

# THE NORTHERN LION

District 20-W Monthly News Letter

VOLUME 7, ISSUE 3

OCTOBER 2017

## DISTRICT GOVERNORS MESSAGE

Dear Fellow Lions:

Well, it seems as though the fall season is now upon us, my favorite time of the year: the color of the leaves on the trees and the crunch of leaves under my feet, the cool crisp air, the smells and tastes of pumpkins and apples, football and getting ready for the holiday season. It's a busy time as I'm out visiting all of you and getting ready for the 2<sup>nd</sup> cabinet meeting and fall conference. October is a good month for us to talk about leadership.

I know that we all want to serve our communities and leadership is just one more way to do that. There are several resources available to help you develop leadership skills like: coaching, public speaking, effective listening, public relations, managing meetings, managing others, time management, etc. You can do these trainings online through the Lions Learning Center, as well as take online classes on being club president, club secretary and club chairperson. The online trainings are all free of charge and you can do the modules at your own pace.

Another great resource to develop leadership skills is the Regional Lions Leadership Institute on Thursday, October 26-Saturday, October 28, 2017. The Institute, or Leadership School as it's also known as, helps you de-

velop and hone your leadership skills in a fun, engaging classroom setting. We have full scholarships available for those who wish to attend the Institute; a scholarship covers the cost of your hotel room and all meals while you are at the Institute. We're asking for a \$50 deposit included along with your application that will be refunded to you upon completion of the Lions Leadership Institute. I want to dispel the myth that if you go to Leadership School that we want you to become District Governor in the near future. That's not necessarily true. It is up to you to decide when and if you want to move up the ladder to become district governor. We are looking to develop leaders at the club and district level. The leadership skills that you learn through Lions can very easily translate to your work life as well. All I'm asking in return from the district awarding you a scholarship to the Leadership Institute is to attend the remaining cabinet meetings and zone meetings for 2017-2018. You can send the completed application to me as soon as possible for signature before we send it to the Institute.

Leadership trainings can also be available at cabinet meetings, the district fall conference and the State Convention.



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## DG Comments Cont'd

This year's fall conference will be in Watertown on Saturday, November 4<sup>th</sup>. The State Convention will be on May 4-6, 2018 in Rochester, NY. These are great ways to get a feel for leadership in workshops. All of these trainings are wonderful opportunities to meet and network with fellow Lions in the district, around the state and across the country. Some of the friendships that you develop along the way can be lifetime and a valuable asset to you.

There are several leadership positions available in the district. Positions include zone chairs, region chairs and serving on various committees:

- ALERT committee – disaster and emergency preparedness in the district.
- Centennial Celebration – working with the coordinator to encourage the clubs to participate in centennial activities before June 2018.
- Constitution & By Laws – keeping up with changes in constitution and by laws and ensuring the clubs have a constitution and by laws and are abiding by them on a district, state and international level.
- Diabetes Awareness
- Lions Camp Badger – a camp in central NY for children and young adults with disabilities
- Global Leadership Team and Global Membership Team
- Environmental Committee
- Guide Dog program
- Finance Chair
- Lions SEE – program to assist with vision screenings
- LCIF – the Lions International Foundation that provides grants to clubs
- NYS & Bermuda Lions Foundation – provides grants to clubs in NYS and Bermuda
- Lions Quest
- LCIF
- Public Relations/Information Technology
- NYS & Bermuda Foundation
- Reading Action Program

Please take a look at these and consider attending one or more trainings, especially the Regional Lions Leadership Institute. Leadership is challenging but fun and ultimately very rewarding. Please contact me or GLT Lion Mark Whitney if you have any questions or ideas. Please don't forget to do your monthly activity reports on LCI and pay dues, and all other bills, in a timely manner. Keep the momentum going this fall and keep up the good work!

DG Donna  
315-244-1141  
Donnaober38@gmail.com

# Hurricane Relief Supplies for Florida

As you all have certainly heard hurricane season was devastating to many different areas to our south.

Two Long Island districts have sent 2 truckloads of supplies to Texas and are in the process of doing the same for Puerto Rico. We believe that we in the North Country need to do our part for the people of Florida. We have a short list of supplies and will be sending a truck to Florida by Oct. 14<sup>th</sup>. We have two drop off points so far, in Lowville at the VFW in their pavilion and in Adams at the Historical Society. We will be accepting donations for the next two weeks. We will also have a truck for drop offs at the ribbon cutting celebration of the Lowville Centennial project on Oct. 7<sup>th</sup> from 11 to 2. If you cannot get the supplies to us you can always contribute gift cards for Walmart.

Once the truck leaves our area it will stop in Syracuse to pick up and then again in Binghamton so there should be enough to warrant a trip to Florida. Our own endorsed ID candidate PCC Gary Brown has offered to drive the supplies down if we can't find a trucking company to do that.

We know that many of you have already held fundraisers and have sent the proceeds to the affected areas and thank you so much for those efforts. That support is most appreciated by all. If anyone would like to continue to do that or to donate to LCIF that is also a worthwhile activity but please report what you are doing to DG Donna. We would love to have the problem of too many supplies for the truck we get but anything that we can send down will be most appreciated by those in need.

Thanks for all your efforts to support those who have lost so much to these storms. These are the times that we can truly say, Where there is a Need there is a Lion.

The list is attached and please contact CC Kelly Clark ([kclarkmd20@gmail.com](mailto:kclarkmd20@gmail.com) or 315 771 1817) if you have any questions.

Florida relief list so far:

Rubber gloves	Peanut butter
Plastic bags	Crackers
Garbage bags	Fruit cups
Plastic storage containers	Manual can openers
Ice chests	Buckets
Bug spray	Cleaning supplies
Flashlights/lanterns	Paper products (paper towels, TP, tissues)
Batteries	Walmart gift cards
Baby diapers	
Adult diapers	
Wipes	

# Diabetes Awareness Message

## Diabetes – part 3 Health risks

Once diagnosed with diabetes, your healthcare team will encourage you to follow your meal plan, exercise, use your medications and monitor your blood glucose regularly. If you can keep your blood glucose in a normal range, you can possibly prolong or reduce the incidence of long-term complications. Some of those complications include heart attacks, strokes, blindness, kidney failure and blood vessel disease that may require an amputation. Studies show that people who keep their blood glucose as close to normal as possible reduce their risk of developing some of these complications by 50% or more.

Diabetes is a worldwide issue. The World Health Organization estimates that over 422 million people worldwide have diabetes and by 2040, that number is expected to be 642 million. Every 8 seconds someone in the world dies from Diabetes complications. People with diabetes are at risk of losing sight due to diabetes eye disease. It is the leading cause of new-onset blindness in many countries. This is why everyone with diabetes should get a comprehensive dilated eye exam at least once a year.

Given this information and Lions focus on vision issues, it is not surprising that Lions have taken action to support diabetes awareness, education, prevention, detection, control and research. We all need to work with local community partners and national diabetes associations to promote diabetes education and awareness. World Diabetes Day is November 14<sup>th</sup> and November is Diabetes awareness month. I hope that each club or zone might have an activity to raise awareness of this disease. Your activity could be as simple as your Lions club walking together around your town or village with signs, handing out brochures at a local pharmacy or grocery store, offering the attached written quiz to determine if someone may be at risk or you might want to make a large impact by sponsoring a Diabetes walk or run. Check with your local healthcare professionals to get their support and suggestions. Anything that we can do will help to raise awareness of this disease and potentially save someone from the struggle of living with diabetes.

Please consider some sort of awareness event and report your efforts to LCI and the District.

Thanks for working in your communities to prevent Diabetes.

CC Kelly Clark

kclarkmd20@gmail.com



# Diabetes Awareness Message

On November 4<sup>th</sup> following lunch we will begin a short walk around Watertown to try to bring attention to our newest service focus, Diabetes. There will be stops along the way to give information or test your knowledge. There will be small gifts along the way and prizes for the best quiz scores and speed of completing the course. This won't take long and will work off all the delicious lunch that we eat. I hope to see all of you on the 4<sup>th</sup> in Watertown and I trust that everyone will be able to walk for no more than 30 minutes to raise awareness of Diabetes.

Even if you can't make it to the conference you can still join us for the walk or to volunteer to work on the walk.

If you would like any further information please feel free to contact me at [kclarkmd20@gmail.com](mailto:kclarkmd20@gmail.com) or 315 771 1817

Thanks so much for your support  
CC Kelly Clark



## Club Anniversaries October



Chazy Lions Club	- 61 Years
Clayton Lions Club	- 62 Years
Gouverneur Lions Club	- 82 Years
Lowville Lions Club	- 62 Years
Malone Lions Club	- 68 Years
Massena Lions Club	- 82 Years
Ogdensburg Lions Club	- 62 Years
Town of Schroon Lions Club	- 60 Years

## Northern Lion Reminder

The Northern Lion is emailed to Club Presidents, Secretaries, and Treasurers who have a valid email address listed with Lions Club International. It is also posted on the District 20-W website which can be found at [www.e-district.org/sites/20w/index.php](http://www.e-district.org/sites/20w/index.php)

Club officers please share with all your club members.

**This years goal for sending out the Northern Lion will be the 10th of each month. I will need any entries to me by the 3rd of the month for this to happen. Please submit all entries to [outageco@yahoo.com](mailto:outageco@yahoo.com) in either Microsoft Word format or in an email. Please do not send it in pdf format. All pictures should be jpeg format and if applicable please identify those in the picture.**

## LCIF Awards Major Catastrophe Grant to Lions in Puerto Rico



Dear Lions,

It is hard to recall a time recently when so many major natural disasters occurred in such a short period of time. Over the past several weeks, natural disasters have struck in several places, with particularly devastating results – flooding in India and Japan, hurricanes in the United States and Caribbean islands, and not one but two earthquakes in Mexico. Most recently, Lions Clubs International Foundation (LCIF) awarded a US\$100,000 grant to support relief and reconstruction in Puerto Rico in the wake of another destructive hurricane. Your Foundation has responded with emergency and major catastrophe grants to allow Lions on scene to provide much-needed supplies.

In all cases, LCIF coordinates funding for emergency and major catastrophe grants with local Lions. Lions in the disaster area then work with local government officials and other agencies to ensure the right supplies are getting to areas most in need, without duplication of effort.

Since its founding in 1968, LCIF has awarded more than 13,000 grants totaling over US\$1 billion. LCIF will continue to work every day to support humanitarian service projects all over the world and give hope to those who need it. In 2015-2016, LCIF awarded over US\$9 million in disaster grants, which helped more than 500,000 people around the world. LCIF relies on donations from compassionate Lions. These donations provide the vast majority of the revenue received by LCIF, making the Foundation a leading humanitarian organization. Lions know their donations matter and that funds entrusted to LCIF will support initiatives that impact communities and change lives.

Your donation – whatever the amount – allows the Foundation to respond when called upon, and has a direct impact on the lives of millions of people.

Along with your donation, I know you join me in keeping the victims of these most recent natural disasters in your thoughts and prayers.

Together we are making a difference.

Sincerely,

Chancellor Bob Corlew  
Chairman, Lions Clubs International Foundation



# District 20W Centennial Challenge Project

## Have Documented



THIS IS OUR CHALLENGE! Increase service to MORE people in each of our communities.

Centennial Community Legacy Project: Make a lasting gift from your club to your community by enhancing the visual presence of Lions and Lions activities. Eight clubs have documented Level one, two and three completed projects.

This is the last year of this project. We have increased the number of clubs participating every year from 15 in year one to 23 last year. Let's REALLY try for all 31 clubs this year to accomplish and document 2 or more centennial projects by June 2018.

Remember, WHERE THERE IS A NEED, THERE **SHOULD** BE A LION!

If you need assistance, contact PDG Bob Walker @ [lionLwalker@twcnv.rr.com](mailto:lionLwalker@twcnv.rr.com).



# Lions Camp Badger News

On Friday, September 8, several golfers gathered at Bristol Harbour Golf Club in Canandaigua for the Lions Camp Badger Golf Classic. Tournament Director, PCC Gary Brown, reports it was another successful fundraising event for the Camp.

The overall winners were the Scio #2 foursome, anchored by the Potter family. The foursome shot a net 66. As the winner(s), they had their choice of two very nice gift baskets. Long drive on hole #7 was won by Jessica Haines from District Y-1. She won the other gift basket. Jim Potter from the Scio Lions won closest to the pin on hole 15 with a tee shot that ended up just 16 feet from the pin. He won a sponsor's package from Dixon Golf. Scio's luck continued when they won the 50/50. In true Lions fashion they donated back their \$140 winnings. There was another Closest to the Pin contest on hole number 2. Tournament chair Brown reports – sadly – that no one hit the green, let alone got close to the pin. He, therefore, chose to fine everyone \$1 in "shame" money at dinner.

Overall, it was a very successful and enjoyable day for all involved. It did rain near the end of the round but we are happy to report that no one melted. As always, Lions Camp Badger was the big winner with a substantial donation going from the tournament to the Camp. We thank the golfers and sponsors at all levels who made the donation possible. ~PCC Gary Brown

Things are winding down here at the camp as we head into fall and winter. We had a beautiful wedding here on September 2, and another scheduled for October 7<sup>th</sup>. Fall at the camp is amazing and provides the perfect backdrop for a wedding! While springtime is prepping (and some retreat rentals), and summer is for our camp programs, fall gives us a small window of opportunity for weekend rentals before we shut down for the winter. We usually have at least a few weddings, birthdays, reunions or other events booked in our beautiful Collins Conroy Lodge in September and October. It's wonderful to see people enjoying the beauty of the camp and Lodge as it provides a little bit of revenue for the camp!

Camp Director, Pat Gillule, is a Special Ed. School teacher and is back to school now, but that does not mean she is any less busy working for Lions Camp Badger. Here are just a few of the things that Pat has been working on:

## **Programming for 2018:**

- Website has been updated with information about Summer programs 2018.
- New items added to our Wish List which can be found on our website: [www.LionsCB.org](http://www.LionsCB.org)

## **Grant-writing and fund-raising:**

- Received a \$2500 Mildred Faulkner Truman grant for vocational programming for 2018
- Applied for a grant for an additional AED
- Submitted a request through the Mildred Faulkner Truman Foundation to cover the cost of tick/mosquito/poison ivy prevention through Ivy Oaks Analytics. They service camps in the Northeast and provide safety certification. The cost for the first year is \$5,370.
- Initiated a Pampered Chef online fundraiser through the parent of a camper who is a PC consultant. Proceeds of the fundraiser will go to our Campership fund and be used for 1:1 support. There will also be a "Wish List" or "Registry" of items that could be purchased for the camp and be used by our campers in our vocational programming and cooking. Please watch for information about this on our website and Facebook page!
- Tioga Downs in Nichols, NY will host a fundraiser benefit for Lions Camp Badger on Saturday, February 10, 2018 from 2:00pm to 4:00pm with FLAME the Band. There will be snacks and a nonalcoholic cash bar. Bring your dancing shoes! It will be held in the new ballroom between the casino and the new hotel. People from outside the area may want to stay right in their new hotel. It is a family friendly facility and our campers and their families will be encouraged to attend as well. Tickets will be on sale in advance. Our resident ventriloquist camper, Eddie, has been asked to open with his "The Edmeister Show." Again, please watch for more information and where to purchase your tickets on our website and Facebook page. We will post it as we get the details.

## **Publicity**

- Senator Fred Akshar visited the camp on 8/30. He was very impressed and is a strong advocate for us and the people we serve. He created a short video of his visit which is on his Facebook page. There will be an article detailing his visit and our summer programming published soon in the Owego Pennysaver.
- Senator O'Mara has also offered a visit and we are in the process of arranging that.





## Lions Camp Badger News



Pictured to the left are PCC Gary and Lion Barb Brown

Pictured to the right is the winning team representing the Scio Lions Club. The 4th member of the foursome, Lion Jay Knapp was taking the photo.



Pictured to the right are DG Charlie McBride, PID John Rabideau, PCC Gary Brown, Gary Haigh, PCC Andy Umreiko

# **GLOBAL MEMBERSHIP TEAM MESSAGE**

October is Lions and Leo Membership Growth month. We have brought in 6 new members in the first quarter of this Lion year. Please bring in more new members. Retention is still a major problem-we have dropped 11 in the first quarter.

Please give the following to all your current members:

MEMBER QUESTIONNAIRE- "How to keep members happy and coming back"

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Why did you join the Lions club?

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What current club service project is most important to you? Why?

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What current club service project is least important to you? Why?

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## **GLOBAL MEMBERSHIP TEAM MESSAGE**

What other activities would you like our Lions club to be involved in?

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What ideas do you have to improve our Lions club experience?

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What questions do you have about the club?

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**HAPPY RECRUITING & RETENTION! Most of all-HAVE FUN!**

Lion Liz Walker, PDG & Global Membership 20-W District Coordinator

Please contact me if I can help at [lionLwalker@twcny.rr.com](mailto:lionLwalker@twcny.rr.com); 315-804-2130 (cell/text).

# **“WE SERVE”**

# **Around District 20-W**

## **From Edwards Lions Club**

The Edwards Lions Club has had a busy summer. Work began on the Lions field in the spring in preparation for the Lawn Mower Races in May. Work continued on the race track and on July 29 we had our 1st Annual Kiddies Gran Prix. There were 10 participants and everyone had a great time. We served hot dogs and hamburgers, nachos, chips and drink. Each participant received a free ice cream and a trophy and medal to wear around their neck. It was a great community event. A Picture from the Kiddies Gran Prix appears below.

On August 13 we sponsored lawn mower races to benefit Relay for Life. There were many people in attendance. There was a dunk tank, raffles and food. The NNYLMR group of racers enjoyed the day and there was much support for the Relay for Life group. Thank you to everyone who came and gave support. Pictured from the lawn mower races appear on the next page.

The Lions Birthday calendars have been updated and ordered for 2018. Calendars will be arriving soon for delivery before Thanksgiving.

The Lions Club members will be doing a walk-a-thon on October 28. This will be held from 9 am to 11 am and members will be dressed up for Halloween and will be walking around the village of Edwards. While walking, they will be going door to door and collecting food for the Edwards food pantry. Posters have been put up around town informing residents of this. This is a fun way to help out the food pantry before the holidays.

There will be a Veteran's Day Dinner on November 11. This will be at the Edwards Fire Hall, sponsored by the Lions Club. The roast pork dinner will be served from 4 to 7 pm. Veterans will be free and all others will be charged \$5. We are hoping for a great community turnout. Veterans have served our country and it's an honor to serve them.





# Around District 20-W

## From Edwards Lions Club





## Around District 20-W

### From Lowville Lions Club



The photo to the left shows the base of the clock that was placed in the downtown area of Lowville, NY as MD 20's largest Centennial Project by the Lowville Lions Club.. The club raised more than \$83,000 for the project.

The Lion statue in the photo at the right was placed on September 27, 2017. In the picture are Lowville Mayor Donna Smith, Lowville Lions President Sheree Vora, Lion Barb Brown and MD 20 Endorsed International Director Candidate PCC Gary Brown.



# Around District 20-W

## From Lowville - Croghan Lions Clubs

On September 27th members of the Lowville and Croghan Lions Clubs along with MD 20 Endorsed International Director Candidate PCC Gary Brown and his wife Lion Barb performed eye screening at the Beaver River Central School in Beaver Falls, NY.

They enjoyed a great day with a tremendous bunch of kids. It never gets old.

Pictures from the Eye Screening appear below.





## Around District 20-W

### From South Jefferson Lions Clubs



Pictured above is District Governor Donna Ober & King Lion Steve Sayyeau



The South Jefferson Lions Club celebrated their visit from District Governor Donna Ober with a dinner and for dessert the cake pictured above.

Pictured to the right is PDG Smitty presenting the Progressive RJU award to King Lion Steve Sayyeau



## Around District 20-W

### From South Jefferson Lions Clubs

Pictured to the right is King Lion Steve Sayyeau presenting PDG Milledge Smith with the Gold Centennial Lion Award. This award is given to the sponsor of a new Lion who has remained in good standing for 2 years and a day.



Pictured to the left is DG Donna Ober presenting PDG Liz Walker with a 10 year Chevron

# Around District 20-W

## From Saranac Lake Lions Clubs

On September 22<sup>nd</sup>, the Saranac Lake Lions Club hosted a vision screening clinic for the “Little Learners” at Doug’s Place Day Care Center in Saranac Lake.

Pictures for the screening appear below



Pictured to the left is Vision Screening Chairperson Susan Steen testing the vision of a “Little Learner” at Doug’s Place Day Care Center

Pictured to the right is Vision Screening Chairperson Susan Steen testing the vision of a “Little Learner” at Doug’s Place Day Care Center



Pictured to the left is Vision Screening Chairperson Susan Steen and Peru Lion Ed Eisele (trainer) posing outside of Doug’s Place Day Care Center



## 2017 - 2018 District Governor Visitation Schedule

**Notice:** Club Presidents and/or Secretaries, please check the schedule below for the date your club will be visited and confirm with DG Donna Ober that this date is OK.

**Email:** [kdclark@frontiernet.net](mailto:kdclark@frontiernet.net) **Phone:** 315-771-1817

Date	Club	Confirmed		Date	Club	Con- firmed
7/12/17	Malone	YES		10/18/17	Carthage	YES
7/13/17	Quad Town	YES		10/24/17	Watertown	
7/18/17	Lisbon	YES		10/25/17	Croghan	
7/24/17	Clayton	YES		10/26/17	Lowville	
8/14/17	Clifton-Fine	YES		11/1/17	Edwards	
9/6/17	Town of Brownville			11/7/17	Heuvelton	
9/7/17	Saranac Lake			11/8/17	Gouverneur	
9/11/17	Lake Placid			11/9/17	Norfolk	
9/18/17	Town of Schroon			11/15/17	Massena	
9/21/17	Tupper Lake			11/15/17	Louisville	
9/25/17	Cape Vincent			11/16/17	Ogdensburg	
9/28/17	South Jefferson			12/11/17	South Lewis	YES
10/2/17	Plattsburgh			TBD	Long Lake	
10/3/17	Chazy			TBD	Newcomb	
10/12/17	Peru			TBD	Potsdam	
10/16/17	Indian River					



## District 20-W Schedule of Events 2016-2017



### **District 20-W Events**

Cabinet Meeting #2

Saturday, November 4, 2017  
Watertown, NY

Cabinet Meeting #3

April 28, 2018  
TBD

Fall Convention

Saturday, November 4, 2017  
Watertown, NY

District 20-W Awards/Testimonial Banquet

May 20, 2018  
Potsdam, NY

### **MD-20 Events**

MD-20 Lions Leadership Institute

Thurs., October 26 thru Sat. October 28, 2017  
Riverwalk Hilton Double Tree  
Binghamton, NY

95th Annual MD20 NY & Bermuda  
Lions Convention

May 4 - 6, 2018  
Rochester, NY

### **International Events**

101th Annual Lions Club International  
Convention

June 29 thru July 3, 2018  
Las Vegas, NV.

#### **District Governor**

Donna Ober  
315-244-1141  
[donnaober38@gmail.com](mailto:donnaober38@gmail.com)

#### **Cabinet Secretary-Treasurer**

Gail Murtagh  
(315) 389-4165  
[gail\\_tc2002@yahoo.com](mailto:gail_tc2002@yahoo.com)

#### **Newsletter Editor & District 20-W Reporter**

Mike Murtagh  
(315) 389-4165  
[outageco@yahoo.com](mailto:outageco@yahoo.com)

## **District 20-W 2017 Cabinet Meeting and Fall Conference**

Hi All,

1. Below is a list that I have so far who is attending the lunch, I guessed on some of you.. If you are on the list and not coming please let me know ASAP. If you are on the list you need to send me a check ...

2. On page 22 of this newsletter is the information and invitation for the cabinet meeting and fall conference..

Please get back to me ASAP on who will be coming on Friday night to meet the ID... I need to know this ASAP!!!

Thanks  
CST Gail

### **List for Fall Conference**

1. Malinda Riquelme
2. Joe Latimer
3. Diane Latimer
4. Gail Murtagh
5. Mike Murtagh
6. Donna Ober
7. Paul Smith
8. Amanda C. Prescott
9. PDG Jim Shaw
10. Kelly Clark
11. Owen Williams
12. Steve Bingle
13. Sheree Vora
14. Manjo Vora
15. DG John McDonald
16. VDG Michele O'Hare

# **District 20-W 2017 Cabinet Meeting and Fall Conference**

Come All Lions to the:  
**2nd Cabinet Meeting & Fall Convention**  
**@**  
**The Best Western**  
300 Washington St .Watertown NY 13601

All events will take place in the Savory Restaurant, right next to the Best Western

## **Friday Nov. 3<sup>rd</sup> 2017** **Meet & Greet**

3:00pm-6:00pm Meet and Greet ID Don Noland and his wife Betty, from Missouri, at a wine, cheese and crackers reception in the hospitality room  
6:00pm Informal dinner with ID Don and Betty at the Savory. We will be ordering off the menu all lions are welcome.

## **Nov 4th, 2017** **2nd Cabinet Meeting & Fall Convention**

8:30am-9:00am Registration for the 2nd cabinet meeting & fall conference  
9:00am-10:30am 2nd Cabinet Meeting  
10:30am Address by ID Don Noland to Lions presidents  
10:45am Break  
11:00am Fall Conference to include presentations on New Member Orientation, Diabetes Awareness and more!  
Raffles  
12:00pm Deli Buffet Lunch (Menu Below) - Please pre-register with payment by Oct. 20<sup>th</sup> to: CST Gail Murtagh PO Box 161 Winthrop, NY 13697 Make checks TO District 20W  
Presentation and awards by ID Don to follow  
1:30pm Strides for Diabetes Awareness Walk - location tbd. This will conclude the fall conference.

Hotel rooms are available at the Best Western for \$71.99/night and ask for District 20W to receive that rate. Reservations must be made before Oct. 20th to take advantage of the lower rate.

Classic Deli Buffet  
\$15.00/person  
Fresh Brewed Regular & Decaf Coffee  
Tea Bags & Hot Water  
Soda & Ice Water  
Assorted Wraps & Sandwiches  
Choose One: Garden, Caesar, or Pasta Salad  
Assorted Cookies & Brownies

# The Adopt a 10<sup>th</sup> Mountain Platoon Program

Subject: The Adopt a 10<sup>th</sup> Mountain. Platoon Program

America's response to the events of 11 September, 2001 and the Global War on Terror will mean that many members of our Armed Forces (both Active Duty and Reserve Components) will be deployed and in harms way for prolonged periods of time. These service members will come from communities all over our Nation and those communities will want to support them and let them know they care.

The Adopt a 10<sup>th</sup> Mountain Platoon Program is how one community helps to reduce the adverse impacts of deployments on Soldiers and their families. The community is in upstate New York and surrounds Fort Drum, the home of the 10th Mountain Division (Light Infantry). The 10th Mt Division like most Army units has not been at home a lot since Desert Storm. The Adopt a 10<sup>th</sup> Mt. Platoon Program since 1992 has ensured that every platoon that deployed from Fort Drum had a sponsor (business, school, church group, civic organization, etc.).

he platoon was targeted because it is the organizational level where you find the majority of our Soldiers. It is also the "point of the bayonet," where things get done by the youngest men and women in America's All Volunteer Army. The thought was that if the community could somehow show their appreciation and pride to these Soldiers, the Soldiers would feel better about what they were doing and be less concerned about being away from their friends and/or family members. A platoon has anywhere from 5 to 30 soldiers. The type (infantry, communications, medical, etc.) and size are considered when matching a sponsor with a platoon.

The program is meant to be low cost so it is affordable at the grass roots level. Some examples of what others have done: some sent news clippings or old magazines once a month, or video tapes of football games or the TV programs the platoon members were interested in, or games, or cookies, or even just an American flag. Several sponsors sent disposable cameras and the platoon leaders returned pictures of the platoon members and their activities. Some sponsors got schools involved and had a class write each platoon member or send each of them a birthday card or valentine. Others held a Christmas party for the family members and sent their platoon a videotape. It can be anything the sponsor wants, but the program works the best when they respond to the needs of their adopted platoon. Remember the majority of these soldiers are young men and women 18 - 24 who are mostly in the Army to learn job skills or to earn money towards a college degree. They should be treated the same as a sponsor would his/her son/daughter away at college or working their first job

The Local Chapter of the National Assoc. of the 10<sup>th</sup> Mountain Division provides the leadership and management structure to help make the program work but it could also be the Rotary, Lions, VFW, American Legion or some other civic group.

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## **The Adopt a 10<sup>th</sup> Mountain Platoon Program**

Our dream is to have every platoon that deploys from their home station throughout America, adopted when called to action. We are talking about Active Duty, Reserves and National Guard platoons in the Army, Navy, Air Force, Marines, Coast Guard and Merchant Marine.

The Adopt a 10<sup>th</sup> Mt. Platoon Program or whatever it becomes at the local level is America at its best. It represents our democratic concept of a military of the people, for the people and supported by the people. It adds action to the patriotic emotions that already bind us together and will do a lot to help heal the current and future wounds we will suffer in the days ahead. I sincerely believe that it is a win – win for our communities, service members and our Nation.

For more information about the program please email: Mike Plummer at: [plummike@aol.com](mailto:plummike@aol.com)

## **The Adopt a 10<sup>th</sup> Mountain Platoon Program Mailing Information**

The Postal Service has created a special "kit" that contains the necessary mailing materials based on the most popular items ordered to send care packages to the troops. Families/supporters of deployed personnel can order these kits by calling 1-800-610-8734 [option 1, option1] and requesting "CAREKIT04." The kits will be sent by Parcel Post and will generally be delivered within 7-10 days.

The kit contains 10 Priority Mail boxes, five "Mili-Pacs," one roll of Priority Mail tape, and 10 customs forms with envelopes. There is no charge for the kit. Mili-Pacs, developed with the Military Postal Service Agency, are Tyvek envelopes with Old Glory on one side and feature detailed addressing information. It is encouraged that this process be followed for all mail destined for military units overseas. The address block on the Mili-Pac accommodates service member's full name, rank or rating, military organization or unit, APO/FPO with 9-digit ZIP Code.

All packages and mail must be addressed to individual service members, in accordance with U.S. Department of Defense regulations. All military units are assigned an APO or FPO ZIP code and in many cases that ZIP Code travels with the unit. The Postal Service places APO/FPO mail on special charter flights, commercial airlines and military service aircraft to reach armed services members overseas as quickly as possible.

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Use only the Army Post Office (APO) address to send mail to your Platoon. Include postage on your letter, it will take about 10 days to get to Iraq and 3 - 4 days to get to some of the more remote sites. It takes the same amount of time to return a letter, so be patient. Use PS Form 2976-A to send parcels. The form is furnished by the Post Office at the time of mailing. Endorse the Form " Gift for Military Personnel " to avoid customs duty/tax. You must also list all items included in the package and value. Send packages up to but not over 70 pounds. Remember packages will take more time to get delivered so watch how you package perishables. Don't send securities, currency, precious metals, firearms, alcoholic beverages, or illegal drugs.

# Frequently Asked Questions about the Adopt a 10<sup>th</sup> Mountain Platoon Program

1. If we adopt a platoon (10-40 soldiers) would we collect items and ship to Ft Drum at Watertown or directly to where the unit is deployed? **Directly to the platoon using the Army Post Office (APO) ... you pay to NYC and the governments pays the rest ...**
2. How long is a platoon's deployment? **A unit's deployment is usually 9 months ...**
3. Do we have to pick up another unit or end at the end of our units return? **Only if you so elect ... there is no requirement to do back to back but many sponsors do ...**
4. What is my expected degree of involvement? **Send a package once a month and address your notes to the entire platoon instead of one specific person.**
5. How often should we send packages? **Your call ... usually once a month works ... some send more often and some less ... it is not how often or even what is in the package ... it is that they see some one cares and appreciates their service and sacrifice ...**
6. Who pays to ship the packages? **You do ...**
7. Can we send UPS or FEDEX? **No they will not deliver to an Army Post Office Address (APO) ...**
8. What do I need to know about shipping?

**A. Use the following address by filling in the ?**  
**Name (First, Last with No Rank)**  
**? Company ? Battalion ? BCT 10th MTN DIV**  
**FOB ?**  
**APO AE ?????**

**B. Use only the Army Post Office (APO) address to send mail to your Platoon. Include postage on your letter, it will take about 10 days to get to Afghanistan or Iraq and 3 - 4 days to get to some of the more remote sites. It takes the same amount of time to return a letter, so be patient.**

**C. Use PS Form 2976-A to send parcels. The form is furnished by the Post Office at the time of mailing. Endorse the Form " Gift for Military Personnel " to avoid customs duty/tax. You must also list all items included in the package and value. Send packages up to but not over 70 pounds. Remember packages will take more time to get delivered so watch how you package perishables. Don't send securities, currency, precious metals, firearms, alcoholic beverages, or illegal drugs.**

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# Frequently Asked Questions about the Adopt a 10<sup>th</sup> Mountain Platoon Program

**D. Costs about \$1 per pound to ship stuff to Afghanistan or Iraq Flat-rate box costs \$14.85 to ship regardless of weight (pack it full of feathers or full of rocks, it's always \$14.85!)**

9. How will I know what to send? **Once your platoon gets in country, your platoon leader will send you a list of things they need like:**

- A. Books and magazines (please no inappropriate stuff)
- B. Puzzle/ Word search/ Sudoku Books
- C. Chap stick and/or lip balm
- D. Sunscreen
- E. Baby wipes
- F. Hand sanitizer
- G. Lotion
- H. Travel sized toiletries
- I. Snack food (Slim Jims, granola bars, Twizzlers, gum, powdered drink mix singles – but no liquids please, etc..)
- J. Cards/writing paper/envelopes (not stamped)
- K. Pens/ Pencils/ Paper (to give to local children)
- L. Playing cards
- M. Zip lock bags
- N. Plastic containers with lids (to keep the sand out of things)
- O. Disposable cameras

10. Is it OK to say no if I can't afford to send something they ask for? **Yes, if it is for a school or clinic let me know and I'll try to get a Rotary, Lions or some other civic organization to help ...**

11. How will I know when my platoon returns? **Your platoon leader should tell you 45 – 60 days out from the redeployment to stop sending packages. He/she should also tell you their return window. You should get an invitation to the Welcome Home Ceremony. If you don't within a few weeks of the return window, let me know ...**

12. How can I find out when my platoon will return so I can attend the welcome home ceremony: **Go to the Division web site at [www.drum.army.mil](http://www.drum.army.mil), to the Welcome Home Ceremonies page for updates. You can also call the Emergency Operation Center at 315 772 6234 for the most updated information on the return of your unit.**

13. Can I invite my platoon to a pizza party before they leave and once they come back? **Yes, coordinate with your platoon leader. Some Soldier may not be able to attend so get a head count. It is OK to take pictures ...**

# Suggested Items to Send for the Adopt a 10<sup>th</sup> Mountain Platoon Program

## Most Requested Care Package Items

Batteries (AA, AAA, C, and D)

Boot socks: black, tan, or olive green

Letters of support (letters from you, from children, or from your business, office, school, or other organization in support of our troops)

Liquid body wash (no pump dispensers please)

Pre-sweetened flavored beverage mixes (smaller sizes please)

Sandwich sized zipper lock baggies

Single-serving size snacks and non-perishable food items, particularly tuna kits, beef jerky, canned fruit (small containers, pop-top lid), dried fruit, nuts and other healthy snacks

Undershirts (olive green, short sleeve)

## Food Items

Please do not send bags of chips. They will not make the transition.

Beef jerky, beef summer sausage (non-perishable, USDA Beef)

Canned cheese dips (NO glass please)

Canned sardines, smoked oysters

Chicken or tuna lunch kits (includes foil pouch of tuna, crackers, and condiments in each single-serving kit)

Cookies

Fruit: single serving size cans

Gum, Lifesavers®, mints (blister pack gum is best because of the intense heat)

Hard candy (single-wrapped)

Jalapeno Velveeta® and crackers

Nuts, sunflower seeds, peanuts, trail mix, dried fruit

Pop Tarts®, cereal bars, granola bars, Popcorn

Power bars, protein bars, nutritional bars

Ramen noodles

Ravioli and other canned ready-to-eat meals (single serving) with pop-top

Seasoning salts, flavoring salts

Single-serving bags of snacks, crackers

Taco Bell® sauce packets

## Beverage Items

Crystal Light® (or other brand) "On the Go" flavor packets

Ground coffee

Hot cocoa

Instant coffee

Lemonade mix, Kool-Aid® mix, Tang®, Iced Tea mix

Sports drink mix (powdered and tablet only)

Sugar and creamer packets for coffee (No artificial sweetener)

# **Suggested Items to Send for the Adopt a 10<sup>th</sup> Mountain Platoon Program**

## **Recreation Items**

Gently used magazines less than three months old  
Hacky sacks, tennis balls  
Movie DVDs (new or used; original only)  
New decks of cards  
Small hand-held games  
Soft cover books

## **Clothing Items**

Balaclavas  
Black or white cotton socks  
Boot bands  
Boot socks: black, tan, or olive green  
Fingerless gloves  
Long underwear (during winter months)  
Men's and women's underwear (try military surplus stores)  
Stocking caps (plain or black)  
Sunglasses  
Tactical scarves  
T-shirts (olive drab or white)

## **Communication Items**

Envelopes  
Pens and unsharpened pencils  
Small, blank journals  
Small pads of paper

## **Personal Supply Items**

72" bootlaces (brown or tan preferred)  
Batteries (AA are most requested, then AAA)  
Cigars  
Disposable, instant hand warmers (during the winter months only)  
Electrical tape  
Leatherman all-in-one tool  
Snack, sandwich, quart-size Ziploc plastic bags  
Super glue  
Tactical duct tape: military green, tan, or black



# **Suggested Items to Send for the Adopt a 10<sup>th</sup> Mountain Platoon Program**

## **Foot Care Items**

DO NOT send baby powder  
Anti-fungal treatments  
Band-Aids® (sweat/water resistant)  
Boot liners/insoles  
Lotrimin AF® or Tinactin® for athletes' foot (Ointment or cream, no aerosol)  
Medicated foot powder, medicated foot swabs (Gold Bond® preferable)  
Moleskin (provides padding on sore feet, you'll find it with Dr. Scholl's® type things at Wal-Mart or drug stores)  
Odor Eaters® for boots

## **Personal Care Items**

Baby wipes for personal hygiene (alcohol-free)  
Disposable hand sanitizing wipes  
Eye drops (to relieve dry eye, not redness), Eyeglass wipes  
Insect repellent  
Lip balm (Blistex®, Chapstick®, Carmex®) in stick-tubes rather than tubs, not tinted  
Liquid hand sanitizers (no pump-style dispensers)  
Pain relievers (Aspirin, Ibuprofen, Tylenol®, Midol®) in small containers  
Saline spray/drops for sensitive nasal passages  
Sunblock (travel size or stick preferable, no aerosol, SPF 30+)  
Throat lozenges  
Travel size packages of Q-tips  
Women's feminine wipes

## **Toiletry Items**

Dental floss  
Disposable multi-blade razors (no single-blade razors please)  
Kleenex (travel-size packets)  
Liquid body wash soap, liquid anti-bacterial soap (no bar soap or pump-style dispensers)  
Lotion, unscented, for dry skin (no pump-style dispensers)  
Men's and women's deodorant  
Nail clippers  
Oral B Brush-Ups™  
Razors and replacement blades  
Shampoo  
Toothbrushes  
Toothpaste (in hard-side tubes rather than traditional tubes)