

THE NORTHERN LION

District 20-W Monthly News Letter

VOLUME 7, ISSUE 2

SEPTEMBER 2017

DISTRICT GOVERNORS MESSAGE

Hi Fellow Lions,
I hope that you've all had a great summer. As we move into the fall and the start of another busy Lions year, I just want to highlight one of the components of the new global service framework: disaster relief and preparedness. Hurricane Harvey, as we've all heard, has devastated a large portion of Texas and Louisiana, leaving so many people homeless and without basic necessities. Where there's a need, there's a Lion and Lions in Texas have been working tirelessly to help their neighbors. LCIF coordinators, work with your club to see about helping the people affected by Hurricane Harvey. Please consider making a donation to LCIF. You can earmark the donations as Disaster Relief for Texas or Hurricane Harvey. Donations made to LCIF for Hurricane Harvey count toward being eligible to receive a Melvin Jones Fellowship to present to a deserving individual.

Please consider hosting a service project for people affected by Hurricane Harvey by collecting items like toiletries, non perishable food items, clothing, etc. These donations can be shipped to: VFW, 1303 Seamands Rd., Conroe, TX 77301.

As you all know, service is at the heart of what we do as Lions and our main focus for this year. So why not consider doing a new

service project like a collection for Hurricane Harvey, a food drive, eyeglasses collection, vision screenings, just to name a few? The possibilities are endless. And while you're at it, why not invite a family member, friend or coworker who's not a Lion, to join you? Invite them to see how fun and rewarding it is to help someone else.

We have a Global Leadership Team coordinator and Global Membership Team coordinator. We'll be asking clubs to elect a Global Service Team coordinator. This person in your club would be responsible for coordinating publicity with your local newspaper, radio station or tv station. This person should also be tech savvy and create or maintain your club's social media page and/or website to publicize your service activities. This person should also help the club assess the needs of the community and review service projects. At the fall conference in November, I hope to have a presentation on the new MyLion app to help promote service projects. As always, please make sure any donations/fundraisers/ service project are reported through MyLCI. Doing these things will help promote our theme of Celebrate and Remember.



Inside this issue:

Club Anniversaries	2
Northern Lion Reminder	2
Diabetes Message	3
Lions Camp Badger New	4 - 5
GMT Message	6
Centennial Challenge	7
Lions SEE Message	8
Hurricane Harvey Response	8
LCI News	9
GLT Message	10
Adopt a Platoon	11
Around District 20-W	12-16
DG Visitation Schedule	17
District 20-W Schedule of Events 2017/2018	18

DG Comments Cont'd

Please remember that even though we are not collecting district dues this year, NYS & Bermuda and Lions International dues still need to be paid in a timely manner. Thank you to all of you who have already made your dues payments.

Save the date for our second cabinet meeting and fall conference: Saturday, November 4th at the Watertown Elks Lodge. International Director Don Noland, along with his lovely wife, will be our guest speaker at the fall conference.

Lastly, I look forward to seeing all of you soon as I continue my club visits. I can't wait to hear all about the things your club is doing this year and the ways your club is making an impact in the community.

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



Club Anniversaries



Carthage Lions Club - 77 Years
Indian River Lions Club - 62 Years
Long Lake Lions Club - 60 Years
Plattsburgh Lions Club - 78 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

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 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.

Diabetes Awareness Message

Diabetes – part 2 Treatment

To be healthy people with diabetes need a meal plan and they need to pay attention to physical activity as this can help the body use insulin better. Everyone with Type 1 and some with Type 2 need to take insulin injections. Some of those with Type 2 can take pills to help their bodies produce more insulin and/or use the insulin that it is producing better. Some with Type 2 diabetes can manage the disease with proper meal planning and exercise.

At least every six months, an endocrinologist should see everyone with diabetes. Other medical professionals that a diabetic should visit include a diabetes nurse educator, dietitian, someone to help with a physical activity plan and perhaps a social worker or mental health professional as this is a chronic disease with a lot of challenges and stress. Everyone should also have regular eye exams, at least once a year, to try to catch any eye problems early and receive treatment before they become serious.

People with diabetes also need to learn to monitor their blood glucose. Testing several times a day will help to determine how well their meal and physical activity plans are working as well as making sure their blood glucose stays within healthy limits.

Regardless of the age of the person with diabetes, the life changes required may be very hard. Those who are young when diagnosed will find the changes in their life to be extremely challenging, especially as they try to remain as normal as possible around their peers. Those diagnosed later in life can also experience a real struggle to change a lifetime of bad habits.

It is important to remember that 30.3 million Americans have diabetes. Over half of new diagnosed diabetes cases were in adults 45-65 years old. Nearly 16% of adults diagnosed with diabetes were smokers, nearly 90% were overweight and more than 40% were physically inactive. With these statistics in mind, we all need to be mindful of what we eat and how much we exercise. We also need to make our communities aware of the warning signs and ways to help prevent Type 2 diabetes. As for Type 1 diabetes, we need to help the researchers find better solutions so that those affected can live normal lives without constantly worrying about their blood glucose levels.

Remember to work on a diabetes awareness event and email me with the information.

Thanks! CC Kelly Clark kclarkmd20@gmail.com

Information gathered from a New Diabetes Report from CDC and from Diabetes Facts & Information from the Joslin Diabetes Center.



Lions Camp Badger News

Greetings from Lions Camp Badger!

As we head into fall, I'd like to quickly recap another wonderful summer here at LCB. I can't believe it's already over, but we sure did have a blast! We served 52 campers this year over two sessions throughout the month of July. For most of the campers, two weeks is just the right amount of time, but for some it's not enough, with some even asking if they could come live here! We had lots of vocational learning, crafting, games, outdoor sports, and of course, pool time. Several fun programs were brought in like Moreland the Magician, Yoga, an Ice-cream truck and a Dance instructor. The DEC, Tri-County Bowhunters and local EMS and Fire Department did hands-on demonstrations for the campers. We even had our own resident ventriloquist on hand: The Edmeister Show! To watch some great videos of our summer, go to our website at www.lionscb.org, as there are two videos posted on our home page. You can also find the videos on YouTube as well as our Facebook page! Just search Lions Camp Badger.

On July 30th, Lions Camp Badger hosted our annual Lions Appreciation Day. About 130 people, including the 2017-2018 Council of Governors and Lions from around the state, were in attendance for the ribbon cutting/dedication of the new MD20 Storage Facility located here at the camp, special presentations, a quick program about Summer Camp, and of course, our chicken barbecue luncheon. PID John and Lion Bernadette Rabideau were presented with an Uplinger Award by the Lions Camp Badger Board of Directors for their years of service and commitment to the camp. Thank you John and Bernie.

And let's not forget that our Annual SuperRaffle drawing was held that day! Congratulations to the following winners:

Bolivar Lions Club; Oneonta Lions Club; Sherburne Lions Club; Walworth Lions Club, Wellsville Lions Club; PCC Andy U.-Jericho Brookville Lions; Lion Ben A.- Staten Island Royal Lions; Lion Don S.- Broadalbin Perth Lions; Lion Gustavo S.- NY Impacto Lions; Lion Larry E.- Rushville Lions.

If you are reading this before September 8th, our Annual Lions Camp Badger Golf Classic will be held on that date at the Bristol Harbor Golf Club in Canandaigua, NY. Download a registration form on our website, www.lionscb.org or call PCC Gary Brown at 315-486-8195 or email: brown-gus46@gmail.com.

Pictures from the Edmeister Show and the Lion Camp Badger Lions Appreciation Day appear on the next page.



Lions Camp Badger News



The Edmeister Show
w/Camper Eddie



Camp Director Pat Gillule and Counselor
Adam Park



PDG Rena Haigh, Lion Bernie
and PID John Rabideau



GLOBAL MEMBERSHIP TEAM MESSAGE

The new club structure from LCI being instituted this Lion Year makes membership an issue for every member, not just the membership chair. The new program "Global Action Team Empowering Clubs through the Power of Action" enables our clubs Global Action Team Coordinator (Club President), Global Leadership Team Club Leadership Development Chairperson (Club Vice-President), Global Membership Team Club Membership Chairperson, and the newly created position of Global Service Team Club Service Chair to work as a team with all club members to improve increasing membership and retaining the members you have. Each of these positions should be focusing as a team on membership, as they perform their duties. LCI says this is "a bottom up, whole club approach approach that will energize everyone".

Let's give this new program our whole-hearted effort. What do we have to lose?

There is a saying- If you continue to do what you have always done, you will continue to get what you have always gotten. In this district that means a continuous loss of members. We currently have 11 clubs with 19 or less members. My own club used to have over 50 members, now we are down to 22. I view this new program as a breath of fresh air with new tools to help us grow. I am asking you to do the same.

We are in the last month of the first quarter of this Lions year and our membership is still going down. At the end of August had 3 new members (great); we reinstated 2 (very good); BUT we dropped 7 (NOT at all good). Our first quarter goal was to ADD 13 and increase number of women. We currently have 297 women. Please focus your attentions on keeping the members you have.

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

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



District 20W Centennial Challenge Project

This challenge has been ongoing in 20- W July 1, 2014. This year is our last year to participate.

We're celebrating 100 years of service by serving more than 100 million people! Between July 1, 2014 and June 30, 2018, your club can make a difference in your community by participating in the Centennial Service Challenge Campaigns. You decide when to serve and which projects are right for your club and community!

Earn Special Centennial Recognition for Your Club and District.

Receive special Centennial Banner Patches when you report your Centennial Service Challenge projects through MyLCI Service Activity Report. IN 2014-15, we served 14, 086; in 2015-16-24978; in 2016-17-42,100. We have increased every year. Let's really double our efforts this year. Let's complete our 20-W legacy project by sending your club histories to me asap, if you have not already done so.

Every club that reports Centennial Service Challenge activities will receive one patch for each year that they participate. Your club can earn up to five Centennial Banner Patches by participating in each year of the Centennial Service Challenge. Diabetes has been added this year as the fifth global service project as of July 1, 2017.

In addition to direct service provision, one unrestricted donation to LCIF each fiscal year also counts toward your Centennial Banner Patch.

Districts can also earn a Centennial Banner Patch based on the participation of their clubs.

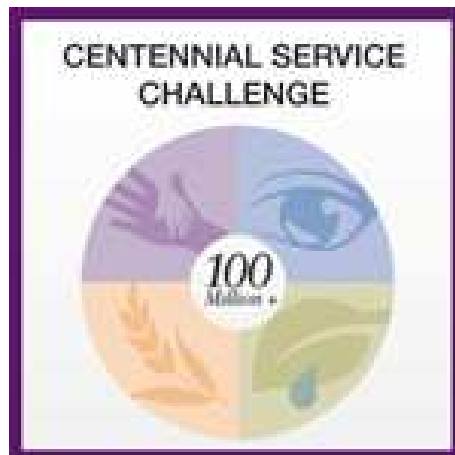
Visit Lions100.org for Centennial Service Challenge project planning resources, reporting tips, and videos to inspire your club to action.

PLEASE DOCUMENT YOUR SERVICE ACTIVITIES ON My LCI.

PDG Bob Walker, 20-W Centennial Coordinator

You can reach me at walkerl@twcny.rr.com or 315-232-4359.

Thank you for your contributions toward this project.



Lions SEE Message

Lions SEE is going great guns in every district in MD20. With over 35000 vision screenings performed last year we are looking to expand this valuable program.

There are 3 major components to the program. Perform the screening, report the screening results to www.lionsseeny.org and follow up to ensure the child actually saw an eye doctor.

I want to thank all of the clubs and Lions who participate in vision screening. Saving a child's eyesight is at the heart of what it means to be a Lion. I encourage every Lion to contact your Lions SEE representative and get involved in this essential and rewarding program.

SAVE THE DATE January 20, 2018. Lions SEE training will be offered in Queens NY.

PDG Mike Lawkowski

Lions SEE President

Lions and LCIF Responded To Hurricane Harvey

My Dear Lions,

On Friday, August 25th, Hurricane Harvey made its way ashore on the central Gulf Coast of Texas with winds of 125 miles per hour. As I draft this letter, the central coast of Texas, including metropolitan Houston, is still being affected by unprecedented amounts of rain fall and potentially devastating flooding. The nearly 17 million residents in the path of the storm will be dealing with the aftermath for weeks and possibly months to come.

Lions Clubs International, through our Foundation (LCIF), has responded with emergency catastrophe grant in the amount of US\$100,000. The grant will allow Lions in the area of impact to provide life-saving supplies of food, water, blankets and other necessities.

We never know when or where disaster will strike. But when it does, LCIF emergency and major catastrophe grants enable local Lions to respond, making an immediate impact in the hardest hit areas – around the world.

Your donation to LCIF makes it possible for us to respond at a moment's notice to this and other disasters as they strike. Lions members are the most generous people in the world. Please consider a donation to LCIF to assist Lions in short-term and long-term disaster response.

I know you join me in keeping the victims of this latest natural disaster in your thoughts and prayers. **Together we make a significant difference.**

Dr. Naresh Aggarwal

Lions Club International President

LCI News

Worldwide Week of Service in Sight



This October 4-10, President Yamada invites you to join Lions around the world for a special service event to raise awareness about eye health, blindness and vision impairment. Vision screenings, provision of eyeglasses and assistive devices, and eye health education are just a few ways your club can bring dignity to friends and neighbors who lack access to adequate eye care. In addition, your project will help us reach our Centennial Service Challenge goal of serving 100 million people. Visit the Worldwide Week of Service in Sight page for more information, and start planning your project today!

Order Peace Poster Contest Kits by October 1

Each year, the Lions Clubs International Peace Poster Contest gives children around the world the chance to express their visions of peace through art. Lions clubs can sponsor and organize a contest with local schools or youth groups. Kits for this year's theme, "Share Peace," are available online through [Club Supplies](#) (Item Search: PEACE POSTER KIT) until October 1, 2015. [Visit the Peace Poster Contest page](#) for more information, and watch the new [Peace Poster video on YouTube](#) to see last year's Merit Award winners.

Customize Your Club Meeting – Your Club, Your Way!



Are your club meetings all that they can be? The Your Club, Your Way guide helps all Lions assess their current club meetings and structure new meetings in a way that best meets the needs of a diverse membership. Find tips and new ways to make your meetings more inviting, incorporate new forms of technology to better connect and encourage attendance and involvement. The guide also includes a short survey to gain input from members. [Download the Your Club, Your Way guide.](#)



GLOBAL LEADERSHIP TEAM MESSAGE

I strongly encourage you to consider taking whatever Lions training you find interesting. This year there is a lot available. In addition to local training, regional institutes and advanced national workshops, you can begin to explore the many free resources available to you by visiting our District 20-W website (<http://www.e-district.org/sites/20w/page-6.php>) for easy access to online courses and links to club officer training.

ACT NOW: Please consider attending the upcoming MD 20 New York State and Bermuda Regional Lions Leadership Institute (RLLI) to held in Binghamton, NY from October 26-28, 2017. Applications are due this month.

Attached is a link to the flyer and registration form : http://md20lions.com/pdf/2017_Leadership_Institute_Application_online_form_1.2.pdf.

Having attended this Leadership Institute, I know first hand the effectiveness of this program. It is very well run, lots of fun, and well worth your time.

Leadership Training will not only make you a better Lion, but may also benefit you in your professional and personal life. The \$350 fee includes everything: hotel, all meals and training. The Institute begins on Thursday and completes with graduation at the Saturday night dinner.

To promote the importance of future Lions leaders we are making a unprecedented investment in your future. **This year a FULL \$350 scholarship is available for qualified candidates from the resources of the 20-W District Governor's 2017-18 training budget.**

If you're interested in this full scholarship, speak with your Club President and Vice President (GLT Club Coordinator) and submit your application and the \$50 reimbursable deposit to the DG Donna Ober as soon as possible.

I can be reached anytime for questions and guidance at : md20pccmark@gmail.com.

Lion Mark Whitney
District 20-W GLT Coordinator



Adopt a Platoon Program Needs Participants

Your 10th Mountain Division is among the most deployed units in the U.S. Army.

By design and by hard-won reputation, the division will remain extremely active in the years ahead. Since 1992, 10th Mountain Division soldiers deploying from Fort Polk in Louisiana and Fort Drum and have been adopted by businesses, churches, civic organizations, Scout troops, schools and other entities who wanted our soldiers and their family members to know that they appreciate their sacrifice and service.

As you read this letter, about 2,000 10th Mountain Division soldiers are deployed to Europe and the Middle East. The Fort Drum Chapter of the Association of the U.S. Army manages the Adopt a 10th Mountain Platoon Program. Thanks to you and members of this group, all are adopted.

This fall, several thousand more troops will deploy to Africa, Asia and the Middle East. We need your help in getting them adopted. If your organization or some other one you know of is interested in adopting, please contact me at plummike@aol.com. I will give you all the information you need for a rewarding adoption.

Remember that for the deployed soldier, it is not so much what is in the package. It is the fact that someone, a stranger, sent it. That is a major morale-builder, making the program a win/win for sponsors, soldiers and their units, the north country community and our nation.

Michael T. Plummer
Watertown

The writer manages the Adopt a 10th Mountain Platoon Program.

“WE SERVE”

Around District 20-W

From Ogdensburg Lions Club

The Ogdensburg Lions Club Lost one of its two remaining active Charter Members on October 21, 2016. Lion Placido "Paddy" Milia was the driving force behind starting the Ogdensburg Lions Club with 30 members on 10/01/1955. With sponsorship by the Canton Lions Club, Lions International granted Ogdensburg's charter on 11/22/1955. During Lion Paddy's almost 62 Club years he chaired several Club offices. He earned 58 years of perfect attendance, was presented the Club's Lion of the Year award and earned the Club's first Melvin Jones Fellowship. Lion Paddy was also the Club's first Life time member of Lions International. After Lion Paddy's passing the Club started receiving donations in his honor from friends all over the state of New York. Members of the Club decided that a bench in his honor would be appropriate and it was to be placed in the Ogdensburg Public Library Park near the gazebo that the Lions Club built and maintains. The bench was dedicated on July 20, 2017 with approximately 40 people in attendance including Lion Paddy's son William and daughter Susan Emptage. The guest speaker was past Charter member James Fournier who was the Club's 2nd President and a very close friend of Lion Paddy.



Around District 20-W

From Peru Lions Club

The Legacy Project of the Peru Lions was completed this week. A total of 4 "Peru Welcomes You" signs were constructed and installed on Rt 22B, Bear Swamp Rd and Rt 22 north and south of the village. Lion Ralph did an awesome job in planning, obtaining supplies, and constructing the signs. Assisting on installation were (L to R) Lions Ralph Hensel, Linc Sunderland and Dave Dalton. Check them out when you are going by and give Lion Ralph and the His helpers a big high five when you see them.



Around District 20-W

From Quad Town Lions Club

The Quad Town Lions Club enjoyed hosting the Lion's Cub Picnic on July 28, 2017. This is our 12th year of providing young children with a picnic lunch. This year we teamed with the Badenhauser Library located on Main Street, Brasher Falls. The children were entertained by a Magician sponsored by the Library followed by a free lunch provided by our members. Our hot dog lunch was very successful with an estimated 100 children in attendance.

Below are pictures from the event.



Around District 20-W

From Quad Town Lions Club

The Quad Town Lions Club was busy manning the grill and serving hamburger, hotdogs, drinks and chips at the ninth edition of the Super Cruise In and Car Show in Brasher Falls, NY. The event featured almost 250 cars glistening in the bright sun, quickly over populating the town's municipal building parking lot. All proceeds raised from this event goes to the local Children's Christmas Basket Program and the local Food Pantry.

Below are pictures from the event.



Around District 20-W

From Clayton Lions Club



Clayton Lion's Club



4th Annual Lion's Club Boat Tour
September 24, 2017 at 1:00 pm



2-Hour Boat Tour with
Clayton Island Tours

**** MUST ARRIVE AT 12:30 PM ****

Cost: \$35.00 a Person (US Funds)

**Includes: 2-Hour Boat Tour followed by a Traditional Shore
Dinner at the Antique Boat Museum**

**Departs from the Antique Boat Museum located at
750 Mary Street, Clayton, New York 13624**

Don't want to attend the Boat Tour?

**Please join us for the Traditional Shore Dinner at 4:00 pm
\$25.00 per person (US Funds)**

****RSVP and payments must be received in
advance no later than September 15, 2017. ****

**Please Respond to:
Clayton Lion's Club
Attn: Vickie Staie
PO Box 615
Clayton, New York 13624**

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 **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

USA/Canada Lions Leadership Forum

September 21 thru 23, 2017
Omaha, Nebraska

100th Annual Lions Club International
Convention

June 29 thru July 3, 2018
Chicago, Il.

District Governor

Donna Ober
315-244-1141
donnaober38@gmail.com

Cabinet Secretary-Treasurer

Gail Murtagh
(315) 389-4165
gail_tc2002@yahoo.com

Newsletter Editor & District 20-W Reporter

Mike Murtagh
(315) 389-4165
outageco@yahoo.com