

The PRIDE



**Newsletter of Lions District 44-H New Hampshire
November 2022 Volume 48 Issue 5**



DG Randy Tompkins Rye642@comcast.net

Greeting Fellow Lions,

WOW !! The first quarter of our Lions year is already over. We have made some great strides forward and yet we still have a long way to go.

Our membership numbers are in the positive side. We are currently at 1265 members. We know that there will be drops due to members passing away and there is nothing we can do about it. What we can do is to spread the word about our great organization to your neighbors and friends and share with them what it is like to be a LION. Invite them to a service project and let them experience first hand the impact our organization can make to those in need. I set out a goal for each club to be at +2 for the year and we still have a long way to go. The District made a commitment to support Past Council Chair Steve (ED) Middlemiss in his drive to become our next International Director and we really need to be out there getting members and showing how strong District 44-H can be.

Our Service Reporting numbers are sadly low. The goal for the year is 95% of the clubs submitting their service activity. As of today we are at 59%. I can not stress enough the importance of the reports. The areas of funding for our organization comes from the reporting. If your club is not reporting, for whatever reason, please reach out to your zone chair and we will help you get the reporting done. There are Lions throughout the State who are masters of the reporting system and who are happy to work one on one to get the job done.

I would like to pose the question to each member and Club. What is your legacy in Lions going to be?

Have you made a difference in your community? Are you engaged in your club and its activities?

Maybe it is time to re-energize yourself, to reclaim that fire and desire that caused you to join the Lions in the first place.

CONGRADULATIONS to Past District Governor Al Goldstein and Past Council Chair Steve Middlemiss and Past District Governor Henry McKee who our newest Faculty Development Institute graduates in the Multiple District.

I hope to see everyone at the November 19th Cabinet meeting. This is a SATURDAY meeting. We have special guests who will share their personal experience with Childhood cancer. This will be an impactful presentation.

In Lions Service,

Lion Randy

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MEMBERSHIP MATTERS



District Membership	This Month	This Year
Opening Balance	1254	1255
Added members	19	34
Dropped members	5	21
Closing Balance	1268	1268
Net Gain/Loss	14	13
Worldwide	1,399,422	

CLUB	NEW MEMBER	SPONSOR
Nashua	Liz Kelly	Eileen Kelly
Nashua	Kris Komisarek	Martha Ackerman
Nashua	Megan Komisarek	Loel Ackerman
Nashua	Greg Zoia	Joel Ackerman
Nashua	June Zoia	Martha Ackerman
Portsmouth	Anthony Pirri	Mike Baillargeon
Wakefield	Rebecca Lightizer	Sharon Baldwin
Wakefield	Manny Rogers	Parker Vanderhoof
Wolfeboro	Donald Duhaime	John Adams
Wolfeboro	Mike Harding	Nancy O'Dowd
Wolfeboro	Rhoni Harding	Nancy O'Dowd
Chester	Mary Ditoro	Sheryl Baker
Hampstead	Dawn Barnes	Diane Fisher
Hudson	Mary Jo Gasdia	Rosita Latulippe
Londonderry	John Conley	Robert Steenson
Londonderry	Mike Kennard	James Conner



Facebook NHLionsDistrict44-H
District Photographer
PCC Deedee LaTulippe
136 Lowell Rd. Hudson, NH 03051
C: 603-566-0691
E: liondeedee@comcast.net

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PEACE POSTER
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UNIFORMS/JACKETS/SHIRTS,HATS
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CHILDHOOD CANCER
Michelle Ackroyd
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DIABETES
Mary Tremblay
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ENVIRONMENT:
Jeri Maynard
E: lionjeri@comcast.net

HUNGER
Martha Ackerman
E: jamamc@comcast.net

VISION
Emily Lovely
E: emilylovely@comcast.net

Health Services of NH Meeting

Monthly 4th Tues 6:30PM

Airport Diner

Brown Ave, Manchester

Sight & Hearing of NH Meeting

Monthly 3rd Thurs 6:30PM

Airport Diner, Brown Ave

Manchester

Lions Youth Services Meeting

Monthly 2nd Thurs 6:30 PM

Airport Diner, Brown Ave.

Manchester

Camp Pride Meeting

Monthly 2nd Weds 6:30PM

Airport Diner, Brown Ave

UPCOMING EVENTS

November 3	Epsom Chichester
November 13	D44N—Milford
November 14	Seabrook
November 15	Exeter
November 16	MC Concord

November 19	Cabinet Meeting
	White Birch, Hudson
	Saturday a.m. Breakfast Mtg

December 8	Chester
December 16	Litchfield

January 18	Windham
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FVDG Kamal Masand
kmasand01@gmail.com

It was a busy month for me. Every week there were Lion activities either through service or training. I attended a productive Zone 1 meeting, volunteered for the Haunted House in Hollis, went with a crew to prep the Camp Pride Nashua cabin for winter, worked on some clean-up projects in Nashua, and helped out at a vision screening organized by Nashua Lions Club at the Nashua Goes Back to School event. I am learning more each month about the role of a District Governor through meetings and trainings. This month I finished the online DG courses and assessments. I am looking forward to the Cabinet Meeting in November. We are approaching the halfway point in the Lions year, so let's continue adding members to our district to make sure each club adds two more members from when the year started. International President, Brian Sheehan recently shared some guidelines on how to market our services. A great attitude spreads far and wide. And when you show your pride as a Lion, and a leader, you inspire your Lions to do the same. That's why it's so important that we get our clubs excited and talking about their incredible work. Because by helping our clubs become great marketers, we can strengthen membership, expand service and achieve our goals.

Here are three ways you can help your clubs become great promoters.

- Build a club marketing culture – Encourage your clubs to think like marketers. Whenever they have a project, event or a success story, make sure that they know to tell their community about it—and why it's so important.
- Appoint a club marketing chairperson – Help your clubs create their own special marketing culture by encouraging them to appoint a marketing chairperson. This will keep clubs thinking about three things: promotion, promotion, promotion.
- Use the tools that are available – Pass along great social media resources, brand and marketing kits, and more at lionsclubs.org that can help take their marketing to the next level.

Selfless Service to Humanity is Service to God.

Kamal Masand

SVDG Peter Lapointe



November is a month of thanks for all that we have been blessed with in our lives. It's a great opportunity to hold food drives and winter clothing drives to help those in need in our local communities. These types of projects can tie directly into membership drives as well. We need to share with everyone the wonderful feeling of serving our communities. Wouldn't it be nice to recruit at least one new member.

October is Breast Cancer Awareness month. I am sure that everyone knows of a loved one, family member, possibly even themselves, who has been diagnosed. We will be selling pink lapel pins with all proceeds going to the Lahey Breast Cancer Clinic. Pins will be available up until the November 19th cabinet meeting. Please contact me if you are interested in making a donation.

Finally, your club's annual filings with the IRS and State of NH are due in November. Please ask for help if it's needed to complete these important tasks.

Remember - Spread your Wings and reach new heights!

Regards,

Peter

Comments from GST, Lara Middlemiss

Does your club plan any unique events throughout the year? The district has created a simple way to share the insights of how these events are brought to life. These documents can assist clubs, particularly ones that are new and developing. Knowing what an event takes to coordinate prior to committing to it has the potential to greatly increase the amount of service, educational, and fundraising projects that clubs feel comfortable taking on. A template has been included to allow for ease in collecting this important information.

http://e-district.org/sites/district_14-l/projects.php

It will also be located on the district's e-clubhouse page, under Projects, and Questionnaire. Thank you all for your contributions!

Comments from GML, Gail Dacey

November GMT

It is hard to believe it is already November. I'm happy to report we are now as of this writing at 1260. Keep up the good work asking one. We want to keep our numbers over 1250 to get Steve elected. Remember every event is a membership opportunity. Wear your Lions stuff and have an elevator speech ready for when someone asks what do Lions do. I've attended 3 zone meetings so far. I'm happy to attend the others. Just ask. Reach out to me if you need anything. Looking forward to seeing everyone at the cabinet meeting.

Comments from GLT, Marilyn Vaccaro

Well Happy Fall to all!

There have been a number of training sessions this year. Presidents, Secretary, Zone Chair, OKS Coordinators. Did you let the secretary of your club know that you attended? It is important for the district to report the training sessions that you have attended.

How many of you actually use MY LCI? If you need help getting on MY LCI please let me know. There are activities from other clubs that may help you.

Marilyn Vaccaro

603-437-1408

Jvac1408@comcast.net



MCC Chair Comments, Robert Gustafson



I recently got back from the NELC (New England Lions Council) weekend meeting in Boxboro, Massachusetts. We had a good turnout from the New Hampshire Multiple District. NELC is an association of Lions from the States in New England (New Hampshire, Maine, Vermont, Massachusetts, Connecticut and Rhode Island) that meet to discuss various topics and listen to our District Governors voice their aspirations and concerns. It was particularly nice to hear 3rd International Vice President candidate Mark Lyon from Connecticut discuss his vision of what Lionism is all about.

NELC also hosted our Faculty Development Institute (FDI) which many of our New Hampshire Lions participated in. Interestingly, NELC was the precursor to the USA/Canada forum many of us have gone to. It so happens that PDG Al Goldstein is the Treasurer of NELC and recently graduated from FDI. PDG Al intends to teach a course on Guiding Lions which is near and dear to my heart. Be on the lookout for an upcoming training class. Guiding Lions serve other Lions. Please consider being a Guiding Lion.

Our next MD44 Council meeting is scheduled for Wednesday, November 16th at T-Bones in Concord. Many items will be on the Agenda. We are making good headway in raising funds from our Lions clubs to support our efforts at the 105th annual Lions Convention in Boston next year. Thank you again for your support!

PDG/Cabinet Secretary Treasurer
Kitty Callender



LIONS CLUBS VISITATIONS

I've heard some of our District44H Lions say "We've never seen a District Governor at our meetings/fundraisers/projects." District Governor Randy (and I) would enjoy seeing you at ANY of those functions. We'd also like to see you at District44H functions/meetings/conventions. It IS a 2-way street! WE need to be INVITED to see you at your meetings. It is important for the District44H Cabinet to know how you are faring in this Lionistic year and help you prepare for the future!

We are inviting ALL of you to the District44H Cabinet Meeting on SATURDAY November 19, 2022 at the White Birch in Hudson. Come and see how the district is faring this year. It is your time to ask questions, get membership materials, and stuff you need to help your club. I need to have your reservation in my "paws" by November 10...no late mailings, NO walk-ins!! (See reservation page in newsletter). I MUST have a "solid number" for Lion Ray on that date. He needs to order for our get-together!

VISITATIONS...Good for the District, good for the clubs, GREAT for all members! TRY ONE!!

Lion Kitty A.K.A. Cabinet Secretary Treasurer, District 44H

callendergirl54@hotmail.com or 575-937-7911



SATURDAY-NOVEMBER 19, 2022
CABINET MEETING AT THE WHITE BIRCH,
HUDSON. **BREAKFAST** SERVED!!
Check in Starts 8 a.m.

Name _____

Name _____

Lion's Club _____

Email Address _____

Telephone Number _____

Cost: \$20 Paid _____

Reservations must be "in hand" (*Lion Kitty's hand*) by
November 10th.

Mail to: Lion Kitty Callender (575-937-7911)
112 Iron Wheel
Danville, NH 03819



COME AND MEET THE WALL FAMILY

Jenn and John Wall will be sharing their story and love for their 15-year-old son
ZACH who lost his battle with Cancer

November 19th, 2022
District 44-H Cabinet Meeting
White Birch, Hudson NH
222 Central St. Hudson NH 03051



**DISTRICT 44N
CABINET MEETING**

American Legion Post 23
15 Cottage Street in Milford NH

SUNDAY, NOVEMBER 13, 2022



Please get YOUR RESERVATION to CS PAM PRENTISS by NOVEMBER 6TH!

*Early Check-in - 8:30 am
Breakfast/Brunch - \$20.00 per person*

Reservation for:

(Name) _____

(Name) _____

Email address: _____

Telephone number: _____

Lions Club: _____

Please call **CS Pam Prentiss** at 603-499-3218 or email
pepotr@myfairpoint.net to make your Reservation.

Mail your check to CS Pam Prentiss payable to **District 44N**
and send it to 33 Prentiss Drive, Chesterfield, NH 03466

Please bring Donations for the Service Project
supporting **CHaD** with you to the meeting—Thank You!

Childhood Cancer by Michelle Ackroyd

Childhood Cancer by Michelle Ackroyd

The holidays are upon us and Chad does a wonderful job providing Gifts for the holidays. They certainly need help to meet the needs of patients. They need lots of items to help keep the kids busy during treatments. I am providing the Amazon wish list for Chad please consider making a donation.

Chads Amazon Wish list

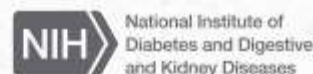
https://www.amazon.com/hz/wishlist/ls/3T0LFOLK7I124/ref=hz_ls_biz_ex?fbclid=IwAR0Zoa6tIHJJCIVV05GgYnUruGla7T1ekNAB28jqiiPUvGNksft6dLhrLlk

Chads Playopolist

https://www.playopolistoys.com/my-lists/view-a-list/?wlid=10539&fbclid=IwAR0jatnP0rTsjcQjqm5RG_YTOJPFRYifU22TNl7jgkh-SF17rjgqtnLslo

Diabetes Awareness by Mary Tremblay

NATIONAL DIABETES MONTH 2022



Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It can lead to health problems related to your eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

Working with health care professionals can help you get the diabetes care you need to improve your health. But while it takes a team to manage diabetes, remember that **you are the most important participant in your diabetes care.**

Here are some tips to help you manage diabetes and build your diabetes health care team.



MANAGE YOUR A1C, BLOOD PRESSURE, & CHOLESTEROL LEVELS

Ask your health care team what your goals should be and how you can reach them.



PREPARE FOR VISITS WITH YOUR TEAM

Before your appointment, write down a list of questions, review your diabetes self-care plan, and record your blood glucose results.



SEEK ADDITIONAL SUPPORT FOR YOUR SPECIFIC NEEDS

A team of health care professionals—such as an eye doctor or pharmacist—can help tailor your diabetes self-care routine.



MAKE PHYSICAL ACTIVITY PART OF YOUR ROUTINE

Set a fitness goal and encourage your family members to exercise with you.



FOLLOW A DIABETES MEAL PLAN

Choose fruits and vegetables, whole grains, lean meats, beans, nuts or seeds, and non-fat or low-fat milk and cheese.



STAY ON TOP OF YOUR VACCINATIONS

Ask your health care team about the vaccines you should get to reduce your risk of getting sick.

FOR MORE INFORMATION ON MANAGING DIABETES, VISIT [NIDDK.NIH.GOV](https://niddk.nih.gov).

🖱️ [NIDDK.NIH.GOV](https://niddk.nih.gov) | ✉️ HEALTHINFO@NIDDK.NIH.GOV | 📱 [@NIDDKGOV](https://www.instagram.com/niddkgov)

Environment by Jeri Maynard

Environment

It's that time of the year again! The air is crisp, the leaves turn red and gold and pumpkins can be seen everywhere. And then- the dreaded back-breaking chore known as "fall garden and leave clean-up..." This usually entails 3 steps: (1). Rake the leaves (or blast them with a blower) into piles (2). Transfer the piles to bags (3). Place bags out to be hauled off to the local landfill

BUT do we really have to rake all those leaves??? Environmentalists are now saying that raking your leaves are not only harming the environment but can rob your garden of nutrients and destroy certain wildlife habitats. The National Wildlife Federation urges you to "Let fallen leaves stay on your property"

Here are some excuses to avoid the dreaded yard work this Fall:

1. Leaves provide a habitat for certain wildlife: Salamanders, frogs, toads, box turtles, and other invertebrates, rely on the leaves for cover and nests
2. Leaves provide nutrients for the visitors to your "leaf litter" – birds can feed on seed heads and stalks-A leaf litter helps maintain a healthy ecosystem in your yard.
3. Reduces waste: yard/leaf debris is taken to a landfill where it is dumped on top of more leaves. Decomposition is slowed down. Without the needed oxygen to decompose this organic matter greenhouse methane gas is released.
4. Leaves increase the fertility of your soil: as the leaves decompose, nutrients are added to your soil- keeping your leaves also allows for greater water retention.
5. Reduce air pollution: Leaf blowers pollute. Trucks that haul debris pollute. Using store bought fertilizers instead of eco-friendly natural fertilizers pollute
6. Saves you time to relax and enjoy the gorgeous fall weather with all its related activities. Now you can spend time on other needed projects

What should you do with those fallen leaves you are not sending to the landfill?

1. Let leaves stay where they fall, they won't hurt your lawn if you chop them with a mulching mower. Caution: a thick layer of leaves may smother your lawn
2. Rake leaves off the lawn to use as mulch or create a "leaf litter" (only leaves, no other organic materials added)- wild life can feed off the leaf litter
3. If you must get rid of your leaves (community ordinances, OCD, etc.) drop them off at a community recycling center so they can be turned into compost that you and neighbors can use in the spring. Remember: leaves are FREE mulch and fertilizer- why pay for them???
4. You can always pick out some pretty ones and make fall decorations and artwork

Fall is a fantastic time of the year- make time to enjoy- "leave the leaves alone"

Hunger by Martha Ackerman

One agency helping to fight hunger is New Hampshire Hunger Solutions

The mission of New Hampshire Hunger Solutions is to advocate to end food insecurity, improve access to nutritious food, and address hunger's root causes for all New Hampshire residents. Their vision continues until hunger is eliminated in New Hampshire

In order to achieve the mission and vision, NH Hunger Solutions focuses on these four priority areas:

1. Engage in policy advocacy to close the gap between those eligible for and those enrolled in federal nutrition programs (SNAP, School Meals, Summer Meals, WIC)

Nationally, we are:

- 47th in school breakfast
- 39th in SNAP
- 32nd in Child and Adult Care Food Program
- 25th in the summer meals programs
- ...and WIC serves only 44% of those eligible

2. Work with schools and communities to increase participation in school meals

- Statewide, only 46% of students who are eligible for free and reduced meals who are already participating in school lunch participate in school breakfast

3. Increase public awareness of the causes of and solutions to hunger in New Hampshire

- While the numbers of children without sufficient food had been declining since 2018 as poverty declined, pandemic waivers temporarily expanded access to federal nutrition programs in 2020, making 65% of food insecure children eligible for federal nutrition programs (compared to 55% the prior year). Unfortunately, those waivers have ended.

4. Engage in coalition building among existing and emerging food access councils and coalitions

- NH Hunger Solutions currently supports and collaborates with 10 coalitions or Councils across New Hampshire. We are working with local and regional partners to strengthen the network of coalitions so that we can work together to end Hunger in the Granite State.

"Children are our future and investing in them is the moral option that all civil society should embrace – NH Hunger Solutions understands that and is willing to take that thought and transform it into policy and practice." – Dr. Joanne Burke, UNH Sustainability Institute



**Multiple District 44 Convention
January 27-29, 2023**

Schedule

Friday, Jan. 27th

3:00-6:00 pm Registration
3:00-5:30 pm Hospitality rooms open
6:00-7:00 pm Cash bar and social
7:00 pm Dinner and Entertainment
Hospitality rooms open following banquet

Saturday, Jan. 28th

7:30-8:30 am Registration
8:30-11:30 am Multiple District meeting
11:40-12:05 am Sight and Hearing meeting
12:05-12:25 pm Lions Youth Service meeting
12:30 pm Lunch on your own
2:00- 3:00 pm LYS project

3:00-5:00 pm Hospitality rooms open
5:30-6:15 pm Cocktail reception
6:15 pm Grand March for Head-Table and Subhead tables ONLY
6:30-9:30 pm Banquet and Program
Hospitality rooms open following the Banquet

The hospitality rooms will be on the 8th floor


CLUBS ARE WELCOMED TO BRING THEIR CLUB BANNERS TO BE HUNG IN THE BALLROOM

WD44
Mid-Winter Convention
Friday Night Entertainment
provided by

The Bel Airs

The #1 Doo Wop group in New England
perform Doo Wop and Vintage Rock 'N' Roll
with elegant five part harmonies and
stereophonic instrumental arrangements.
Their music takes you on
a romantic journey back to classic cars,
sweet sixteen girls wearing saddle shoes,
bobby socks and poodle skirts.

Come & Enjoy
The Bel Airs
as they Bring You Back in Time
With Great **Music & FUN**
on Friday Evening
January 27, 2023



Dress Casual or Dress for the Doo Wop Days!



MULTIPLE DISTRICT 44
63rd MID-WINTER CONVENTION
DOUBLE TREE BY HILTON, NASHUA, NH
January 27 – 29, 2023

Our Invited Guests: International Past President Douglas Alexander & Lion Shabiki Cazabon

Lion #1 _____ CLUB _____

Lion #2/guest _____ CLUB _____

Home Tel. # _____ email _____

<u>Plan</u>	<u>Meals and registration</u>	<u># of persons</u>	<u>total cost</u>
A Fri. banquet, entertainment, Sat night hors d'oeuvres and Sat. banquet		@ \$74.00	
B Sat. night hors d'oeuvres and banquet		@ \$42.00	
C Fri. night banquet and entertainment		@ \$32.00	

Total Amount Due \$ _____

Please make meal choices for Saturday Night Banquet: Circle number for your Choice

- 1- Herb Crusted Chicken 2- Lemon Pepper Haddock 3- butternut squash ravioli
 Dessert: Ultimate Chocolate Tort

Friday night: Italian Buffet: Salad, breadsticks, pasta w/marinara sauce, meatballs, eggplant parmesan
 Coffee, decaf and regular, herbals teas, chef choice of dessert

Saturday and Sunday Breakfast: Hotel restaurant open 7am-11am. Restaurant closed for lunch

Please note any special dietary needs _____

Deadline for meal reservations is January 14, 2023

Hotel Reservation: Lions Convention Room rate: single or double \$119.00/night plus tax

Call the Double Tree hotel @ 603-886-1200 and identify yourself as part of the group of NH Lions Multiple District 44. **All reservations must be made by Friday, January 6, 2023, for the special rate.** You will call and pay for the hotel direct for your room.

Any questions please email Celeste ricupero7@comcast.net or call 603-321-0737 Convention Coordinator

Send reservation form and check for meals to:

Make checks payable to: Lions MD 44 Convention Fund

PCC Celeste Ricupero
 Convention Coordinator
 7 Winn Ave
 Hudson, NH 03051

**Mid- Winter Meal Selections
January 27-29, 2023**

Friday Evening

Italian Buffet

Garlic & Herb Breadsticks

Mixed Baby greens paired with garden vegetables and 2 house made dressings

Penne pasta with marinara sauce

Meatballs

Eggplant parm

Chefs' choice of desserts

Coffee, decaff coffee and herbal tea

Saturday Evening choices are

Herb crusted chicken served in a sherry cream sauce

OR

Lemon pepper haddock white wine lemon butter sauce

OR

Butternut squash ravioli

All Served with

Caesar salad

Roasted fingerling potatoes

Roasted carrots

Dessert: ultimate chocolate tort



DOUGLAS X. ALEXANDER
PAST INTERNATIONAL PRESIDENT and
CHAIRPERSON FOR LIONS CLUBS INTERNATIONAL FOUNDATION

Douglas X. Alexander, from Brooklyn, New York, USA, was elected to serve as international president of Lions Clubs International at the association's 103rd International Convention, June 25 through June 29, 2021. As of June 28, 2022, he will serve as Chairperson for Lions Clubs International Foundation (LCIF) through July 11, 2023.

Past International President Alexander is a retired vice president for J.P. Morgan Chase Bank.

A member of the Brooklyn Bedford Stuyvesant Lions Club since 1984, he has held many offices within the association, including club president, zone chair, region chair, vice district governor, district governor, cabinet secretary, cabinet treasurer and DGE group leader. He also served as a Lions Eye Bank transporter, a member of the District and Multiple District PDG Association, a trustee of the New York State and Bermuda Lions Foundation, and was appointed as the Lions representative to UNICEF-New York from 2012-2014. He has served on the USA/Canada Lions Leadership Forum Planning and Host Committees and has been a presenter at several USA/Canada Forums.

In recognition of his service to the association, he has received numerous awards including the club Lion of the Year, Club President's Award, the Robert J. Uplinger Service Award, several District Governor Appreciation Awards, and the Multiple District Membership Growth Award. He is also the recipient of numerous International President's Certificates of Appreciation, multiple International President's Awards and the Ambassador of Good Will Award, the highest honor the association bestows upon its members. He is a Dr. Franklin G. Mason Fellow, a W. P. Woods Fellow and a progressive Melvin Jones Fellow.

In addition to his Lions activities, Past International President Alexander is active in numerous professional and community organizations. He has served as chairperson of the advisory board for the New York Urban League and as a board member of the St. Francis DeSales School for the Deaf. He is also a recipient of the Congressional Record Award.

Past International President Alexander has two daughters, and his partner in service, Shabiki Cazabon, is a Lion and a Progressive Melvin Jones Fellow.

R-5/22



LIONS CAMP PRIDE CONNECTION

November 2022

Hi to all from Lions Camp Pride. Winter will soon be upon us and there is still lots to do at our Camp. Some of the clubs have been to up to get their cabins ready to go to sleep for the winter, while others have not got the message yet that it's time to empty the barrels, sweep the floors, remove, and wash the curtains, turn mattresses on their side and in general get them ready for what will most likely be another cold dark winter. The water has been turned off (but you don't need it). Facilities will once again be left on in the admin. Building all winter for those volunteers who choose to come up and assist with the ongoing projects.

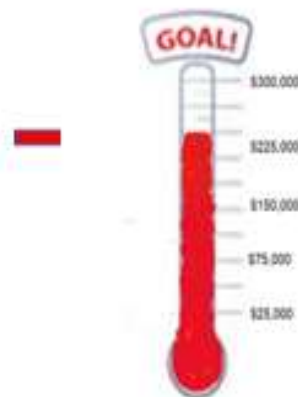
The former Pelham building, now the Moultonborough building is already stripped of its old bathrooms and will soon be undergoing it's transformation. New flooring, new wall coverings, new toilets, and new paint. The staff building, now the responsibility of the Danville club, is getting a complete gut of all bathrooms. A completely new bathroom design is currently in progress with new framing, lighting, plumbing fixtures, flooring, and painting. These changes along with the work already completed will make this once old, outdated building the one that everyone will want to stay in. The new pavilion continues to make steady progress towards completion and appears to be coming in within budget.

Every Wednesday is a working Wednesday at the Camp and Saturday workdays are October 29th, November 5th and 12th. **November 5th will also be leaf cleanup day and we can use all the help we can get!**

Our Lions Camp Pride annual meeting will take place on November 19th at the Cabinet meeting where our new and renewing Board members will be voted in.

Thanks Lenny

LCP Board members	\$36,915
Lions	\$67,140
Clubs	\$74,445
Corporate	\$6,700
LCP Friends	\$34,505
Total	\$219,705



Thanks for listening, Lenny Hall
LAH03811@gmail.com
 978-360-0958



Plaistow Lions spent the day at Camp framing, cleaning, and working their butts off

Isn't it beautiful



Wakefield Lions making their floor shine



Conway Club Events

The Conway Area Lions dedicated a bench to Hales location.

Lions who participated were John and Linda Rafferty, Tom and Cheryl Merrill., Rosie Klaus, Chris Russian, Donna Byrne

We presented it to Hale's BOD President Trevor Sullivan, Maureen Blanchard and Golf Committee Scott Matthews and Golf Superintendent Evan Connors

Hale's Residents Jim Raymond, Marlene & Ed Lawton, Michelle Sparks & Sharleen Cronin and Donna Perry

Thanks to all the Hales Location residents for helping with our Nex Trex Soft Plastic Challenge



Conway Area Lions donated \$500 to the Material Girls of Conway.

The money goes to the batting needed to make up to 50 quilts

Material girls make quilts for the community for children at the hospital, for the nursing homes, for the veterans, domestic abuse families getting back on their feet, and many other places.

Linda Rafferty, Clarice Girouard and Deb Mattei presented the check to Kathy Bergeron and all the Material Girls



Chester Club Events



PDG Sam Longbook presenting President Leslie Packard with a Melvin Jones Fellowship.



PP Bruce Baker presenting Lion of the Year to Lion Don Krumholz.



New member Mary Ford with sponsor, Leslie Packard & PDG Sam Longbook.



PP Bruce presenting Lion Christy Perfetto with the Ray Anderson Award

Exeter Area Club Events

Blast from the past

Circa 1954, Claire Lyskowsky (Claire Jennings) accepted a runner-up position in the Lawrence Lions Club's "Miss Eye Research" contest. Claire Jennings later joined the Exeter Area Lions Club nearly 64 years later in 2018 when her granddaughter, now President Ellen Garnett, encouraged her to join to serve our communities. Lion Claire is 85 and legally blind but still enjoys helping where she can.



Hudson Club Events



Each month the Hudson Lions Clubs hold \$econd \$aturday Bingo for Charity. 25 club members assist in the running of bingo. PCC Scott Wilson chairs this monthly event.



A Meat Raffle was held on September 16th at the Hudson VFW, benefit of Hudson Lions Club charities. Thank you to PDG Jerry & Marilyn Vaccaro for a successful fund raiser and fun evening.



Club Environmental Co-chairs, Rick Morgan and Ann Mason, held a road clean-up in Hudson on October 16th. 25 bags of trash were collected in 1 hour.



On October 22 the Hudson Lions held a Psychic & Craft Fair. It was a successful event with a great turn out, including members of other Lions Clubs. Eleven Psychics and eleven Vendors took part. Over 23 volunteers assisted Jeri Maynard and Sholeh Sexton who Co-chaired this fund raiser with proceeds benefitting the Hudson Lions Club Charities.

Loudon Lions Club

On October 14, 2022, with the help of a Youth Services grant, The Loudon Lion Club was able to bring the Choose Love Program to Loudon Elementary School. The program focuses on the "Choose Love" formula of Courage+ Gratitude+ Forgiveness + Compassion - In -action = Choose Love. Students learn and practice to nourish and strengthen the body, mind, and emotions to cultivate happy, healthy, meaningful lives and to thoughtfully respond to all we meet and improve the world around us. The presentation is designed to teach children to prevent bullying and treat everyone with respect. It was geared to elementary school children and was well received by the children and school faculty as well.

For further information on the program use the following link:
<https://tiger.plymouthcreate.net/brand-new-day/>



Front Row, Choose Love cast (left to right): Matthew J. Murray, Olivia Etchings, Emily Shafritz, K. Bernice, Kellen Schult

Second Row, Loudon Lions Club (left to right): Ed Friedrich, Sara Wagner, RoseMarie Giambalvo, Vince Giambalvo

Nashua's October Accomplishments

5

We welcomed five new lions in October! Please welcome June & Greg Zoia, Megan & Kris Komisarek, and Liz Kelly!



The Nashua Lions were well represented at The Telegraph's Motor Mania event at the Nashua Senior Center. PID Ed manned a Lions information table while Lions Joel Ackerman, Margo Bell, June Caron, David Fredette, Matt Burdette, and Mickey Burdette assisted at the event.



Mine Falls Trail Clean-Up: It was the last trail clean-up day of the year and Lions provided some helping hands on a beautiful day in the park. Thank you for volunteering: Gail Ciardi, Stephen Greenberg, and Linda Quebec.



Lions on the Radio! King Lion Paul Bergeron was a guest on Mike Apfelberg's radio show "United Way Community Connections" on WSMN AM 1590 or 95.3 FM on Monday October 17th. He shared information about Nashua Lions Club with the public. [Click here](#) to hear Paul on the radio; he starts at roughly 25 minutes into the show.



PID Ed and Lion Elaine Lecius embarked on a cruise with other Lions during a fundraiser for the Brandel-Murphy Youth Foundation. Past International President Al Brandel and his partner in service Lion Dr. Maureen Murphy created the foundation to help children in need. This cruise is another way the Lecius' give back through Lions. Their cruise went from New York to Nova Scotia. This picture was taken of the group during their stop in Boston to tour Fenway Park.

Camp Pride Fall Clean-Up: We had a crew work at Camp Pride to close down the Nashua cabin, and rake leaves on the property. Picture not available; but we thank First Vice District Governor Kamal Masand, Linda Hudon, Mike Francoeur, and Linda Quebec for volunteering.

Warren Miller Extreme Ski Movie fundraiser: December 1st, 6pm, Nashua Chunky's Cinema we will host the exclusive showing of a Warren Miller movie in our area. Guests will be treated to a thrilling movie, door prizes, silent auction, and chances at several raffle baskets. Tickets are \$20.

Nashua Club Events

Save the date for Breakfast with Santa in Nashua. All are welcome to join the fun!



Nashua Lions Club



Annual "Breakfast with Santa"

**Saturday, December 3
8am-11am**

**Nashua Senior Center
70 Temple St, Nashua**

**Tickets sold at door: \$7.00pp
Ages 5-12 \$3.00 / Children under 4 are free**

***Enjoy a delicious French toast
breakfast, visit Santa and stroll
through the gingerbread house village***

***Free Vision Screening for children provided by the
Nashua Lions Club***

NEW TOYS COLLECTED FOR



**NASHUA
PAL**

Meredith Club Events

The Meredith Lions Club is actively working with the local food pantry and the Meredith Family Dollar store to help fulfill the needs in the community. Recently LionMarie presented a check to volunteer Linda at the pantry for \$1000.00 and later in the month Lion Judy dropped off donations to Barb and her crew collected at the Family Dollar store. The club is planning to be at the store once a month when possible to collect items needed. A list of those items will be available when you enter the store and you may drop something off as you leave or make a monetary donation. Look for the sandwich board outside to see when we are there or checkout the Facebook page. For more information contact Lion Marie at keylion03@gmail.com





Rochester Lions Club Presents
The 2nd Annual Night of Laughs

Featuring Comedians

Dana Fuller, Colleen McCauley
and Juan Rosario

American Legion

94 Eastern Avenue, Rochester, NH

Saturday November 12th

Doors Open @ 6 pm

Ticket Prices \$25.00 or 2 for \$40.00 – Veterans Free

Raffles, food and cash bar available

Tickets are available by

Check: Rochester Lions Club

32 Polliwog Lane, Farmington, NH 03835

PayPal: RochesterLionsClubNH@gmail.com

Venmo: @Rochester-Lions Club

Call or Text (774) 634-5007 for more information

Salem Club Events

Salem Lions put on an appreciation lunch for the Public Works department to honor them for all they do in the town.



Salem Lions participated in the town wide trunk or treat. Many of the members were also involved in the entertainment.



Salem Club Events



Salem Lions attended the Isaiah 58 fundraiser honoring Larry Belair.



Salem Lions vision screening at one of our elementary schools



Salem Lions at Danville’s candy bar bingo





COURTESY PHOTO

Helping kids see

The Wolfeboro Lions Club Operation Kid Sight team resumed screening children's eyesight at the Middleton Elementary School on Tuesday, Oct. 11. One hundred and forty-seven students were successfully screened in a short period of time. Pictured from left: Lion Brian Murphy, Middleton nurse Maribeth Smith, Lion Patty Walker and OKS coordinator John Adams.

NELC / FDI Event



NELC / FDI Event





Lions Youth Services



MID-WINTER SERVICE PROJECT

Lions Youth Services
is Asking all Lion Members to Donate
New Hats, Gloves, Mittens, and Socks
for Pre-School and Elementary
School-Age Children

Collection of these items will be made
at the MD44 Mid-Winter Convention
Saturday, January 28, 2023

More Details to Follow!





Lions Youth Services

Meeting October 13, 2022 -President Eric Olsen called the regular meeting to order at the Airport Diner with seven members in attendance

LYS Grant Program - an application for requested funds was reviewed for the Meredith Lions club for Girls Inc. to support STEM, Cooking, Arts and Craft programs which will impact 100 plus youth. A motion was made and approved for \$500. Please find an application in this newsletter. Applications are reviewed at each monthly meeting. Please be sure to fill out completely and mail directly to Lions Youth Services at PO Box 156, Atkinson, NH 03811.

Terri Lynn Fundraiser - please look for the latest flyer in this newsletter. You will see that the holiday season is approaching and there are ordering and shipping cut off deadlines indicated so that your orders will arrive in time. Thank you for all your support with this fundraiser, all orders are greatly appreciated and we are confident that you will be completely satisfied with all the Terri Lynn products.

Peace Poster Contest - "Lead with Compassion". As you know, the contest concludes November 15 and all clubs should have made arrangements for judging with their participating groups by now.

This year we will continue with emailing a photo of the winning poster to Rhonda Wynne at rwynnemilford@comcast.net - also if you have other participants you would like to send, please send a photo and name of artist as well. If you have any questions, please contact Rhonda Wynne. Winning poster photos will be displayed during the Mid-Winter Convention in January 2023. The first place poster from each district will also be displayed and the artists will be presented with awards on Saturday, January 28, 2023. Further details and winner announcements to follow.

Calendar Raffle 2023 - Lion Harry Armstrong is actively looking for prize donations so that he can have tickets ready for the Mid-Winter. Please contact him at harrya616@yahoo.com to help out with prizes.

Mid-Winter Service Project - there was discussion as to what the project would entail and it was decided that there would be two activities; one would be that fleece blanket kits would be purchased and volunteers would make these blankets on the Saturday afternoon at the Mid-Winter. They then would be given to those that request them and be distributed to first responders for children in times of crisis. Secondly, a request for donated hats, mittens, and socks for preschool and elementary school aged children will be made to all clubs. The donations will be collected at Mid-Winter and distributed to those clubs that request them. More details to follow. See flyer in this newsletter.

New Business: Twin Soccer event, it was discussed that LYS would sponsor groups of youth to attend. Reps from Twin State Soccer will be invited to a future meeting to discuss what and how to plan this.

Our Next Meeting is scheduled for 6:30 pm, Thursday, November 10 at the Airport Diner - All Lions are welcome!





Fundraising with



Orders to each person ship **FREE** anywhere in the U.S. when items total \$30 or more!
For orders under \$30, it's a \$5 flat rate shipping fee (per recipient address).

PLEASE GO to: <https://LYSNH.terrilynn.com> to place your order today!

Please place your order a minimum of 3 weeks prior to your expected delivery to ensure ample time. Your order should be placed before/by Holiday Ordering Cut Off Dates as listed below to ensure that your order qualifies for free shipping and arrives prior to the holiday.



Thanksgiving 11/24: Cut off date to order is **11/03**
Christmas 12/25: Cut off date to order is **12/02**
New Year 01/01: Cut off date to order is **12/16**



Pumpkin Walnut Crisp

Ingredients

- FOR FILLING
- 1 (15-oz.) Can pumpkin purée
- 1 cup Sugar
- 3 Eggs
- 1 tbsp Pumpkin pie spice
- 2 tsp Vanilla extract
- 2/3 cup Heavy cream
- FOR TOPPING
- 1 cup Flour
- 1 cup Oats
- 1 cup Brown Sugar
- 2 tsp Cinnamon
- ½ cup Chopped Terri Lynn Black Walnut Pieces



Directions

- Mix together pumpkin, sugar, eggs, spice, vanilla and cream (set aside).
- In separate bowl mix flour, oats, brown sugar, cinnamon, walnuts and melted butter.
- Bottom layer: spread 1/2 the flour mixture on bottom of 8x8" pan.
- Middle layer: pour the pumpkin mixture over the bottom layer.
- Top layer: sprinkle remaining flour mixture on top.
- Bake at 350 degrees for 35-40 min.
- Serve with whipped cream or vanilla ice cream.

Some Personal Favorites



Giant Cashews
Milk Chocolate
Cashews



Colossal
Pistachios



Dark Chocolate
Sea Salt Caramels



Dark Chocolate
Cranberries

Gourmet Deluxe
Mix Gift Tin- 16 oz)

*Roasted Cashews, Almonds,
Brazil Nuts, Pecans,
Hazelnuts & Pistachios
packed in an elegant red and
gold Tin ready for gift giving.*



LIONS YOUTH SERVICES
PO Box 156
Atkinson, NH 03811

~ GRANT APPLICATION ~
All Applications Must Be Mailed

1. Contact Info: _____
2. Phone #: _____
3. Club: _____ District: _____
4. Requester's Name: _____
5. Mailing Address: _____

Club President Signature
6. E-Mail Address: _____

7. Project Details: _____

8. Project Budget: _____
9. Requested Amount: _____
10. How many youth would be effected by this grant? _____

(Evidence of impact)

Grant Request Summary: All requests made must be made through Lions in 44H and/or 44N in the State of New Hampshire for \$500.00 with no more than 2 within a Lion's Year. (Jul-Jun) and they must be for different projects.

Project Title; Start and End Date _____

Today's Date: _____

Board Approved _____ *Board Denied* _____



THE DOGSIGHT PROJECT



A Program of the New Hampshire Lions
Multiple District 44 – Health Services of New Hampshire

Autumn

Autumn is a glorious time to be outside walking! The smells, the crunch of the leaves, the crisp air on the face, and, for the dog's amusement, the scurrying squirrels gathering acorns for the winter. It must be hard to just walk calmly in harness when a squirrel runs past you, but that's what is expected of a guide dog. The same applies to cats sunning themselves on nearby porches, and children playing kickball in a field. I am always grateful for those people who contributed to the 15,000 hours (not a typo) of training that it takes to create one of these fine dogs who serve their handlers so very well.

Please send contributions to the DogSight 2022-2023 campaign to the project chair. Checks should be made out to **LSHF** with **DSP** on the memo line. Please send checks to: The DogSight Project, c/o Linda Piekarski, 15 Edgewood Ave, Keene, NH 03431.

Thank you for your support!!

Linda Piekarski
Chair, the DogSight Project
lpiekarski@ne.rr.com



Raised for Fidelco in 2022-2023: \$976



Comments from LSHF President PCC Steve Middlemiss

I would like to thank PDG Marie Hall for running the October meeting as I was out of the State.

Project Chair Lion Dan Diemand brought forward 5 new cases (all were approved). After vendor discounts and club contributions the final cost to LSHF was \$4,700.00. Year to date LSHF has helped 16 individuals for a cost of \$16,377.00. Once again, a great job by Lion Dan. Thank you Lions of MD 44 for supporting LSHF and allowing us to help those in need in our communities.

It is time for the board of LSHF to reach out to the members of both Districts to consider if they would like to become a member of our board. We are looking for 2 Lions from 44 N and 2 from 44 H. They election will occur in January at the MD 44 Mid-Winter convention. If you have an interest, you are welcome to attend one of the upcoming meetings to have a better feel for what we are about. The meetings are the 3rd Thursday of each month at 6:30 (social at 6:00) held in person at the Airport Diner in Manchester. We all hope to see you there.

Please remember that every lion of MD 44 is a member of Lion Sight and Hearing Foundation and are always welcome to our monthly meetings held the third Thursday of each month at the Airport Diner at 6:30 pm.

Yours in Lionism

PCC Steve Middlemiss

President LS&HF

TALES OF THE SERVICE TRAIL UPDATE

November 2022

What has happened around here? We seem to have missed Maine's glorious autumn! And we heard it was full of color - reds, oranges, yellows and even purples - all despite a summer drought that foretold no color! But Mother Nature defied the rain gods. Somehow Karol and I missed most of it this year. Oh yeah ... Lions work and travels!

We saw many of you in Calgary at the USA/Canada Lions Leadership Forum, just as those pesky leaves started thinking about stopping their photosynthesis. On our return, the weather warmed again until the last week of September. But Karol and I flew out to the Board meeting in Minneapolis on Saturday, October 1.

As chair of the Constitution and By-Laws committee, my meetings started with General Counsel on Sunday to go over the committee agenda one last time. We only talk about every other week, but things move fast and change even faster it seems. The work sessions started at 7:20 the next morning and continued until late Thursday. I urge each of you to review the executive summary for the summary of all action. One important decision originated in CBL that affects many districts around the world. Currently, to stand for ID, you must come from a district with at least 1250 members and 35 clubs. In Boston at LCICON 2023, you will vote on a proposed change to eliminate the district size requirements to be nominated for ID. Since 48% of the clubs in CA I, and similar issues in CA II(Canada) and CA IV(Europe), we are not necessarily able to elect our best and brightest Lions all the time to the Board. This allows the process to be opened to all Lions.

On Thursday, Karol and I traveled to Duluth, MN, with many of our fellow directors and spouses to do Board projects in the community as well as do some team building events. What could go wrong with a team ax throwing competition? ... in a beer hall ...

Duluth is on the shores of Lake Superior, with a terrain and climate similar to Maine! And that lake - it looks like the ocean but very little tides. We did see mega-ships in and out of the harbor. Many of the "lakers" carry coal

and iron ore still through the Great Lakes. A large trestle bridge raises and lowers at all hours for the super boats to arrive and leave. The largest we saw was 750' long, but some are 1000'! By the way, the trees along the shore had glorious yellows on all the birches!

The projects included serving for a morning at a homeless center distributing sleeping bags, blankets, jackets, clothes, underwear, socks, gloves, hat, and toiletries to several hundred people. It was a stark reminder of service to those in need, as well a great example of how partnerships can work with Lions providing manpower to do the major distribution work for the center. It was heartwarming to see Lions helping people try on coats as though it was a Macys or Nordstroms. The looks and words of joy warmed our souls.

From Duluth, Karol and I flew to British Columbia and the MD 19 annual convention in Penticton. This was the first time in three years that the Lions of Washington, Northern Idaho, and BC were able to all assemble as one. And the joy was on everyone's faces as they greeted old friends with handshakes, and not waves in the 2"x2" box on a screen any longer. The MD's redistricting plan to drop from 9 sub-districts to 5 had been approved at the Board meeting days earlier. The theme was "Back to the Future", which was very prophetic. Many of the combined districts had been one before splitting in the 70's and 80's when their growth had soared. The redistricting was done without changing any zones, and the cross-border districts remained international. Both were essential to most of the MD Lions. Many sessions were on the mechanics of how to complete the redistricting and elect new officers in time for DGE school!

The 16-day trip became 17 days when an airline stranded us in LaGuardia when we expected to be home soon after midnight. But that is travel nowadays. The worst part of the trip home was flying into Bangor during the daylight and seeing that all the leaves were dull yellows and browns!

Next, we are off to the Hudson Valley and MD 20-O for their convention. Then we can do local projects again and enjoy the holidays.

For several months, I have closed each "Tales" with ten ideas for finding new members (totally stolen from other Lions). The response continues warming, so here are ten more ideas:

81. Have members constantly promote and rave about the club.
82. Meet at a good location.
83. Make recruitment teams to compete for the newest members!
84. Develop a strategic membership plan - growth needs to be planned.
85. Reward Lions for new members - free dinner?
86. Have a poster showing new members/sponsors at meetings.
87. Find new members in work careers not found in your club.
88. Use a thermometer chart showing growth to your membership goal.
89. Feature a member benefit in each newsletter.
90. Induct new members with pizzazz and invite spouses or partners.

Another ten next month!

Enjoy your fellow Lions! Enjoy your holiday projects, service, and fun!
Please take care of your Lions and yourself, as well as your communities.
And remember - **LCI CON 2023 BOSTON** is here soon! Vote for Lion Mark Lyon, 3IVP!

I thank all of you again for this honor to serve Lions and the world. We promise that we will do our best to represent all Lions world-wide.

Lion John W. Youney,
International Director 2021-2023,
& Lion Karol Kish Youney

**DISTRICT GOVERNOR****DG Randy Tompkins**

1 Coombs Farm Rd
Greenland, NH 03840
H: 603-431-7352
C: 603-765-4965
E: Rye642@comcast.net

1st VICE DISTRICT GOVERNOR**FVDG Kamal Masand**

20 Jennifer Drive
Nashua, NH 03462
H: 603-886-4389
C: 603-661-6638
E: Imasand01@gmail.com

2nd VICE DISTRICT GOVERNOR**SVDG Peter Lapointe**

12 Blackstone Drive
Raymond, NH 03077
H: 603-244-2354
C: 978-479-0454
E: hampstead.lions@gmail.com

CABINET SECRETARY-TREASURER (CST)**Kitty Callender**

112 Iron Wheel
Danville, NH 03819
C: 575-937-7911
E: callendergirl54@hotmail.com

MULTIPLE COUNCIL CHAIR**MCC PDG Robert Gustafson**

16 East Road
Atkinson, NH 03811
C: 603-553-0531
E: robertgustafson11@gmail.com

IMMED. PAST DISTRICT GOVERNOR**PDG Robert Gustafson**

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C: 603-553-0531
E: robertgustafson11@gmail.com

Global Leadership Team

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C: 603-204-7251
E: jvac1408@comcast.net

Global Membership Team

GMT Gail Dacey
26 Winward Terrace
Salem, NH 03819
H: 603-898-6913
C: 603-560-1029
E: grd514@aol.com

Global Service Team

GST Lara Raymond
15 Lindsey St
Hudson, NH 03051
H: 603-438-7438
E: lamiddlemiss@gmail.com

LIONS YOUTH SERVICE

Second Thursday of the month at
Airport Diner, Manchester

SIGHT & HEARING FOUNDATION

Third Thursday of the month at the
Airport Diner, Manchester at 6:30PM

HEALTH SERVICE OF NH

Fourth Tuesday of the month at
Airport Diner, Manchester at 6:30PM

TWIN SOCCER ASSOCIATION (LTSSA)

Last Wed of the month at
Lui Lui in West Lebanon Powerhouse
Mall, Subject to change

CAMP PRIDE

2nd Wednesday of the month at
Airport Diner, Manchester NH

Zone 1, Robert Dennis, Chair

H: 603-893-1819
C: 603-234-7220
E: rdennis49@comcast.net
Clubs: Derry, Hudson, Litchfield,
Londonderry, Nashua, Salem and
Windham

Zone 2, MaryEllen Pate, Chair

H: 603-489-5259
C: 603-475-9985
E: Meln71@msn.com
Clubs: Atkinson, Danville, Epping,
Hampstead, Plaistow, Sandown and
Kingston

Zone 3 Melanie Saunders, Chair

H: 603-734-2818
C: 339-234-0982
E: melanieleesaunders@gmail.com
Clubs: Exeter, Everest Centennial,
Hampton Area, Newmarket, Ports-
mouth, Rollinsford / S. Berwick,
Rye, Seabrook and Somersworth

Zone 4 Vincent Giambalvo, Chair

H: 603-708-1258
C:
E: rosevin68@gmail.com
Clubs: Barrington, Chester, Epsom /
Chichester, Loudon, Raymond, Sad-
dleback Mountain and Suncook
Valley

Zone 5 Marie Valliere, Chair

C: 603-998-0871
E: keylion03@gmail.com
Clubs: Conway Area, Laconia / Gil-
ford, Meredith, Moultonborough,
Rochester, Wakefield, Whittier and
Wolfeboro

