

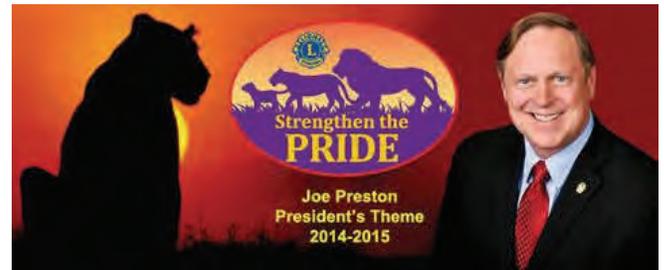


SEPTEMBER 2014* VOLUME 41 * NUMBER 3

District Governor Toni Olden
STEP INTO THE FUTURE



LIONS DISTRICT 44-H NEWSLETTER



Ah, September! Kids are back in school, most of the tourists are gone and Lions are starting to get busy. Clubs are gearing up for the year ahead and so is the District. The August cabinet meeting is our starting point and next up is the secretaries training on September 27 at the Northeast Delta Dental building in Concord. The secretary position is key to the overall success of a club. All Lions are encouraged to attend and learn about the job and the benefits of the Lions Clubs International website.

In October, we'll hold an extension workshop in Conway. This five day event is designed to guide us through the process of starting a new club. Led by PCC Jim Cannon, it proposes to be a great learning experience. If anyone has time over October 3-7, please come and join us. More details will be given once we confirm all the arrangements.

I want to extend my congratulations to the Salem Lions club for serving their community for 60 years. Through ups and downs, they have persevered and stay a strong club. I am positive they will continue to stay strong for another 60 years.

As I write this, our membership is on the rise. Keep up the good work and remember to
DG Toni



"People rarely succeed unless they have fun in what they are doing." - Dale Carnegie

Zone Chair Listing

Zone 1 Chairman

Clubs: Hudson, Litchfield, Nashua, Salem, Windham

Fregeau, Yogi (H)

7 Kristopher Drive, Hampstead, NH 03841
Res: 603-329-7266 E: lionyogi@hotmail.com

Zone 2 Chairman

Clubs: Atkinson, Hampstead, Plaistow, Sandown, Kingston

Dennis Stasio (H)

19 Brookside Terrace, Atkinson, NH 03811
Res:
E: greepe@aol.com

Zone 3 Chairman

Clubs: Epping, Exeter, Hampton Area, Portsmouth, Rye and Seabrook

Hall, Marie (H)

26 Moonlight Drive, Newmarket 03857
Res: 603-659-6838 Cell: 603-686-6935
E: marichall326@gmail.com
E: marie.hall@hcahealthcare.com

Zone 4 Chairman

Clubs: Auburn, Chester, Derry, Londonderry, and Raymond

Baker, Sheryl (Bruce) (H)

133 East Derry Road, Chester, NH 03036
Res: 603-887-4424 E: sherylb312@gmail.com

Zone 5 Chairman

Clubs: Allentown / Pembroke, Epsom / Chichester, Loudon, Saddleback Mountain, Suncook Valley Area

Beldin, Joan (Russell) (H)

7082 Shaker Road
Loudon, NH 03307
Res: 603-724-9063 Cell: 603-724-1919
meadcity@aol.com

Zone 6 Chairman

Clubs: Dover Cocheco River, Rochester, Rollinsford / South Berwick, Somersworth Hilltop 13

Houde, Peter R. (Christine Houde) (H)

104 Rocky Hill Road, Somersworth, NH 03878
Cell: 603-834-3420 E: Phoudee@gmail.com

Zone 7 Chairman

Clubs: Laconia / Gilford, Meredith, Moultonborough, Wakefield, Whittier, Wolfeboro

Jack Weinmann

P.O. Box 946
Moultonborough, NH 03254
Res: 603-476-2781 E: marjac8@roadrunner.com

Upcoming Events

September

Sept 11-13 - USA/CANADA Forum, San Juan, Puerto Rico pg. 7
12 Sep NELC Breakfast San Juan PR. Pg. 15
Sep 19-26 Laconia-Gilford Lions Club food booth Pg. 16
24 Sep LTWSS annual mtg. Elks Lodge Lebanon, NH
27 Sep Secretary class Pg. 13
30 Sep NHPPPDG Mtg. Airport Diner, Manchester.

October

Oct 3-7 Extension Workshop Pg. 10
Oct 4 Electronic Waste Recycling Pg. 16
Oct 15 NHAB white cane training Pg. 13
Oct 24-26 NELC, MJF & Necrology, Mystic CT.
30 Oct MD 44 Council Mtg Airport Mtg (New Date)

November

9 Nov 44-H Cabinet Mtg, Loudon, Holiday Inn
16 Nov 44-N Cabinet Mtg, Back Room Manchester

DISTRICT GOVERNOR (DG)

Toni Olden
95 Plymouth Street, Meredith, NH 03253
Res: 603-279-6016 Cell: 603-677-2431
E: toniolden@gmail.com

FIRST VICE DISTRICT GOVERNOR (FVDG)

Scott Wilson (Valencia)
31 Alvirne Drive, Hudson, NH 03051
Res: 603-880-1838 Cell: 603-770-3700
E: scottwils@comcast.net

SECOND VICE DISTRICT GOVERNOR (SVDG)

Al Goldstein (Christine)
35 Main St., Atkinson, NH 03811
Res: 603-362-6529 Cell: 603-913-1281
E: a1goldstein@comcast.net

CABINET-SECRETARY-TREASURER (CST)

PDG Stanley Brothers (Diane)
P.O. Box 148 West Ossippe, NH 03890
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E: snbdb@hotmail.com

NEWSLETTER EDITOR

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19 Roberts Rd.,	95 Plymouth Street,
Litchfield, NH 03052	Meredith, NH 03253
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E: lionwayno@comcast.net	E: keylion03@gmail.com

MULTIPLE COUNCIL CHAIR (MCC)

Jim Robinson (Karen)
15 Wildbrook Drive
Plaistow, NH 03865
Cell: 603-247-2015 E: jimrbnsn15@comcast.net



1st VICE DISTRICT GOVERNOR NOTES

Camp Pride was the host of DG Toni's First Cabinet meeting of the year. It was wonderful to see our Lions fill the hall.

Our DG, Toni had all kinds of information for all attendees. Over 90 people came to Camp Pride to hear about DG Toni's goals and to kick off the start of this Lionistic year. We had great food and wonderful comradery. Our CST, PDG Stanley cut his hair to an 1/8th of inch on his head. And raised over \$100 dollars in the process. His hair got cut and we all gained.

DG Toni would like to know your plan for bringing on new members. Please share your plan with the rest of the Lions Clubs in District 44H. Membership continues to be the key ingredient in the Lions Pie. And we want the Mile High Pie chock full of new members.

Our state-wide vision screening program called Operation KidSight is moving along well. The Hampstead Lions presented a check for \$4,000 towards the OKS program. Other clubs came up to me to say they are pledging donations anywhere from \$1,000 to \$5,000. Please be a part of this wonderful program to help detect vision issues in children ages 6 months to 6th grade. Remember to make your checks out to Lions Sight and Hearing Foundation and put the OKS program in the memo line.

Also, please designate an OKS Club Coordinator for your club. We are reaching out to your club through them to provide more information as we progress.

Join the Operation KidSight movement and help build a program we can all be proud of for many years to come.
Yours in Lionism,

Scott A. Wilks

"Reach New Heights" Email: scottwils@comcast.net



2nd VICE DISTRICT GOVERNOR NOTES

The new Lions year is about to begin for many clubs. The saying there is strength in numbers is so true. This past summer the new club in Kingston did two events at the Kingston Days celebration. With the help of the Plaistow club they held their first Pancake Breakfast. They also did a money wheel with the assistance of the Hampstead club. Great job by both clubs for stepping up and helping them start new traditions.

As we start the new year this is the perfect time to recruit new members into all of our clubs. The projects can get bigger with more members.

We all have so much to do to help our communities and with more members we can do even more. It is also a good time to get involved with the Club Excellence Project. This can be found on the Lions website.

It is also a perfect time to look at the many boards supported by the district and multiple district. These boards are put together to support all of the clubs in our district.

Thank you for all you do.

Serving with pride with all of you.

Al Goldstein



CABINET SECRETARY TREASURER NOTES

The first cabinet meeting is over, Thanks to all the lions that were there. I hope we have another great turnout at the next meeting in November, Almost 100 lions came to this one. The District Bills have gone out, Please pay these as quick as you can. We will be doing another fund raiser at the next meeting. DG Toni would like all the clubs to schedule a visitation for her to come and speak, You can contact DG Toni or myself to set up a visitation.

Thank You CST Stan Brothers

MULTIPLE COUNCIL CHAIR REPORT

Greetings:

I know quite a few clubs slow down some during the summer months. Hopefully you all enjoyed your summer and are now ready to work on your projects and fund raisers.

We have some exciting things happening at the Multiple District. Our grant request from LCI to purchase the Spot Vision Screeners was approved for \$53,392! This will enable us to purchase 15 new Spot Screeners. We need both Districts to step up to match this grant.

We have also formed a committee to develop a Spot Manual. This manual will instruct you on all facets of conducting a successful eye screening. Many folks have worked diligently on this manual and they deserve our thanks for a job well done.

The Multiple District has also formed a committee to conduct a complete redesign of our current Web sites. This is another huge undertaking and will take some time.

So as you can see we are very busy at the Multiple District.

As you work on your projects I would like to incorporate two of President Joe Preston's Challenges. To aid disadvantaged children in local communities with a "children in need" project: and to reach the Centennial Service Challenge of serving 100 million people by December 2017 through participation in the Global Service Action Campaigns. Please go on line and check out the **Centennial Service Challenge**.

During the next year you will be hearing a lot about our Centennial Celebration in 2017. I'm happy to report the VDG Bruce Trivellini has volunteered to be the Centennial Coordinator for the Multiple District 44. Thank you VDG Bruce for stepping up!

Respectfully,
MCC Jim Robinson



MEMBERSHIP UPDATE*

District Membership	This Month	This Year
Opening Balance	1042	1052
Added Members	8	11
Dropped Members	13	26
Closing Balance	1037	1037
Net Gain/Loss	-5	+15
Worldwide	1,362,836	



WELCOME NEW MEMBERS

Club	New Member	Sponsor
HUDSON	PATRICIA A CAHILL ILENE S KESSEL MARY MCNEILL	ROSITA LATULIPPE ROSITA LATULIPPE
LONDONDERRY	JOSEPH E MAIO	TOM KENDZULAK
MOULTONBORO	MARK J COTRUPI LORRAINE N TURNER	JOHN MENKEN GEORGE COSTELLO

Facts on Blindness and Low Vision

The definition of legally blind is the acuity of 20/200 or less in the better eye with the best possible correction, or a visual field of 20 degrees or less.

Did you know that according to the National Federation for the Blind (NFB) in the United States over 75,000 people will become blind or visually impaired each year and that there are an estimated 1.3 million who are legally blind and about 10 million who are blind or visually impaired and that seniors account for 5.5 million who are either blind or visually impaired?

Studies state that over the next 30 years this number will double due to aging baby boomers and that just 1% of the blind population is born without sight as the majority of people lose their vision later in life due to macular degeneration, glaucoma, and diabetes.

Macular degeneration, central vision deteriorates resulting in blurred vision and eventually blindness affects approximately 13 million Americans, while glaucoma causes damage to the optic nerve through pressure, compromising peripheral vision first and diabetic retinopathy is a complication of diabetes that damages tiny blood vessels inside the retina. While treatments are available to delay these disorders, there is no cure.

Amongst the working-age blind adults, 70% are unemployed and over 93,000 blind or visually impaired are school age children. This is due to nonvisual access to computer technology which is a continual challenge for the blind because many educational and employment opportunities continue to be dependent on the blind individual's ability to access/use a full range of computer and internet technology.

<https://nfb.org/fact-sheet-blindness-and-low-vision>

Lions Sight Liaison
Lion Roe Fruci
E: rfruci@gmail.com

Moultonborough Lions Club Recognizes Eagle Scouts.

The Motto of the Moultonborough Lions Club is "WE SERVE". As such, much emphasis when giving out scholarships is put on community service. At a recent scholarship awards dinner the Lions experienced Lions Pride in a big way.

Lion Jack Weinmann, who is the liaison between the Lions and the Scout Troop they sponsor, was proud to present a plaque to scholarship recipients Nicolas Law and Dan Vappi acknowledging their distinguished status as Eagle Scouts. How nice is that?

The Moultonborough Lions sponsor and provide a meeting place for Boy Scout Troop 142 and Cub Scout Pack 169 and they are proud of it. Over the years the Lions have called on the Scouts for help and they have always been there for us especially on White Cane Day each year when we try to raise funds for Lions Sight and Hearing. Together we raise \$1,000 each year. Now that's Lions Pride in action!

Submitted by
Patricia Keegan



Moultonborough Lion member Jack Weinmann presents Nicolas Law and Dan Vappi with a plaque acknowledging their status as Eagle Scouts

HEALTH SERVICES BOARD

<http://www.nhliions.org/healthservice>

VISION 2015 WEBSITE

www.blindbowlers.org

EYEGLOSS & HEARING AIDS COLLECTION & RECYCLING

Dave Rogers
166 Rockingham Road, Auburn NH 03032
Res phone: 603-627-1036
E-mail: DRCR0966@comcast.net

EYEGLOSS SHIPPING DONATIONS

Donations are welcome to help offset
The cost of shipping the eyeglasses
Please send checks to:
Hampton Area Lions Club
PO Box 1088 ~ Hampton, NH 03843



Global Membership Team (GMT) Update

Lions Clubs International offers a number of easy to use tools to help you grow your club, keep members satisfied and achieve excellence. Use these tools to guide yourself along the path to success.

Just Ask! Guide - The concept is simple! Use the [Just Ask!](#) Guide to guide your club through the process of recruiting new members and effectively managing club growth.

Membership Satisfaction - To ensure your Lions club remains healthy and vital, you need to consider what members expect from their experiences in your club. The [Membership Satisfaction Guide](#) will help to ensure your members are getting what they need.

Membership Chairperson Guide - The role of the [club membership chairperson](#) is important because they ensure club success in the areas of new member recruitment and member satisfaction. Use this guide to learn how to maintain club growth and effective service!

Club Excellence Process - Encourage clubs to register for the [Club Excellence Process](#) (CEP). CEP helps improve member satisfaction, makes service projects more effective and ensures that clubs stay on the road to excellence.

Please contact me if you would like to discuss or to schedule a visit to your club regarding membership issues.

PDG Wayne Auger
GMT District 44-H
P: 603-429-2725
E: lionwayno@comcast.net



GLT LEADERSHIP

DISTRICT 44H

WANTED LIONS



THAT WANT TO CONTRIBUTE AND BECOME MORE INVOLVED WITH THEIR CLUBS AND IN OUR DISTRICT.

The GLT Team encourages all Lions to step forward and contribute. LCI has a GREAT learning center and it gives Lions the tools to step forward through a number of courses you can take to help you accomplish your goal.

Please go on line to: [LCI Leadership Resource Center](#)

The Leadership Resource Center provides Lions with training and development opportunities to promote personal growth and leadership excellence, ultimately, supporting and enhancing our global service efforts.

The first course the GLT Team suggest is **Introduction to Lions Leadership**

This course defines leadership this course defines leadership and shows varied leadership styles and how they can be used. You will assess your leadership style. Five practices of exemplary world leaders are explained and applied. Through matching activities and quizzes, you can check your learning and use it in Lions situations. You will create a personal leadership development plan.

Once you have completed this or any course please contact GLT Jerry Vaccaro E:jvac1408@comcast.net

USA/CANADA FORUM



An important update regarding your event registration for 2014 USA/Canada Lions Leadership Forum on 09/11/2014
The 2014 USA/Canada Lions Leadership Forum in San Juan is just around the corner. We hope that you are looking forward to a fun filled learning experience.

Here are some links to information on our website to help you with your last minute details.

Airport shuttle registration form: <http://usacanadalionsforum.org/pdf/page2.pdf>

Basic Forum schedule: <http://usacanadalionsforum.org/schedule.html>

There are some special seminars on Thursday this year for GMT and GLT leaders and don't miss "The Mane Event" on Thursday afternoon. You can find this information and a lot more on our **home page** at: <http://usacanadalionsforum.org/>

We also have the full listing of **seminars available** here: <http://usacanadalionsforum.org/seminars.html>

Don't miss the **Host Committee fun night on Friday:** <http://usacanadalionsforum.org/hostnight.html> and maybe you would be interested in **day tours or the 3 day post Forum tour:** <http://usacanadalionsforum.org/tours.html>.

If you have any questions, please call the Forum office at 605-723-4007.

PUBLIC RELATIONS

When I wrote last month's article about using publicity for damage control, I hadn't expected Market Basket to furnish a real-world example.

Striking employees provided a perfect example of publicity that tugs at the heartstrings, while the Arthur S. faction did absolutely everything wrong.

Workers expressed a willingness to sacrifice their jobs on principle. They protested on their own time. Rather than yell at customers crossing their picket lines to shop, they interacted respectfully with them. Soon, customers joined the protest. Workers were always available for interviews, sometimes with kids by their side. The press responded with a 24/7 stream of touching stories.

Meanwhile, the new management team tried to govern by directive...the universally hated faceless bureaucracy. They ignored customers trying to present them with petitions, arrogantly antagonizing their own source of revenue. They issued terse press releases and declined interviews. Reporters resorted to digging up dirt on the directors for lack of anything else to write about. We've had no access to anything resembling another side of the story.

It's been said that any publicity is good publicity. As we've all witnessed over the past 5 weeks, it ain't so.

Lion Diane Jerry
Suite3@msn.com

DID YOU MISS THE AUGUST CABINET MEETING???

Here are some photos of things that occurred.



Zone Chairs are installed
by PDG Bill Brown



CST Stanley Brothers is installed
by PCC Bruce Ribolini



2nd VDG Al Goldstein is installed
by PCC Celeste Ricupero



1st VDG Scott Wilson is installed
by PCC Celeste Ricupero



CST Stanley gets hair cut and raises \$108.00 for the district.



PID ED LECIUS AND ID ED FARINGTON
TAKE THE A.L.S. ICE BUCKET CHALLENGE



**LIONS
SIGHT & HEARING
FOUNDATION OF NEW HAMPSHIRE, INC.**
PO Box 970, Concord, NH 03302-0970

Support the Lions Sight and Hearing Foundation of NH When You Shop Amazon

Amazon Smile is a simple and automatic way for you to support the Lions Sight and Hearing Foundation of NH, at no cost to you. Make your Amazon purchase count more next time by shopping on Amazon Smile. Same selection, same service, same discounts you would receive on Amazon.com, but by linking your account to the Lions Sight and Hearing Foundation of NH, your smile.amazon.com purchase designates ½% of the total cost of your order as a donation to the Foundation.

To shop at Amazon Smile, simply go to smile.amazon.com from the web browser on your computer or mobile device. You use the same account on Amazon.com and Amazon Smile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

On your first visit to Amazon Smile, just select the Lions Sight and Hearing Foundation of NH as your eligible charity before you begin shopping. Amazon Smile will remember your selection, and then every eligible purchase you make on Amazon Smile will result in a donation to the Foundation. Note you are making a purchase of goods, and Amazon does the donating, so you can't count the donation as tax deductible for you.

Thank you for your support.

Steve Brzozowski,

LS&H Publicity Chair E:szoski@aol.com



**LIONS
SIGHT & HEARING
FOUNDATION OF NEW HAMPSHIRE, INC.**
PO Box 970, Concord, NH 03302-0970

I am proud to announce that the Board of Directors of the Lions Sight & Hearing Foundation has selected Fred Plett to be the Project Coordinator of the *Sight & Sound* Program for the 2014-2015 year.

Last year the *Sight & Sound Program* paid \$59,000 to providers for residents who were in need of hearing aids or eye surgeries but who did not have the financial resources to pay for the devices or services.

The 2014-2015 application materials are available online at www.nhlions.org.

Once you are on the website go to Links and then to the Lions Sight & Hearing Foundation heading. There is an application for the person applying for assistance and an application for the club that is offering assistance.

If you have questions please contact:

Fred Plett - 65 Wallace Rd. - Goffstown, NH 03045

Phone: 603-660-0732

Email: frplett@gmail.com

We look forward to assisting the clubs with your Sight & Sound applications.

♪ Deedee

PCC Deedee LaTulippe, Past Council Chair

Lions Sight & Hearing Foundation of NH, Inc, President



The DogSight Project



Technology !

Technology is a boon to those who are blind or visually impaired! It transforms the printed word into really big fonts or, wonder of wonders, into human-like speech. Less than 10% of books are in audible format – a great frustration to those who can no longer make out print. What would your life be like if you could no longer pick up a book or a magazine, read recipes or the labels on food stuffs? Something to think about.

Until Google figures out a way to combine GPS systems and robotics, Guide Dogs are the highest level of mobility technology available for the blind. Unlike computer technology, the expense of creating a guide dog is not diminishing – it’s a time and labor intensive activity. Once trained, however, Guide Dogs serve loyally for the rest of their lives.

Please include a donation to the DogSight Project in your 2014-2015 budget.

Donations to the DogSight Project may be sent to **DSP Chair Linda Piekarski, 15 Edgewood Ave, Keene, NH 03431**. Please make checks payable to **LSHF** with **DSP** in the memo line. The independence a guide dog brings to a blind person is priceless. Your contribution gives that gift many times over. Thank you!

Respectfully submitted,
Linda Piekarski
Chair, the DogSight Project
E: lpiekarski@ne.rr.com

Traveling Wishing Well

Because of the success of a temporary wishing well at the “Lights On” Haunted House, the S&H Foundation has decided to designate a permanent **“Traveling Wishing Well”**.

Any club that will be hosting a special event is invited to borrow the traveling wishing well to place in a prominent place during their event. All monies collected in the well will be turned into Sight & Hearing Foundation with the club credited for the contribution.

This is perfect for a club that wants to help the foundation but does not want to purchase a wishing well or is having a difficult time finding just the “right location”.

Interested clubs are asked to contact:

Jeri Maynard Wishing Well Chair,
e:mail:
Lionjери@comcast.net



EXTENSION WORKSHOP

District 44-H will be hosting an Extension Workshop on Oct 3-7. Jim Canon from Lions Clubs International will be conducting the workshop. Any Lion interested in ideas for membership growth and learning more about canvassing areas for new members are encouraged to attend this workshop.

In conjunction with the workshop we will be canvassing for a new club in the North Conway area giving participants the opportunity to practice the canvassing techniques.

Although the workshop is 5 day(s) long, participants need only attend the days where they have availability.

More information will be available in future newsletters.

District 44-N is also holding an extension workshop

Date: 27-Sep-2014. 10 AM - 3 PM

Place: Friendship Hall, Route 45, Temple NH

Cost: Lunch to be provided, \$8 per person

Please reserve a seat by contacting:

44-N Zone 3 Chair Brenda Salmonson

E: bls@wjplaw.com TL 603-924-2288

Deadline for Reservations: September 20th!

PDG Wayne Auger

District 44-H

Global Membership Team

SALEM LIONS CLUB ANNUAL SOCIAL (Formerly Penny Social)

Harris Pelham Inn 65 Ledge Rd. Pelham, NH

Thursday October 2,2014

Cocktails, Appetizers 6PM Dinner 7 PM

Basket raffles and 50/50s after dinner

Tickets \$32 PP or \$320 per table (10)

Chicken extravaganza

Bring used eyeglasses, hearing aids

make checks payable to

Salem Lions Club

deadline, September 20, 2014 to

Annette Cooke

22 Bradford Dr.

Salem, NH 03079

CAMP PRIDE



Camp pride is winding down from another wonderful summer. We started the season with a new camp group and will be ending it the same way. Many children and young adults with special needs had the chance to once again be like anyone else. My hat goes off to the councilors and leaders from all of our groups for helping make this possible. I also want to once again thank the clubs for all of the help they send to camp both financially and with the labor that is needed to make this camp continue. Robert and his staff did a great job all summer and I received many compliments from the groups for their efforts.

By the time this goes to print we will have been honored to host the District 44H cabinet meeting. The start to another great year of Lions service.

The end of summer also signals the beginning of closing down the camp and starting up of new projects. Our scheduled work party weekends will be announced soon. Please consider giving us a hand once again. We have projects for one and all.

Thanks for all you do.
Al Goldstein

WANTED LION HOCKY PLAYERS

Good day Fellow District 44H NH Lions.

We are reaching out today to gauge interest in a Camp Pride fundraising idea that Plaistow Lion Bill Bartlett has been working on. Many of you may have attended Bruins Alumni Hockey Games in the past and Bill Bartlett has played in many thus recognizing that it may be a great fundraising opportunity for Camp Pride.



The first hurdle was to ensure that the Bruins Alumni were interested in working with the Lions and Bill has confirmed they would be very eager to work with us to help benefit Camp Pride.

The next step is to ensure we will have enough members to field a team to play against the Bruins Alumni. So the purpose for this email today is to reach out to District 44H and see if there are any hockey players that would want to play against some of the Bruins Greats in a charity game to benefit Camp Pride.

If you are interested or know someone who is, please contact Bill Bartlett at Billatwindkist@aol.com or by cell 603.765.7584.

Thank you for the consideration.
Jaimie Bezanson

LYS Peace Poster Contest

The schools are about to begin and it is time once again to provide them with the materials and information to run this year's Peace Poster contest.

Please select a member if you have not already done so to coordinate with your local schools to run this year's 2014 -2015 contest, "Peace, Love and Understanding".



Each club will be contacted shortly so that we may have a complete list of those clubs participating— several kits have already been purchased and I know several clubs have purchased kits on their own. If you plan on running a contest but have not yet purchased a kit, please contact me. I have two kits available for purchase for \$10 each.

You may order a kit online until October 1st but I would not wait too long as they do sell out quickly and I couldn't bear to see our youth miss out on a great contest!

Rhonda Wynne, LYS Peace Poster Chair
rwynnemilford@aol.com (603) 930-1181

The Best Way to Treat Low Blood Sugar

Anyone can get low blood sugar, not just people with diabetes. For most of us, it happens when our body is out of fuel. You start to feel shaky, your vision may get blurry and you may feel a headache coming on. Getting something to eat will usually take care of the symptoms pretty quickly. Try carrying trail mix or protein bars with you for those times when you may miss a meal. Do not use low blood sugar as an excuse to grab a candy bar! Our bodies need high quality fuel to function at peak performance.

If you have diabetes and are taking insulin injections or some oral medications, then you need to treat low blood sugars (hypoglycemia) differently. Your blood sugar can drop quickly, leading to confusion, lack of muscle control and you can lose consciousness, leading to death. You need to act quickly at the onset of symptoms.

Liquid sugar, such as juice, milk or soda pass through the stomach quickly, allowing glucose to enter the bloodstream and get out to your cells. Glucose tablets and hard candies also work well. It is important not to eat anything for about 15 minutes after, as food slows down the process. Also, it only takes 4 ounces (1/2 cup) of juice or soda to bring glucose levels up to normal, so don't overdo it. After 15 minutes, eat a meal if you have skipped one or have a snack with complex carbs and protein, such as cheese and crackers.

I'd love to come out and speak to your club or help your club plan a community presentation. Diabetes Awareness is promoted by Lions International. Let's help put the brakes on the diabetes epidemic!

Marie Hall, RN Certified Diabetes Educator

P: 603-686-6935

E: mariehall326@gmail.com

HAS YOUR CLUB CONSIDERED HEARING SCREENINGS?

If your club has ever considered performing hearing screenings but did not know how to begin. Well the MD Health Services Board has the solution. They have just named Manchester Lion Ann ORourke as the Hearing Screening Equipment Chair for Southern NH.

Lion Ann maintains the hearing equipment calendar and will train users on how to use the equipment.

Contact Lion Ann to place your club on the calendar:

Ann ORourke

30 Appleton St.

Manchester, NH 03104

E: annorourke1@yahoo.com



WARMTH FROM NH LIONS

Lions Youth Services are continuing the mission to mobilize NH Communities in a year round clothing drive to address the needs of our neighbors. Articles of new and gently used adult or children's clothing are to be donated to local organizations and agencies throughout NH.

We want your club to help solve the problem for those in need!

Challenge Dates:

July 1, 2014 to January 17, 2015

Last year's Multiple District Total: 18, 817 items of clothing donated

1. **Appoint** a chairman in your club. Your chairman should keep a record of the number of items collected and report monthly to the club and to the secretary who should report to LCI.
2. **Collect:** New or gently used outerwear such as jackets, fleece tops, ski pants, shirts, blouses, sweaters, blankets and sleeping bags. (Clean) New hats, mittens, scarves and socks.
3. **Contact** the local school nurse, guidance counselor, soup kitchen, shelter or charitable organizations in your community to see what is needed and where the items should go.
4. **Ask** your friends who like to knit or contact a local nursing home and ask people that knit if they would like to take part. Ask local Dollar stores for items or purchase them on sale.
5. **Ask** if you can put a collection box at your local school, bank or other public place. Put your Lion's Club Information where everyone can see who is doing the collecting.
6. **PURPLE HATS:** Knitted hats for newborns. Must be 50% color purple (other colors may be used) NO STRINGS ON HATS. Hats will be donated to NH Children's Trust, Inc. They will distribute them to NH hospitals who distribute them to parents of newborns to remind them that newborns often cry and they should not shake their baby.
7. **Final totals** will be given to the District Co-Chairs. Totals will be announced on Saturday at the mid-Winter Convention Jan 30-Feb 1, 2015 at the Manchester Radisson Hotel.

CO-CHAIRS

44-H: PCC Deedee LaTulippe

email: liondeedee@comcast.net

Cell:603.566.0691

44-N: Lion Rachel Luce

email: rach314270@yahoo.com

Cell: 801.2919939



White Cane and Dog Guide Users Safety Day Training Opportunity

The NH Association for the Blind, in conjunction with other agencies/organizations for and of the blind (*see list below), are working together to promote White Cane and Dog Guide Users Safety Day, October 15th 2014. We will be asking Governor Hassan to proclaim the entire month of October as White Cane and Dog Guide Users Awareness Month.

We would like to partner with Lions Clubs across the state to host White Cane and Dog Guide Users Awareness events throughout the month of October.

Training for Lions Club members will be held at the NH Association for the Blind in Concord on Saturday morning, September 6th. An Orientation and Mobility Instructor will share simple techniques for guiding a visually impaired person, use of the white cane and use of dog guides for mobility.

Participating Lions will receive handouts to use at Club-hosted events with information about the history of the white cane and dog guides, safety issues with mobility for people who are blind/visually impaired, etc.

We invite you to send a representative from each Lions Club to the training session and challenge all New Hampshire Lions Clubs to host their own White Cane and Dog Guide Users Awareness event during the month of October!

Saturday, September 6th at NHAB, 25 Walker Street, Concord from 9:30 am – 11:00 am
RSVP by August 29th to Nancy Druke, NHAB at 224-4039 x311 or ndruke@sightcenter.org

*NH Association for the Blind
Governor's Commission on Disability
NH Chapter of the National Federation for the Blind
Services for the Blind and Visually Impaired

NH Lions Clubs
NH Dog Guide Users Club
Department of Veterans Affairs
Sight Services for Independent Living

LIONS CLUB SECRETARY TRAINING

**SEPTEMBER 27, 2014
SATURDAY**

**NORTHEAST DELTA DENTAL
CONCORD, NH
9AM – NOON**

Please RSVP to Diane Guerriere
at drdiane@wolfechiro.net with your name,
club, and e-mail address by Monday, Sept. 22.

Presenters: Diane Guerriere
and Valencia Wilson

Become a 100% Secretary

Attention all 44-H Club Secretaries!

Below is the link to the
**2013-2014
Club Excellence Award
Application**

<http://www.lionsclubs.org/EN/common/pdfs/da1.pdf>

This must be completed and forwarded to MCC Jim Robinson in order for your club to be considered for the Club Excellence Award for 2013-2014 - please print out the form and work on this and submit it to MCC Jim as soon as possible upon completion of your Lion Year. All Applications must be sent to LCI by MCC Jim by September 30, 2014. to be considered.

Visit **NHLionsDistrict44-H** on Facebook!
Clubs may submit upcoming events and pictures for past events for posting on the district Facebook page.



All submission must be compliant with the
Lions Code of Ethics and should be sent to:

Lion Marie Valliere
keylion03@gmail.com

Granite State Fellows

An ideal way to honor fellow club members for outstanding service and to honor Citizens or Companies in our Community who have assisted your club

The Lions Sight and Hearing Foundation of NH, Inc. (LSHF) has a beautiful award plaque that are customize for you presentation. Included with the plaque are a lapel pin and a letter of recognition. Applications are on the NH Lions website or can be emailed to you immediately by PCC Roger LaTulippe.

Upon receipt of a \$500 check for each plaque to be presented the name plates will be ordered. A two to three weeks lead time prior to your presentation date is sufficient to have the plaque, pin and presentation letter delivered to you. When making a donation checks should be made payable to LSHF and in the memo area of the check you must designate that the check is for a Granite State Fellow. Donations may be held in escrow for future Granite State Fellows. LSHF is a 501 (c) 3 organization.

When you purchase a Granite State Fellow you are enabling the Lions Sight & Hearing Foundation to assist those in financial need to obtain hearing aids and cataract surgery. During the fiscal year of 2013-2014 the Foundation gave assistance in the amount of \$59,000. Donations are deposited in the Endowment Fund.

Granite State Chair: PCC Roger Latulippe;
E: dgroger@comcast.net or Tel: 603-566-9409

GRANITE STATE FELLOWS 2013-2014

Laconia-Gilford	Brenda Ferland	13-Sep	Keene	James A. Hogancamp	14-Apr
Milford	Mike Sauta	13-Oct	Hillsboro	Herbert Fredericks	14-May
Moultonboro	Annie Forts	13-Oct	Amherst	Bruce Manchester	14-May
LSHF	Mel's Funway Park	13-Dec	Amherst	Susan Weiske	14-May
Henniker	Marilyn Borgendale	14-Jan	Andover	Jane Slayton	14-May
Henniker	Jerry Eisen	14-Jan	Andover	Eleanor "Ellie" George	14-May
Henniker	Kathy Eisen	14-Jan	Milford	Nashua Eye Associates	14-May
Henniker	Mary Elly Schule	14-Jan	Bedford	Beth Roberts	14-May
Henniker	Rick Patenaude	14-Jan	Wolfboro	Cheryl A. Cataldo	14-May
Concord	Guy M. Woodland	14-Mar	Atkinson	Francis D. DiLeo	14-May
Wilton/Amherst	Richard H. Carlson	14-Mar	Orford	Judy Franklin	14-Jun
Littleton	Frank Porfido	14-Mar	Orford	Henry McKee	14-Jun
Peterborough	Brian Golec	14-Mar	Orford	Teri Hook	14-Jun
Pinardville	Paulette Davis	14-Mar	Hopkinton	Karl Thulin	14-Jun
Exeter	Leslie Haslam	14-Mar		PROGRESSIVE	
Hudson	Jerry Vaccaro	14-Apr	Monadnock	Peter DeMoya - 3rd(1500)	12-May
Hudson	Marilyn Vaccaro	14-Apr	Keene	Ron Farina - 1st(500)	12-Jul
Hudson	Scott Wilson	14-Apr	Litchfield	Wayne Auger - 1st(500)	13-Mar
Chesterfield	Audry Ericson	14-Apr	Don Ager	Meg Ager - 1st(500)	13-May
Chesterfield	JoAnne Maclean	14-Apr	Moultonboro	Pat Strickland - 1st(500)	13-Oct
Merrimack	Sandra G. Hurd	14-Apr	Canaan	Harold L Armstrong - 1st(500)	14-May
Enfield - Mascoma	Kenneth Stanford	14-Apr			



New England Lions Council



Greetings NELC Members & Guests:

Your New England Lions Council is preparing for another NELC Breakfast at the 2014 USA/Canada Lions Leadership Forum! The details are as follows:

September 12, 2014 (Friday) at 7:00 a.m., at the
Sheraton Puerto Rico Hotel and Casino
200 Convention Center Boulevard, San Juan, PR 00907

Breakfast Menu

Mallorcas, quesitos, fresh fruits
Farm fresh scrambled eggs, skillet potatoes,
Smoked bacon, pork sausage links
Puerto Rican coffees, assorted juices and Tazo ® teas
\$32.00 per person (Tax and gratuity included)

This Registration Form and your check to cover all costs must be mailed to Lion Ned Merrick, PDG, NELC President, 12 Appletree Drive, Plainville, MA 02762-1702. Make your check payable to "NELC." Forms and checks must be received by September 6, 2014.

We look forward to seeing you in San Juan!

In Lionism,

The NELC Executive Committee

REGISTRATION INFORMATION:

LION _____ GUEST(S) _____

DISTRICT/CLUB _____ CURRENT LION POSITION(S) _____

PRIMARY PHONE _____ E-MAIL _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

NO. OF GUESTS ATTENDING BREAKFAST _____ @ \$32.00 EACH = \$ _____ ENCLOSED

The Laconia-Gilford Lions Club

September 19-21

Invites you to stop by their food booth
under the main grandstand
at the NH Motor Speedway
for breakfast and lunch

Prices range from \$3 to \$7

Breakfast

Any combination of:
Egg, sausage and/or cheese
in a biscuit, bagel or wrap.

Toasted bagels with cream
cheese or jelly

Lunch

Pastrami in galley roll
Barbecued chicken breast or
pork loin in galley roll or
wrap with onions & peppers
Fresh cut French fries

Cookies and Drinks all day: coffee, hot tea,
cocoa, orange juice, water and a variety of sodas



THANK YOU

To my Lions family:

Thank you for all the cards, kind thoughts, and prayers,
they have helped me feel better and better day by day.

Also, to paraphrase Bob Hope,

"Thanks for the marmalade."

Lion Sue Valliere

Wakefield NH Lions Club Canoe Race

The link below is to a video of the Wakefield lions club
canoe race. This is a good example of publicity after an
event.

[Wakefield NH Lions Club Canoe Race](#)



The Laconia-Gilford Lions Club

Electronic Waste Collection Day

October 4

Gilford Lowe's Parking Lot

9 AM – 1 PM

Got an old computer collecting dust in the closet, or a broken refrigerator sitting on the back porch? What do you do with these items when you replace them? Everything from laptops, phones and radios to home appliances and TVs cost you a fortune to haul away.

Turn that junk over to the Laconia-Gilford Lions Club during their Electronic Waste Collection Day and, for a small disposal fee, not only will they take it off your hands, they will recycle your old electronic items. The disposal charge is less than the local transfer station's prices. Cash or checks will be accepted but not debit or credit cards.

If you bring your electronics to Lowe's Parking Lot, 1407 Lakeshore Road in Gilford, on Saturday, October 4, between the hours of 9 AM and 1 PM, members will help you unload them.

Following is a list of items you may want to drop off: computer monitors, laptops, CPUs, Servers, CD/DVD players, camcorders, AV equipment, VCRs, speakers, mice or keyboards, copiers, faxes, scanners, printers, phones (land and cell), phone systems, UPS systems, humidifiers, dehumidifiers, cords, cables and computer accessories.

In addition, they will also take microwaves, air conditioners, refrigerators, freezers, water heaters, washing machines, dryers, gas or electric stoves, dishwashers, dumb terminals, and TVs. Anything with a cord not listed will also be accepted.

You CANNOT drop off: oils, paints, thinners, batteries, tires, items containing mercury such as fluorescent and CFL light bulbs or thermometers, capacitors, ballasts, or any other hazardous waste.

"Don't throw it out, Recycle it!" You'll be helping not only the environment by disposing of your unwanted electronics responsibly but also the Lions' and their commitment to the community with a disposal fee of \$1 to \$20 per item depending on size. The Laconia-Gilford Lions Club appreciates your help with their Electronic Waste Collection Day fundraising event.

INCOME		EXPENSE	
Sources	Amount	Sources	Amount
15 SPOT Vision Screeners		2 Spot vision screeners & cases – LYS for HSB	\$14,238
Breakdown:			
LYS of New Hampshire	\$7,500		
Dr. Corbit	\$1,000	8 Spot vision screeners & cases - 44N @ \$7,119 ea.	\$56,951
		5 Spot vision screeners & cases - 44H @ \$7,119 ea.	\$35,595
LSHF of NH, Inc	\$4,635		
District 44N	\$24,154		
District 44H	\$16,103		
LCIF grant	\$53,392		
TOTAL:	\$106,784	TOTAL:	\$106,784

District 44N will need to raise approx. \$24,150 toward 8 vision screeners for the Multiple District 44.

District 44H will need to raise approx. \$16,100 toward 5 vision screeners for the Multiple District 44.

Monies Raised thus far:

	Raised	Pledged	
LYS of NH		\$7,500	
LSHF	\$4,635		
Dr. Corbit	\$1,000		
District 44N	\$13,400	\$6,000	44N Total = \$19,400 or 80% to goal (\$4,754 to go)
District 44H		\$4,000	44H Total = \$4,000 or 24% to goal (\$12,103 to go)
	\$19,035	\$17,500	Total: \$36,535

- ◆ All donations to Operation KidSight should be sent to Lions Sight & Hearing Foundation with a note in the memo section designating the funds for “Operation KidSight or OKS”.
- ◆ All monies have to be raised and verified by LCIF, before LCIF will release the matching grant funds.
- ◆ All monies must be raised within the next six months (by the end of December, 2014) or the grant approval will be withdrawn.

This Lions program will continue to build the position of Lions as the preminent community organization within the state of New Hampshire.

Join the growing list of Lions and Clubs contributing their time and money in support of Operation KidSight.

Contact Program Coordinator:: FVDG Scott Wilson,
by email at: scottwils@comcast.net by phone at: 603 770-3700
Contact HSB for additional information.

NEWSLETTER DISTRIBUTION

This newsletter is E-Mailed via Constant Contact to all District 44-H members who have e-mail addresses on file with LCI. Presidents and secretaries, please coordinate and make a copy available to members that do not have E-Mail. All E-Mail changes must be made on the LCI website by your club secretary. If you have opted out of receiving the fellowship in the past, you also opted out of the district newsletter because we shared the same contact list. This issue has been resolved. To receive the newsletter again, you must obtain a copy of the newsletter E-Mail and click on the **join our mailing list** link.

NEWSLETTER SUBMISSION AND DEADLINE

Deadline for submitting articles to be published in the newsletter is the **20th of each month**.

To keep the size of the newsletter reasonable, most event articles will be reduced to 1/4 page.

Clubs and district committees with multiple articles for the same newsletter should consolidate the articles into one submission that does not to exceed one page.

Newsletter submission should be sent to PDG Wayne Auger – Email: lionwayne@comcast.net