


District 20W LIONS ROAR



February 2026

Table of Contents

District Governor's Message ...	1
Next ROAR deadline	2
February Cabinet Meeting	3
Who's Who in 20W.....	4
Map of District 20W	6
Calendar of Events.....	7
Communications Corner	9
Articles.....	10
Event/Flyers	17



**Lions Clubs
International
2025-2026
International
President**

A.P. Singh of Kolkata, India

**“Lead to Serve,
Serve to Lead”**



A message from **District Governor Barbara Bentley**



Fellow Lions,
The weather has certainly been cold, but I am happy to say things are still “heating up” around the district and we have some great things coming up!

On Saturday, February 7th, we will be holding our 3rd Cabinet Meeting at the Johnstown Holiday Inn. The topic.... **Membership**. And let's not just talk about it, but we will be collaborating and sharing ideas with each other on things we can do. Hand in hand with that we will be discussing marketing, within our clubs and communities.

The MD20 State Convention is right around the corner, April 17-19 in Syracuse. I encourage everyone who can, to try to attend. There will be some great educational sessions and we all want to show up and support our incoming Governor, VDG Ed Balaban. It should be a lot of fun!!!

Our April Cabinet Meeting will be in beautiful Lake Placid on Saturday, April 25th at the High Peaks Resort. We were able to get some great room rates (thanks to PDG James Griffith) that we will be sharing soon, so why not make plan a weekend getaway!

The District Testimonial will be on Friday, May 8th at the Van Patten Golf Club in Clifton Park. I'm excited to see how many clubs we will be recognizing that have been able to bring in two members this year.

...continued on next page

But it is only February.... So there is still plenty of time!!

It's hard to believe that we are already half-way through the Lions year, but we are still busy at work!! In your clubs, start giving some thought to planning for next year. Does your club have a Nominating Committee? Let's face it.... The "who wants to be President next year" roll call doesn't always yield positive results. If you are struggling with this, please reach out and let me know. I would be happy to come visit the club and discuss ways we can grow our leadership in the clubs and help grow member involvement and strengthen your club's future.

Lastly, a friendly reminder that the second half of the year dues notices for the state have been emails and the International dues are in the portal (they are no longer being snail mailed). If you need help accessing either, please reach out to me! I am happy to help!!

We've accomplished great things in the first half of the year and I am excited to see what we will be able to accomplish in the second half! Keep up the great work!!! No matter how big or small, it ALL makes a difference!!

Stay warm!!!

Yours in Lionism,

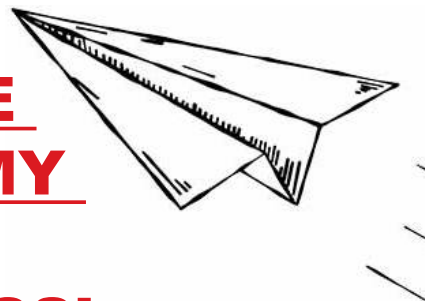
Lion Barbara Bentley
District Governor, 20W



TEAMWORK!

NEXT ROAR DEADLINE

karenbentleyrager@gmail.com



PLEASE NOTE MY NEW ADDRESS!

SUBMISSION REQUIREMENTS

Send articles, photos and event flyers! Keep in mind I try to publish as close to the 1st as possible so if your event is at the beginning of the month you should place it in the previous month also.

ARTICLES

Microsoft Word preferred. Text embedded in email, or .pdf accepted. Captioned photos separate please.

PHOTOS

.jpg preferred. Include corresponding captions with names.

EVENT FLYERS

Vertical format.

Full page: 7.5 X 9.5

Half page: 7.5 X 4.75

Please adhere to these size requirements, especially if you have a design firm create a flyer, otherwise some of your flyer may be cropped out with important information!

Thank you!





LIONS DISTRICT 20-W 3rd CABINET MEETING

Saturday, February 7, 2026

Holiday Inn Johnstown-Gloversville

308 N Comrie Ave., Johnstown, NY 12095

9:00 AM Registration

Meeting Start Time 9:30 AM

\$40 per person, Includes Lunch

Dress: Business Casual (Lions Shirt, etc. Uniform not necessary)

PROGRAM HIGHLIGHTS

- Membership Discussion
 - "Young Members" Panel
 - Marketing
 - Marketing "How To's"
-

PLEASE REGISTER By 1/31, using the below link or QR Code

www.tinyurl.com/20WCabinetMeeting-3



You can: Register and make payment online or
Register and mail your check *

* If paying by check, please make payable to: DISTRICT 20W LIONS CLUBS and mail to
Cabinet Secretary Patty Murphy, 11725 Duanesburg Road, Delanson, NY 12053.

Lodging Reservations can be made by calling the Holiday Inn Johnstown-Gloversville.
(There is no room block for the cabinet meeting)

***Please share with all members of your club
and encourage them to attend!***



**Bring your
sorted glasses
to be recycled!**

*Please remember, all clubs are encouraged to make a donation to the district
for the delivery of the glasses to the New Jersey recycling Center.*

Registration

www.ticketleap.events/tickets/lions-district-20-w/district-20w-cabinet-meeting-february-7-2026

WHO'S WHO

DISTRICT 20W CABINET

DISTRICT GOVERNOR

Barbara Bentley (Saratoga Springs Lions)
P.O. Box 1031, Guilderland, NY 12084
Phone: 518-894-1375
barbann22@gmail.com

1st VICE DISTRICT GOVERNOR

Ed Balaban (Broadalbin-Perth Lions)
654 County Hwy 138, P.O. Box 485, Broadalbin, NY 12025
716-474-5510
bklynbrn@att.net

2nd VICE DISTRICT GOVERNOR

THIS COULD BE YOU!!!

CABINET SECRETARY

Patricia Murphy (Duane Lions)
11725 Duaneburg Road, Delanson, NY 12053
pmurphy5357@gmail.com
Cell: 518-368-4379

CABINET TREASURER

Eric Unislawski (Greater Johnstown Lions)
P. O. Box 31, Johnstown, NY 12095-0031
Cell: 518-669-2903; eunislawski1@gmail.com

IMMEDIATE PAST DG

Holly McConchie (Galway Lions)
13 Marilyn Drive, Glenville, NY 12302
Home: 518-882-6516; Cell: 518-366-1010
hmcconchie@aol.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 Michele O'Hare (Bethlehems Lions)
8 Turnberry Drive, Slingerlands, NY 12159
Home: 518-475-1908, Cell: 518-410-5941
mapohare@gmail.com

EXTENSION TEAM

PDG Ed Pike
3037 Co Hwy 107, Amsterdam, NY 12010
Cell: 518-423-9128
Weski48@yahoo.com

GLOBAL SERVICE

PDG John McDonald (Saratoga Springs Lions)
P.O. Box 91; Galway, NY 12074
Cell: 518-763-9262
jmcdonald33@nycap.rr.com

COMMUNICATIONS AND MARKETING TEAM

DISTRICT COORDINATOR

Robert Townsend

DIRECTORY ADMINISTRATOR

Meredith Beringer

WEBSITE DIRECTOR

Jim Cypher

NEWSLETTER AND MD20

MAGAZINE DIRECTER

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

FACEBOOK ADMINISTRATORS

Barbara Bentley (Saratoga Springs Lions)
P.O. Box 1031, Guilderland, NY 12084
Phone: 518-894-1375
barbann22@gmail.com
Edward Balaban (Broadalbin-Perth)
654 County Hwy 138, PO Box 485
Broadalbin, NY 12025
bklynbrn@att.net

FACEBOOK EDITOR

Jim Cypher

REGIONS AND ZONES

REGION L

ZONE "A" CHAIR

Lion Robert Maxum (Clinton Lions Club)
2 Sunset Drive Clinton, NY 13323
315-794-0410
Maxamr60@gmail.com
Clinton, Deerfield, Greater Herkimer, Holland Patent

ZONE "B" CHAIR

Lion 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
Whitestone, Sauquoit Valley, Utica*

REGION I

ZONE "A" CHAIR

Lion Alexander Guilmette (Ballston Spa Lions)
PO Box 2454, Ballston Spa, NY 12020
518-847-8831
Apg200@gmail.com
*Ballston Spa, Galway, Greater Amsterdam, Saratoga
Springs, Scotia-Glenville, Town of Greenfield*

ZONE "B" Chair

Ty Howard Stacey (Town of Greenfield)
208 Locust Grove Road
Greenfield Center, NY12833
Home: 518-366-0067; Cell: 518-366-0067
accoach@aol.com
*Broadalbin-Perth, Fonda & Fultonville, Greater
Johnstown, Speculator*

REGION O

REGION CHAIR

PDG 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

Lion Matthew Wilcenski (Bethlehem)
15-7 Regina Court, Delmar, NY 12054
518-221-3437
Matthewwilcenski4@gmail.com
*Albany & Troy, Bethlehem, Duane, Greater Ravena Area,
SUNY UALB, 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 TBD

Glens Falls, Hadley Luzerne, Long Lake, Newcomb, Town
of Schroon

ZONE "B" Chair

Lion Linda Pleat (Schuylerville Lions)
313 Route 32 N, Schuylerville, NY 12871
518-505-5991
lpleat@mac.com
*Cambridge, Greenwich, Mechanicville Stillwater,
Schuylerville, Town of Hoosick*

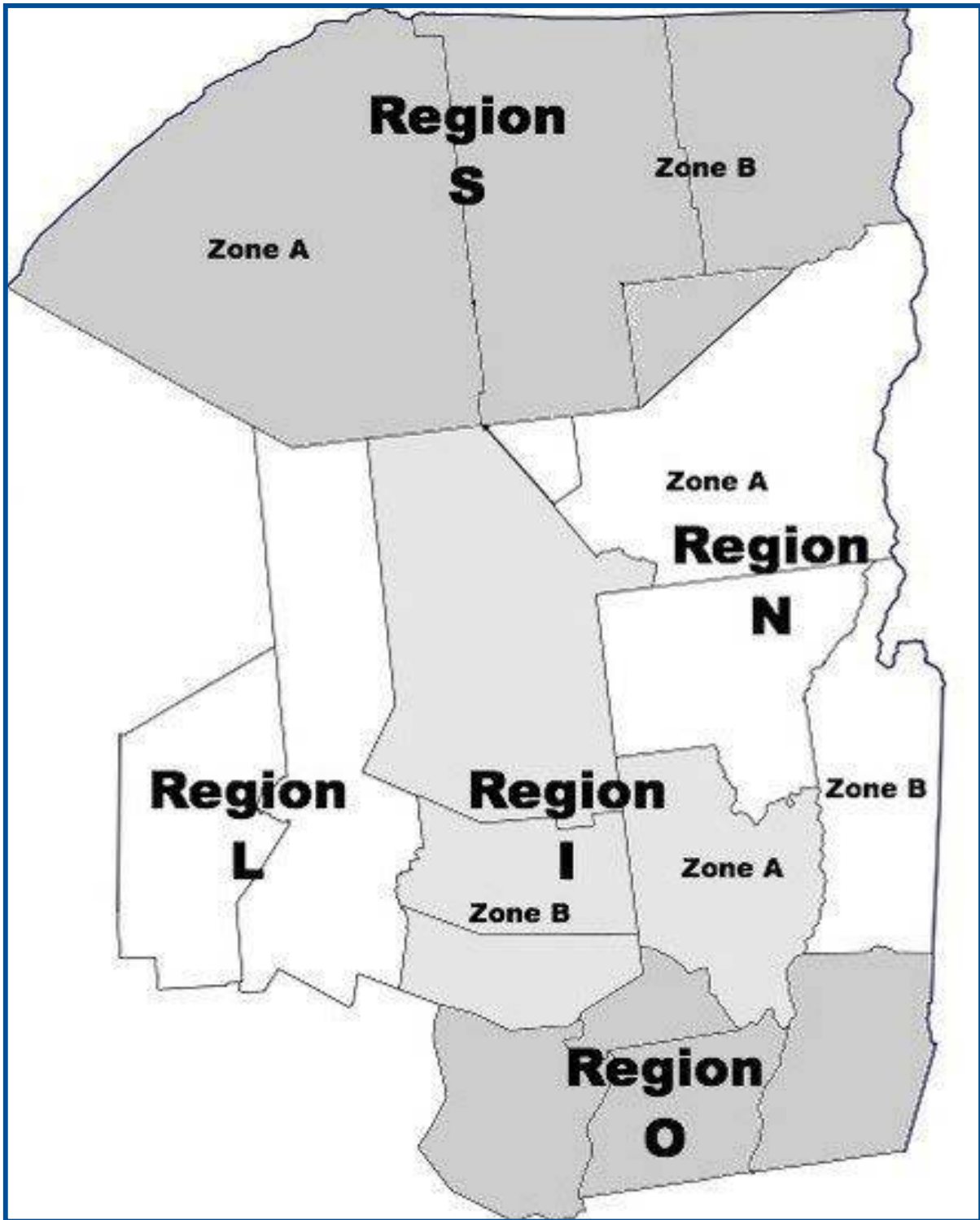
REGION S

ZONE "A" CHAIR

PDG Milledge "Smitty" Smith
13487 NY-178, Adams, NY 13605
315-778-3281
pdgsmitty@gmail.com
*Clifton Fine, Edwards, Gouverneur, Heuvelton, Lisbon,
Louisville, Ogdensburg, Raquette River*

ZONE "B" CHAIR

PDG Priscilla Laurin
207 Sheldon Lane, Chazy, NY 12921
518-569-4421
Lionpriscilla2324@yahoo.com
*Chazy, Lake Placid, Malone, Peru, Plattsburgh, Saranac
Lake, Tupper Lake*



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.

CALENDAR

3rd Cabinet Meeting

Johnstown Holiday Inn..... February 7, 2026

Lions Day at the UN. March 20, 2026

PDG Meeting. March 21, 2026

4th Cabinet Meeting

Lake Placid High

Peaks Resort..... April 25, 2026

State Convention Syracuse: April 17-19, 2026

Testimonial

Van Patten Golf Club May 8, 2026

BMYP Cruise..... October 4 - 11, 2026

Helen Keller Inspirational Quotes



“I appeal to you, Lions — you who have your sight, your hearing, you who are strong and brave and kind — will you not constitute yourselves **Knights of the Blind** in my crusade against darkness?”

“Alone we can do so little; together we can do so much.”

“The only thing worse than being blind is having sight but

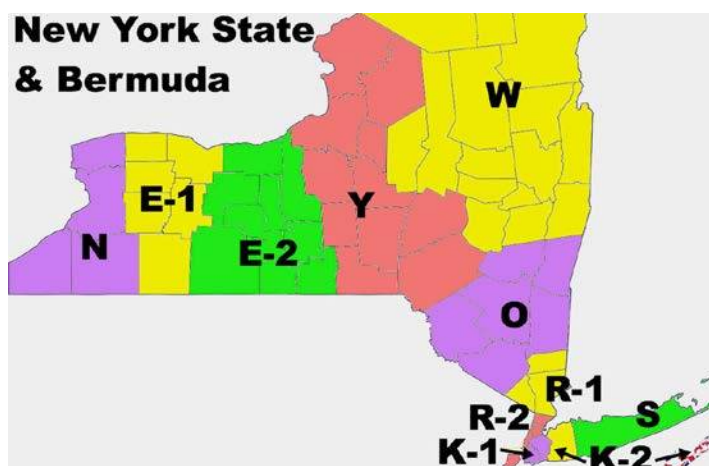
no vision.”

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.”

“One can never consent to creep when one feels an impulse to soar.”

“Often we look so long at the closed door that we do not see the one that has been opened for us.

See page 14 for District 20/W's
Helen Keller Barbie Doll Raffle
to benefit LCIF



LIONS RESOURCES

can be found at this link

<https://www.lionsclubs.org/en/resources-for-members/resource-cen>

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



Global Service Team Coordinator



GST Coordinator
PDG John McDonald

Fellow Lions,

Our clubs are doing an incredible job of serving their communities! The hunger initiative saw several clubs working with their local food pantries and school backpack programs to support their local communities dealing with food insecurity! Thank you for all your efforts!

As you complete your projects, please share this with us on the Lions portal, District Face Book page, and our District Newsletter. This will allow District Leadership to share your successes and ideas with other clubs around the district. Sharing your initiatives and successes on the portal is an easy process. If you need any assistance, please contact me.

Our next global week of service initiative will focus on the Environment during the week of April 18-26, 2026. The recycling and waste management service area resource is designed to help you learn the facts on waste and plan service projects centered on responsible recycling in your community. Consider planning an e-waste recycling project on Earth Day on April 22! Trail and bike path cleanups are also a good opportunity to partner with Leo's or Scouts!

[md_A0K0C5wANQN11iNz.jpg.pdf](#)

Our upcoming cabinet meetings are scheduled for February 7th in Johnstown and April 25th in Lake Placid. These meetings are very interactive and a great resource for learning. I encourage you to refer to the District Governor's message and the flyer in this newsletter for more information. You'll find it to be very worthwhile!

Continue to stay safe and please take the time to reach out to your neighbors, family and fellow Lions to check in on their well-being!

Sincerely Yours in Service,

PDG Lion John McDonald
Jmcdonald33@nycap.rr.com
Cell 518-763-9262





Northernnylions.org District 20W

"Lead to Serve, Serve to Lead"

Communications Corner

Team Members: Chairperson – Lion Bob Townsend
Lion Karen Rager, Lion Jim Cypher, VDG Ed Balaban

Marketing Matters

For any organization or business, Marketing is a strategic part of their business plan. Your Lions Club is no different. Effectively promoting the Lions mission and your Club's commitment to "WE SERVE" will result in service expansion and membership growth. Successful Marketing requires an investment in resources and dollars. Having a Marketing Chair is imperative for developing and implementing your marketing plan. Every member is part of the Marketing team each time they are out in public. Your club's budget should include dollars for specific marketing needs and activities. The clubs in District 20W have many Best Practice Marketing strategies. You should have these discussions in your Zone meetings and then share those ideas across the District.

Lions International also is an excellent resource for Marketing Strategies and tools that your club can leverage. Below is an example that can be found on the LCI Marketing Matters Website. I encourage you to visit that site and share at your next meeting.

Pre-Event Marketing: Marketing that gets people to your event.

At-Event Marketing: Marketing materials you give people at your event to encourage them to join your club or take part in your service project.

Post-Event Marketing: Follow-up marketing communications to continue engaging non-members and encourage participation in support of your club.

Channels: Here are some effective ways to get your message out:
Social Media ✦ Digital/On-line Marketing ✦ Print Marketing ✦ Radio/TV

Tactics: Here are some effective Marketing materials:
Facebook/Instagram Posts ✦ Press Releases ✦ Emails ✦ Flyers or Brochures
Promotional Videos (You Tube) ✦ Mailers ✦ Giveaways ✦ Newspapers/Radio Ads
Billboard Ads

LCI Marketing Resources: www.lionsclubs.org/en/resources-for-members/resource-center/club-marketing

Please reach out to our Marketing and Communications Team with any questions or needs. 20W Lions are Great People doing Great Things. We can do so much more working together.

LIONS ARE SOCIAL!

Stay connected to Lions International and our service around the world by following us on social media.

ARTICLES

SAUQUOIT VALLEY LIONS CLUB Supporting Upstate Golisano Children's Hospital/Hold Holiday Party

By Lion John Griffin

On Saturday January 10th, the Club held our Annual Holiday Dinner Party at the Orchard Hall Restaurant in Sauquoit. Twenty-eight members and guest attended the party, and a good time was had by all. Following dinner, new member Patricia Terry was inducted into the Club by Secretary Connie Griffin. Our Annual Holiday Raffle drawing was held after the meeting. Lion Ed Jones and President Lion John Markley chaired the raffle drawing which netted \$3,400. Thank you to all that participated in this year's Holiday Raffle, including a number of fellow Regional Clubs.



The Sauquoit Valley Lions enjoy the 2026 Holiday Dinner Party at Orchard on January 10th.

At our monthly meeting on January 22, 2026, the Sauquoit Valley Lions presented a check of \$2400 to the Upstate Foundation in support of the Syracuse Golisano Children's Hospital which houses the Childhood Cancer Center. It marks the 5th consecutive year of donations by the Club. The Club raises funds, dedicated to the Children's Hospital, at our information booth held at the Annual Sauquoit Valley Middle School Craft fair each fall.



Upstate Foundation representative Dave Bartell accepts a check to benefit Golisano Children's Hospital from Lion Secretary Connie Griffin and Lion Vice-President Sue Hughes (L-R) at our meeting on January 22nd.

Dave Bartell, representing the Upstate Foundation, accepted the check on behalf of the Foundation, and discussed ways that the Children's Hospital supports Central New York children including through the services of the Childhood Cancer Center.

Following the check presentation the Club held our regular meeting. Plans were discussed around two major fund-raising events planned over the next two months. Our Annual Corn Hole Tournament will be held at the Orchard Hall Restaurant with over 20 teams expected to participate. Details to follow.



Lion President John Markley inducts new member Lion Patricia Terry (R) with Sponsor Lion Maria Puleo as in support.

In addition, our annual Palm Sunday Breakfast will be held on March 29 that the Willowvale VFD in Chadwicks from 8:00-12:30. The event will include a bake sale and raffle and great food! Please plan to join us.

Sauquoit Valley Lions attended the calling hours of past Lion Richard "Dick" Thomas Sr. as a group on January 5th, 2026 to express condolences to his family. Fellow Lion and friend Don Humphrey reflected fondly on Dick's warmth, friendship and Lion service since joining the Club in 2021. Following Lion Don's comments, President John Markley led the group in the Lions Prayer.

KING LION JOHN MARKLEY

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

CENTRAL ASSOCIATION FOR THE BLIND AND VISUALLY IMPAIRED (CABVI)

AMD And Low Vision Awareness

By Miranda Watson

During February, The Central Association for the Blind and Visually Impaired (CABVI) recognizes Aged-Related Macular Degeneration (AMD) and Low Vision Awareness. AMD is an eye disease that can blur the central vision. It develops as age-related changes lead to damage in the macula. As a result of AMD, many people may experience low vision.

AMD is a leading cause of vision loss in patients 50 years and older. Although it doesn't cause complete blindness, losing central vision can make reading, driving, seeing faces, or near work more difficult. People may experience AMD differently. For most, AMD progresses slowly, but progress can vary. There are two types of macular degeneration: dry and wet. Dry AMD occurs when certain areas of the macula thin, and wet AMD occurs when blood or fluid caused by abnormal blood vessel growth builds up under the macula.

"Initially, patients may not notice any changes to their vision, but over time their vision may become blurry, straight lines may appear wavy, or their central vision may darken," said Dr. Kimberly Wadas. "It is important for patients to visit their eye doctor yearly for prevention and early detection. Their eyecare provider may give them an Amsler Grid to monitor the integrity of the macula. Prevention is key." Risk factors for AMD include being over the age of 50 years old, smoking, a diet high in saturated fat, obesity, a diagnosis of hypertension or elevated cholesterol, sun/UV light exposure, or having a family history of AMD.



Dr. Kimberly Wadas provides a comprehensive eye exam for a patient.

Low vision is defined as best-corrected visual acuity of 20/70 or worse, which cannot be corrected with glasses, contact lenses, or medical intervention, such as surgery or medication. Low vision is more common in older adults because many of the eye diseases that cause low vision, such as AMD, typically happen to people over 50. People experiencing trouble reading, driving, recognizing faces, or telling colors apart may be experiencing low vision, as it can affect an individual's ability to perform activities of daily living (ADL). Unfortunately, low vision is generally a permanent condition.

Intervention for low vision varies based on the current eye condition that is causing it. After receiving a comprehensive eye exam, an optometrist or ophthalmologist will be able to determine the best options for treatment. Fortunately, there are ways to make the most of having low vision! If the vision loss is mild, there are simple modifications that can be made to improve quality of vision. Using task lighting at home or at work may help with ability to perform daily activities; Sunglasses can also be helpful because they reduce the amount of glare and reflections that enter the eye; and a magnifying glass may help with reading and other near tasks.

At CABVI's Utica and Syracuse locations, patients collaborate with professionals who specialize in low vision and vision loss

from diseases such as AMD. Our low-vision specialists will complete a low vision evaluation and make recommendations based on the patient's condition. For more information, or to schedule an appointment, call 315-797-2233 ext. 4000.

CENTRAL ASSOCIATION FOR THE BLIND AND VISUALLY IMPAIRED (CABVI)

507 Kent St. Utica, NY 13501

Phone: 315-797-2233

www.cabvi.org

MICHAEL MARRONE PR & EVENTS MANAGER

MALONE LIONS CLUB

Purchases Smart Glasses

By PDG Priscilla Laurin

The Malone Lions Club purchased several pairs of smart glasses at \$800/pair for disable individuals in the community.

KING LION TIM CONNORS

457 County Road 41, Malone, NY 12953

Home: 518-483-0819; Cell: 518-353-2241

dead33eye@hotmail.com

CHAZY LIONS CLUB

Community Donations

By PDG Priscilla Laurin

Chazy has been busy providing donations to the community. We provided Chazy School \$1000. for the after prom party, and provided \$1000. to the Night to Shine Fund, and purchase fuel oil for 2 families in need of help.

KING LION JOHN SAXE

1078 Lake Shore Road, Chazy, NY12921

Home: 518-846-7225; Cell: 518-593-0987

jsaxe@jeffordsteele.com

TUPPER LAKE LIONS CLUB

Donation Towards New Ambulance

By PDG Priscilla Laurin

The Tupper Lake Lions Club donated \$10,000, to the Tupper Lake Rescue Squad to go towards the purchase of a new ambulance.

KING LION GERALD SOJDA JR.

51 N. Little Wolf Road, Tupper Lake, NY 12986-1242

Home: 585-746-2189; jerry.sojda@sojda.us

EMPIRE STATE SPECIAL NEEDS EXPERIENCE/LIONS CAMP BADGER

Now Hiring For Summer

By Cynthia Reuter

PLEASE SHARE!

Do you enjoy fun in the sun? Lions Camp Badger is now hiring for Summer 2026! We have paid positions available for summer camp counselors and licensed practical nurse(s) (NY State licensure required). Our season runs from June 20-August 8, and room and board are provided. The LPN will have a private living area with a bathroom. Camp counselors must be at least 17, and experience is not necessary because we train you! What's most important is an open mind, willing hands, and a desire to help others. Interested? You can apply from our website, www.lionscb.org. Please contact patgillule@gmail.com for additional information.



SUMMER CAMP REGISTRATION

Summer camp registration opened January 12 for all regular sessions. Spots are filling quickly. If you know someone with special needs who would benefit from a week at camp with their peers, send them to our website, www.lionscb.org to learn about us and register for camp.

- Young Adult Badgers (18-26) 6/28-7/3
- Buddy Badgers 1:1 (all ages) 7/5-7/10

- Vocational Food Service (18+) 7/5-7/10
- Senior Badgers I (26-40) 7/12-7/17
- Junior Badgers (6-17) 7/26-7/31
- Senior Badgers II (41-60+) 8/2-8/7

We're also offering a 3 day/2 night Family Camp session 7/19-7/21 that is fully inclusive and open to person(s) with a disability, siblings, and parents/caregivers. Each family has their own cabin and we provide staff support for activities. Enjoy networking with other families and opportunities for caregiver respite. Spots are limited. Registration opens March 16.



LIONS CAMP BADGER SUPER RAFFLE

Please be on the lookout for our annual Super Raffle

<p>Lions Camp Badger "Super Raffle"</p> <p>Name: _____</p> <p>Club: _____</p> <p>Address: _____</p> <p>Phone: _____</p> <p>Email: _____</p> <p>#0001</p>	<p>LIONS CAMP BADGER "SUPER RAFFLE" #0001</p> <p>Proceeds Of The Raffle Benefit Empire State Special Needs Experience At Lions Camp Badger</p> <p>10 GRAND PRIZES OF \$1,000⁰⁰ EACH*</p> <p>\$50 PER TICKET</p> <p>Checks should be made payable and sent to: Empire State Special Needs Experience, Inc. (Lions Camp Badger) 725 LaRue Road Spencer, NY 14883</p> <p>\$50 PER TICKET</p> <p>* Drawing will be held at the camp the week after Labor Day. * \$1000.00 is a 100% cash prize. * Contributions are deductible to the extent allowed by law.</p> <p>* Tickets over \$50.00 usually sold in pairs and are available.</p>
--	--

tickets in the mail to your P. O. Box or Club Secretary. Raffle tickets are \$50 each with 10 grand prizes of \$1,000. Raffle drawing is the week after Labor Day. Winners' names will be posted on our website and social media once the winners have been notified.

Please be as generous as you can.

All proceeds help us maintain our wonderful camp and quality summer programs.

1-800-232-7060

www.LionsCB.orglionscampbadger@htva.net

CAMP BADGER

725 LaRue Road, Spencer, NY 14883

CYNTHIA REUTER, BUSINESS MANAGER
PATRICIA GILLULE, CAMP DIRECTOR
PCC ANDREW UMREIKO, PRESIDENT

lionscampbadger@htva.net

Phones: 800-232-7060, 607-589-4800;

Fax: 607-589-6181

lionscampbadger@htva.net

Phones: 800-232-7060, 607-589-4800;

BALLSTON SPA LIONS CLUB

Ballston Spa Lions Fight Hunger

By Lion Ed Gharzouzi

The Ballston Spa Lions Club has continued its mission of providing food to those in need.

For many years, we provided meals for the holidays to the local food pantries by donating side dishes and turkeys or hams for Thanksgiving and Christmas/Easter, respectively. As the times and traditions have changed, we now partner with local grocery stores to provide gift cards instead of the turkeys or hams. This has been well received by the community.

Most recently, we conducted a food drive in the local Hannaford during



Lions from the Ballston Spa Lions Club prepare hams for Christmas meals that were delivered to local food pantries. From Left to Right: Lion Jim Myers, Lion Ed Moore, Lion Jenn Hurd, Lion Denny Albright, Lion Robert David, Lion Ed Hersh.



Lions work a Food Drive at Hannaford in support of Hunger Awareness Week. From Left to Right: Lion Eric Carson, Lion Robert David, Lion Ed Moore.



Food collected from the Hunger Awareness Food Drive.

Hunger Awareness Week. While it was our first, it was still successful and we plan to continue next year with some improvements. We collected all the food pictured below and \$300 in cash donations. All food and cash will be donated to the food pantries that serve our service area. Special thanks to Hannaford for donating food and believing in our mission!

We are preparing for the Easter food baskets and to promote Lionism, we donate Chocolate Easter Bunnies from the Lions Eye Institute and provide them in select baskets while supplies last.



Chocolate Easter Bunnies from the Lions Eye Institute.

KING LION ANDREW J HURD

1563 Crescent Road, Clifton Park, NY 12065
Home: 518-256-1114 Cell: 518-256-1114
ahurd72@gmail.com

CLUB CORRESPONDENCE

BallstonSpaLionsClub.org

BROADALBIN-PERTH LIONS CLUB

Food For Backpack Program

By Lion Ed Balaban

The Broadalbin-Perth Lions Club began their weekend early last Friday morning, January 23, when Lions Bill Suchy and Bob Townsend met the delivery truck from the Regional Food Bank of Northeastern New York in Amsterdam. Lions gathered food to be delivered to the Backpack Program at Mayfield Central School. The program provides food to those students who are less fortunate.

Club President Townsend said "We welcome the opportunity to provide



Broadalbin-Perth Lion Bill Suchy inspects his Club's share of food from the Regional Food Bank of Northeastern New York. The Lions delivered the food to Mayfield Central School in support of that school's Backpack Program which provides food to less fortunate students.



Broadalbin-Perth Lions Club President Bob Townsend hoists a case of food delivered from the Regional Food Bank of Northeastern New York. The Lions delivered the food to Mayfield Central School in support of that school's Backpack Program which provides food to less fortunate students.

Broadalbin-Perth Lions Bill Suchy, left, and Club President Bob Townsend, right, filled a truck with food from the Regional Food Bank of Northeastern New York. The Lions delivered the food to Mayfield Central School later that day in support of that school's Backpack Program which provides food to less fortunate students.



nutritious food to the younger members of our community and help ensure their academic success. No child will succeed in school on an empty stomach.”

KING LION ROBERT TOWNSEND
805 CO HWY 126, 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/

NEWCOMB LIONS CLUB

Food Donations

By Lion Norma Taylor

Our last Meeting and Dinner were held January 14th at the Newcomb Community Center. Food Donation was made to our Local Food Pantry at The Newcomb Health Center.



Lion Wester Miga was our guest speaker this past month.



KING LION ANITA L BRUNDAGE
5841 State Rt. 28N, Newcomb, NY 12852
Home: 518-582-2383; Cell 518 495-1827
careyanita@hotmail.com

LIONS CLUB INTERNATIONAL FOUNDATION/20W

Helen Keller Barbie Doll Raffle

By PDG Ricky Laurin

L CIF is having a raffle. Each district is raffling a Helen Keller Barbie doll. Tickets in W are \$5.00 each. Tickets will be available on February 7 at the District

meeting, at any club that he visits and can be obtained via mail.



PDG RICKY LAURIN
LCIF CHAIRPERSON
207 Sheldon Lane, Chazy, NY 12921
Home: 518-846-7269
jana5652@yahoo.com

SARATOGA SPRINGS LIONS CLUB

Annual Food Collection

By DG Barbara Bentley

The Saratoga Springs Lions Club held their annual food drive on January 17th. Lions were at several grocery stores in Saratoga to accept generous donations from shoppers. In total, they collected about 2,400 pounds of food and hygiene products that were distributed to six local pantries. The Saratoga Leos offered great support by sorting and packing all of the



donations that were received.

KING LION THOMAS A. BOGHOSIAN
57 Phila St., Saratoga Springs, NY 12866-3222
Cell: 518-232-4725
tombogo@nycap.rr.com

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

CLINTON LIONS CLUB

Food Collection And Student Of The Month

By Lion Jim Winkler

For the first time since October, we met twice during January. At the first meeting, our guests were our **November Student of the Month, Jack Wratten**, his mother and sister. Jack will be graduating in June from Clinton Senior High School where he not only maintains a very respectable grade point average but is active in both the vocal and instrumental music programs and is a member of the school's track and field team. Jack is looking to major in chemical engineering in college and has applied to RIT, SUNY Buffalo and SUNY Geneseo. He was presented with a Certificate and gift card to a local restaurant by Lion Les LaBrecque and Club President Lion Gabe Martini. A picture of the presentation appeared in one of our local newspapers. We wish Jack every success in his future endeavors.



Clinton Lions Les LaBrecque and Club President Gabe Martini present Clinton Central High School senior, Jack Wratten with November Student of the Month Certificate.

At both of our monthly meetings, those members in attendance brought with them **approximately 40 pounds** of shelf stable, nonperishable food for our local Country Pantry. These items were delivered to the pantry on the days following our meetings, accumulated with those donated by other members of the community to be utilized at upcoming food distributions.

This month's **distribution at our local food pantry** was still feeling the effects of the government shutdown and subsequent aftermath. It had to be altered. Instead of being held on the same relative day each month, allowing clients and volunteers alike to plan their schedules accordingly, the

monthly distributions now vary monthly depending upon the availability of food at the Central New York (CNY) Food Bank.

Distributions are now conducted on short notice, random days of the month, affecting everyone's (clients and volunteers) ability for future scheduling and participation. The Executive Director of our local food bank, Lion Mary Zimbler, continues to do a remarkable job obtaining donated shelf stable, nonperishable foods from the community, scheduling volunteer workcrews to package these items along with past unused frozen food products, and scheduling volunteers to satisfy the needs of individual families on a daily basis.

This month, **four (4) club members** joined twenty other community volunteers for the pantry's largest distribution on January 9th. At this distribution, approximately **1,000**

individuals were served the food delivered from the CNY Food Bank and that which had been pre-packed from the generosity of the local community. This distribution took place in the Annunciation Church parking lot in Clark Mills, NY as in previous months.

The **club ordered fifty-eight (58) cases of chocolate bunnies** at a cost of \$2,320 in support of the Lions Eye Institute (LEI). We await their arrival. Many of our members purchased them to donate to the Country Pantry for distribution to clients before Easter.

One of our members continues assisting every Thursday, preparing and serving hot soup and sandwiches at **Mother Marianne's West Side Kitchen** in Utica. Approximately **215 individuals** received nourishment during the month through this assistance.

Recent contributions: Student of the Month gift certificate (\$25); payment of Chamber of Commerce Annual Dues



After CHY Food Bank Trailer Truck unloaded, volunteers receive instructions before first clients begin receiving food.



Vehicles pass by on both sides of tent as volunteers load food into their vehicles while one client (in pickup truck) awaits his position in line.

(\$100); purchase of 58 cases of chocolate rabbits from the Lions Eye Institute (\$2,320); support of Sauquoit Valley Lions through purchase of raffle ticket (\$50).

USE CAUTION SHOVELING THE WINTER MOISTURE ...

KING LION GABRIELE MARTINI

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

GLENS FALLS LIONS CLUB

Last Sunday Supper

By Lion Karen Rager

Sunday, January 26, The Glens Falls Lions purchased and prepared their Annual Last Sunday Supper at Christ Church United Methodist in Glens Falls. Traditionally we would serve 60 to 100 people this free meal, however Sunday and Monday was the “big storm”. Expecting 18 - 24” of snow and freezing temperatures we didn’t know what to expect.

About 10 Lions and members of Christ Church prepared our usual and very popular meal of meatloaf, roasted rosemary potatoes, baby carrots, rolls and butter, and dessert. Because of the storm we had 5 people brave the storm and a reequest for 12 takeouts!

Unfortunately the church’s heating system broke that day and the part that was needed to repair it wasn’t available until the 28th. We tried to stay warm by hovering around the ovens and staying dressed in our coats and hats!

As there was plenty of food leftover, we were able to take “doggy bags” home with the balance going to the Open Door where Code Blue Shelter was in effect.

Christ Church provides this meal every month and also provides a breakfast.

KING LION SCOTT RAGER

82 Hunter Lane, Queensbury, NY 12804
Home: 518-798-3143; Cell: 518-796-0789
rager@roadrunner.com

CLUB CORRESPONDENCE

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

ALBANY & TROY LIONS CLUB

District Governor To Attend Meeting

By Lion Jerry Gordon

1. Queen’s “Love Thy Neighbor” event on Dec 20 was very successful. With both Lions and Leo volunteers, along with folks from several other supporting organizations (Eden’s Rose, SNUG, etc), they provided hot meals, free produce and 80 kids’ coats to over 800 residents of Ida Yarbrough Homes, Interfaith Partnership for the Homeless, and other places.

2. DG Barb Bentley will be our guest at our general meeting on Wed, Feb 4 at Margarita City. Starting in April, we’ll try the Albany Public Library on Washington Ave for our general meetings. Our board meetings will be at 7PM on line on the 3rd Monday.

3. Lion Batman reports that plans for the Spelling Bee are moving along. Our regional Spelling Bee will be in late March. Under consid-eration are the Love Albany Center at 8 Kate St or the Palace Theater.

4. Jodi and Greg will be leaving for Ecuador on Jan 10. They’re taking lots of glasses to be distributed in conjunction with the Tosagua Lions Club.

5. We voted to buy 6 raffle tickets for \$100 to benefit the Brandel-Murphy Youth Foundation.

6. Semajanay Losey, the mother of James, one of our more active Leos, passed away on Jan 6. Queen requested that we make a \$300 donation to an organization yet to be named. The motion passes after Lion Jodi came up with \$100 as a personal donation to the fund.

In the weeks after the meeting, we passed two motions via email:

To donate \$100 towards the purchase of a Bluetooth Stethoscope for a deaf senior at Brunswick HS who is enrolled in a BOCES Nursing pro-gram and will be attending college for nursing.

To donate \$200 to LCIF in memory of Jimmy Bass, father of our past president Lion Eva Bass.

KING LION JODI SHELDON

5 Grant Street, Delmar, NY 12054
Cell: 518-331-0992
jodiscott419@gmail.com

EVENTS/FLYERS



BRANDEL-MURPHY YOUTH FOUNDATION

COME SAIL WITH US ON OUR 2026 CRUISE

**Aboard
Royal Caribbean's - Oasis of the Seas
OCTOBER 4-11, 2026**

The ship is a RESORT onto itself!



**Sailing out of Bayonne, NJ enjoying days at sea
and Ports of Call at
Port Canaveral, Coco Cay, and the Bahamas.**

INVITE YOUR FAMILY AND FRIENDS!

For more information contact Terri Oster at: terrio63@hotmail.com or
(516) 945-7694. Registration will be opening soon.

brandelmurphyfoundation.org

Learn how to grow Lions & our impact

Join Lions & Leos across the U.S. & its Affiliates for **Let's Grow**, a 4-part interactive workshop designed to help you start new clubs, rebuild existing ones & ignite unstoppable momentum in your community.

You'll learn proven strategies, share ideas & leave each session ready to grow your pride.

BONUS: All new success stories, inspiration & interaction!

Our Focus:

- January 6: Process & Club Types
- January 20: Recruiting
- February 3: Marketing & PR
- February 17: New Club Application & Keep Growing

Perfect for:

- GAT Coordinators & Team Members
- Lions & Leos hungry for growth & impact



January 6 – February 17

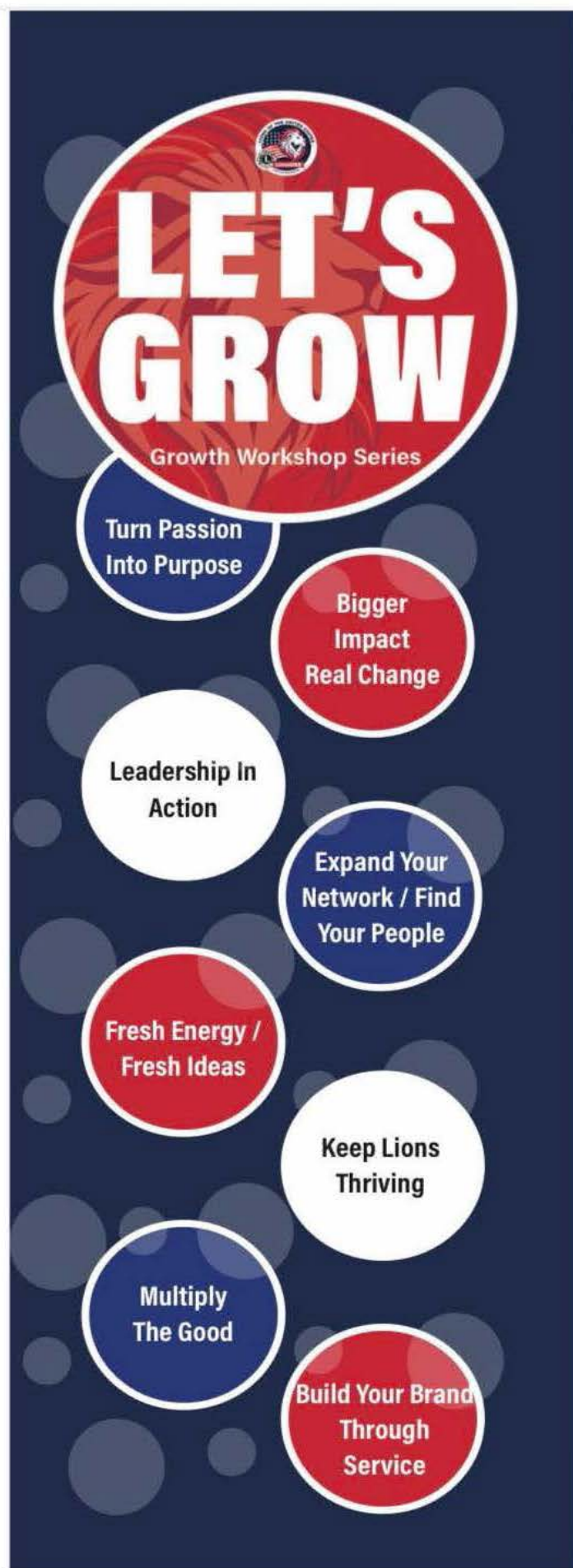
(Every Other Week)

8 pm EST / 7 pm CST

/ 6 pm MST / 5 pm PST

Register Now: <https://bit.ly/GrowthWkshp26>

?s membership@lionsusa.org





Super Hero Raffle

Be A Super Hero For Children In Need

Drawing will be held Super Bowl Sunday, February 8, 2026

Grand Prize - \$5,000



2nd Prize: \$ 2,000

3rd Prize: \$ 1,000

4th & 5th Prizes: \$ 500

6th thru 9th Prizes: \$ 250

**Special
6 Tickets
For \$100**

\$20 Per Ticket

To Purchase Tickets Scan here →
Or log on to brandelmurphyfoundation.org



Or...make your check payable and send, with ticket stubs to:

Brandel-Murphy Youth Foundation

P.O. Box 913

Rockville Centre, NY 11571

For Tickets & Information Contact:

PDG John McDonald
518-763-9262
hawk33.1959@gmail.com

**All proceeds benefit children in need through the
Brandel-Murphy Youth Foundation**

For further information visit us at www.brandelmurphyfoundation.org

We are a 501(c)(3) organization. Contributions are deductible to the extent allowed by law.

Night At The **BREWSEUM**

Where History & Spirits Come to Life

***VIP* 5:00PM-6:30PM**

Presented by the Saratoga Springs Lions Club



Friday, April 24, 2026

6:30PM - 9:00PM



Canfield Casino • Congress Park, Saratoga Springs, NY

21 and Over Only • ID is Required



We're More Than Halfway Through the Lions Year!



Now is the time for every club to begin planning for the future.

As we move past the midpoint of the fiscal year, clubs are encouraged to form a Nominating Committee and start identifying future leaders.

Strong leadership starts with early planning!

Why Start Now!

- Builds leadership continuity
- Encourages member involvement
- Prevents last-minute officer searches
- Strengthens your club's future



**Start the conversation today.
Build the leaders of tomorrow.**

FEBRUARY 14TH IS NATIONAL DONOR DAY

Honoring the donors and families who make the miracle of sight possible



Show Your Eyes the Love: Vision Wellness

As we celebrate the month of love, it's the perfect time to prioritize the health of your eyes. Whether you are at home, at work, or enjoying the winter outdoors, small habits can make a significant difference in maintaining clear, comfortable vision for a lifetime.

The 20-20-20 Rule for Digital Strain:

Modern life involves hours of screen time on phones and computers, which can lead to dryness, blurring, and headaches. Every 20 minutes, look at something 20 feet away for at least 20 seconds to allow your eye muscles to relax and reset your focus.

Defending Against "Winter Sun":

UV protection remains critical in February, as cold temperatures do not diminish the sun's potential for eye damage. Fresh snow acts as a mirror, reflecting nearly 80% of UV radiation back upward toward your eyes. Wear polarized sunglasses with 100% UV protection to shield your corneas and lenses from long-term damage and reduce seasonal eye fatigue.

♥
*To our wonderful community,
We eye-dore you
Love,
The Lions Eye Bank*

THE LOVE OF A DONOR: BILL'S LEGACY



In the quiet corners of Grand Isle, Vermont, and the sun-drenched streets of Coral Springs, Bill Stone was known as a man who could fix anything. To his family, he was "MacGyver." To his step-son, Andrew, he was the hero who climbed Mt. Mansfield to find "utter joy." To his wife, Nadcan, he was her rock—the man who made everyone around him better just by being in the room. But Bill's greatest project wasn't an award-winning pool design or the Hammond B3 organ he played for The Barefoot Beach Boys. His greatest project was Time. When Bill was a young man, a shadow hung over his family tree. Both his father and grandfather had been taken by kidney disease at the age of 56.

When Bill and Nadcan married 36 years ago, they didn't just exchange vows; they made a pact to fight that shadow together.

Through sheer discipline, a "MacGyver-like" attention to health, and an unshakeable spirit, Bill did the impossible. He didn't just reach 56; he blew past it. He gave his family 22 more wonderful years than anyone expected. He didn't start dialysis until he was 75, proving that with enough love and grit, you can rewrite the story you were handed.

Bill's life was defined by a selfless need to build foundations for others. In the late 1960s, he helped lay the very first stones of the Vermont Kidney Association. He was the silent engine behind the scenes—launching the VKA Voice newsletter and running fundraisers—never asking for a spotlight, only asking how he could help the person in the next chair.

His commitment to "fixing" the future even extended to medical science. By participating in a pivotal genetic study, Bill helped researchers identify the APOA4 gene mutation. Because of Bill's willingness to share his own story and DNA, families in the future will have the "fix" he had to fight so hard to find for himself.

On October 24, 2023, Bill Stone's long and valiant fight came to a peaceful end in the city where he was born. But true to his nature, Bill was still looking forward.

As a donor with the Lions Eye Bank of the Northeast, Bill left behind a final, miraculous gift: his corneas. He knew that while his own journey was complete, someone else was still waiting in the dark for a "MacGyver" to come along and restore their world.

Through his donation, Bill isn't just a memory of a "lovely, gracious man." He is the reason someone else will see the sunrise this February. He is the reason a father will see his child's face, or a student will be able to read their first book.

Bill Stone spent his life fixing things, leading others, and finding extra time. Through the gift of sight, his legacy of leadership continues, one restored vision at a time.



www.lebnortheast.org



@lebone1



Got Yarn? Or extra fleece fabric?



**If you don't need it anymore, we will turn it into
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 2025.

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 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



Lions Club

Eyeglass Recycling

District 20W



Bring your collected glasses to a cabinet meeting, or our storage facility in Galway

You collect the glasses and 20W will do the rest! We will handle bulk storage and shipment to the NJ center.

Storage Facility
GALWAY LIONS BUILDING
2167 GALWAY RD
GALWAY, NY 12074

For Dropoff Appointment
Call, Text, or Email
PDG- ED PIKE
PH: 518.423.9128
EM: weski48@yahoo.com

Suggested Donation to offset shipping- \$20-\$40

Made with PosterMyWall.com

Broadalbin-Perth Lions Club
and
Hoffman Helping Hands
present

B-P Lions Clean Car 2025-26



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

<http://www.hoffmanhelpinghands.com/fundraisers/fundraisers/BPCleanCar25-26>



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

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

Medical Learning Curve

Anxiety

What people think
Childhood Cancer
is:

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

A Roller Coaster Ride

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

Contact DG Barbara Bentley for more information

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.

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

