

THE PRIDE

Newsletter of Lions District 44-H New Hampshire
September 2023, Volume 49, Issue 03



A Message from District Governor Kamal Masand

2023 marks one hundred years of Lions in New Hampshire!

Thanks for attending the Cabinet Meeting at Nashua Country Club, what a turnout! Our Meeting was full of info, and the energizer by Zone chair Vince was well received, of course. Our Viking cheer also livened up the meeting. I was able to share my goals. Some highlights are adding Membership through Service, just ask one, goal of 14000. Vision screenings, service reporting to 95%. Simple worksheets were shared to help clubs with reporting, if needed.

My August travels took me to the Seabrook 70th anniversary, 44N Cabinet Meeting, 44H Cabinet Meeting, Nashua Back to School Vision Screening event, and the fabulous Loudon Lions Club Angels 5k road race.



“We Serve” is the presidential theme this year and every year moving forward. The international president also develops a unique expression of the presidential theme “We Serve,” to help communicate a vision for the year. Our new international president, Dr. Patti Hill, has chosen “Changing the World” as her personal expression of the theme.

[Learn more here.](#)

WE SERVE. As you all know, the integrity of our work depends on the dedication of our members, so as part of our latest incentive plan, please recruit one member each, dig into your network. Ask people within your community- your workplaces, places of worship, friends, and family. Invite them to your service projects and Club meetings. I strongly believe service projects will be an excellent catalyst for membership growth; more hands will allow us to do more service and make a difference in our communities.

September is the month where clubs come back to meeting, conducting business, executing services, and raising funds. Keep your Zone Chairs involved with your activities.

Review the Global Membership Approach in your Club meetings. Use this webpage as a resource: [“Plan for Your Club’s Success”](#).

When the new Lion Portal is available, we will share information with the district. One goal this year is to make sure all Club Secretaries and admins are trained to enter data, as one of our goals is to have over 95% of the clubs report service this year.

Let’s Go 44H Lions! We Serve!
Kamal Masand

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District Goal Progress

Membership

District Membership*	Previous Month	2023-2024 Year	2023-2024 Goal
Opening Balance	1,234	1,246	
Added Members	5	9	
Dropped Members	8	24	
Closing Balance	1,231	1,231	+2/club
Net Gain/Loss	-3	-15	

*data as of 8/30/23

Remember to provide new member orientation, and a mentor for each new member.
Include new members in service projects.

International membership is currently 1,362,868.

Welcome new members!

Club	New Member	Sponsor
Wakefield	Daniel Casperson	John Burger
Wakefield	Kathleen Casperson	John Burger
Barrington Area Centennial	Malcolm Estell, Jr	Julie Oakley
Litchfield	Joseph Stapleton	Martha Poissant
Wolfeboro	James LaMonica	Not Available

Service

District Service	This Month	This Year	Goal
Vision Screenings	1 club/60 children	1/60	1+/club
Hugs & Cuddle Bears	July 75 + Aug 57	132 bears*	10/club
Percent of Clubs Reporting		55%	95%
Volunteer Service Hours	1,932	2,983	22,500
Service Activities	121	167	1,100
Individuals Served	13,746	19,847	190,000
Funds Raised	\$6,152	\$22,975	\$305,000
Funds Donated	\$6,078	\$35,386	\$222,000

*Please send pictures of any bear donations made by your club Newsletter44H@outlook.com.

LCIF Donations

District LCIF Donations	This Month	This Year	Goal
LCIF Donations	\$3,665	\$3,665	\$38,100

Celebrating A Milestone in Service



Happy Anniversary!
Nashua Lions Club celebrating a Century of Service.



Resources

Camp Pride

Second Weds of the month, 6:30pm
Airport Diner, Manchester

Health Services of NH

Fourth Tues of the month, 6:30pm
Meets via Zoom
md44healthservices@gmail.com

Lions Twin State Soccer Assoc.

Fourth Tues of the month, 6:30pm
meets via Zoom
LTSSAVTNH@gmail.com

Lions Youth Services

Second Thurs of the month, 6:30pm
Airport Diner, Manchester

Sight & Hearing Foundation

Third Thurs of the month, 6:30pm
Airport Diner, Manchester

Childhood Cancer Chair:

Michelle Ackroyd
m.ackroyd@comcast.net

Diabetes Chair:

Kris Pavlik
lionkrispav@aol.com

Environment Chair:

Jeri Maynard
lionjeri@comcast.net

Hunger Chair:

Martha Ackerman
jamamc@comcast.net

Lions Fellowship:

Nancy O'Dowd
Lupesmom14@gmail.com

Peace Poster:

PDG Marie Hall
mariehall326@gmail.com

District Photographer

PCC Deedee LaTulippe
liondeedee@comcast.net

Uniforms/Jackets:

Joe Kasper
JKasper@nedelta.com

Newsletter Editor: Linda Quebec

Newsletter44H@Outlook.com

Send submissions by the 20th each
month in Word format.



Facebook Resources:

Use the search feature in Facebook to find these sites, and look up other clubs you want to follow. For example, Hudson NH Lions Club, Salem NH Lions Club, or Nashua Lions Club.

NH Lions District 44-H

- Our district page

Global Lions Forum

- Learning from Lions leaders around the world

Lions Clubs International

- Posts from Lions International

Lions Club Members: Public Image, Graphics & Ideas Hub

- Great Lions images to use in your marketing, social media, newsletters

Lions SMiLE (Social, Media, including, Lions, Everywhere)

- Excellent resource on how to improve your club's social media marketing.

Online Resources:

Lions International website

<https://www.lionsclubs.org/>

District 44H website

http://e-district.org/sites/district_14-1/index.php

Report Your Service:

[MyLion video to report service](#)

The new [Lion Portal videos](#) (scroll down to videos)

Leadership Directory

District Governor**Kamal Masand**

603-661-6638;
kmasand01@gmail.com

First Vice District Governor**Peter LaPointe**

978-479-0454;
plapointe.lions@gmail.com

Second Vice District Governor**Marie Valliere**

603-998-0871; keylion03@gmail.com

Cabinet Secretary**Linda Quebec**

508-380-4098;
LindaQuebec@Ymail.com (not Gmail)

Cabinet Treasurer**PDG Jerry Vaccaro**

603-204-7752;
lionjerryvaccaro@gmail.com

Multiple Council Chair**Eric Lindberg**

603-801-9421; ericlindberg@me.com

Immediate Past District Governor**Randy Tompkins**

603-765-4965; rye642@comcast.net

Zone 1 Chair, Linda Hedrick

603-553-9015;
lindahedrick676@gmail.com
Clubs: Derry, Hudson, Litchfield,
Londonderry, Nashua, Salem,
Windham

Zone 2 Chair, Krissy McKeeman

917-314-9445; krissy8379@gmail.com
Clubs: Atkinson, Danville, Epping,
Hampstead, Plaistow, Sandown,
Kingston

Zone 3 Chair, Langdon Plumer

603-770-6499;
langplumer@gmail.com
Clubs: Exeter, NH Everest, Hampton
Area, Newmarket, Portsmouth,
Dover/Rollinsford/S. Berwick, Rye,
Seabrook, Somersworth

Zone 4 Chair, Vince Giambalvo

603-708-1258; rosevin68@gmail.com
Clubs: Barrington, Chester,
Epsom/Chichester, Loudon, Raymond,
Saddleback Mtn, Suncook Valley

Zone 5 Chair, PCC Bill Rathbun

603-707-6209;
pdgbill33y@yahoo.com
Clubs: Conway Area, Laconia/Gilford,
Meredith, Moultonborough,
Rochester, Wakefield, Whittier,
Wolfeboro

**Global Action Team Leader****DG Kamal Masand**

603-661-6638;
kmasand01@gmail.com

Global Extension Leader**PID Ed Lecius**

603-321-6458;
lioncommish@gmail.com

Global Leadership Leader**SVDG Marie Valliere**

603-998-0871; keylion03@gmail.com

Global Membership Leader**Gail Dacey**

603-560-1029; grd514@aol.com


Global Service Leader**FVDG Peter LaPointe**

978-479-0454;
plapointe.lions@gmail.com

LCIF District Coordinator**PDG Al Goldstein**

603-913-1281
A1goldstein@comcast.net

Upcoming Events

Date	Event
Sep 4	Atkinson Lions Antique Truck & Car Show. Info in their club section.
Sep 10	 Hampton Seafood Festival – many volunteers needed. Register to volunteer via Marilyn Vaccaro, 603-204-7251, jvac1408@comcast.net , or Marie Hall, 603-686-6935, mariehall326@gmail.com . See flyer at end of newsletter for more information.
Sep 12	Wolfeboro Golf Tournament. See flyer in newsletter.
Sep 16	Wakefield Lions Shred Event. Details in their club section.
Sep 17	Rye Lions Car Show. See flyer in newsletter.
Sep 18	Atkinson Lions Golf Tournament. Details in their club section.
Sep 20	Deadline for district newsletter submissions; newsletter44H@outlook.com
Sep 21-23	USA/Canada Forum, Reno, NV
Sep 23	Rochester Lions Comedy Night. Details in their club section.
Sep 25	Windham Lions Club Golf Classic. See flyer in newsletter.
Sep 26	DG Visitation, Meredith
Sep 26-Oct1	Help Raymond Lions at the Deerfield Fair parking area. Details in their club section.
Sep 30	Nashua Lions Club 100 th Anniversary. Details in their club section.
Sep 30	Laconia-Gilford Electronic Waste Collection Day. Info in their club section.
Oct 3	DG Visitation, Loudon
Oct 6	Keene Lions Dinner in the Dark. See flyer at end of newsletter.
Oct 7	Atkinson Lions Meat Raffle. Info in their club section.
Oct 9	DG Visitation, Hudson
Oct 15	File your New Membership Grant Request Form for new members since 7/1
Oct 19	DG Visitation, Wakefield
Oct 20	Deadline for district newsletter submissions; newsletter44H@outlook.com
Nov 2	DG Visitation, Epsom/Chichester
Nov 5	44H Cabinet Meeting: The Venue at Portwalk Place, Portsmouth. Registration to come.
Nov 18	Camp Pride Work Day. See flyer in newsletter.
Nov 20	Deadline for district newsletter submissions; newsletter44H@outlook.com
Nov 21	DG Visitation, Exeter

Lions Pride – Remembering Lions Who Have Passed



We have two committees involved with remembering the passing of a Lion: Fellowship and Religious.

The Fellowship Committee sends out Constant Contact notices to Lions interested in learning of the passing of a 44H Lion. The committee uses Union Leader notices, and emails from Lions, to stay current on this information. If you would like to report a passing that is not in the Union Leader, please send an email to Nancy O'Dowd. To receive emails from the Fellowship Committee, send an email to Nancy at Lupescmom14@gmail.com.

The Religious Committee facilitates the Memorial Service at 44H spring convention. The committee gathers biographies on the ones to be remembered. Individuals who are Lions in good standing and passed between May to May, are remembered in the spring service. The Memorial Service is a peaceful event where a candle is lit in memory, and clubs receive flowers at the end of the service. Members of this committee are Nancy O'Dowd, Minabell Bowden, and Ann Mason. We appreciate the service they provide to our district.

Cabinet Meeting – That’s a Wrap!

District Governor Kamal Masand’s first Cabinet Meeting was packed full of information. We learned so much from the district and multi-district officers, including information on the vision screening process. We had over 100 Lions participate; a great 50/50; six fabulous raffle baskets – thank you donors: PDG Randy and Nancy Tompkins, PDG Marie Hall, Martha and Joel Ackerman, Windham Lions Club, Salem Lions Club, and CS Linda Quebec. Thank you to all the volunteers who helped before and during the meeting. Thank you, Gail Dacey and PID Ed Lecius, for the pictures. Thanks to all the presenters. There were insightful reports from Zone Chairs and district organizations; a vision screening presentation; bears, bears, bears; GLT, GST, GMT, GET, LCIF, International Relations, and multi-district reports. Thank you all who attended.



2023-2024 Zone Chairs



Peter LaPointe, First Vice District Governor & Global Service Leader

Going forward Lions International has adopted eight Global Causes. Five core global causes which are then tied into the additional foundation causes:

Core Causes

Hunger
Environment
Diabetes
Vision
Childhood Cancer

LCIF Causes

LCIF Youth
LCIF Humanitarian Efforts
LCIF Disaster Relief

Each of these may have a special meaning to us - each in his or her own way. This gives us even more reasons why an individual would want to join our organization, to engage in the power of 1.4 million members worldwide, providing service to take these causes head-on.

In this issue and in future issues, I plan on sharing information with regards to all eight causes.

Disaster Relief and the Environment seem to go hand and hand.

In a nutshell, global temperatures are now rising at an accelerating rate, which began in the 1800s. This is entirely due to greenhouse gas emissions buildup from human activity - the burning of fossil fuels. You be the judge and make a personal decision about how your actions can positively impact the future.

Each individual and each club may also have a cause or causes that are important to them. For me it is **Cystic Fibrosis**. When the Cystic Fibrosis Foundation was established in 1955, people born with the disease were not even expected to live to attend elementary school. Faced with insurmountable odds, but determined to save the lives of their children, a group of concerned parents came together to form the Cystic Fibrosis Foundation.

Today, because of our progress in research and drug development and high-quality, specialized care, people with CF are living into their 30s, 40s, and beyond. Read about the incredible journey to cure cystic fibrosis in future months of this newsletter.

Choose to make a difference and serve the needs of your community! Don't forget to ask your club about the Hugs & Cuddles Project!!

Marie Valliere, Second Vice District Governor & Global Leadership Leader

BRANDING: The promotion of a particular product or company by means of advertising and distinctive design.



This is the logo we are to use. It only has two colors. If you are printing flyers to distribute or on Facebook, Instagram, etc. this is it. It is easily [downloaded from the Lions International website](#) along with the logos depicting the service initiatives. The website has information to print or download on all things involving the Lions Brand. Any questions? I'm in the directory.

Not going to the USA/Canada Forum? Do the next best thing. Study at home in your own time. Check out Lions University online. Each course of study consists of 10 classes with another list of electives to choose from to complete your bachelor's degree. The classes are 50 minutes to an hour in length and there is corresponding paperwork that's available for printing and/or downloading. At the end of each class there is a short test that is pass or fail. Classes include Member Motivation, Conflict Resolution, Public Relations, Community Service Projects as well as other Lions related subjects.

The goal for the rollout of the new Lions Portal is mid-September. The plan is to make sure the cabinet is fully trained, including all the zone chairs. The next step is to make sure all presidents and secretaries are compliant with the system. Training will probably take place on a small scale with one to three clubs at a time. The goal is to make it easier for people to learn as well as for the trainers to teach. International does not want to roll the new program out until they have most of the bugs worked out and the district will bring it to you as soon as it is released.

Gail Dacey, Global Membership Leader

It was great seeing so many of you at the cabinet meeting. I'm willing to come to your meetings, so just ask. Get your members involved in your projects. That is why they joined. I have membership applications and new signature cards. We are on a mission to grow our membership.



Remember we have a program going where the LCI entrance fee (\$35) will be refunded. Use the New Membership Grant Request form located at the end of the newsletter to apply for this refund to your club. Your club will also be put into a drawing to win \$100. Just ask. I'm here if you need me. ~ Gail

PID Ed Lecius, Global Extension Leader

One of International President Dr. Patti Hill's Global Priorities for 2023-2024 is reaching our service potential by **growing our districts and clubs**.

Adding members to our clubs along with retention and rebuilding are three of the ways we can do this. Often discussed, but overlooked is chartering a new club in our District. As I mentioned last month, studies have shown that continued growth by districts tends to be successful when you charter at least one new club a year.

One way of accomplishing this is by looking at the non-traditional opportunities in our district:

- **Ethnic groups**
- **Hospitals**
- **Virtual**
- **Colleges/University's**

Right now, I have identified two possibilities for new clubs. If you have any ideas, let me know at lioncommish@gmail.com.

Linda Quebec, Cabinet Secretary

This can be summed up in a few words: visitation, dues, report, amazing, goals, and share!

Visitation: Please schedule your District Governor visitations with an email to LindaQuebec@Ymail.com. DG Kamal would love to meet you and learn what your club is up to.

Dues: Attention Club Treasurers - district dues are due... Invoices were emailed on July 17th. Please send payment ASAP to Lions District 44H and mail it to Linda Quebec, 16 Woodcrest Dr, Nashua, NH 03062.

Report: Are you doing service projects? Are you reporting your service (service projects, fundraisers, donations, meetings)? To effectively tell our story, measure our impact, and grow membership, it's critical that all clubs report service. Every project we participate in as Lions and Leos, no matter how big or small, is valuable in our journey of serving our communities and the world. Reach out to anyone on the cabinet if you need help using MyLion to report service; we're here to help. To get familiar with the new Lions Portal (expected to rollout late September), [view these videos](#) and stay tuned for more information.

Amazing: The Cabinet Meeting on 8/13 was AMAZING and packed full of information. We had over 100 Lions participate; great reports from Zone Chairs and district organizations; a vision screening presentation; bears, bears, bears; GAT, International Relations, LCIF, and multi-district reports; a great 50/50; six fabulous raffle baskets – thank you donors: PDG Randy and Nancy Tompkins, PDG Marie Hall, Martha and Joel Ackerman, Windham Lions Club, Salem Lions Club, and Linda Quebec. Thank you all who attended; please share information with your clubs.

Goals: Here are District Governor Kamal's goals for the district; we all play a part in the success of the year.

- Increase membership by 2 in each club
- Provide new member orientation
- Provide at least one vision screening per club
- Support the Hugs & Cuddles service project
- Report service so that 95% of clubs are reporting and we have at least 32,000 hours of service
- Support LCIF, our charitable arm, with at least \$38,100 in donations

Share: Share what your Club is up to! Send your submissions for The Pride district 44H newsletter by the 20th each month to Newsletter44H@Outlook.com.

Eric Lindberg, Multiple Council Chair Out of the Gates and Running!

New Hampshire Lions of both districts this past month had the opportunity to attend Cabinet meetings and see newly installed District Governor's preside over their first meeting and both were very informative. One was held in Orford, NH and the other in Nashua, NH and they were attended by many active and dedicated Lions who came to socialize, find out what is happening throughout the district, and enjoy a good meal together.

We heard about each Governor's goals for the year to strengthen and grow Lionism in New Hampshire which in turn increases our ability to serve more people! Reports from District and MD committees as well as our NH Foundations give us a very clear view of what we Lions are accomplishing here in New Hampshire and it is fantastic. Cheers to District Governors Toni and Kamal for getting this Lion year off to a great start!

Consider attending your upcoming Cabinet meeting in November, I promise you will not be disappointed, and who knows, you might meet some new Lions.

The Mid-Winter Convention committee is hard at work planning an amazing Convention weekend that you don't want to miss 1/26-28/2024, so mark your calendar and stay tuned for more information.

Michelle Ackroyd, Childhood Cancer Chair

September is Childhood Cancer Month. There are many organizations that provide services for children with cancer. This might be a good time to donate to one of those organizations. I have provided links to some.

Childhood Cancer Lifeline is a New Hampshire non-profit that provides assistance to NH families dealing with pediatric cancer. [Click here](#) to learn more.

If you haven't heard of the **Hugs and Cuddles** Build a Bear service project, reach out and I will give you the information that 1st Vice District Governor Peter Lapointe has provided for this fundraiser. It's a fun way for your club to donate towards childhood cancer. See flyer at end of newsletter.



CHaD (Children's Hospital at Dartmouth) has an Amazon Wish list, and they are always looking for gift cards for the families. [Click here](#) to see the CHaD Wish List.

Make-A Wish is another great organization that provides hope to many patients, including children with cancer. The Hampstead Lions will hold their Make-A-Wish fundraiser on March 10, 2024. This is a great event you won't want to miss.

If there is a child in your community that is going through treatment, reach out with a donation of gift cards for gas or to a grocery store that may help them get through and remind them that Lions are there to help.

Kris Pavlik, Diabetes Chair

Pets – A quick personal story...

My Dr and I have been changing up some of my medications. Over time, the new medication should help to lower my glucose levels, so we have a plan to adjust other medications when certain my glucose levels hit specific numbers. It was all going as planned, and as the levels went down, I would adjust per the instructions.

I have a cat. If you have ever had a cat, you know they rule the roost and tell you what they want when they want it. And they can kind of be jerks about it. I found that I was waking up in the middle of the night with 17 pounds of cat on my chest, patting my face until I woke up. I just assumed he was being a pest, petted him for a few minutes, then set him outside of my bedroom and closed the door. The other night, something told me to check my glucose. It had dropped below the range my Doctor had set for it to be in. Suddenly I realized that my cat could tell and was waking me up to let me know. Not so pesty, huh?

We hear about guide dogs for helping the sight impaired, but how many of us know there are Diabetes Alert Dogs out there. These dogs are trained to detect high and low glucose levels by smelling the chemical changes in their human. These dogs can sense the changes quickly enough to alert their human to check their glucose levels and make the adjustments needed to avoid a crisis. Now my cat certainly wasn't trained (ever try to train a cat to do anything?), but he knows me well enough to sense these changes. I'm sure he's not alone.

Service Project ideas:

- Have a fund raiser to support one of the organizations training Diabetic Alert Dogs. I found many in my research, two of which are below:
 - Medicalmutts.org
 - DiabeticAlertDogsofAmerica.com
- Reach out to your local animal shelter and find out what they could use and have a drive to collect those items
- Reach out to your local food pantry. See if they take donations of pet food for their patrons. Your donation may help someone to keep a pet that may be their alert pet.

Read on for a great recipe!

Recipe: Turkey Stuffed Bell Peppers (courtesy of Taste of Home magazine)

5 Med peppers	½ tsp salt
2 tsp olive oil	½ tsp pepper
1-1/4 lb lean ground turkey	1-3/4 shredded cheddar
1 lg onion – chopped	1 ¼ C soft bread crumbs
1 garlic clove, minced	¼ tsp paprika
2 tsp ground cumin	
1 tsp Italian seasoning	

Directions:

- 1) Cut peppers in half lengthwise and remove seeds. Place in 15x10x1 in pan coated with cooking spray
- 2) In large skillet, heat oil and cook and crumble turkey with onion, garlic, and seasonings until meat is no longer pink (6-8 minutes). Cool slightly. Stir in tomatoes, cheese, and bread crumbs
- 3) Fill pepper halves with mixture. Sprinkle with paprika. Bake uncovered at 325 degrees for 20-25 minutes (until filling is heated through and peppers are tender)

1 Serving = 1 pepper (2 halves) 323 calories, 20g carbs, 6 sugars

Jeri Maynard, Environment Chair

ENVIRONMENT

Have you heard the newest buzz word-“Precycling”??

Precycling is the practice of avoiding waste before it is created- it requires thinking before you purchase... **Precycling** differs from recycling because it focuses on the prevention of waste production by taking measures before a substance, material or product has become waste. **Precycling** involves taking action before existing waste is abandoned to nature.

There are aggressive ways to practice recycling (such as questioning the practices of business owners, either in person or when shopping online- if you do not like what you hear- do not buy!- they will get the message). Expressing your precycling choices will help set standards that companies must meet to get you to spend your money -think of precycling as “not buying less” but rather “buying smart”.

Before you make a purchase, ask yourself:

1. Is this product made from recycled materials?
2. Can this product, once it is no longer used, be recycled?
3. How much packaging does this product have and can that packing be recycled?
4. Do I really need this product?
5. Do I have something I could reuse or repurpose instead of buying new?

Most of us would prefer to start precycling at a smaller scale. Examples of what we can do, if you are not doing already:

1. Bring your own reusable bags to the grocery store
2. Buy reusable napkins, dish cloths and razors instead of items that are tossed after once used
3. Pack your snacks /lunches/leftovers in reusable containers instead of plastic bags or wrap
4. Purchase items in bulk to reduce the amount of packaging materials
5. Read from your computer screen to save paper and ink
6. Will share my ideas with others and benefit from theirs?

Yes- we can make a difference with just a few small changes

Martha Ackerman, Hunger Chair

September 2023 Hunger Article



Let's meet Sue King, a New Hampshire acrylic realism artist who paints to show the beauty of everyday objects. An award-winning artist and a member of the Nashua Area Artists' Association, she has exhibited her work at various venues in New Hampshire and Massachusetts. Sue currently has 48 paintings on display at the Nashua Library, St. Joseph's Hospital, and the Grace Chapel Art gallery in Lexington, MA.

Sue's "Food for Thought" art show where 34 original food art paintings are on display at the Nashua Public Library. Sue chose 8 local bakeries and 4 area farms and purchased desserts, bagels, fruits and veggies, photographed them for reference photos to paint and her "Food for Thought" art collection was born. The names of the farms and bakeries are included in her show. She hopes that will encourage people to shop and support local businesses.

"I hope that the people who attend my show will look at the paintings and think about foods they crave, special family celebrations, childhood favorite foods, special treats, healthy foods – but also realize where the food comes from and how bakeries are food artists and help spread the celebrations in life. I also hope that they remember that a plentiful table is not always a part of everyone's life, and that we need to be grateful for what we have and try to help those in need."

To help address food insecurity concerns Sue is donating a percentage from the sale of all her art work to the Nashua Soup Kitchen and Shelter. She also donates a piece of her art to the Nashua Soup Kitchen and Shelter annual auction.

Anyone interested in seeing Sue's art work can go to her website susankkingart.weebly.com or contact her directly at susankkingart@gmail.com or check out her Facebook art page at facebook.com/susankkingart and on Instagram at instagram.com/susankkingart.



Al Goldstein, Lions Clubs International Foundation (LCIF) Chair



In follow up to the Cabinet Meeting, and the fire and destruction on Maui, please consider making a donation to Lions Clubs International Foundation (LCIF). This organization is the charitable arm of Lions International. \$100,000 immediately went to Maui, from LCIF, to help with disaster relief. Over time, more will be granted from LCIF. You can help by making a donation to LCIF. If you are able to donate any amount - small or large - please [use this link](#) to donate to the disaster relief fund at LCIF.

Thank you for your consideration.



Save the date!



Mid-Winter Convention
January 26 - 28, 2024





Atkinson Lions Club 2023 Golf Tournament Registration Form

Date: Monday, September 18, 2023
Where: Atkinson Country Club • Atkinson, NH
Time: Registration 7:00-7:45 am. Shotgun start at 8:00 am sharp.
Format: Scramble Best Ball
Player Fee: \$160 per person
Registration Deadline: September 8, 2023
Includes: Range Balls, Greens Fee, Golf Cart, Sit Down Luncheon
Cash Prizes to Winners and Raffle Prizes

Proceeds to Benefit the Atkinson Lions Charities

Captain's Name _____

Email _____

Phone _____

Name _____

Email _____

Phone _____

Name _____

Email _____

Phone: _____

Name _____

Email _____

Phone: _____

Enclosed is my check in the amount of _____

Please make checks payable to Atkinson Lions Foundation
and mail to: Atkinson Lions Foundation
PO Box 125
Atkinson, NH 03811

Registration Form and Fee Due by September 8, 2023.

SCAN QR CODE 
TO PAY WITH VENMO



**For questions, please contact:
Dennis (603) 498-6991 • Roger (603) 489-3913 • Janet (781) 864-3082**

... MacDonald Memorial ...
Antique Truck and Car Show



Sponsored by the
Atkinson Lions Club & Atkinson Fire Association



Labor Day
Monday, September 4, 2023
10 am - 2 pm

To be held on the Atkinson Town Common and adjacent Fire Department Grounds
Rain Date - Saturday, September 9, 2023

FREE ADMISSION • FREE PARKING • FOOD SALES

Proceeds from the Car Show fund Lions and Fire Association charities.

For More Information Please Contact:

Lions Web Site: <http://atkinson.nh.lions.org> • Email: atkinsonnhlions@gmail.com
Atkinson Fire Association • Email: atkfassociation@comcast.net

Donations of canned goods
for the Atkinson Food Bank
will be greatly appreciated!
Please bring your donations to
the registration desk.



MEGA

**MEAT
RAFFLE!**

Saturday, October 7, 2023
7:00 PM

Atkinson Community Center
4 Main Street • Atkinson, NH



**DOORS OPEN
AT 6:00 PM
SEATING IS
LIMITED!**

Join in on the fun and you could win
high-quality meat prizes with

PLAYING CARD BINGO!

Sponsored by the Atkinson Lions Club

All proceeds go back to the community.

REFRESHMENTS AVAILABLE • GIFT BASKET RAFFLE • 50/50 RAFFLE

We hope to see you there!

Barrington Area Centennial

A very small club of 2 people is working hard to rebuild, and recently added one more to their roster. Barrington Area Lions are looking at several ways to recruit new members, including joining town events, posting recruiting posters, and speaking at the Chamber of Commerce. Small but mighty, they recently presented a \$500 check to the Wilkinson Food Pantry in Lee.

Hudson



Hudson Lions Club





SAVE THE DATE
4:30PM
NIPT 40
AUGUST 1, 2023

Members of the Hudson Lions Club gathered on August 1st to take part in National Night Out sponsored by the Hudson Police Department at the Rodgers Memorial Library. It was a huge block party with many organizations providing fun activities for the children. The Hudson club had an activity where children could try to identify small plastic animals while blindfolded. Bubble sticks were given to the children.







Baby Lucie made a visit with her mom Lara Raymond, President Kimberlee Fournier was interviewed by HCTV.

Vision Screening was held inside the library by Ann Read and PCC Celeste Ricupero.





Members of the Hudson Lions Club volunteered at the Hudson Non-Profit Volunteer Booth at Hudson Old Home Days on August 13th. Membership awareness, upcoming events, and the Hugs & Cuddles Bear Project were part of the information given out.



Laconia-Gilford Lions Club - Electronic Waste Collection Day

September 30, Gilford Cinemas 8 parking lot, 8:30 a.m. – 12:30 p.m.



Carol Dow, Allyn Bridge, Lori Chandler, Matt Soza, Marylin Brown, and Bill Chandler working at the last Electronic Waste Collection Day.

Got an old computer collecting dust in your closet, or a broken air conditioner sitting on the back porch? What do you do with such items when you replace them? Everything from laptops, phones and computers to TVs cost a fortune to haul away.

Turn all that junk over to the Laconia-Gilford Lions Club during their Electronic Waste Collection Day fundraising event which will be held on Saturday, September 30, in the Cinemas 8 parking lot in Gilford (9 Old Lake Shore Road) from 8:30 a.m. to 12:30 p.m. **Note: this is a new location as of a few years ago.** For a small disposal fee, not only will we take your old electronic items off your hands, we will recycle them. The disposal charge is almost always less than the prices at local transfer stations. **Cash or checks will be accepted but not debit or credit cards.**

Just bring your electronics to Cinemas 8 parking lot, 9 Old Lakeshore Road in Gilford on Saturday, September 30, between 8:30 a.m. and 12:30 p.m. Lions Club members will even help you unload them! You do not have to be a resident of Laconia or Gilford to take advantage of this fundraiser - it is open to everyone.

Items you may want to consider dropping off are laptops, PC towers, PC LCD monitors, servers, CD/DVD players, camcorders, AV equipment, VCRs, speakers, copiers, faxes, scanners, printers, phones (land and cell), phone systems, humidifiers and computer accessories (all \$5).

In addition, we will also take microwaves, air conditioners, dehumidifiers (all \$10), CRT monitors less than 50 lbs. and TVs less than 25" (\$20), TVs 26" and larger (\$30). For TVs needing more than one person to lift or CRT monitors over 50 lbs., the item will be weighed on site and price determined. Anything with a cord not listed will also be accepted. We are also now accepting Teflon pots and pans for \$1.

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

Don't miss this opportunity or you'll be storing these things another year - "Don't throw it out, Recycle it!" You'll not only help the environment by disposing of your unwanted electronics responsibly but also help the Lions, the largest service organization in the world, raise funds to meet pressing needs in our community: eye exams, eye glasses, hearing aids, food pantries, college scholarships, holiday food baskets for needy families, youth sports programs, are just a few of the local charitable organizations that we assist. All that for a disposal fee that, in most cases, is less than the cost at local transfer stations.

The Laconia-Gilford Lions Club appreciates your help with their Electronic Waste Collection Day fundraising event and wishes to thank in advance everyone who contributes to making a real difference in our community.

Look for the yellow Lions' vests on Saturday, September 30, from 8:30 a.m. to 12:30 p.m. at the Gilford Cinemas 8 parking lot. No matter how large or small, every item adds up!

Loudon



The town of Loudon celebrated its 250th birthday this year. The Loudon Lions Club participated by holding a pancake breakfast and taking a booth at the festival.



Pancake Breakfast—(Left) Ed Friedrich, Lee and Laura Smith making pancakes in the kitchen. (Right) Loudon residents enjoying a wonderful breakfast.



Lions Barry and Esther Boriss, Vince Giambalvo, Ed Friedrich and Jean Blodgett presenting a check to Sue Houck (Center) from the Loudon Food Pantry . Due to the generosity of the people of Loudon, the Lions raised \$1,400 for the pantry at Old Home Day.

Celebrating a Century of Service
**NASHUA LIONS CLUB
100TH ANNIVERSARY**

SATURDAY SEPTEMBER 30TH
NASHUA COUNTRY CLUB

5PM RECEPTION WITH CASH BAR
& HORS D'OEUVRES
6PM DINNER OF CHICKEN FLORENTINE

*Special Guests IP International President
and LCIF Chair Brian + Lori Sheehan*



*Where There's a Need,
There's a Nashua Lion!*

Kindly send your Reservation &
Payment by September 10 to:

Lion Elaine Leclius
11 Underwood Lane
Merrimack, NH 03054

Tickets \$50 per person
Make checks payable to Nashua Lions Club.
Please note any dietary restrictions or
vegetarian/GF meal requests with your RSVP.



Nashua Lions Club 100th Anniversary Celebration Guest Speaker



BRIAN E. SHEEHAN
PAST INTERNATIONAL PRESIDENT and
CHAIRPERSON FOR LIONS CLUBS INTERNATIONAL FOUNDATION

Brian E. Sheehan, from Bird Island, Minnesota, USA, was elected to serve as international president of Lions Clubs International at the association's 104th International Convention, June 22 through June 28, 2022. As of July 11, 2023, he will serve as Chairperson for Lions Clubs International Foundation (LCIF) through June 25, 2024.

Past International President Sheehan is the founder and CEO of Rural Computer Consultants, a software development company.

A member of the Bird Island Lions Club since 1991, he has held many offices within the association, including council chairperson, long range planning chairperson, membership chairperson, retention chairperson, women's initiative chairperson, MD convention chairperson, GMT Liaison and GLT area leader. He has also served as the chairperson of the Headquarter Operation & Finance Committee, Lions University coordinator, DGE group leader, and board appointee to several committees including Constitutions and Bylaws, LCIF Executive, LCI Executive, USA/Canada Lions Leadership Forum and the Centennial Action committees. He has been a presenter at numerous Lions events, including many of the Global Forums.

In recognition of his service to the association, he has received numerous awards including Club Lion of the Year; the District 5M 4 Diabetes Awareness Award; the MD 5M Web Site Appreciation Award; the MD 5M Al Jensen Leadership Award; the Founders Membership Growth Award; numerous International President's Certificates of Appreciation; International President's Leadership Award; multiple International President's Awards; and the Ambassador of Good Will Award, the highest honor the association bestows upon its members. He is also a Progressive Melvin Jones Fellow and Second Century Ambassador.

In addition to his Lions activities, Past International President Sheehan is active in numerous professional and community organizations. He has served as president of Bird Island Civic and Commerce, director of the Learning Funhouse and as a member of various school committees. He also received the 2011 U.S. SBA Minnesota Small Business Person of the Year Award.

Past International President Sheehan and his wife, Lori, also a Lion and Progressive Melvin Jones Fellow, have two sons and two daughters. And in their spare time, they have enjoyed raising many types of exotic animals.

Raymond

Raymond Lions are Looking for help with the Deerfield Fair Parking of Cars!!!



The fairgrounds open at 8:00am each day, but people start showing up at 7:30am. We are looking for help on September 28, 29, 30, and October 1st. Shifts are 7:30am-1:00pm, and 10:00am-3:00pm. Any time you can give is greatly appreciated. This project is weather dependent.

To volunteer, contact David Turcotte, Raymond Lions Club President
Home: 603-895-4500; Cell: 603-303-7044; email: Davidturcotte@comcast.net

Rochester

A promotional poster for the Rochester Lions Club's 3rd Annual Fundraising Comedy Night. The poster features the Lions Club logo on the left and right sides. The central text reads "ROCHESTER LIONS CLUB 3RD ANNUAL FUNDRAISING COMEDY NIGHT" in white on a black background. Below this, it says "RAFFLE PRIZES AND 50/50 CASH BAR AND FOOD" in white on a red background. Further down, it lists ticket prices: "\$25 ENTRY OR \$40 PER COUPLE" and "\$20 FOR VETERANS AND ROCHESTER FIRE, POLICE, AND EMS". It also notes "*** 21+ EVENT ***" and "PREBUY TICKETS WITH VENMO: @ROCHESTER-LIONSCLUB". The date "Saturday September 23" is prominently displayed in yellow and white on a black background. The location is "American Legion 94 Eastern Ave. Rochester NH 03867". The event times are "Doors Open 5:30 PM" and "Show starts at 6:00PM". A silver vintage microphone is shown on the right side, and a black comedy mask is at the bottom. The text "For more information message our Rochester NH Lions Club facebook page" is at the bottom right.



2nd Annual Lion's Club Holiday Craft Fair

Saturday December 9, 2023

9:00am-3:00pm

The James W Foley Memorial Community Center

150 Wakefield Street, Rochester, NH 03867

Space is limited to a first-come, first served basis.

Each space is 10x6 and \$45.00 with electricity available for an additional \$5.00. You must bring your own table and chairs.

Payment must be made with application to guarantee a spot. Payment can be made via check made out to Carol Park - mailed to 66 Forest Park Drive Rochester, NH 03868 or Venmo (@Rochester-LionsClub)

No refunds after November 15, 2023.

Please contact Carol Park at (603) 866-1518 or ashes10@atlanticbb.net for any questions or for an application.



Salem

Salem Lions participated in the National Night out at the Police Dept. Salem Leos donated a Trex bench to the Field of Dreams Playground. We donated to the Salem Police youth summer program. And we joined with Lions from Keene and Atkinson at the cabinet meeting.



Seabrook

District Governor Kamal and wife Lion Neeta Masand, and Cabinet Secretary Linda Quebec at Seabrook's 70 anniversary celebration. They enjoyed meeting other Lions, a lovely buffet dinner, and local entertainment.



Wakefield

Wakefield Lions had their Summer Raffle 2023 drawing at their summer meeting on August 17, 2023. The Club sold 500 tickets at \$20 each. The Club's profit is \$5,500. Great job Wakefield Lions!

\$100 winners are:

- Beverly Bouvier
- Carol Provencal
- Robin Lee Curtin
- Mike Shearer
- Julie Kessler

\$1000 winners are:

- Jeanne Loughan
- Dominic Yacobucci

\$2000 winner is:

- Lion Sharon Baldwin

Wakefield Lions is hosting one of their favorite events, a Shred event with a Mobile Shredding truck in Milton at the Town Hall. Thank you to our co-sponsor, Profile Bank. Please bring your sensitive documents which will be shredded for free!!

Shred Event!
100% FREE to Everyone in the Area!
Protect your sensitive information.

Greater Wakefield Lions Club

Sponsored by:

Nationally certified shredding services provided by:

Join Us!

Saturday
9/16/2023
9am - 1pm

Milton Town Hall
Emma Ramsey Center
30 Charles Street
Milton, NH 03851

Please Note: We cannot accept empty boxes, containers, or plastic bags once shredding is completed. We need to remove staples, paperclips, or binder clips.

wwwmaine.com / shreddingmaine.com / 207.990.4638

Windham

What a great day for a golf tournament! Lions Frank Provenzano, Fran Cedrone, Bobby Leone, and Mike Murphy ventured out to Stonebridge Country Club to play in the Merrimack Lions 21st Annual Charity Golf Tournament. The weather was perfect, and the golfing was lots of fun! Thank you, Merrimack Lions, for a great day!



Join us at our Golf Classic on 9/25.

Windham, NH Lions Club Golf Classic

Save the Date
Windham CC
Sept 25, 2023
Shotgun Start 7:30am



\$150 entrance fee per golfer includes:
Coffee & Donuts
Hot Dogs at the turn
Italian Feast lunch
Complimentary gifts

We are excited to announce the Windham Lions Club Golf Classic

The Windham Lions Club has served the Windham community for over 50 years! The proceeds from our golf classic will benefit the many service projects we support.

We are kindly asking for your support. There are many opportunities for you to support our event and help us continue to give back to our community. There are event sponsorships, raffle items, monetary donations, and player registration.

Sponsorship Opportunities

- Golf Ball Sponsor - \$ 1000** **Name / Logo on a sleeve of balls/ 1 sleeve per golfer**
- Hole Sponsor - \$100** **Name or company logo on sign at hole**
- Raffle Items for Drawing**
- Gift Certificates for Drawing**

This is a Four-person scramble format - RCMGC Scoring will determine winners

Based on 18-hole gross score, the teams with the lowest scores will become Flight 1, the teams with the highest scores will become Flight 2.

Nine holes will be picked randomly to determine net scores.

The three lowest, 9-hole, team net scores, in each flight will be awarded prizes.

For more information contact co-chairs:

Fran Cedrone - francedrone@yahoo.com 603-440-5996

Michael Murphy- michaelpmurphy21@gmail.com 978-407-5338

or visit our website: www.e-clubhouse.org/sites/windham_nh

Windham Lions Club Website





Wolfeboro Lions Club

18th Annual Golf Tournament

Tuesday, September 12, 2023

Indian Mound Golf Club
Route 16B, Center Ossipee

7:30am-8:30am Breakfast/Registration

8:30am Shotgun Start

1pm Lunch

Prizes and Raffle to Follow

*For Registration Forms Visit
Wolfeboro Lions Club Facebook Page
or Call John Adams 603.569.4670 or
John Askew 603.569.1099*



Net proceeds
benefit
Wolfeboro
Lions Club
Charities
including:
NH Sight and
Hearing, Camp
Pride, and Book
Scholarships.

District Org Happenings

Camp Pride



LIONS CAMP PRIDE CONNECTION



September 2023

Fall is almost upon us and some people would say “Thank God” this has been a summer to forget. Rain, Rain, Rain, and more Rain. The kids at camp didn’t seem to mind too much though, after all they had a big, beautiful, brand new, recreation center to hang out in during those rainy days. I would say that our new building was a real hit with this years campers and all are wondering what we will do for an encore? The Camp Pride Board has a couple of ideas about future camp add Ons that might work well. A 9-hole disc golf course, and an outside 8ft. high traverse climbing wall.

Exciting News! Lions Camp Pride applied for and received an LCIF matching grant, \$15,000 on us and \$15,000 on them to replace all the windows and doors in our dining hall. We are launching a fund-raising campaign for our match of \$15,000. We have 38 clubs in our district and only \$400 per club would ensure that we reach our goal and wouldn’t it be great to have 100% support of Lions Camp Pride.

Pretty soon it will be time to start closing down the Camp, so start to put together your crew to pitch in, I’m hoping to have a great response to our idea of a District wide work day on November 18th. Please let us know if you are coming so we can be prepared with what we will need to provide including food to feed you all.

It’s been a great year at the Camp. Our numbers are up to almost what they were prior to covid, and new lease groups are coming for 2024.

If you would like me or one of our Directors to come to your Club meeting and talk to you about Lions Camp Pride, all we do, and how you can help, please reach out.

If you’re curious about what’s happening at the Camp, follow us on Facebook at Lions Camp Pride NH or at our website www.Lionscamppride.Org

If you would like to come for a visit, a personal tour, or just to help out, reach out to me and I will make it happen. Lenny Hall 978-360-0958 Lah03811@Gmail.com



LIONS DISTRICT 44-H

LIONS CAMP PRIDE NH
for special needs individuals
www.lionscamppride.org

Peter LaPointe
Immediate Past President

Lenny Hall
President

Robert Bedrosian
Vice President

Elaine Foster
Treasurer

Jerilyn Maynard
Secretary

Patrick Rossiter
Camp Administrator

Lions Camp Pride
154 Lions Camp Pride Way
New Durham, NH 03855

*A Lease Site
for Non-Profit
Camp, Conference & Retreat
Programs*

Mailing Address:
Lions Camp Pride NH
P. O. Box 135
E. Hampstead, NH 03826

Telephone
(603) 482-6115

E-Mail:
LionsCampPride44h@gmail.com



Dear Lions Clubs of District 44H

In accordance with the By-Laws of Lions Camp Pride NH (aka Lions Camp Pride), four (4) new directors, to serve four (4) year terms, shall be elected.

Each Lions Club, in good standing of District 44-H, may nominate, by a written nomination, a director to the Camp Pride Board of Directors at least thirty (30) days prior to the annual meeting. Each nominee shall be a Lion in good standing. Their names shall appear on a ballot to be used during the District Cabinet Meeting and distributed to all Lions, in good standing, present to cast said vote.

The Camp Pride BOD is looking for individuals willing to commit, become involved, and work towards the success of the camp.

Candidates for election to Director must have their name submitted by their club secretary in a letter of intent to Lion Jeri Maynard, 104 Lowell Road, Hudson, NH 03051 by October 15, 2023. The election will take place during the November 5, 2023 Cabinet Meeting at the The Venue at Portwalk Place in Portsmouth, NH.

Respectfully,

Jeri Maynard

Lion Jeri Maynard, Camp Pride Secretary
104 Lowell Rd, Hudson, NH 03051
603-320-3614
Lionjeri@comcast.net

Health Services of NH

Operations KidSight 2022-2023

Operations KidSight 2022-2023	# Clubs Participating	District	Potential #	Total # Screened	Total Complete	Total Referred	Total Flagged	% of refer
	20	44N	14,906	10,509	9,710	963	82	9%
	29	44H	12431	10,344	9,436	874	67	8.45%
		Total for MD44	27,337	20,853	19,146	1,837	149	9%

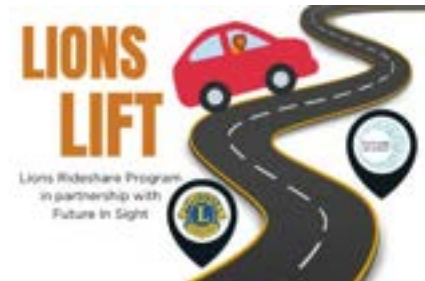
If you are interested in joining the board please reach out.

Thanks,
 Tom Reynolds
 Chairperson, Health Services of NH
 (603)494-2690
tcreynoldsjr@comcast.net

Lions Lift

What is Lions Lift?

Lions Lift is an excellent opportunity to provide essential transportation for the blind and visually impaired people living in your community! Lions Lift is a partnership with NH Lions Clubs and Future In Sight’s Volunteer Driver Program. It is a service project in each club’s community which provides essential rides.



The Need...

Did you know that there are nearly 26,000 blind and visually impaired individuals in New Hampshire? Every Lions Club likely has many blind and visually impaired individuals who need essential rides in their community. We are working hard to connect and serve all those people in need. Lions can make a difference with your help!

How It Works:

- We connect Lion members and their clubs with the Blind and Visually Impaired in need through Future In Sight.
- All interested Lion participants register with the Future In Sight Volunteer Driver program. Future In Sight conducts an orientation and training so all participants feel comfortable and confident with the service project.
- Ride opportunities in your area are shared with you by the Future In Sight Volunteer Program Manager, Susanne Peace. You choose how often, how far, and when you want to drive. All clients are screened by Future In Sight for suitability as a passenger for a volunteer driver.

For More Information please contact:

Susanne Peace, Future In Sight Volunteer Program Manager | 603 565 2409 | speace@futureinsight.org
 PCC Scott Wilson, Lions Lift Coordinator | 603 770 3700 | scottwils@comcast.net



Lions Youth Services

The August 10, 2023 monthly Lions Youth Services meeting was called to order by Treasurer Lenny Hall at the Airport Diner in Manchester with ten (10) Lions in attendance.

One of the
2022-2023
Merit
Winners



Peace Poster Contest 2023-2024 "Dare to Dream"

The following clubs have entered the 2023-2024 contest as of this date: Bedford, Canaan, Chesterfield, Concord, Jaffrey-Rindge, Hudson, Litchfield, Loudon, Milford. There are a few more am waiting to hear back from as to whether or not they will be participating this year.

If you have not received or paid for your kit, please send your request to rwvnnemilford@comcast.net and please send payment to Lions Youth Services, PO Box 156, Atkinson, NH 03811 and indicate "Peace Poster" on the memo line. Please make sure your Peace Poster Chair is getting ready to implement the contest if they have not already done so in order that they can stay on top of it as the school year has just begun. *The deadline for the contest is November 15, 2023.*

Terri Lynn Fundraiser - please look for the latest flyer in this newsletter. Check out the latest recipe for **Caramel Apples**. Please visit their website for all they have to offer: <https://LYSNH.terrilynn.com>

LYS Grant Program - four applications were received, reviewed and approved - Wakefield Lions, Manchester Lions, Granite State Virtual, and Canaan Lions. A revised Grant Application can be found in this issue of the newsletter.



Fisher Cats Baseball—On Saturday, August 26th over 130 plus Lions, family and friends enjoyed an evening of camaraderie while cheering on a game between the New Hampshire Fisher Cats and the Binghamton Rumble Ponies.



Lion Moe Tremblay (in gold vest) chatting at the game!



Lion Elaine & PID Ed Lecius



MCC Bob Gustafson & Lion Lenny Hall selling 50/50 Tickets



Lions Erica Olsen, Harry Armstrong, John Bayliss, and Eric Olsen at the Raffle Table

Mid-Winter Service Project - a food packaging project has been approved and scheduled to take place at the Mid-Winter Convention January 2024. Further information and details to follow soon.

Next Meeting - will be held on Thursday, September 14, 2023 at 6:30 pm at the Airport Diner in Manchester, NH. All Lions are **WELCOME!**

Thank you to the all the clubs for supporting MD44 last year at the Hampton Beach Seafood Festival and supporting the float for Lions International Convention. With all your efforts the float won 1st place!!!

We are doing it again and need your help!!! This year we are funding the Lions Youth Services service project of 10,000 meals at MidWinter convention supporting Lions to go to your local community food pantries.

Hampton Seafood Festival

Sunday September 10, 2023

Volunteer times are:

9:00am-11:00am

11:00-2:00pm

2:00pm-5:00pm

You will be servicing the Hampton Area Chamber of Commerce by being assigned to a booth collecting the entrance fee and giving a wrist band. We need 90 volunteers. The more volunteers from your club the more meals your community will receive.

Help us support Lions Youth Services, MidWinter, and your communities all at the same time while enjoying the beach, good food, and lots of vendors!!! Call or email and give us what time you would like to volunteer. We will give you instructions and your wristbands for the entire weekend.

Marilyn Vaccaro, 603-204-7251, jvac1408@comcast.net

Marie Hall, 603-686-6935, mariehall326@gmail.com

For more information, please reach out to either one of us!! See flyer at end of newsletter.

District Service Project

Hugs and Cuddles district service project

Choose to make a difference by participating in the Hugs & Cuddles service project. Follow the steps outlined below, and let Bob Bedrosian know how many bears your club donates each month (bbedrosian@comcast.net). Remember to track your service and donations through MyLion too!

Spread Kindness Hugs & Cuddles

- Get sponsors for \$18 bears
- Arrange bear assembly
- Donate bears to spread kindness
- Track your Service & Donations



Hugs & Cuddles Project Plan for 44H Lions Clubs

Get sponsors for \$18 bears

- Set Club goal of getting sponsors for 20-20 bears
- Individuals, Clubs, and Companies can be sponsors
- Use order form to collect bear headcount and sponsor name and contact info
- Keep cost at \$18 for consistency across the district
- Send thank you notes to sponsors; use contact info for potential members

Arrange bear assembly

- Contact Build-A-Bear in Manchester, Nashua, or Salem
- Request Lil Brownie Cub and Condo (box)
- Typical lead-time is less than one week
- Pick up bears, pay for them from sales money
- If cost is less than \$18, donate excess to childhood cancer org such as St Jude, CHaD, or other org selected by Club

Donate bears to spread kindness

- Coordinate with organization of Club's choice for donation
- Consider orgs with sick children, children recovering from trauma, org serving at-risk children (Police, Fire, EMT), or elderly dementia care facilities

Track Your Service & Donations

- Track service project and donations in the Lion Portal
- Provide project success details to district Childhood Cancer Chair



District 44H New Membership Grant Request Form



Grant Information: District 44H is offering grants to clubs bringing in new members from July 1, 2023 through December 31, 2023. The grant is to refund the one-time \$35 international entrance fee for each new member input into the Lion Portal during the grant timeframe. The form below needs to be completed and submitted by the 15th of the month after the end of a quarter. Refer to the grid below for deadlines.

Raffle Information: In addition to the grant, clubs who submit this form will be entered into a drawing for \$100. One winning entry will be drawn at the end of each quarter. Refer to the grid below for deadlines.

New members entered into Lion Portal/MyLCI between:	Grant request form deadline:
7/1-9/30	10/15
10/1-12/31	1/15

Club:	
Name(s) of members(s) added this quarter:	
Entrance fee: \$35x _____ (# new members) = \$ _____ (requested grant amount)	
Email this form to LindaQuebec@Ymail.com (not Gmail) each quarter by deadlines in the grid.	



RECOGNITION TO A MEMBER OF YOUR CLUB OR COMMUNITY

**LIONS SIGHT & HEARING FOUNDATION OF NH, INC
GRANITE STATE FELLOW (GSF)**

Give recognition to someone in the community who helps and supports your club, or a member in your club that goes above and beyond.

Your club may have money in your account with Sight & Hearing. Consider using those funds to thank individuals or entities for their support, and honor them with a GSF award. The Award comes with a beautiful plaque, a lapel pin and a letter honoring the recipient.

By making a donation of \$500.00 to LSHF, you are not only giving recognition, you are aiding a NH Citizen in need of our services.

Services include, hearing aids, eyecare and cataract surgery.

Donations go directly into the LSHF Endowment.

Clubs may donate to LSHF in \$100.00 increments

***Donations may be banked for up to 5 years,
by putting a designation on the donation memo.***

Applications online: nhlions.org (Sight & Hearing, Granite State Fellow

Or from Chairman PCC Roger LaTulippe at 603-566-9409

email: dgroger@comcast.net

Lions Camp Pride NH

Commemorative Walkway

PO Box 135

E Hampstead, New Hampshire, 03826

Become a part of History – BUY A BRICK TODAY

Join us in creating a commemorative walkway by purchasing a personally engraved brick to be permanently installed at Lions Camp Pride NH. Any name or message up to 3 lines of 14 characters each can be engraved on each brick. Each line will be centered by the manufacturer. Company logos are also possible. Personalized bricks are a great way to

- Recognize a club anniversary, event, or member
- Remember lost loved ones with brick: in memory of them
- Recognize children, grandchildren, parents and other special people
- Mark a birth, anniversary, graduation or other special event in your life
- Honor an employee, or friend, advertise a business
- Give a unique and lasting gift for the Holidays
- Honor a first responder, nurse, doctor, or public official

Here's how you can contribute: Three Lines \$75.00

Brick Order Form

Name _____

Address _____

City/state/Zip _____

Phone _____

Payment may be made by check to Lions Camp Pride NH - Check Number _____

Date ____ / ____ / ____ Amount: _____

Please print in UPPERCASE Letters, each space as one character

1	2	3	4	5	6	7	8	9	10	11	12	13	14

Mail to Lions Camp Pride NH, PO Box 135, E Hampstead, NH 03826

For more information contact Marilyn Vaccaro 603-437-1408

Lions Camp Pride

Mark your Calendars



Camp Pride Work Days

154 Lions Camp Pride Way
New Durham, NH 03855

DATE: November 18, 2023

Rain Date November 19, 2023

DATE: May 25, 2024

Rain Date May 26, 2023

Lunch will be served

Building Cleanups both inside and outside

Looking for 50 or more Lions to help with Lions Camp Pride Work Days. Bring the family! Help us beautify the camp!!

Let us know how many from your club will be joining us



Fundraising with



WE NEED YOUR CONTINUED SUPPORT! - THANK YOU!

By purchasing these delicious nuts, snacks and chocolates, every purchase brings us a step closer to achieving our goal. Please help us with a purchase today! A portion of every product sold on this website benefits Lions Youth Development of New Hampshire (Lions Youth Services of New Hampshire!)

Free shipping on any order \$30 or more (per recipient address).

For orders under \$30, it's a \$5 flat rate shipping fee (per recipient address).

Please visit <https://LYSNH.terrilynn.com>
to choose from the many delicious selections offered!

~ Caramel Apples ~

One bite of these caramel apples, and you'll never want the store-bought version again. Our [Honey Roasted Peanuts](#) take this classic fall treat to a new level.



Ingredients

- 4-5 Medium clean apples
- Wooden sticks - one per apple
- ½ cup Butter
- 2 cups Packed brown sugar
- 1 cup Light corn syrup
- Dash salt
- 1 can (14 oz) Sweetened condensed milk
- 1 tsp Pure vanilla extract
- 1 cup *Terri Lynn Honey Roasted Peanuts (chopped)*

Directions

First Layer

1. Insert a wooden stick into each apple.
2. In saucepan combine butter, brown sugar, corn syrup, condensed milk and salt. Bring to a boil, stirring constantly. Lower heat to medium and continue to cook, stirring constantly for about 25 to 30 minutes or until a candy thermometer reads 248 degrees F. The caramel should coat back of a spoon.
3. Remove mixture from the heat; stir in vanilla.
4. Dip apples into hot caramel sauce and turn until evenly coated. Allow excess caramel to drip back into the pan. Place on parchment.
5. Refrigerate for 1 hour.

Second Layer

1. Reheat the remaining caramel and repeat dipping directions.
2. While the caramel is still hot, roll in chopped nuts.
3. Store in Refrigerator.





LIONS YOUTH SERVICES
PO Box 156
Atkinson, NH 03811

~ GRANT APPLICATION ~

All completed applications MUST be sent to the above PO Box

Amount requested

Date requested

Requesting Club: _____

Club President: _____

Club Mailing Address: _____

Club Phone: _____

Club Email: _____

Briefly describe the project and how it will benefit the Youth in New Hampshire: *(continue on back if needed)*

of Youth Benefitting: _____

Project Budget: _____

Requested Amount: _____

Project Start Date: _____

Project End Date _____

Requesting Club
President's Signature: _____

Grant Request Guidelines:

All Grant Applications meeting the following guidelines will be reviewed at the next Lions Youth Services Meeting. Our meetings are held at 6:30 pm on the 2nd Thursday of every month at the Airport Diner in Manchester. We encourage all clubs to join us to present their request.

- 1) All requests submitted by the President of a Lions Club in the State of New Hampshire Districts 44N and/or 44H
- 2) The Maximum Grant is \$500. LYS will consider up to 2 requests per NH Lions Club per Lions year (July-June)
- 3) Each application must be for a unique project. Applications for the same project within the same Lions Year will not be considered.
- 4) Each application should benefit more than one individual. Applications benefitting one person will not be considered.
- 5) Grant Applications **MUST** be mailed to LYS, PO Box 156, Atkinson, NH 03811 by the last day of the month *prior* to the start of the project , otherwise the request may not be considered.

It is the intent of Lions Youth Services Grant Program to partner with the Lions Clubs of New Hampshire to serve the Youth of our state; not to replace your club's support.

Grant Application rev 07.2023



Lions, Friends,



Family members!

Volunteer on Sunday Sept 10, 2023, at the Hampton Beach Seafood Festival and earn money for
Lions Youth Services



Volunteer Times are for Sunday Sept 10, 2023

9:00-11:00

11:00-2:00

2:00-5:00

*All Proceeds will go to Lions Youth Services
for the packaging of 10,000 meals at mid-winter convention*

To sign up to secure your time slot, please contact:

PDG Marie Hall @ 603-686-6935

Marilyn Vaccaro @ 603-204-7251



Fundraising with



SUMMER SALE - Milk Chocolate Pecan Clusters and Dark Chocolate

It's almost time for Back to School! Are you Back to Work? Looking for something light to snack on? Terri Lynn's Signature nuts, snack mixes will fill that crave. Check out another easy and delicious recipe for Granola Bars below!

Free shipping when you order \$30 or more (per recipient address). For orders under \$30, it's a \$5 flat rate shipping fee (per recipient address).

Please visit: <https://LYSNH.terrilynn.com>

Thank you for your order

Ingredients

- 1 cup Peanut butter
- 2/3 cup Honey
- 1 tsp Vanilla extract
- ½ tsp Salt
- 2 cups Whole rolled oats
- 1/3 cup Mini chocolate chips
- ½ cup Terri Lynn Roasted Whole Almonds, chopped
- ½ cup Terri Lynn Giant Cashews, chopped



Directions

- Line an 8x8 baking pan with parchment paper.
- Over medium heat, melt together the peanut butter, honey, vanilla, and salt.
- Remove from heat.
- Add the oats, chocolate chips, and nuts.
- Press firmly into the pan. (Use a second piece of parchment paper to flatten the mixture.)
- Chill for at least 1 hour, then slice into bars.
- Store bars in the fridge.



The Keene Lions Club Presents

DINNER IN THE DARK

Registration for the event:

Name: _____

Email: _____

How many tickets: _____

Amount enclosed: _____



Friday, October 6th, 2023

\$50/Plate

5:30 - 8:30 PM

Keene Country Club

755 W Hill Rd, Keene, NH 03431

Checks payable to

Keene Lions Foundation:


Mail to: PO Box 62

Keene NH 03431

Learn more at keenelions.com/dinner-in-the-dark

USA/Canada Forum


Use this brochure to see what the forum is all about. [Click here](https://www.lionsforum.org) to learn more.



Up and Away with Leadership


Lions will gather in Reno, Nevada, for the 47th USA/Canada Lions Leadership Forum. Just like the balloons rise for the Great Balloon Race in Reno, Lions will hone their skills, share their ideas, and build relationships to take us

Up and Away with Leadership!



September 21-23, 2023
Reno, Nevada, USA




Register Today
www.lionsforum.org
Phone: 605-723-4007





Known as the Biggest Little City in the World, Reno, Nevada has much to offer visitors. Come early or stay a few days after the Forum. There are many things to do!

- *Experience Raptors and Falconry
- *Tour Downtown Reno
- *Take a Truckee River Rafting Tour
- *Tour Lake Tahoe with all of its history and beauty
- *Take a Horseback Riding Adventure
- *Tour local breweries, enjoy the craft beer scene
- *Join the local Foody Tour


Just a short ride or flight... Reno is nestled on the eastern slope of the majestic Sierra Nevada mountains, just a short 40-minute drive to the beautiful shores of Lake Tahoe and 30-minutes from historic Virginia City. There are 16 of the best ski resorts within 30-60 minutes. If golf is your thing, there are more than 30 amazing desert or mountain golf courses. A quick 1-hour flight or 3.5 hour drive gets Lions to San Francisco.

The City Within a City... THE ROW is the resort, which connects the Silver Legacy, Circus Circus and the Eldorado hotels. There are 4,500 rooms and suites within THE ROW. Considered a city within a city, THE ROW hosts 25 restaurants, 23 lounges and bars, 11 night spots, a luxury spa and a TopGolf Swing Suite. After a day of learning, THE ROW has just what Lions need to rest, relax and rejuvenate. The hottest Reno attractions are within walking distance.

Register Today
www.lionsforum.org
Phone: 605-723-4007





It is the mission of the USA/Canada Lions Leadership Forum to develop leaders, motivate and educate attendees, provide an open exchange of ideas and support programs and goals of Lions Clubs International.



Use this QR Register Today



The USA/Canada Lions Leadership Forum in Reno is an opportunity for Lions to come together. There is positive power and energy when Lions gather. In this atmosphere of shared learning, Lion can embrace new ideas to uplift our Lion service individually and collectively.

The Reno Forum will include:

- *over 80 seminars with a focus on building personal leadership skills to make our clubs stronger.
- *a Leadership Exchange that gives participants quick access to leadership info in a very short time.
- *a Strides Event to promote Diabetes Awareness.
- *a Hands On Service Project that will have immediate impact.
- *exhibits with the latest and greatest ideas to share.
- *the Forum Store with Lions' swag and more.
- *A chance to meet and greet our International Officers and Board Members.

REGISTER NOW
www.lionsforum.org




Thursday evening, Floyd Smith, San Diego's living legend, will join attendees to share his music and tell his Lion's story. Mr. Smith is known as a pillar of the community as well as a quadruple threat, being a singer/songwriter, entrepreneur, mentor, and philanthropist.



Donna Hartley is a storyteller who inspires, energizes and entertains. She delivers an inspirational message with a twist of humor and a bit of drama. At Friday's lunch, Donna will share her story of survival. Learn how to be a survivor, too!

At Saturday's lunch, 2023-24 Lions Clubs International President Dr. Patti Hill will share her vision as the leader of the greatest service organization in the world. Every Lion can have an impact!



Striker Corbin will close out the forum on Saturday evening. As a motivational speaker, certified hypnotist, and success coach, Striker Corbin focuses on personal development. He uses humor to stimulate self-improvement.

