Campus

January 8, 2025 Ballston Spa

January 13, 2025 Galway

January 16, 2025 Marcy Telephone via Zoom

January 23, 2025 Broadalbin-Perth

February 12, 2025 Town of Greenfield

February 19, 2025 Bethlehem

February 25, 2025 Glens Falls

March 5, 2025 Waterford

March 12, 2025 Greater Johnstown

March 18, 2025 Heuvelton

March 19, 2025 Greater Ravena

April 8, 2025 Hadley-Luzerne

April 10, 2025 Ogdensburgh

April 14, 2025 Lake Placid

April 17, 2025 Greater Herkimer

April 21, 2025 Plattsburgh

May 12, 2025 Clifton Fine

May 19, 2025 Town of Schroon

Mid-April TBD Long Lake & Newcomb possible interclub

TBD Deerfield, Holland Patent

DATES IN RED ARE TENTATIVE, AWAITING CONFIRMATION FROM INDIVIDUAL CLUBS.

PROMOTE – DEVELOP – GROW: Promote Lionism, develop future Lion leaders, and grow our clubs.

Yours in Lionism,

DG Holly McConchie

13 Marilyn Drive, Glenville, NY 12302

Home phone: 518 882-6516

Cell phone: 518 366-1010

hmconchie@aol.com

Galway Lions Club

WHO'S WHO

DISTRICT 20W CABINET

DISTRICT GOVERNOR

Holly McConchie (Galway Lions)
13 Marilyn Drive, Glenville, NY 12302
Home: 518-882-6516; Cell: 518-366-1010
email: hmcconchie@aol.com

1st VICE DISTRICT GOVERNOR

Your Name Here

2nd VICE DISTRICT GOVERNOR

Your Name Here

CABINET SECRETARY

Alexander Guilmette (Ballston Spa Lions)
128 Windy Hill, Ballston Spa, NY 12020
Cell: 518-847-8831; apg200@gmail.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

DISTRICT GOVERNOR

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

GLOBAL ACTION TEAM

LEADERSHIP

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

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

NEW VOICES COORDINATOR

GMT Family and Women's Specialist

Your Name Here

EXTENSION TEAM SERVICE

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

GLOBAL SERVICE TEAM

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

COMMUNICATIONS AND

MARKETING TEAM

DISTRICT COORDINATOR

Edward Balaban (Broadalbin-Perth Lions)
654 Caounty Highway 138, P. O. Box 485
Broadalbin, NY 12025
Cell: 716-474-5510; bklynbrn@att.net

DIRECTORY ADMINISTRATOR

Margo Walrath (Galway Lions)
13 Marilyn Drive, Glenville, NY 12302
Home: 518-339-9292; Cell: 518-366-5299

WEBSITE DIRECTOR

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

NEWSLETTER AND MD20

MAGAZINE DIRECTER

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

FACEBOOK ADMINISTRATORS

Barbara Bentley (Saratoga Springs Liions)
119 East Main Street, Cambridge NY 12816
Home: 518-252-1070; Cell: 518-269-5370
bbentley@saratogaspringslions.org

Edward Balaban (Broadalbin-Perth)

Jim Cypher (Glens Falls Lions)

16 Adirondack Circle, Apt. D, Gansevoort, NY 12831
Cell: 518-791-9575; jimcyhpher@gmail.com

FACEBOOK EDITORS

Karen Rager and Margo Walrath

REGIONS AND ZONES

REGION L

REGION 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

Bill O'Mara (Clinton Lions)
11 Dogwood Lane, Clinton, NY 13323
Clinton, Deerfield, Greater Herkimer, Holland Patent

Zone "A" Chair

Jim Winkler (Clinton Lions)
136 Utica Road, Clinton, NY 13323
Home: 315-853-6355; Cell: 315-601-4038
wink8@aol.com
*Marcy Telephone, New Hartford New York Mills
Whitstone, Sauquoit Valley, Utica*

REGION I

REGION CHAIR

Ed Balaban (Broadalbin-Perth)
654 County Highway 138, Broadalbin, NY 12025
Cell: 716-474-5510; bklynbrn@att.net

ZONE "A" Chair

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

ZONE "B" Chair

Ed Balaban (Broadalbin-Perth)
654 County Highway 138, Broadalbin, NY 12025
Cell: 716-474-5510; bklynbrn@att.net
*Broadalbin-Perth, Fonda & Fultonville, Greater
Johnstown, Speculator*

REGION O

REGION CHAIR

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" and "B" Chair

Your name here

*Albany & Troy, Bethlehem, Duane, Greater Ravena Area,
Town of Wright/Schoharie Valley, Waterford*

REGION N

REGION CHAIR

Lettie Saheim (Mechanicville-Stillwater Lions)
117 Hansen Road, Schaghticoke, NY 12154
Hoe: 518-753-7867; Cell: 518-669-9873
lsaheim117@gmail.com

ZONE "A" Chair

Jim Cypher (Glens Falls Lions)
89 Bay St, Apartment 1, Glens Falls, NY 12801
Cell: 617-281-4616; jimcypher@gmail.com
*Glens Falls, Hadley Luzerne, Long Lake, Newcomb, Town
of Schroon*

ZONE "B" Chair

Margo Walrath (Galway Lions)
13 Marilyn Drive, Glenville, NY 12302
Home: 518-339-9292; Cell: 518-366-5299
*Cambridge, Greenwich, Mechanicville Stillwater,
Schuylerville, Town of Hoosick*

REGION S

REGION CHAIR

Ricky Laurin (Chazy Lions)
207 Sheldon Lane, Chazy, NY 12921
Home: 518-846-7269; Cell: 518-569-7253
rickylions18@outlook.com

ZONE "A" Chair

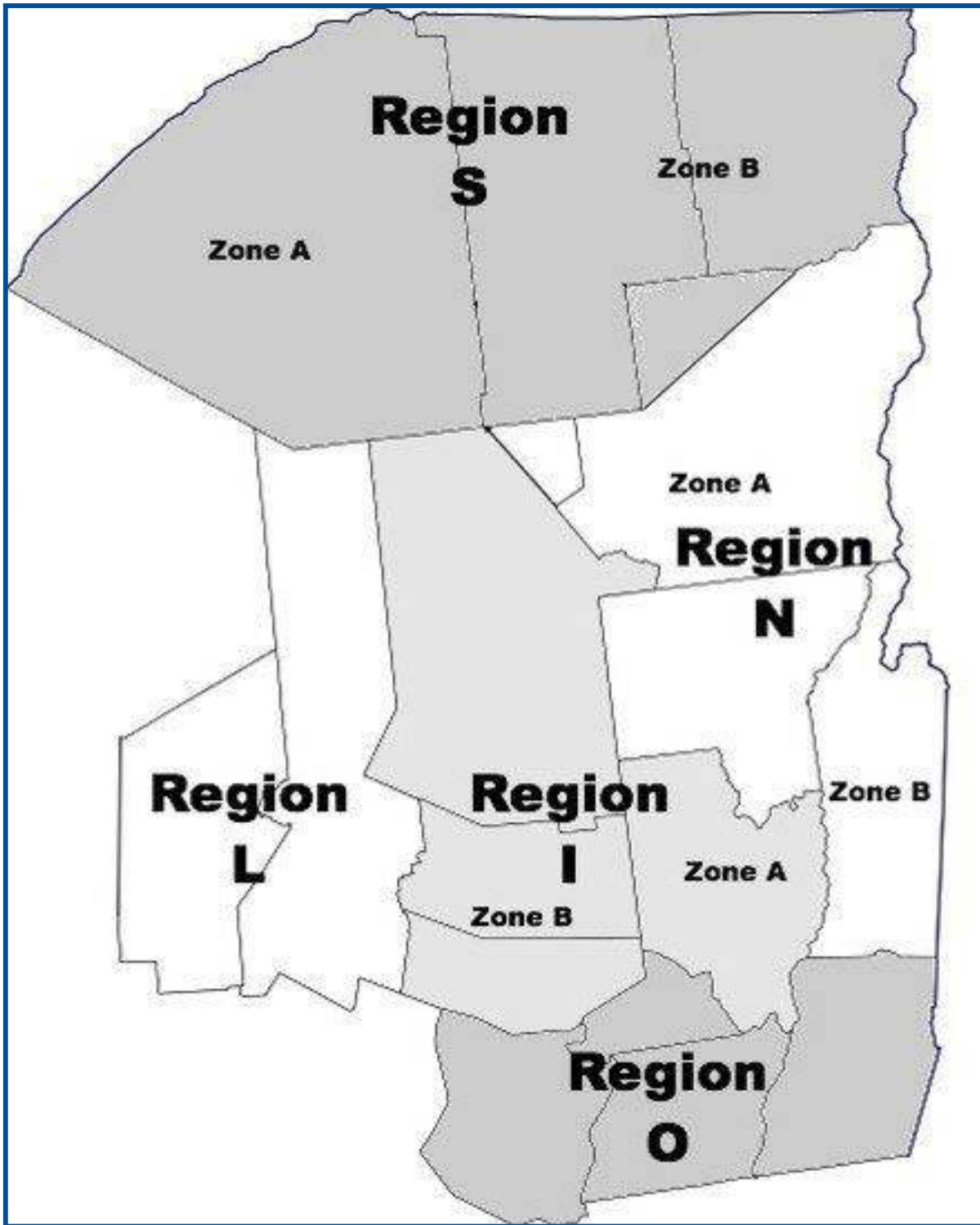
Joe Latimer/Marsha Morrow
(Clifton Fine)
P. O. Box 52, Newton Falls, NY 13666
Home: 315-848-3578 ; Cell: 315-854-4247
dlatimer@slic.com
*Clifton Fine, Edwards, Gouverneur, Heuvelton, Lisbon,
Louisville, Ogdensburg, Raquette River*

ZONE "B" Chair

Ricky Laurin (Chazy Lions)
207 Sheldon Lane, Chazy, NY 12921
Home: 518-846-7269; Cell: 518-569-7253
rickylions18@outlook.com
*Chazy, Lake Placid, Malone, Peru, Plattsburgh, Saranac
Lake, Tupper Lake*



TEAMWORK!

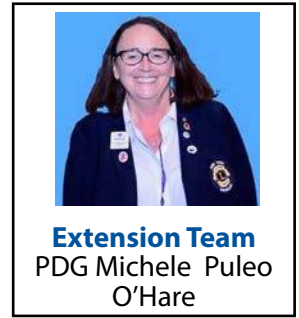


District 20-W Comprises These New York State Counties

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



Global Extension Team



Extension Team
PDG Michele Puleo
O'Hare

MEMBERSHIP AND CLUB DEVELOPMENT TOOLS FOR YOUR NEW, BRANCH AND SPECIALTY CLUBS

**IF YOU NEED ANY ASSISTANCE, STARTING A NEW CLUB, SPECIALITY CLUB OR
BRANCH CLUB, PLEASE CALL ME AT 518-410-5941 OR EMAIL ME ATMAPOHARE@GMAIL.COM**

1. www.youtube.com/@USLionsRock - as of 10/07/24.13 videos (Start a club, recruiting Tips & Tricks, Great Growth Teams = Great Success. Rock Star, Inspiratlon, Growth Workshop Training, Created Playlists.
2. <https://www.youtube.com/@lionportaltraining> - Portal training.
3. <https://www.youtube.com/@LionsVirtualLive> - AI training and Lions ap mapping and marketing.
4. <https://www.lionsclubs.org/en/resources-for-members/resource-center/membership-report-toolbox>

Membership Reports Toolbox

District Goals/ MISSION 1.5 Targets: Provides a PDF copy of submitted district goals and action plans and MISSION 1.5 district targets per respective Lion year.

Six Year Trend Report: Provides a 5-year gain/loss analysis of clubs and members per district.

Club/District Health Assessments: Tracks membership growth, financial health, reporting trends, club officer vacancies, LCIF donations and the overall health of the clubs in your district.

Cumulative Report: Cumulative membership and club summary report fiscal year-to-date.

Membership Register Report: Shows club lists and status, membership count and last membership reporting date.

Summary of Membership: Detailed district monthly report of membership types and gender by club (includes breakdown of family unit, student, Leo-Lion and young adult membership).

Leos Aging Up Report: Provides quarterly information about clubs containing Leos whose records will be closed due to age at the end of the fiscal year.

Missing Club Officers: Monthly report of missing club officers by District (only President, Secretary, Treasurer and Membership Chair).

Specialty Clubs Report: Monthly report of all specialty clubs and their category designation.

Insights: A dynamic real-time dashboard available through the Lion Portal that provides statistics based on the users' highest title and area of responsibility. Information includes but is not limited to club and membership trends, donations statistics, as well as service impact.

Forward this email to all who are interested in learning and connecting.

5. Encourage them to sign up for our mailing list to be notified of upcoming events.

#LionsVrtual
#LionsMap2Grow
#LionsMarketing2Grow
#GlobalLionsforum
#TellAThon#GCPeace
#LionalnMotion
#LionsVrtualAcademy
#BurmesterVirtualBar
#SpeedLeamingI

6. Inspiration & Learning Library is A Click Away

The LionsVirtual YouTube channel is your inspiration & learning library. Checkout sessions created by Lions & Leos for Lions & Leos on hot topics related to aspects of Lions...then share them to inspire others.

Make sure to subscribe to the channel for free to be notified of the latest recordings.

DISCOVER the NEW LION PORTAL

We've updated the digital tools you use as a Lion.
To put it simply, we've taking the functionality
you have today with MyLion, MyLCI, Insights and other tools
and combining them into one cohesive and consistent experience

— The Lion Portal —

<https://www.lionsclubs.org/en/resources-for-members/digital-products/portal-updates>

LIONS RESOURCES

can be found at this link

www.lionsclubs.org/en/resources-for-members/resource-center

Fundraising Guide

An interactive tool that helps clubs through the process of planning an online or event fundraiser

Developing Local Partnerships

A hands-on guide that helps clubs evaluate their strengths, identify their needs, and connect with like-minded organizations in the community for potential partnership opportunities

Cabinet Secretary & Treasurer e-Book

Helpful resource that walks the cabinet secretary & treasurer through their role providing helpful tips, resources and tools.

Dues Billing Table

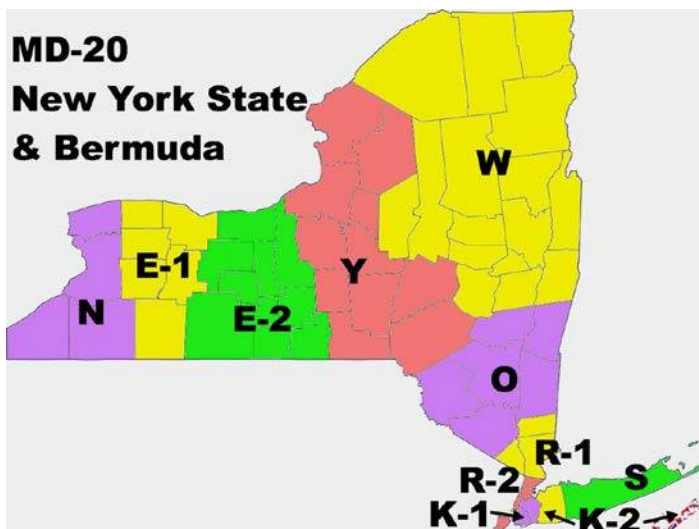
Break down of dues

Vision Screening for Children

A vision screening event for children in local primary, middle or secondary schools that identifies those who may have vision problems requiring comprehensive follow-up by eye care professionals

LCIF GRANT APPLICANTS RESOURCES

www.lionsclubs.org/en/lcif-grants-toolkit#mod1



CALENDAR

Chazy Lions Club Turkey Night	November 9, 2025
St. Catherines Elvis Fundraiser	November 16, 2024
Duane Lions Club Basket of Cheer Fundraiser.....	November 24, 2024
Town of Greenfield Lions Tree and Wreath Sale	November 24, 2024 through Christmas
St. Catherine's Hope for the Holidays	December 2024
Galway Lions Club Memory Tree Lighting	December 1, 2024
Lions Eye Bank of the Northeast Raffle	December 5, 2024
Town of Greenfield Lions Club Pop-Up Christmas Shop.....	December 14, 2024
<i>3rd Cabinet Meeting</i> Holiday Inn, Saratoga Springs	February 8, 2025
<i>4th Cabinet Meeting</i> TBA.....	April, 2025
<i>Testimonial Dinner</i> Turf Tavern, Scotia.....	May 30, 2025

What is MISSION 1.5?

MISSION 1.5 is the drive to grow to a minimum of 1.5 million Lion members worldwide on July 1, 2027, so we can meet the growing needs of our communities and serve more than a billion people annually.

EVENTS/FLYERS

Broadalbin-Perth Lions Club
and
Hoffman Helping Hands
present

B-P Lions Clean Car 2024-25



a fundraising project to support the greater
Broadalbin-Perth-Mayfield community

<http://www.hoffmanhelpinghands.com/fundraisers/BPCleanCar>





Lions Clubs International

Dear Lion,

Please remember that all Lions clubs, districts and multiple districts with annual gross receipts less than US\$50,000 that are not required to file Forms 990 or 990-EZ must file the e-Postcard (also known as the 990-N). Please be advised this filing relates specifically to the 501(c)(4). If your Lions club, district or multiple district has a foundation, which is a separate legal entity, the appropriate form will need to be filed as well.

Please review the Annual Tax Filing information below. Thank you!

Annual Tax Filing Information:

https://cdn2.webdamdb.com/md_QdqlB8s5OEF81gJU.jpg.pdf?v=1&utm_source=Eloqua&utm_campaign=LGL_EN_TaxFilingAllClubs_1491935039&utm_medium=email

Please note that Lions Clubs International is not authorized to provide guidance regarding your filing. For specific questions, please contact a local tax professional or the IRS.

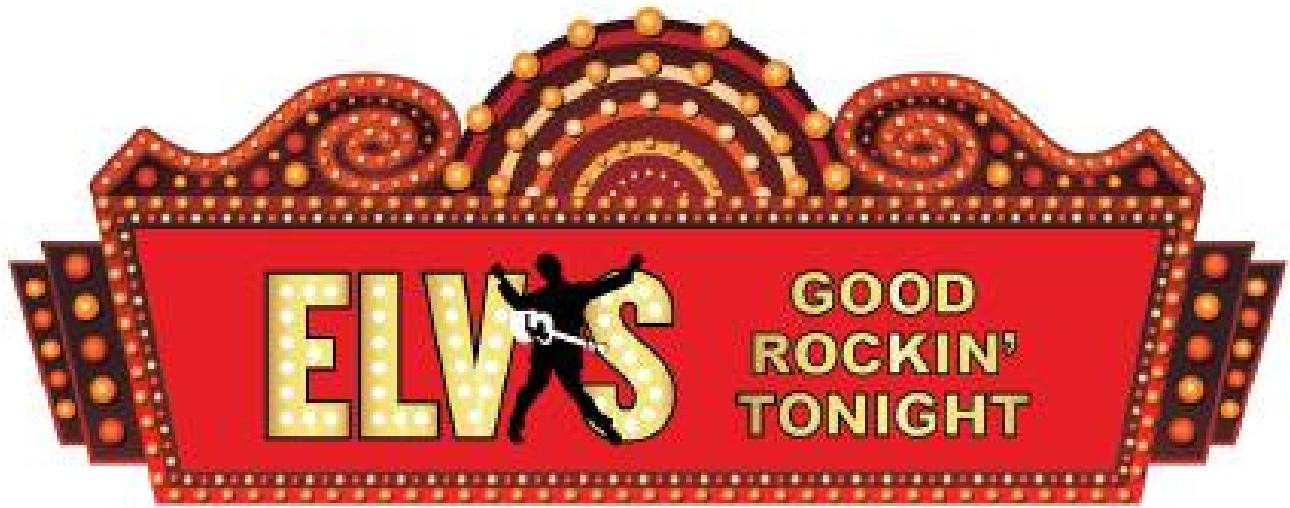
Kindest regards,

Legal Division
Lions Clubs International

Turkey Night
Nov. 9th
~~**5:30pm**~~



6:30 pm



A Tribute to the King of Rock 'n' Roll

SATURDAY, NOV. 16

THE EGG | ALBANY | 7 PM

Ladies and gentlemen, Elvis will be IN THE BUILDING!

Join us for an incredible evening with two premier Elvis tribute artists as they ROCK The Egg with The King's greatest hits from the '50s, '60s, and '70s.

Tickets start at \$39.90 - All proceeds benefit St. Catherine's Center for Children.

WE'LL ALSO HAVE A DRAWING FOR A LAS VEGAS GETAWAY FOR TWO!

David Lee



BUY EVENT & DRAWING TICKETS!

Dan Fontaine



FOR MORE INFORMATION
www.st-cath.org/elvis/





Duane Lions Club Basket of Cheer Fundraiser



3 Baskets will be awarded
Treat Yourself and Your Friends!

**Tickets sold at these
Duanesburg locations:**

Syron's Market

Back Barn Brewery

19th Hole Café

@ Briar Creek Golf Course

NBT Bank

Helderberg Meadworks

or

Venmo @DuaneLions

Give name, phone, email and #
of tickets requested



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

Drawing Date: November 24, 2024

Must be 21 years old to claim prize



Helping others in our community





Town of Greenfield Lions Club

Christmas Tree and Wreath Sale



TREES \$55 each

**Wreaths: Plain \$20
With Bow \$25**

Corner of Rt 9N and Wilton Road

***Self-Serve* Lions On-Site during Weekends**

Starting Nov 24th thru Christmas

The Town of Greenfield Lions Club thanks you for your continued support of our efforts. Proceeds from this sale benefit Sight, Hearing, Hunger, Diabetes, Childhood Cancer Awareness, Environment, Disaster Relief and Youth Programs in our community. *Thank You!!*



Hope for the Holidays

Memories of happy holidays aren't always a reality for parents like Sasha and David, who have two young girls and found themselves in a homeless shelter last year. For 8-year-old Aidan, who was removed from his home after suffering years of neglect, it won't be a happy holiday season until he finds a safe and happy home with loving caregivers.

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.

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 5. 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 21 (snow day 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). Simply call Dori O'Neal at 518-641-6802 to get on our volunteer list, as tables fill up quickly! **Be sure to ask about other holiday volunteer opportunities!**

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. Call Dori O'Neal at 518-641-6802 to be added to our mailing catalog mailing list.

Holiday Tree: Starting in mid-November, St. Catherine's will collect gifts for children through our Holiday Trees. Simply visit Colonie Center or Aviation Mall 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 by December 25, so please return your Angel donation just as soon as possible!**

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.

**Memory Tree
Galway Lions Club**

The Galway Lions announce the 30th 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 library. 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, December 1st 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 Mr. James Smith = a \$1 donation; In memory of Mrs. Jane Smith = a \$1 donation; In memory of Mr. John & Mrs. Jane Smith = a \$2 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



RAFFLE

THURSDAY, DECEMBER 5th
Win big while supporting a great cause!
Proceeds Benefit
Lions Eye Bank of the Northeast
Saving Sight | Changing Lives

TICKETS \$20	1ST PRIZE - \$2500
	2ND - \$1000
	3RD - \$500



FOR TICKETS Scan here or
EMAIL:
LEBNortheast.org
info@LEBNortheast.org





Town of Greenfield
Lions Club



Christmas Pop-up Shop

Dec 14th - 10am to 5pm

**Greenfield Community Center
25 Wilton Road**

For More Information please email yplummer122@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

We Thank You for Your Support!!



NOVEMBER IS
DIABETES
AWARENESS
MONTH

PREDIABETES
COULD IT BE YOU?



About 98 million American adults—**more than 1 in 3**—have prediabetes



More than 8 in 10 adults with prediabetes **don't know they have it**



FUNDRAISING ACTIVITY

COMING
SOON!!



Box is made from
100% recycled fibres



**THE CHOCOLATE BUNNIES, IN SUPPORT OF
THE LIONS EYE INSTITUTE AT ALBANY
WILL BE BACK AGAIN IN 2025!**

**MORE INFORMATION, INCLUDING PRICING
AND ORDERING DETAIL WILL BE SENT TO THE
CLUBS IN EARLY NOVEMBER.**

**IF YOU HAVE ANY QUESTIONS, PLEASE REACH OUT TO
LION BARBARA BENTLEY AT
BARBANN22@GMAIL.COM OR 518-894-1375**


THANK YOU FOR YOUR SUPPORT!!

Did you know....
Lions District 20-W has a
NEW FACEBOOK PAGE ?


Be sure to “LIKE” and follow the
page to see what is going on around
our great District!!



Northern NY Lions

 Send Email

 Liked

 Message

FACEBOOK Co-Administrators

Ed Balaban
bklynbrm@att.net

Barbara Bentley
barbann22@gmail.com

Jim Cypher
jimcypher@gmail.com

FACEBOOK Editors

Karen Rager
karen@deuxflutes.com

Margo Walrath
maw1026@gmail.com

Childhood Cancer

Actually is:

Financial Stress

PTSD

Insomnia

Mental Struggles

Trauma

Anger

Medical

Isolation

Chaos

Side Effects

Personal Development Delays

Depression

Sibling Jealousy

Unpredictable Future

Medical Learning Curve

Anxiety

Diane Lange
20 w childhood
Cancer chairperson
SKIPPER 2 dfl@
yahoo.com

A Roller Coaster Ride

What people think
Childhood Cancer
is:

- Bald Heads
- GoFundMe
- Sick Days
- Gift Cards
- Chemo

PDG Joan Scott Leadership Award

Hear the World

The Lions Hearing Conservation Society of NYS is proud to introduce the **'PDG Joan Scott Leadership Hear the World Award'**.

This award has been established to recognize a Lion, individual or organization that has listened to the needs of their community and helped implement that vision.



Name of recipient can be etched onto the award (total of 40 characters including award name allowed). Award is 9 ¾ inches high.

Purchase price \$300.00 (no tax) and shipping is included.

- **Make checks payable to: LHCS**
- **Mail to: PDG Rick Brisee, 192 Middletown Road, Waterford, NY 12188**

Any questions: (518) 209-8812 or rbrisee@hotmail.com

**Protect your vehicles from the salt, sand and ravages of weather
with a Hoffman Car Wash available from**



**Broadalbin-Perth Lions Club
and Hoffman Helping Hands**

Please support our fund raiser at:



[www.hoffmanhelpinghands.com/fundraisers/
roarwithlions2023](http://www.hoffmanhelpinghands.com/fundraisers/roarwithlions2023)

Bottle & Can **RETRIEVAL CENTERS™**



Bring your recyclable donations to
Plc-N-Nickel Bottle and Can Retrieval Center
4303 NY-30, Amsterdam.

Credit the Broadalbin-Perth Lions
Foundation account.

Help keep your community and environment clean while
helping the greater Broadalbin-Perth-Mayfield
community when you donate your bottles and cans.



All funds donated to the Broadalbin-Perth Lions
Foundation will be used exclusively to support the needs
of the greater Broadalbin-Perth-Mayfield community.

Visit bottleandcanrc.com for any fundraising inquiries or needs.



2024-2025

CLUB EXCELLENCE AWARD APPLICATION

Date: _____

Club Name: _____ Club Number: _____ District: _____

2024-2025 Club President's Name: _____

Member Number: _____ Email Address: _____

1. MEMBERSHIP

- Achieved a net growth of 2 members or 10% or more members (whichever is greater) or Chartered a new Lions club.

Name of Lions club: _____

2. SERVICE

- Started a new service project. Consider one of our Global Goals? Explain: _____

- List three service activities your club participated in that were reported to Lions International:

1. _____

2. _____

3. _____

3. LCF

- Contributed to LCF an amount greater than or equal to the club's membership total multiplied by US\$10.

Year-end membership count _____ x US\$10 = _____

4. LEADERSHIP & ORGANIZATIONAL EXCELLENCE

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

- Reported club officers to Lions International.

- Key officers participate in club officer training.

- District Webinars
- Multiple District Lions Learning Center
- International

E. MARKETING

The club has publicized its service activities through local media or social media.

Provide a link to where they were publicized: _____

Learn more about [promoting your club and activities](#), and learn about the Marketing Award.

2024-2025 District Governor Signature: _____ District: _____

District Governor Member Number: _____ Date: _____

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

Due by: August 31, 2025

Send to: dy.bowling@lionsclubs.org

Awards mailed to 2025-2026 district governors

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



Lions International

District and Clubs Administration

Lions International

300 W. 22nd St.

Oak Brook, IL 60521-6842 USA

www.lionsclubs.org

DM-CEA © 2024-EN

Thank you for your support of the Alert Foundation.

If you have any questions please contact us. kclarkmd20@gmail.com



Lions of MD 20 Alert Foundation

7643 Park Ave.

Lowville, NY 13367



Sponsor a cleaning bucket

Your club can sponsor a cleaning bucket. These buckets are filled with cleaning supplies and will be sent out to disaster areas as needed. Your club can have their name on a bucket or two or ten and then anywhere that we send it, people there will know that your club is supporting them in their time of need.

We just need your club name and district as you want them on the label along with your payment of \$40 per bucket.

Club Name: _____

District: _____ **Paid:** _____

**Check payable to: Lions of MD20 Alert
Foundation**

Mail check and this form to:

Kelly Clark 7643 Park Ave., Lowville, NY 13367



Free Lifetime Pass for Military Veterans and Gold Star Families

This provides lifetime passes to thousands of federal recreation sites. Veterans can present one of the four forms of acceptable ID: Department of Defense ID Card, Veteran Health ID (VHIC), Veteran ID Card, or veteran's designation on a state-issued U.S. driver's license or ID card.

The pass can be obtained by visiting www.nps.gov/planyourvisit/pickup-pass-locations.ht



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
- 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

Love is Served



RMHC-CR Meal Program

When caring individuals come together to provide home-cooked meals for families staying at the Ronald McDonald House, that's when *love is served*.

The Albany Ronald McDonald House provides a home away from home for families with children receiving critical care at nearby hospitals. Fresh, hot meals and treats prepared by caring community volunteers bring comfort and hope to these families when they need it most.

Through our volunteer Meal Program, you can help ensure that love is served to our guest families 365 days a year. Contact us to reserve a spot on our Meal Program schedule. There are several ways to help:

PREPARE A MEAL

Gather a group of 2-4 volunteers to cook dinner (serving 30-40 guests) at the Ronald McDonald House
Needed 3:00-6:00 P.M. daily

SPONSOR A MEAL

Order dinner directly from the restaurant of your choice or make a donation to cover the cost of one night's meals (~\$250).



Ronald McDonald
House Charities
of the Capital Region

To sign up, please contact:

Julia Geisel, House Manager
(518) 438-2655 | jgeisel@rmhcofalbany.org

139 South Lake Avenue, Albany, NY 12208 ♥ www.rmhcofalbany.org

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 20W/LIONS.ORG



ARTICLES

ALBANY & TROY LIONS CLUB

By Lion Jerry Gordon

REPORT OF THE MEETINGS

Our first Little Free Library has been installed near the HIVE at the Produce Pickup at 579 Clinton Ave. in Albany. The next one will be at the park across 113th St. from the Lansingburgh Boys & Girls Club..

The formal opening of the new Albany HIVE community space will be on October 5.

New Lion Nikki has agreed to help Lion Ruth as Facebook Admin. She has come up with a schedule of weekly postings to include our meeting details, a service example, calendar items and impact stories.

We approved the membership applications from Chloe Tarlen and Mike Suske, both sponsored by KL Jodi.

Lion Queen has been working with Albany HS to expand our newly revitalized Leo Club.

We approved the establishment of a Lansingburgh Club Branch whose main service objective would be Lansingburgh Boys & Girls Club. Lions Jerry and Maryanne will be overseeing this effort and have already begun looking for potential members.

Lion Greg wants to help preserve Monarch butterflies by encouraging the replanting of habitat throughout the district. The club showed interest in the project and awaits further details from Greg as to what our participation would be.

Lion Jane Chouiniere

Nov 25, 1928—Oct 9, 2024

Jane joined the Troy Lions Club in June, 1988, and has been a loyal Lion ever since. She has held most officer positions, including King Lion in 1991-92. She attended a number of state and international conventions, and in June of 2007, the club awarded her a Melvin Jones Fellowship for her many years of service. Her many accomplishments included sponsoring me (in 1991) and Allen Zieker (in 1998) for membership.

KING LION JODI SHELDON

5 Grant Street, Delmar, NY 12054

Cell: 518-331-0992

jodiscott419@gmail.com

CLUB CORRESPONDENCE

P. O. Box 192, Troy, NY 12181-0192

info@albanytroylions.org, Voicemail: 518-512-2722

AlbanyTroyLions.org facebook.com/albanytroylions

CHAZY LIONS CLUB

New Vision Camera

By PDG Priscilla Laurin

Thus far this year we have screened 170 Students - one more school to complete in November.

We have a new vision camera thanks to Brandel Murphy, New York State & Bermuda Foundation, Kid Site and donations from two clubs.



PDG Priscilla Laurin and Lion Karen Russell receive a check for the Brandel Murphy & Bermuda Foundation. from PDG "Smitty".

a parade. We are planning on hosting the Gibson Brothers - Folk singers that were originally from the area.

<https://www.gibsonbrothers.com/>

KING LION JOHN SAXE

1078 Lake Shore Road

Chazy, NY12921

Home: 518-846-7225

Cell: 518-593-0987

jsaxe@jeffordsteele.com

Chazy Lions are starting to plan for 2026 - the 250th Birthday of the Country and the Clubs 70th. Our goal is to have celebrations that include



Chazy Lions will hold their Annual Turkey Night November 9, 2024.

MD20 ALERT FOUNDATION/ NORTHERN NY LIONS ALERT TEAM

Electronic “Pearl Harbor”

By Lion Jim Cypher

What about an Electronic Pearl Harbor? Such an attack is possible and could take many forms. One brutal scenario is a complete loss of the use of cell phones, computers and other communications systems and devices. Some Lions and other concerned citizens have organized amateur radio (HAM) relay groups that take advantage of the FCC’s changes in the use of shortwave radio frequencies so one does not need to learn Morse Code to get a transmitting license. A return to the good old days of CB radio and “Breaker 19” could happen too. A more likely cyberattack would be an enemy country, or a terrorist group either on their own or working for a nation state, would find the ways to subtly disable our current systems like the seven layer protocol used to make the Internet work. The security layer could be “hacked” and made useless in which case once the authorities became aware of it, they’d have to turn it off to limit damage or keep it on and suffer the consequences. Thankfully the authorities have redundant back-up methods but the normal citizen might be exposed to a fast spreading computer virus or worm that would infect open systems. News of such an event might be slow in coming or based on incomplete data and misinformation. Know that while the attack is happening you might not observe any hints that it is. The Internet might seem to work normally while behind the scenes things are happening.

There would be a period of time where chaos and confusion would occur with ATMs and other public facing systems not working or in a zombie state. Utility companies that rely on SCADA systems to run electrical, pipeline gas and water delivery could be degraded or just shut off completely. Gas station pumps might fail, traffic control devices like red lights could be hacked and airlines, trains and other transportation infrastructure might be destroyed. Civil unrest would be a natural response in such a scenario so one might need to shelter in place rather than try to evacuate unless you have a cabin in the hills within driving distance but the dangers of being out in public on the road during a national cyberattack might be dangerous too. I don’t write about this to scare you but to inform you and you can read about it yourself online, before the Internet disappears! A long held belief had been that an electro-

magnetic pulse (EMP) device would disable modern electronics like a nuclear explosion in the upper atmosphere does. One of them could be brought in a shipping container and effect a city. The scout’s motto of Be Prepared applies now more than ever.

Please consider getting involved and our Facebook page is here:

<https://www.facebook.com/LionsofMD20AlertFoundation>

If a local club has a disaster in their area and needs supplies, their club president can order them here:

<https://form.jotform.com/213133835644151>

MD20 ALERT FOUNDATION

President: PCC Kelly Clark
7643 Park Avenue, Lowville, NY 13367
Home: 315-376-8267; Cell: 315-771-1817
kclarkmd20@gmail.com

NORTHERN NY LIONS ALERT TEAM

Chairman & Board Member of MD20 Alert
Foundation: Lion Jim Cypher
89 Bay Street, Apt. 1, Glens Falls, NY 12801
Cell: 617-281-4616
jimcypher@gmail.com

SAUQUOIT VALLEY LIONS CLUB

Club Excellence Award

By Lion John Griffin

District Governor Holly McConchie visited with Clubs of Region L at our meeting on October 10, 2024, at Orchard Hall in Sauquoit. Zone Chair Jim Winkler introduced DG Holly to the group of 45 Lions and guest including members of the Clinton Lions, New Hartford/New York Mills/Whitestown Lions, Utica Lions and the Sauquoit Valley Lions. DG Holly encouraged the Clubs to grow their Clubs memberships to enhance opportunities for Service and to support the Lions Club International Foundation. After DG Holly reviewed the upcoming District Fall Convention, Club representatives discussed upcoming activities for the year ahead.

Following the meeting the District Governor joined representatives from the Sauquoit Valley Lions in a presentation of bed linen, that Club members donated, to representatives from Sleep In Heavenly Peace (SIHP). The



Representatives from "Sleep in Heavenly Peace" accept linen donated by the Sauquoit Valley Lions Club.

Utica Chapter of SIHP recently exceeded 2000 beds delivered to children in need within our

New Hartford-New York Mills – Whitestown and Sauquoit Valley Lions Clubs at Orchard Hall in Sauquoit, New York. DG Holly came fully equipped with her DG pins and directory that she distributed to all in attendance. Following a most enjoyable buffet, DG Holly addressed the almost fifty (50) Lions and guests assembled. She reminded us of the International Convention venue change from Mexico City to Orlando next July 4 – 8, LCI's Mission 1.5 and her goals for this Lions year.

She inducted a *new member* into the New Hartford-New York Mills – Whitestown Lions Club and participated in the *Sauquoit Valley Lions gift of bedding* to the two (2) representatives in attendance from the local chapter of



Clinton Lions Bill O'Mara and Garry Colarusso prepare to move member-donated food from meeting room to local Country Pantry (October 24, 2024).

Sleep in Heavenly Peace (SHP), a national non-profit organization dedicated to getting needy kids off the floor and safe in all communities. The bedding will accompany twin and bunk beds constructed through funds and volunteer hours

donated by local businesses and individuals meeting SHP's national commitment of **"No child sleeps on the floor in our community"**. The local chapter is about ready to



Region Chair introduces DG Holly at Joint DG Visitation to Sauquoit Valley, Utica, Clinton and New Hartford/New York Mills – Whitestown Lions Clubs as Sauquoit Valley President Lion John Marley looks on (October 10, 2024).

celebrate the construction and delivery of the 2,000th bed in its first three (3) years of operation!

CONGRATULATIONS – and **CONGRATULATIONS** to the *Sauquoit Valley Lions* for partnering with them!

At our second meeting, we solidified the plans for

communities. The SV Lions, in conjunction with a Brandel Murphy Youth Foundation grant, gifted SIHP \$4,000 in 2023.

Our second monthly meeting in October was held on October 24th at Orchard Hall. The Club voted to support the efforts of the Sauquoit Valley Friends and Neighbors in the distribution of food to those in need at Thanksgiving. The Club will host a booth at the annual Sauquoit Valley Middle School Craft Fair to be held on November 23rd and 24th at the Middle School. Funds raised through our Lottery Tree Raffle being held over that weekend will be earmarked for Childhood Cancer treatment and research. The Sauquoit Valley Lions was awarded the Club Excellence Award for 2023-2024 by Lions Clubs International and Lion President John Markley accepted a pin and patch at the meeting in recognition of the achievement.

The Club also voted to donate \$500.00 to the LCIF Disaster fund and \$250.00 to the Rome Lions Club in response to recent weather related disasters.

KING LION JOHN MARKLEY
2625 Oneida Street, Sauquoit, NY 13456-3209
Cell: 315-725-9644
golfjjsc@aol.com

CLINTON LIONS CLUB

Joint DG Visitation

By Lion Jim Winkler

At our first meeting of the month, we welcomed *District Governor (DG) Holly* and her Club Secretary, Margo Walrath. We met jointly with members from the Utica,

...continued on next page

conducting the annual **Salvation Army Red Kettle** campaign slated to begin the day after Thanksgiving, discussed scheduling and location of our popcorn machine that will provide “Lion’s popcorn” for revelers in attendance at the community's annual **Shopper’s Stroll** on the same day - a day when our New England-style village ushers in the Holiday Season as people shop and peruse the shops surrounding our local village green and Santa himself, anchors the annual Holiday Parade up Main Street.

In keeping with our tradition at all our monthly meetings and the request of District Hunger Chair, our own Lion Bob Maxam, members in attendance once again brought roughly **forty (40) pounds of food** that were donated to the local Country Pantry in time for the October Distribution.

Also continuing our signature service projects, we continue **collecting used eyeglasses** from pre-established locations



One of the last cars passes through the loading area of the monthly food distribution winds down at Church of the Annunciation in Clark Mills, NY (October 28, 2024).

around the community and **assistance on Distribution Day** monthly at our local Food Pantry. On October 28th, ten (10) members joined other community volunteers loading food supplies donated from community residents and purchased from the Regional Food Bank in Syracuse, NY. We loaded food into approximately 575 cars for 1,125 people. Next month will be the big distribution as it will be held just before Thanksgiving – we pray for decent weather.

Finally, we are about to undertake a new service project. After seeing the **used crayon recycling** article in the District Newsletter for a number of months, one of our members, Lion Garry Colarusso, researched it on the internet. He discovered Staples was involved in this service project. We will be forming a **partnership with our local Staples Store** to turn the crayons over to them once club members collect them from the sites we are

pre-establishing. Staples will take care of the recycling efforts and see that they are melted down and reused in rehabilitation centers and hospitals for children. Sounds like the used eyeglass recycling program that we’ve been accomplishing all these years. Stay tuned as we start this up – we’ll keep you posted.

ENJOY THAT EXTRA HOUR OF SLEEP YOU LOST LAST SPRING!

KING LION GABRIELE MARTINI
3370 Martin Road, Clinton, NY 13323-3811
Home: 315-853-8669; Cell: 315-794-8516
gabemartini1409@gmail.com

BROADALBIN-PERTH LIONS CLUB

Coin Drop

By Lion Ed Balaban



Broadalbin-Perth Lions Tim Munn, left, and Valerie Kevlin, cheerfully greeted drivers as contributions were generously made during the Lions' annual Coin Drop in the Village of Broadalbin.

The Broadalbin-Perth Lions Club began their weekend early, Saturday morning, Oct. 26, when they took station at the intersection of Main Street and Second Avenue in the Village of Broadalbin to conduct their annual Coin Drop. Lions safely greeted vehicles at each of the streets approaching the intersection and received a steady stream of donations between 9 AM through noon. The funds will be used to support Club endeavors that support the greater Broadalbin-Perth-Mayfield community.



Broadalbin-Perth Lion Tim Ott graciously accepts a passing driver's cash contribution during the Lions' Coin Drop in the Village of Broadalbin.

Bob Townsend, Broadalbin-Perth Lions Club President, extends his gratitude to all who contributed during this event. “The community we serve is grateful for your generous contributions,” said Townsend.



Broadalbin-Perth Lion Club President Bob Townsend receives a contribution from a passing driver during the Club's annual Coin Drop. Working the four streets of the intersection in the Village of Broadalbin.

KING LION ROBERT TOWNSEND

805 CO Highway 126, Amsterdam, NY 12010
 Home: 518-843-6553; Cell: 518-866-1250
 rtownsend@nycap.rr.com

CLUB CORRESPONDENCE

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

REGION I / ZONE A

Zone Project/Charlton School for Girls

By DG Holly McConchie

The five Lions Clubs of Region I Zone A (Ballston Spa, Galway, Scotia-Glenville, Saratoga Springs and Town of Greenfield) joined for a Zone Service Project at The Charlton School for Girls on Saturday 10/5/24.



The school is a non-profit therapeutic learning community for high school girls with various mental health issues. As part of their high school curriculum they have a large "Pollinator Garden" used in science classes. Over the years portions of the garden have become overgrown and need of some "TLC". Fourteen Lions representing all five clubs of the Zone united to

work on a portion of the garden removing weeds, roto-



tilling, adding five yards of topsoil (purchased by the clubs), replanting perennial plants, adding mulch that the school had and rebuilding part of the gravel walkway dividing the beds. It took

approximately five hours of hard work to complete the section we selected. A couple of Lions expressed interest in coming back next year to work on another section.



An interesting note is this is not the first time Lions have stepped up to help the school's needs. In the mid-60's a 20Y2 District project raised funds to help build a

swimming pool. That pool is still being used.

REGION I CHAIR LION ED BALABAN

654 County Highway 138
 P.O. Box 485, Broadalbin, NY 12025
 Cell: 716-474-5510
 bklynbrn@att.net

ZONE A CHAIR ED MOORE

44 Chester Street, Ballston Spa, NY 12020
 Cell: 518-852-3246
 emoore4@nycap.rr.com

GET THE LIONS



Click this link

<https://albanytroylions.org/20wsignup.htm>

Fill all the required spaces and submit!

It's THAT EASY!

DIABETES

Diabetes Awareness Month

By Lion Barbara Bentley

November is Diabetes Awareness Month, and November 14th is World Diabetes Day. Established in 1991 by the International Diabetes Federation with support from the World Health Organization in response to growing concerns about the health and economic threat posed by diabetes, World Diabetes Day became an official UN day in 2006. But do you know why the date November 14th was chosen as World Diabetes Day? It is because that day is the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922.

As Lions, we can help raise awareness for diabetes and pre-diabetes, especially during November. Here are a few small things we can do:

Distribute the pre-diabetes risk assessment test. You can find a copy at: <https://www.cdc.gov/prediabetes/pdf/Prediabetes-Risk-Test-Final.pdf>

Share the link to the online test on your social media sites: <https://DoIHavePrediabetes.org>

Distribute the diabetes bookmarks that can be purchased from LCI in the online store. These bookmarks can be placed in bags at food pantries, placed in libraries and senior centers, or shared in other ways.

Connect with your local Cornell Cooperative to host a "Dining with Diabetes" program, possibly at your local library, to promote healthy eating.

You can hold a walk in your community and invite local healthcare workers to walk with your group to answer questions people may have.

These are only a few ideas, but the point is, just like most of us aren't ophthalmologists or optometrists, we are still champions for sight, we don't have to be diabetes educators to be champions for diabetes and work in our communities to raise awareness for pre-diabetes. That's important!!! The facts show that about 98 million American adults, more than 1 in 3, have prediabetes, and of that number more than 8 in 10 don't know they have it. By helping raise awareness about pre-diabetes and sharing the risk test with as many as we can, we can help them have the conversation with their physician and in some cases, save their life!!

If you have any questions, or would like me to come talk to your club more about prediabetes and what you can do in your community, please feel free to reach out to me at Barbann22@gmail.com.

PREDIABETES
COULD IT BE YOU?

98 Million
About 98 million American adults—more than 1 in 3—have prediabetes

More than 8 in 10 adults with prediabetes don't know they have it

This graphic features a blue background with a white question mark icon and a person with their hands raised. It includes statistics about prediabetes prevalence and a lack of awareness.

**NOVEMBER IS
DIABETES
AWARENESS
MONTH**

This graphic features a large blue ribbon with a red drop in the center, symbolizing diabetes awareness.

**DISTRICT DIABETES AWARENESS CHAIR
BARBARA BENTLEY** - ADCES Certified Diabetes Paraprofessional
P.O. Box 1031, Guilderland, NY 12804
Cell: 518-894-1375
bbentley@saratogaspringlions.org

**Lions
RECYCLE
For Sight**

This graphic features a pair of blue glasses with a globe as the right lens and a Lions Club logo in the bottom left corner.

STEPS TO CREATE A SERVICE ACTIVITY ON LION PORTAL PAGE 1

Login: LION PORTAL <https://account.lionsclubs.org/Account/Login>

Select: SERVICE

Select: MY ACTIVITIES

Select: CREATE SERVICE ACTIVITY

Select: SEARCH FOR CLUB OR DISTRICT OR SELECT FROM MY SPECIFIC AREA

Select: NEXT

Select: YOUR CLUB OR DISTRICT

Select: NEXT

Enter: A TITLE FOR THE SERVICE ACTIVITY

Select: THE ACTIVITY TYPE (SELECT ONE CHOICE):

- Donation
- Fundraiser
- Meeting
- Service Project

Select: NEXT

Select: EDIT OR THE PENCIL - To input the Required, Optional Metrics or Additional Details.

INFORMATION (MUST FILL OUT THIS SECTION)

1. Select CAUSE
2. Select PROJECT TYPE
3. Write DESCRIPTION OF SERVICE ACTIVITY
4. Enter START DATE
5. Enter END DATE
6. STATUS: IS DETERMINED BY THE DATA INPUTTED FOR THE SERVICE ACTIVITY
PLANNED - FUTURE SERVICE ACTIVITY
READY TO REPORT – PAST SERVICE ACTIVITY

Select: REPORT COMPLETE – Check once the end date of the service activity has passed and all required metrics have been entered. The Status will change to REPORTED when the service REPORT COMPLETE box is checked. The only authorize users that can report a Service Activity as Complete are the following in Lion and Leo clubs. In Lions Clubs, CLUB SERVICE CHAIRPERSONS are responsible for SERVICE REPORTING. Although many Lion clubs choose to have the CLUB SECRETARY or CLUB PRESIDENT report. In Leo clubs, the CLUB PRESIDENT, SECRETARY or LEO CLUB ADVISOR can check REPORT COMPLETE.

Select: SAVE when you have added all metrics or details for this service activity. The Service Activity Report Status will remain in DRAFT until the report has been checked REPORT COMPLETE by the designated Lion or Leo Club Officer.

STEPS TO CREATE A SERVICE ACTIVITY ON LION PORTAL PAGE 2

REQUIRED METRICS (MUST FILL OUT THIS SECTION)

- PEOPLE SERVED
- TOTAL VOLUNTEERS (TOTAL NUMBER OF VOLUNTEERS FOR THIS SERVICE ACTIVITY)
- NON-LIONS PARTICIPATED (CHECK IF APPLICABLE)
- NON-LION FAMILY MEMBERS PARTICIPATED (CHECK IF APPLICABLE)
- TOTAL VOLUNTEER HOURS (NUMBER OF VOLUNTEERS X NUMBER OF HOURS-OF-SERVICE ACTIVITY)

OPTIONAL METRICS (FILL OUT THIS SECTION IF APPLICABLE)

- SELECT CURRENCY
- TOTAL FUNDS RAISED (FOR THIS SERVICE ACTIVITY)
- TOTAL FUNDS RAISED (USD)
- TOTAL FUNDS DONATED (DURING THIS SERVICE ACTIVITY)
- TOTAL FUNDS DONATED (USD)
- ORGANIZATION BENEFITED (NAME OF ORGANIZATION TO RECEIVE DONATION)
- DONATION TO LCIF (CHECK WHEN LCIF WILL RECEIVE THE DONATION FROM THIS SERVICE ACTIVITY)
- TREES PLANTED/CARED FOR

ADDITIONAL DETAILS (FILL OUT THIS SECTION IF APPLICABLE)

- SIGNATURE ACTIVITY (CHECK IF APPLICABLE)
- FUNDED BY AN LCIF GRANT (CHECK IF APPLICABLE)
- VENUE (NAME OF LOCATION FOR THIS SERVICE ACTIVITY)
- START TIME
- END TIME
- VENUE TIME ZONE (SELECT TIME ZONE OF SERVICE ACTIVITY)
- VENUE LOCATION (SELECT COUNTRY OF SERVICE ACTIVITY)
- VENUE LOCATION (STREET ADDRESS OF SERVICE ACTIVITY)
- VENUE LOCATION (CITY OF SERVICE ACTIVITY)
- VENUE LOCATION (STATE/PROVINCE OF SERVICE ACTIVITY)
- VENUE LOCATION (ZIP/POSTAL CODE OF SERVICE ACTIVITY)

Select: **SAVE** when you have added all metrics or details for this service activity. The Service Activity Report will remain in **DRAFT** until the report has been checked **REPORT COMPLETE** by the designated **Lion or Leo Club Officer**.

CAUSE AND PROJECT TYPES (LION PORTAL)
PAGE 1

CAUSE: CHILDHOOD CANCER

PROJECT TYPE:

- Awareness, Education, and Advocacy
- Child and Family Tutoring
- Entertainment and Recreational Activity
- Family Assistance
- Organization of Facility Assistance
- Professional Training and Support
- Other

CAUSE: DIABETES

PROJECT TYPE:

- Awareness, Education, and Advocacy
- Diabetes Retreats and Symposiums
- Diabetes Support Group
- Healthy Eating for Gestational Diabetes
- Healthy Living for Type 2 Diabetes
- Recreational Facility Improvement Event
- Strides for Diabetes Awareness
- Type 2 Diabetes Risk Awareness and Screening
- Youth Diabetes Camps
- Other

CAUSE: DISASTER RELIEF

PROJECT TYPE:

- Awareness, Education, and Advocacy
- Community Recovery and Reconstruction
- Disaster Preparedness
- Emergency Response
- Other

CAUSE: ENVIRONMENT

PROJECT TYPE:

- Awareness, Education, and Advocacy
- Clean Water and Sanitation
- Environmental Clean Up and Restoration
- Recycling and Waste Management
- Tree Planting and Tree Care
- Other

CAUSE AND PROJECT TYPES (LION PORTAL)

PAGE 2

CAUSE: ENVIRONMENT

PROJECT TYPE:

- Awareness, Education, and Advocacy
- Clean Water and Sanitation
- Environmental Clean Up and Restoration
- Recycling and Waste Management
- Tree Planting and Tree Care
- Other

CAUSE: OTHER HUMANITARIAN SERVICE

PROJECT TYPE:

- Assistance to an Individual
- Assistance to Refugees and Displaced Persons
- Awareness, Education, and Advocacy
- Community Event
- Community Improvement
- Mental Health and Wellness
- Other Health Service Activity
- Other

CAUSE: HUNGER

PROJECT TYPE:

- Awareness, Education, and Advocacy
- Community Gardens and Agriculture
- Food Collection and Food Banks
- Meal Preparation and Distribution
- Other

CAUSE: VISION

PROJECT TYPE:

- Adult Vision Screening
- Awareness, Education, and Advocacy
- Eyeglass Collection and Recycling
- Lions Eye Banks
- Support Services for the Blind or Visually Impaired
- Youth Vision Screening
- Other

CAUSE: YOUTH

PROJECT TYPE:

- Awareness, Education, and Advocacy
- Education and Literacy
- Lions Quest
- Peace Poster and Essay Contests
- Youth Camps and Exchange (YCE)
- Youth Diabetes Camps
- Youth Vision Screening
- Other

Are your club Events and Articles in the Roar?

DEADLINE IS THE 28TH OF THE MONTH

Except February which is the 25th

Publication is as close to the 1st as possible.

Please keep this in mind if you have event at the beginning of the month to also submit the month prior!

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 JPC.
- 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



The Global Leader In
Humanitarian Service

www.lionsclubs.org





Lions Hearing Conservation Society of NYS

LIONS LOAN-OUT EQUIPMENT

Below is a list of assistive devices available at many of LEHCS 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

Glen 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