

# The PRIDE



## Newsletter of Lions District 44-H New Hampshire November 2021 Volume 47 Issue 5



DG Robert Gustafson  
RobertGustafson11@gmail.com

*Service from the Heart*

Hello again fellow Lions,

As you know, our 44H Cabinet meeting this year will be at Lions Camp Pride in New Durham on Sunday, November 14th. This date also happens to be World Diabetes day. The day was picked because it was the birthday of the co-discoverer of Insulin, Frederick Banting. 2021 also happens to be the 100th anniversary of the discovery of this hormone which controls blood glucose in the body. Before 1921, it was exceptional if someone lived more than one or two years with type 1 diabetes.

And so it is fitting that we will meet at Lions Camp Pride to discuss the state of our great association. Lions Camp Pride has catered to the ADA (American Diabetes Association) for many years and kids who have diabetes have used the Camp with a smile. One day, we will no longer have to manage this insidious disease, we will cure it. On that day everyone will smile.

District 44H continues to move forward to service our Communities. Our Zone Chairs have each had their first meetings with their clubs and are moving forward with the Global Membership approach (GMA) to bring in new members, retain members and revitalize our clubs. Our Guiding Lions are assisting Clubs who want and need assistance. And, our GAT (Global Action team) leaders have been very active in keeping the lines of communication open. As our International President Doug Alexander said, it's all about "communication, communication, communication".

So, let's keep communicating and serving! Thank you again for all you do.

**Send all news articles, pictures, and info to  
Christine Goldstein at Newsletter44H@outlook.com  
Send in Word Document or Publisher format, no PDF Files  
Deadline for submission is the 20th of Each Month**



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*The best way to find  
yourself,  
is to lose yourself in the  
service of others.*

*~Gandhi*





## MEMBERSHIP MATTERS



District Membership	This Month	This Year
Opening Balance	1178	1,183
Added members	18	40
Dropped members	12	39
Closing Balance	1184	1,184
Net Gain/Loss	6	1
<b>Worldwide</b>	<b>1,398,990</b>	



CLUB	NEW MEMBER	SPONSOR
Jonathan M. Bradley	Atkinson	Ron LeBlanc
John J. Forti	Atkinson	Fran DiLeo
Janet M. Forti	Atkinson	Fran DiLeo
Billie Hester	Danville	Kitty Callender
Karen Pelczar	Danville	Kitty Callender
Joe Hester	Danville	Kitty Callender
Paula J Perry	Epsom-Chichester	Judith Gibson
Robert Thompson	Hampstead	Robert LeBlanc
Caleb C Allen	Rollinsford	Al Goldstein
Jonathan W. Byron	Rollinsford	Michael Baillargeon
Jennifer Halteman	Rollinsford	Marie Hall
James D Randall	Rollinsford	Michael Baillargeon
Catherine E. Allen	Rollinsford	Caleb Allen
Brandon Gove	Rollinsford	Matthew Randall
Beatrice P. Randall	Rollinsford	James Randall
John B Maloney	Saddleback Mountain	
Roberta L. Burke	Salem	Marilyn Hamel
Anita L. Harvey	Seabrook	Dawn Brady



Facebook NHLionsDistrict44-H  
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PCC Deedee LaTulippe  
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63 Pine Hill Rd. Weare, NH 03281  
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### 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

11/4 Epsom –Chichester Visit

11/7 44N Cabinet Mtg

11/8 Hudson Visit

11/14 44H Cabinet Mtg

11/15 Moultonborough Visit

11/16 Exeter Club Visit

11/19-20 RLLI—Loudon NH

12/1 Conway /Whittier Visit

12/6 Hampton Area Visit

12/16 Chester Club Visit

1/5/22 Rye Club Visit

1/12/22 Kingston Club Visit

1/13/22 Plaistow Club Visit





**FVDG Randy Tompkins**  
[Rye642@comcast.net](mailto:Rye642@comcast.net)

Greetings Everyone,

It has been a good start to the Lions year so far. The first Zone meetings have taken place and I was able to sit in on several. The clubs have been busy getting back on track with in person meetings and vital service projects in their communities. Membership numbers appear to be going up slightly. There has been topic that was asked at each Zone meeting, " How do we get new members, younger members ?"

This is an issue that every Club wrestles with. Plain and simple, You need to ASK. I have been involved with several new club start-ups and existing Club membership drives and have seen first hand how the program of JUST ASK works.

Make your Club a place where people can come and contribute to making a difference in their Community. Be open to New ideas, new service activities.

I hope to see everyone at the next Cabinet Meeting at Camp Pride on November 14th

**Make A Difference ~ Be The Difference**



**SVDG Kamal Masand**  
[kmasand01@gmail.com](mailto:kmasand01@gmail.com)

Hello to all 44H Lions, this month was busy for me. I travelled to Camp Pride to work on cabin cleaning for winter shut-down. I attended our Zone1 meeting where Clubs presented their briefs about their services and fundraising activities. The meeting had discussion on various topics, and several good ideas were shared.

I attended the New England Regional Lions Conference in Nashua. I had attended this meeting last year via Zoom, and this year it was in person. It was nice to connect with Lions from other New England districts. On Sunday Oct 17th they had memorial services for all Lions who passed away from New England, which was touching. Thank you to everyone involved with this great conference. I'm pleased to share that I finished training for Guiding Lions in person. The training was Done by PDG Sue and Christine. I took a lot of notes and have good ideas to work with. Please keep posting your service Projects on MyLion. It's helpful for district officers to see what your Clubs are doing.

I'm looking forward to the 44H cabinet meeting at Camp Pride on November 14th.



**PDG/Cabinet Secretary**  
**Treasurer**  
**Al Goldstein**

Hello Lions,

As I write this, Halloween is behind us and we are headed straight to Thanksgiving. I wish all of you a wonderful holiday. We have so much work ahead of us. This is the season of giving and a very important time for Lions. I challenge all of you to find a way to help others.

We still have a few clubs who need to finish up with the first half dues. Please take care of this so we can balance the books. If you have not signed up for the Cabinet meeting on November 14<sup>th</sup> at Camp Pride. You have until the 6<sup>th</sup> of November to do so.

Thanks for all you do.

Al Goldstein at your service as your CS



**"LIONS SERVE WITH GLISTO"**



Lions Camp Pride  
154 Camp Pride Way New Durham NH  
**Sunday November 14th**

*Come and get the latest District 44H information*

~ 8:30 REGISTRATION ~ 9:00 MEETING ~ 9:15 BREAKFAST ~

**AMERICAN BREAKFAST  
BUFFET**

~ \$ 20.00 per person ~

Coffee, Regular, Decaf  
Premium Teas, Chilled Juices  
Breakfast Pastries  
Fresh Fruit  
Scrambled Eggs,  
Home-Fried Potatoes  
Applewood Smoked Bacon  
Sausage Links

## **RESERVATION & PAYMENT DUE November 6TH**

Please make checks payable to: LIONS DISTRICT 44H  
Mail Checks to: Al Goldstein, 35 Main St, Atkinson, NH 03811

Name \_\_\_\_\_

Club \_\_\_\_\_

Total attending \_\_\_\_\_ X \$ 20.00 = Check Total: \$ \_\_\_\_\_

[algoldstein@comcast.net](mailto:algoldstein@comcast.net) or 603-913-1281



## District 44N November Cabinet Meeting

Sunday, November 7, 2021

Holiday Inn

172 N. Main St, Concord NH

We hope to see many Lions in attendance at DG Virginia's second Cabinet Meeting for the 21/22 Lion's Year!

Cost for the Breakfast will be \$22.00

Registration will be at 8:00am to 8:45am

Cabinet Meeting will begin at 9:00am to 12:15pm

**AGAIN** – WE WILL BE OFFERING an EARLY RSVP to be entered into a drawing for a **FREE** Meal for the May Spring Convention Cabinet Meeting  
EARLY RSVP ON OR BEFORE October 25, 2021

**PLEASE NOTE:** Special Guests from the Veterans Home in Tilton will be attending  
District Governor Virginia is asking **EVERYONE** to wear something  
**PATRIOTIC** to this meeting!

**PLEASE RSVP to Christine Greenwood-Smart at**  
[cgreenwood@walpolebank.com](mailto:cgreenwood@walpolebank.com)

**PLEASE RSVP ON OR BEFORE October 31, 2021**

Please make checks payable to **Lions District 44N** – Mail to:  
Christine Greenwood-Smart 613 Old Walpole Rd, Surry NH 03431  
Please complete the following of who will be attending:



NAME: \_\_\_\_\_ Club: \_\_\_\_\_

Email: \_\_\_\_\_

NAME: \_\_\_\_\_ Club: \_\_\_\_\_

Email: \_\_\_\_\_

NAME: \_\_\_\_\_ Club: \_\_\_\_\_

Email: \_\_\_\_\_

## Comments from GML, Gail Dacey

November GMT. I saw this flyer and thought it would be great for everyone's elevator speech to recruit new lions. Remember just ask. Always be prepared to find a prospective Lion but remember to do an orientation, get them involved and mentor

# Did you know?



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**Lions Clubs are the largest service organization in the world?**  
We have 1.4 million members in over 46,000 clubs worldwide.

**Where there's a need, there's a Lion.**  
We're men & women serving in more than 200 countries  
& geographical areas.

**Lions Serve - Our motto is 'We serve'**  
Founded in 1917 we are best known for saving sight but we also feed the hungry, aid seniors & the disabled and so much more. We are a global service network of volunteers that make a difference in our local communities.

**Become a Lion**  
Becoming a Lions club member gives you the opportunity to volunteer locally, or internationally. Make new friends and professional connections. Get involved in projects that make your community a better place to live. Have fun doing it!





## Comment from GLL, Celeste Ricupero

The Gat team and Zone chairs met at the Airport Diner for dinner on October 19th. The members of the GAT team present were GST Lara Raymand, GMT Gail Dacey, and me GLT. Zone Chairs present

Erin Freda, Mary Ellen Pate, Marilyn Vaccaro (on zoom from Florida), Linda Rafferty. Zone chair Karen Baillargeon was unable to attend however she sent a full report to us before the meeting (thank You Karen). District Governor Bob, Cabinet Secretary Al, First Vice District Governor Randy, and Second Vice District Governor Kamal Masand were also in attendance.

The meeting went quite well as each Zone chair reported on their first Zone meeting and clubs. We bounced ideas and thoughts off on one another and spoke on the GMA program. Each Zone chair gave us report on each of their clubs and their activities.

I would like to thank all the attendance for a productive evening, each of you brought a lot of knowledge to those of us that do not have the kind of contact with these clubs that you have. I am looking forward to our next get together.

Happy Thanksgiving Lions

Please Stay Safe

PCC /GLL Celeste

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## Comments from GSL, Lara Raymond

November is a wonderful reminder to be aware of all that we are thankful for. I am thankful for the opportunity I had a few weeks ago to attend the NELC trainings. During the Serve from the Heart training I was moved by the innovative and invigorating projects from around the country and world. One of the definitions of "from the heart", that was shared with us is: "with courage and generosity." This mantra can be brought to life by generously sharing our ideas and resources with one another. Join me on the NH Lions Club Helps Facebook page this month. Each week I will share a service project idea that I learned during NELC. I invite you to join the conversation to share ideas of current and prospective service projects.

Working together,  
Lara



### Comments from Council Chair Alan Ricard

Dear Lions,

What a pleasure it is to read the Roar and the Pride each month; activities are taking place at all levels – club, district, multiple district, and beyond!

Last month, New Hampshire hosted the first New England Lions Council (NELC) meeting of the 2021-22 year. The weekend was filled with Guiding Lions training, informative and upbeat meetings, a hands-on service project, and as is always the case when Lions are together, camaraderie.

If your club has not yet scheduled your District Governor's official visitation, please be sure to reach out to your Cabinet Secretary. As a reminder, your club should not have any other speaker on the date the District Governor is scheduled to visit.

Each district has a Cabinet meeting scheduled this month – 44N on November 7 at Holiday Inn in Concord and 44H on November 14 at Camp Pride in New Durham. All Lions are encouraged to attend.

Happy Thanksgiving to all.

## Comments from LSHF President, Eric Lindberg



Lions Sight & Hearing Foundation of NH

As the “colorful” foliage of autumn falls from the trees and the “rustling sound” of the wind blowing leaves across our landscape are experiences that most of us see and hear every year, but for some, this is not the case. Our Foundation is here to do what we can to help those who truly cannot help themselves to experience better sight and hearing

At our last Board of Directors meeting held on October 21st we were presented and able to approve two hearing aid applications for a total of \$2,300 thanks to the generosity of New Hampshire Lions!

Lion Michael Davis from the Keene Lions Club was nominated to fill an unexpected vacancy on the Board of Directors and a unanimous vote in support of a recommendation to the District Governor for appointment as per our bylaws.

Beyond approving cases regarding hearing and vision assistance at monthly meetings, our members discuss other topics such as best practices as stewards to the endowment and how we can better serve the needs of New Hampshire residents.

Since every Lion in NH is a member of this foundation please consider attending

our upcoming annual meeting during the Mid-Winter Convention weekend in January. We will have elections to the BOD and are looking for NH Lions who would like to get more involved with what we do now and in the future. We meet every third Thursday of the month at the Airport Diner in Manchester @6pm. Meetings are on Zoom as well and all NH Lions are welcome!

Please reach out to any board member for more information or for one of us to come speak to your club. We can also be found on [nhlions.org](http://nhlions.org)

Eric Lindberg, PDG

President

Lions Sight & Hearing Foundation

### November is Diabetes Month

## It's Not Too Late to Prevent Type 2 Diabetes

### Tips for Older Adults

#### Take Your First Step Today

Did you know that as you get older, you have a greater chance of getting type 2 diabetes? It's true. You have a greater chance of getting diabetes if you are age 45 or older, are overweight or obese, or have a family history of diabetes.

You can take steps to prevent or delay getting type 2 diabetes. If you are overweight, losing a modest amount of weight can help. A modest weight loss for a 200-pound person who wants to prevent or delay type 2 diabetes is about 10 to 14 pounds. Read this tip sheet to find out how.

#### Step 1: Eat well to help prevent or delay type 2 diabetes.

Taking steps to lose weight can include eating smaller meal portions and choosing healthy foods. Here are a few tips to help you get started with both.

**Choose healthy foods.** Eat more fruits and vegetables and fewer high-fat foods to help with weight loss.

- Choose whole grain foods such as whole wheat bread, crackers, cereals, brown rice, oatmeal, and barley.
- Eat a mix of colorful fruits and vegetables.
- Choose fish, lean meat, and chicken and turkey without the skin.
- Eat foods that have been baked, broiled, or grilled instead of fried.
- Drink water instead of juice and regular soda.

ENGLISH



Choose low-fat or skim milk, yogurt, and cheese.



**National Diabetes Education Program**

A program of the National Institutes of Health and the Centers for Disease Control and Prevention





1/2 vegetables and fruit



Reduce portion sizes and fill your plate like this.

**Reduce portion sizes.** Eat smaller amounts of food to help with weight loss.

- Fill half of your plate with fruits and vegetables. Fill one quarter with a lean protein, such as chicken or turkey without the skin or beans. Fill one quarter with a whole grain, such as brown rice or whole wheat pasta.
- Share your main dish when eating out or wrap half of it to go.
- Eat a small serving of dessert at the end of a healthy meal, but not every day. Sweets and desserts have a lot of fat and sugar.
- Eat small amounts of heart-healthy fats. Examples include nuts, seeds, and vegetable oils. For most nuts and seeds without the shell, a small amount would be 1 ounce or a small handful.



Stretch after being active.

## Step 2: Start now to get moving — and have fun.

Moving more and sitting less can help you lose weight or stay at a healthy weight. It also can help you improve your strength and become more flexible. Ask your doctor how you can safely start to be more active.

**Find ways to move more every day.** Add more activity each day until you reach at least 30 minutes a day, 5 days a week.

- Get off the couch, turn on the music, and dance!
- Do not sit for long periods of time.
- Stretch and move around during commercial breaks.
- Walk around the house while you talk on the phone.
- Park your car farther away and walk if it is safe.

**Brisk walking is a great way to be active.** During a brisk walk, you walk faster than your normal pace. Here are some tips to get you started:

- Start with 10 minutes a day if you are not active.
- Walk slowly for a few minutes to warm up then increase your speed over time.
- Wear walking shoes that fit your feet and provide comfort and support.
- Walk in safe places. Some good places for brisk walking include indoor or outdoor walking paths, a shopping mall, and community centers.



Go for a brisk walk.



**Remember to warm up and stretch.** Before you start any activity, warm up slowly. Shrug your shoulders, swing your arms or march in place for 3 to 5 minutes before. Stretch after you have been active when your muscles are warm. Do not bounce or stretch so far that it hurts.

### Step 3: Get your friends and family involved.

Making lifestyle changes can be easier with help from your loved ones.

- Offer fruit instead of cookies and chips when your grandkids, friends, and family visit.
- Show the younger people in your life the dances you enjoy.
- Enjoy a walk with friends or family around a park, museum, or zoo.
- Go for a swim with a friend. Moving around in water is gentle on your joints.

### Step 4: Make a plan.

Use this section to plan how you will eat healthy foods and move more. Think about what is important to your health and what changes you are willing and able to make. To get started, choose one goal to work on and decide what steps will help you reach your goal.

#### Take Your First Steps

**What's my goal?**

(Example: I want to see if I can walk for 30 minutes, 5 days of the week.)

**How will I get started?**

(Example: I will walk for 10 minutes after lunch.)

**What do I need to get ready?**

(Example: I will put my walking shoes where I can see them every day.)

**What might get in the way of making this change?**

(Example: If it is bad weather, I will walk at the mall.)

**How will I reward myself for sticking with my plan?**

(Example: If I stick with my plan this week, I will watch a movie.)



Teach your kids or grandkids how to plant and take care of a garden.

## Step 5: Find out how insurance coverage can help you prevent type 2 diabetes.

**Medicare.** Medicare covers all or some of the costs of certain exams, tests, and check-ups for people who have a greater chance of getting diabetes. Medicare will also cover certain weight loss services and programs.

**Other health insurance.** Other plans may also cover the costs of certain exams, tests, check-ups, and diabetes prevention programs approved by the Centers for Disease Control and Prevention (CDC) for people who have a greater chance of getting diabetes. Ask your doctor or insurance company what your plan covers.

### Things to Remember:

- If you are overweight, set a goal to lose a small amount of weight to prevent or delay type 2 diabetes.
- Make healthy food choices and find ways to reduce your portion sizes.
- Let your doctor or health care team know you want to find ways to be active each day. If you have trouble moving, ask about safe ways you can be more active.
- Find out what services your health insurance plan covers to prevent or delay type 2 diabetes.



## www.YourDiabetesInfo.org

This material was reviewed for technical accuracy by M. Kaye Kramer, R.N., M.P.H., Dr.PH., C.C.R.C. of the University of Pittsburgh Graduate School of Public Health, Andrea Kriska, Ph.D., M.S. of the University of Pittsburgh Graduate School of Public Health, and Linda M. Siminerio, R.N., Ph.D., C.D.E. of the University of Pittsburgh School of Medicine.

The U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP) is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.

By joining a research study, people can help improve their health and the health of others. See [www.clinicaltrials.gov](http://www.clinicaltrials.gov) and [www.cdc.gov/diabetes/projects/index.htm](http://www.cdc.gov/diabetes/projects/index.htm).

## To learn more:

### National Diabetes Education Program

1-888-693-NDEP (1-888-693-6337)  
TTY: 1-866-569-1162  
[www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)

Request a free copy of the *Your GAME PLAN to Prevent Type 2 Diabetes* booklet. It has charts to help you track the foods you eat and how much you move each day.

**Diabetes HealthSense:** An online library of resources for living well.  
[www.YourDiabetesInfo.org/HealthSense](http://www.YourDiabetesInfo.org/HealthSense)

### Centers for Disease Control and Prevention

1-800-CDC-INFO  
(1-800-232-4636)  
[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

### National Diabetes Prevention Program

[www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention)

### Centers for Medicare & Medicaid Services

1-800-MEDICARE  
(1-800-633-4227)  
[www.medicare.gov](http://www.medicare.gov)

### National Diabetes Information Clearinghouse

1-800-860-8747  
[www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)

### Weight-control Information Network (WIN)

1-877-946-4627  
[www.win.niddk.nih.gov](http://www.win.niddk.nih.gov)



Revised December 2013  
NIH Publication No. 14-5526  
NDEP-75

The NIDDK prints on recycled paper with bio-based ink.

## Environment by Jeri Maynard

### Environment and your Cell Phones

#### Background:

1973- 1st mobile phone call made -The military used some type of wireless communication during WWII

1983- 1<sup>st</sup> commercially available "car phone" by Motorola- It was priced at \$4,000.00, lasted 30 minutes before it needed to be charged and was about 12 inches long

1990s- Interest in mobile phones has grown and there were currently 11 million cell phones in use

2020s-World-wide, over 4.5 billion cell phones in use- phones have replaced cameras, video cameras and are now considered a "virtual tool box".

#### Why should we recycle our cell phones?

-Studies show that the average user switches their phones every two years without recycling their retired device (many just end up in your desk drawer or your garage).

- Cell phones contain irreplaceable elements such as gold, cobalt or lithium. Each gram of a precious metal recovered from a recycled phone, is a gram that doesn't need to be blasted from a mine and transported across the world for processing.

- According to the EPA, cell phones have a shorter life span (1.5-2.5 years) compared to LCD monitors and computers. Constant updating of cell phones by consumers leads to a huge amount of "E-Waste" which may end up in landfills where harmful elements can leak into groundwater and effect both human and plant life.

- In addition, to the "Carbon Footprint" left behind from callous disposal, circuit boards contain toxic metals including lead, nickel and beryllium; the liquid crystal displays contain mercury and batteries may contain nickel and cadmium, particularly the older phones.

#### How may cell phones be recycled?

**The Good News:** Recycling has never been easier... trade them in when buying a new phone (for cash or towards your new one); mail them to a recycling facility (many will issue you a free shipping label); look for retail locations that participate in "Call2Recycle"; recycle with other e-waste disposals. And finally, consider researching "Cell Phones for Soldiers"- a program for Active-duty soldiers and their families

**The Bad News:** According to the EPA only 10 percent of our cell phones get recycled

**Now speaking of E-waste disposals:** Your Lions Club might consider hosting an Electronic W

aste Disposal Event to fulfill your environment challenge. Contact a local recycling plant and set a date and place for your event. The company will charge a fee for each item brought in from the public so this might just be a service/environmental project for your club. Others clubs have negotiated an arrangement with the recyclers for a portion of the fees to be donated back to their club. This could be a three-purpose event, if planned in the right way: service, environment and fundraising.

**Reminder:** if recycling your old phones, remember to transfer the data to your new phone- the store will probably do this for you. Remove the sim card if there is one





## Hunger by Martha Ackerman

### Celebrating Thanksgiving

Although Thanksgiving has historical roots in religious and cultural, it has been long celebrated as a secular holiday as well. The American holiday is particularly rich in legend and symbolism. The traditional Thanksgiving meal includes turkey, stuffing, potatoes, cranberry sauce, and pumpkin pie. Football and pre-Black Friday shopping have major roles in Thanksgiving Day traditions.

There are several countries that celebrate their own version of Thanksgiving. Some of the festivities commemorate colonial migrations to the Americas and others celebrate the start of a new lunar cycle to welcome in the harvest season.

Canadians celebrate their Thanksgiving every year on the second Monday in October. In most parts of the country, workers automatically get the day off. Because the holiday is on a Monday, it is acceptable to enjoy the traditional Thanksgiving Day feast at any point during the long weekend. The foods served on Thanksgiving exactly resemble what Americans eat. Turkey is usually the choice protein, though sometimes ham or chicken are also served on Canadian dinner tables. Stuffing, sweet potatoes, and corn are all present at the table, and the most common dessert is pumpkin pie.

Japan celebrates something called Labor Thanksgiving Day celebrated on Nov. 23. The significance of the day is to commemorate labor and production and giving each other thanks. Children in elementary school create drawings for the holiday and give them as gifts to the neighborhood police officers, hospital staff, personnel of the Japan Self Defense Force and the Japan Coast Guard. This is to show them appreciation for their contribution to the country. Their Thanksgiving dinner includes rice, fish, and tea.

The Chinese celebrate the Mid-Autumn Festival which normally falls in late September or early October. The holiday is much like an American Thanksgiving. It originated to express gratitude for the changing of the seasons and to celebrate the fall harvest. In China, the favorite dessert is moon cake. Family and friends share mooncakes with one another, signifying unity and peace for the coming season.

The annual harvest festival in Germany is known as Erntedankfest, "harvest thanksgiving festival" which is typically held on the first Sunday in October. It is mostly celebrated by rural, religious groups, and is an opportunity for these farmland cultures to give thanks and honor their harvest.

South Koreans celebrate Chuseok Day, which is held in mid-to-late September. Koreans typically spend the holiday with their family and give thanks to their ancestors. Chuseok Day is also a day to celebrate the autumn harvest. This is often done by sharing a meal with family members. Koreans also celebrate by including ancestor memorial services, Korean wrestling, and Korean circle dances.

The traditions may be different, but the underlying sentiment of all these holidays is the same: it is a chance to spend time with friends and family and reflect on what is most important in life.

Whatever your Thanksgiving traditions are let us always be mindful of those less fortunate. Please consider donating a Thanksgiving meal to a local food pantry or serving meals at shelter this Thanksgiving. In gratitude for all our blessings – Happy Thanksgiving!

By Emily Lovely



### VISION

- White Cane Day is a national observance celebrated on October 15th every year since 1964. Its purpose is to celebrate the achievements of people who are blind or visually impaired and the white cane which is a tool of independence.
- President Lyndon B. Johnson signed the first White Cane Safety Day proclamation in 1964.



Plaistow Lion Joe Bresnahan  
collecting donations for White Cane  
Days.

If your club is doing anything vision  
related, please take pictures and send  
them to me so I can include them in the  
newsletter!

[emilylovely@comcast.net](mailto:emilylovely@comcast.net)

856-630-3875

Vision statistic: Since 1961, more than 1 million men, women, and children ranging in age from 9 days to 100+ years, have had their sight restored through a corneal transplant.

#### Vision fun facts about ANIMALS

- A shark's cornea is used in human eye surgery, as it is the most similar to the human cornea.
- The eyes of a chameleon are independent from each other, allowing it to look in two different directions.
- The largest eye on the planet belongs to the Colossal Squid and measures around 27 cm across.
- An owl can see a moving mouse more than 150 feet away.
- A dragonfly has 30,000 lenses in its eyes, assisting them with motion detection and making them very difficult for predators to kill.
- Goats have rectangular pupils to give them a wide field of vision.





## **LIONS CAMP PRIDE CONNECTION**

November 1, 2021

Hi to all from your Lions Camp Pride Board,

We are having an extremely busy fall with new camp projects and the usual closing up of the campus in preparation for the winter months. Each year there are certain duties that have to be completed including disassembling and removing 2 sets of docks, securing the canoes and kayaks, a cursory cleaning of all the bunkhouses and support buildings, draining and winterizing of all buildings total of (14), stack picnic tables under cover, and the final cutting and trimming of the grassy areas. This year we are blessed to have 2 new clubs taking over building responsibilities. Wakefield took over the old Portsmouth building, and Danville took over the Staff building. It's great to have 2 very enthusiastic clubs pitching in to make this Spring and Fall season just a little bit easier. Thanks to both clubs. Thanks also to all the adoptive clubs who came up this fall and cleaned up their respective buildings. All and all this fall season went very smoothly. **Please arrange for your Club to be part of the 2022 seasonal opening of the Camp. Your help is needed!**

We have taken on 2 new projects that need to be completed for the 2022 camper season. A fully handicapped bathroom is being added to the Salem building. Demo is complete and a new design is in the works. Thank you, Salem Lions Club, for your financial support. The old dining hall bathrooms will soon be a memory. New bathrooms in a new location are already well under way. The old bathroom location will provide an area for future kitchen expansion. Our zone 2 project for 2021- 2022 is to purchase a walk-in freezer to go into that kitchen expansion. Thank you Zone 2.

The Right of First Refusal has been consummated with the Merrymeeting Lake Association. This agreement has been in the works for a while and The Board is happy to have it behind us. The MMLA has been a longtime friend of the camp and clearly wants the same long-term goals as we all do. A \$20,000 check was presented to the Camp and earmarked for the Pavilion build.

Hope to see you all at the November 14<sup>th</sup> Cabinet meeting at Lions Camp Pride. We will be doing the cooking which guarantees it will be great. It will also give you all an opportunity to see first hand all the hard work that's being done and perhaps inspire a few of you to give us a hand.

I would like to personally thank the Londonderry and the Exeter Clubs for allowing me to talk to their members about Lions Camp Pride. Hopefully I was able to make clear why we should all be passionate about this wonderful place. Many thanks to those Lions of 1988 and before who had the foresight to buy this beautiful piece of land.

We are hoping to have a short groundbreaking ceremony after the Cabinet meeting for the new Pavilion. Thanks to all who have donated and pledged to make this much needed building possible.

**Call, Text, or Email me for your very own Pledge card.**





Nashua Lions helping out



Wakefield Lions new bunkhouse



This beautiful bald head belongs to Salem Lion Bob Dennis



Moultonborough Lions fall clean-up

LCP Board members	\$18,420
Lions	\$53,340
Clubs	\$32,845
Corporate	\$6,700
LCP Friends	\$27,855
Pledges	\$19,200
Total	\$158,360



Thanks for listening, Lenny Hall  
[LAH03811@gmail.com](mailto:LAH03811@gmail.com)  
 978-360-0958





LIONS DISTRICT 44-H

**LIONS CAMP PRIDE NH**  
for special needs individuals  
[www.lionscamppride.org](http://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 157  
Atkinson, NH 03811

**Telephone**  
(603) 482-6115

**E-Mail:**  
[LionsCampPride44h@gmail.com](mailto: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, 2021. The election will take place during the November 14, 2021 Cabinet Meeting at Camp Pride in New Durham, NH.

Respectfully,

Jeri Maynard

Lion Jeri Maynard, Camp Pride Secretary  
603-320-3614  
[Lionjeri@comcast.net](mailto:Lionjeri@comcast.net)

# Lions Camp Pride Raffle ticket sign up

## CAMP PRIDE ANNUAL CALENDAR RAFFLE 2022

# January 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
THANK YOU SPONSORS						1 \$150.00 <small>Happy New Year</small>
2 \$200.00	3 \$50.00	4 \$50.00	5 \$50.00	6 \$50.00	7 \$50.00	8 \$100.00
9 \$200.00	10 \$50.00	11 \$50.00	12 50.00	13 \$50.00	14 \$50.00	15 \$100.00
16 \$200.00	17 \$50.00	18 \$50.00	19 \$50.00	20 \$50.00	21 \$50.00	22 \$100.00
23 \$200.00	24 50.00	25 \$50.00	26 \$50.00	27 \$50.00	28 \$50.00	29 \$100.00
30 \$200.00	31 \$500.00					

SPONSOR NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TOWN, STATE, ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

SPONSOR DATE: 1ST CHOICE \_\_\_\_\_ 2ND CHOICE \_\_\_\_\_

3RD CHOICE \_\_\_\_\_ CHECK # \_\_\_\_\_ AMT \_\_\_\_\_

*Please return check for date selected by SEPTEMBER 15TH and a copy of this form to:*

Lion Lillian Bellisle, 29 Cedar St. Hudson, NH 03051 Tel 603-889-0285

# Lions Camp Pride NH

## Commemorative Walkway

PO Box 135

E Hampstead, New Hampshire, 03826

**Become a part of History – BUY A BRICK TODAY**

**If ordered by Dec 31 Profits will be designated to the New Dining Hall Bathrooms**

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 \_\_\_\_\_

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 138, Atkinson, NH 03826

For more information contact Marilyn Vaccaro 603-437-1408



## Conway Club Events



Conway Area Lions at the NH Food Bank in Conway

Great day helping the community





## Conway Club Events



Here is our President Alicia Gildea  
Dressed up as a nurse but she really is a nurse, lol



## Conway club channeling their inner spirits





## Danville Club Events

WOW! These are some of scarecrows in our contest! The Danville Lions sponsored their 2nd Scarecrow Contest in October. These photos show some of the entries!! In 2020 we had 50 entries. 2021 brought 79! We are hard at work finding our winner!

Besides scarecrows, the Danville Lions are involved with Power Packs, eye screenings, Camp Pride (we are sponsoring a cabin), collecting bags for a TREX bench, Danville Old Home Days, and many other endeavors. By the time this is printed, we will have sponsored our 1st "Candy Bar Bingo"-more on that in next newsletter. While we have been busy, we've also taken time to invite new members into the Danville Lions Club. We're up to 34 members! Thank you to all the Lions who have/are supporting what we do!





## Derry Club Events



This is the Derry Club holding a White Cane event at J&F farms in Derry. Pictured are Pete Marcotte, Gerry Daigle and Ellen Carter.



The Derry club is 75 this year. Two long time members Pete Marcotte and Gerry Daigle handle the info booth at the annual Derry Fest held on Sept 18.



## Epping Club Events

The Epping Lions Club was invited to participate in an informational fair that was held in Epping on Saturday, September 25. The Epping Community Fair was assembled to give new community members the chance to be informed of the various organizations in town. Epping is rapidly growing and some thought new residents could benefit from a fair such as this. Secretary Colleen Palmer manned the table for the event. The club banner and various items were all on display. Scrap-books from events thru the years were available to peruse. A few prospective members showed interest in joining.





## Hudson Club Events



On Saturday October 23, a few members of the Hudson Lions Club gathered at the home of Lion Will Young to present him with a Lifetime Membership. Will is a 50-year member of the club and has served as President, Vice-President, Secretary and on the Board of Directors. Throughout the years he worked at the Club Bingo, as chair of White Cane Day, Salvation Army Bell Ringing, and Road Side Clean Up. In addition he volunteered for many Community Events and at the District Level he served as Sargent at Arms for many District Governors.



Left: IVP Linda Hedrick and Club Secretary PDG Gary Rodgers made the presentation to Will Young.

Middle: Club Members for 25 years and over.

Ann Mason, PCC Roger LaTulippe, Will Young, Lillian Bellisle, Dr David Appler, PCC Steve Middlemiss, PDG Gary Rodgers.

Club lifetime Members, Will Young and PCC Roger LaTulippe. Absent from photo, PDG Al Rodgers



## Nashua Club Events

### Nashua Lions Club Stays Busy in October



**Camp Pride Clean-Up:** Club members took a few hours to prep 3 cabins for winter. We took down curtains, cleaned, swept, turned mattresses up on end for storage, and moved outside furniture inside. Nashua Lions helped by working in the cabins for Nashua, Meredith, and Exeter. Thank you, KL Paul Bergeron, Kamal Masand, Erich Engelhart, Al St Louis, Mike Francoeur, and Linda Quebec.



Kamal, Al, Mike, KL Paul, Linda, and Erich



The guys folding a picnic table for storage



Mike getting the floors clean



Al taking down curtains

**Nashua Scarecrow Competition:** Our scarecrow entry was created early in October, and displayed downtown for the remainder of the month. "Lions Support Hunger Relief" was our theme. The scarecrow carried a basket of produce, canned goods, and boxed pasta, and brings awareness that we support hunger relief. Club members have participated in several local hunger relief efforts: several Mobile Food Pantries, End 68 Hours of Hunger food bags, weekly produce distribution, providing a BBQ to the Nashua Children's Home, and birthday bags to Corpus Christi food pantry. Our scarecrow also provided a link to our facebook page for anyone to check us out. Our scarecrow crew this year included Kamal Masand, Martha Ackerman, Fran Hendrickson, Eileen Kelly, and Linda Quebec.



**Trunk or Treat:** Nashua Lions participated in the Nashua YMCA's Trunk-or-Treat event. We displayed some Halloween decorations, had a Lion for pictures with the kids, handed out candy, and talked to families about the Nashua Lions Club. PID Ed provided informational flyers, and we had membership applications on-hand. Club participants included Martha Ackerman (the Lion), Eileen Kelly, PID Ed, Dr Moheban, and Linda Quebec.



**Nashua Lions Club's Warren Miller Extreme Ski Fundraiser:** Our Club is gearing up for our Warren Miller fundraiser that will take place on **December 2<sup>nd</sup>** at Chunky's Cinema in Nashua. We have exclusive rights to show the latest Warren Miller extreme ski movie in Nashua. Skiers love these wild movies created by Warren Miller each year, and they LOVE our swag bag that comes with their ticket purchase. This makes a great early Christmas gift for skiers in your life.

- Use this link to purchase tickets for the 12/2 6:30pm show:  
<https://www.eventbrite.com/e/warren-miller-is-back-tickets-172914300327>
- Use this link to purchase tickets for the 12/2 7:00pm show:  
<https://www.eventbrite.com/e/warren-miller-is-back-in-nashua-tickets-172932494747>



## Salem Club Events



AAA Northeast along with Salem Lions blood drive took place at the Knights of Columbus. We collected 38 pints of blood and holiday cards were signed for the troops. Pictured Bob Dennis, Gail Dacey and Sylvie Johnson Smith AAA and Lions member.



Salem Lions participated in our 5th Salem scramble. There were 500 children from 1st to 8 grade who participated in the tough muddier. Mud was on most We purchased the finish line arch, donate to have our logo on the back of the tee shirts and ran a games booth.





## Salem Club Events

Salem Lions Larry Seaman, Gail Dacey and Bob Dennis participated in the town wide trick or treating.



DG Bob inducted 3 new members at our recent meeting.





## **Paint Party 135 N. Broadway** **Salem, NH-Join us for the fun!!!**



***Join the Salem, NH Lions for a night of Fun and Painting  
Nov. 17<sup>th</sup> at 6pm  
\$25 canvas painting or \$35 for 2 jar paintings- pay at the  
Door cash or credit  
Deadline to sign up Nov. 10th***

***Cheese and crackers will be served! Bring your own  
drinks***

See site for more details about Paint Party: <https://www.paintpartynh.com/>

## Windham Lions Club Events



Adopt-a-Highway – (l to r) Lions Becky Brown, Bobby Leone, Zack & Bill Brown and Wayne Bailey along with Lions Mike Murphy and Frank Provenzano were out along Rte. 111 in Windham collecting trash.



Candy filling: Members filled 1,000 bags of candy for our annual participation in our town's Trick and Treat Harvest Festival.



Mums: (l to r) Lions Dave Latta, Diane and Bobby Leone, President Renee Bailey and Pattie and Frank Provenzano at the Windham Senior Center putting their gardening skills to work.



Transfer Station and Fire Station: President Renee Bailey and Lions Susan Flynn and Mike Murphy brought a little kindness to the staff at the Windham Transfer Station and the Windham Fire Department. Just a small way to say "thank you" for all they do!





“Our mission is to build creativity, confidence, and resilience in the youth and families of our community.”

[www.austin17house.org](http://www.austin17house.org)

October 5, 2021

Hello Fellow Lions Club:

We want to thank you for supporting Austin17house in the past. We've accomplished a great deal with your support and want to extend to you a personal invite to our Comedy show on Saturday, November 6th at 6:00pm with the show starting at 7:00pm.

Attached you will find the link to the flyer and registration form. With a limited amount of tables available, we want to offer you first the opportunity to take advantage of sponsoring a table, as advertising, and also enjoy a night of fun with family and friends. Our last Comedy show we supported at A17h was well attended by our Lions Clubs and we are looking forward to a great turnout again this year!

<https://www.austin17house.org/annual-comedy-show>

The pre-show hors d'oeuvre hour from 6-7:00 will be an opportunity to meet and greet the staff as well as tour the upgraded facility.

We are looking forward to this event and hope that we will see you there!

Have a wonderful Fall Season ahead...

Sincerely,

Laura Messina, President

[www.austin17house.org](http://www.austin17house.org)

603-508-0043

[messinanc@gmail.com](mailto:messinanc@gmail.com)



● LIVE | **A**  
**COMEDY NIGHT**

**11.06.21**

**TICKET  
\$40**

**DOORS OPEN 6PM | SHOW STARTS 7PM**

**TICKET SPECIALS:**

**\$75/COUPLE**

**\$300/TABLE OF 8**

**\*SPONSORSHIPS WELCOME**

**TICKETS INCLUDES  
DINNER AND SHOW!**

**\*INSERT INFO ABOUT  
MOCKTAIL/CASH BAR HERE**

**WHERE? AUSTIN17HOUSE  
263 ROUTE 125 BRENTWOOD NH**



PERFORMANCE BY  
**BRAD MASTRANGELO**



PERFORMANCE BY  
**CHRIS TABB**  
**"THE SHOWMAN"**

**MORE INFORMATION  
[WWW.AUSTIN17HOUSE.ORG](http://WWW.AUSTIN17HOUSE.ORG)**





# Lions Youth Services

## October 14, 2021 Meeting

The monthly Lions Youth Services meeting was held at the Airport Diner in Manchester on Thursday, October 14, 2021. President Al called the meeting at 6:30pm with 12 members present. Shortly after the meeting began, in walked Lion Patty Healy-Osborne of the Amherst Lions. We were pleasantly surprised and welcomed her to the meeting. Regular business was discussed involving the Leo's which is why Lion Patty came mainly because she is looking to get information to possibly pursue a Leo's group in Amherst.

## Casino Fundraiser

We had secured the dates of November 1-10 at the Lucky Moose Casino & Tavern and will be looking forward to the results. Hopefully, this new location will be profitable.

We shall see!



## Calendar Raffle

Lion Harry is looking to fill the March Calendar Raffle, if you would like to donate monetarily or with items, or gift cards, please contact him at [harrya616@yahoo.com](mailto:harrya616@yahoo.com).

We will be reaching out in the upcoming newsletters as well. Please look for details.

## Terri Lynn Fundraiser



The Terri Lynn fundraiser is still going strong. Please see this month's flyer for details and place your orders early before the holiday rush season. We don't want you to be disappointed in late deliveries to that special someone! Even though their nuts and confections are worth waiting for! As you know, many merchants right now, beyond their control, are facing difficulties in shipping goods.

## Peace Poster Contest

"We Are All Connected"  
2021 - 2022

The Peace Poster Contest was discussed wherein, clubs participating will be contacted to make sure that they schedule time to judge and get their winning poster photos to Rhonda Wynne [rwynnemilford@comcast.net](mailto:rwynnemilford@comcast.net) or to Lara Raymond at [lamiddlemiss@gmail.com](mailto:lamiddlemiss@gmail.com) before or by the November 15 deadline. If anyone has any questions or

concerns, please contact either Rhonda or Lara.

This is a fun and exciting contest at the school, club and district levels. Lions Youth Services will be for the first time collecting posters from an art program and a boys and girls club. We are hoping this will help stimulate more participation throughout the clubs in both districts. Looking forward to all the creativity!



Hudson Club Winner 2016-2017

## Mid-Winter Service Project

The subject of the Mid-Winter Service Project was discussed and purchase of (300) assorted Tote Bags was approved by all in attendance. These bags will be used to fill with art supplies on Saturday afternoon during the Mid-Winter Convention in January 2022.

A wish list of art supplies can be found in the November, December and January newsletters.

Please print out the list on the flyer so that it will be handy when you are out and about shopping! The list of items are also listed below:



Drawing Paper Pads, Sketch Pads  
Mechanical Pencils, No. 2 Pencils  
Drawing Pencils, HB, 2B, 4B, 6B  
Pencil Sharpeners, Colored Pencil Sets  
Marker Sets, Fine Point Pens, Sharpies  
Gluesticks, Elmer's Glue  
Embroidery Floss  
Cord, Beads, Felt, Pipe Cleaners  
Watercolor Sets, Acrylic Paints  
Paint Brushes

Cash donations are also welcomed and you can mail a check payable to Lions Youth Services with Art Supplies on the memo line and mail it to LYS, PO Box 156, Atkinson, NH 03811 by December 31, 2021.

*Looking forward to our next meeting on Thursday, November 11, 6:30 pm at the Airport Diner, Manchester. ALL are WELCOME to join us!*

Happy  
Veteran's  
Day



**Lions Youth Services** is asking that you bring donations of **Art Supplies** to the **January 28-30, 2022 Mid-Winter Convention**. This is a wish list of Art Supplies for this year's Service Project when we will be filling up Tote Bags from **2-3 pm on Saturday, January 29, 2022.**

**DRAWING PAPER PADS  
SKETCH PADS**

**MECHANICAL PENCILS  
NO. 2 PENCILS  
DRAWING PENCILS,  
HB, 2B, 4B, 6B  
PENCIL SHARPENERS**

**COLORED PENCIL SETS  
MARKER SETS  
FINE POINT PENS  
SHARPIES**

**GLUESTICKS, ELMER'S  
GLUE  
EMBROIDERY FLOSS  
CORD  
BEADS  
FELT  
PIPE CLEANERS**

**WATERCOLOR SETS  
ACRYLIC PAINTS  
PAINT BRUSHES**



**ART**

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**WISH  
LIST**



**Cash donations will also be accepted by December 31st.  
Please make check payable to Lions Youth Services, and mail to  
PO Box 156, Atkinson, NH 03811**





# Fundraising with



**JUST IN TIME FOR THE HOLIDAYS**, Terri Lynn is offering elegant scrolled Tins packed with gourmet assortments packaged in an elegant red and gold scrollwork Tin to make a beautiful gift for friends and family or select a Deluxe Tower Gift set complete with a bow for a truly elegant gift. Choose from a variety of assortments!

**BUY SOME TODAY!**

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

*NEW! 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).*

Due to nationwide shipping and supply delays, please place your order a minimum of (3) three weeks prior to expected delivery to ensure ample time.

Be sure to place your order before our Holiday Ordering Cut Off Dates to ensure that your order qualifies for free shipping and arrives prior to the holiday.



**Christmas 12/25/21—cut off date to order is 12/03/21**



## Salted Banana Bread Muffin with Walnuts

### Ingredients

- 3 Ripe Bananas
- 4-5 tbsp Melted Butter
- ½ cup Maple Syrup
- 1 Egg
- 1 ½ cups All Purpose Flour
- 1 tsp Vanilla Extract
- 1 tsp Baking Soda
- Pinch of Salt
- 1 cup Terri Lynn Light Walnut Halves and Pieces



### Directions

- Preheat your oven to 350 degrees.
- In a large bowl, mash the bananas, add the egg and whisk it up. Throw in the rest of the ingredients. Mix until everything is combined.
- Spray your muffin tin with a little oil, put the batter in and top each muffin with crushed walnuts.
- Bake for 30 minutes.



## Holiday Gift Tin Sets

Choose from:

- Cashews, 16oz Gift Tin
- Gourmet Deluxe Mix, 16 or 26 oz Gift Tin
- Cherry Fall Harvest Mix, 26 oz Gift Tin
- Cashew Pecan Medley, 26 oz Gift Tin



## Deluxe Tower Gift Set, 68 oz

An impressive trio featuring our Cherry Fall Harvest Mix, Gourmet Deluxe Nut Mix, and Cashew Pecan Medley packaged in red and gold scrollwork tins, complete with a bow for a truly elegant gift.





## THE DOGSIGHT PROJECT



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

### First Days

Jewel has been with me now for almost two months. In these first days, the most important task is for us to come together as a team. We have to learn each others ways and to trust one another. I loved her at first sight, but she probably took a little more time to decide I was going to be her new best friend. Well, OK, she's a dog, so that really didn't take very long. 😊

You can contribute to the DogSight 2021-2022 campaign by sending a donation 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](mailto:lpiekarski@ne.rr.com)



Raised for Fidelco in 2021-2022: \$1,467



*New England Lions Council*  
*Serving the Needs of the Districts of New England*



2021 - 2022 Council President Michelle Crocker, PDG  
Phone: 207-458-3232 Email: [dolphin0569@yahoo.com](mailto:dolphin0569@yahoo.com)

Council Treasurer Domingos "Dom" Branco, PDG  
6 Westgate Road, Cumberland, RI 02864  
Phone: 401-658-4837 Email: [domgbranco@msn.com](mailto:domgbranco@msn.com)

**INDIVIDUAL MEMBERSHIP**

RE: New England Lions Council Dues  
Individual Membership

**2021 - 2022 NELC Membership \$10.00**

**Membership coverage is from July 1, 2021 to June 30, 2022**

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

District/MD: \_\_\_\_\_

2021-2022 District/MD Position (s): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Best Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Renewal \_\_\_\_ New Member \_\_\_\_ Number of Years a Member \_\_\_\_ Amount \_\_\_\_ Cash/Check \_\_\_\_

**Please make check payable to NELC and send to Treasurer Dom Branco, PDG at the above address**



**MD44 is pleased  
to announce the rescheduling of  
the Inaugural Regional Lions Leadership Institute  
held at the Faith Community Bible Church  
334 North Village Road, Loudon, NH**



- When:** Friday, November 19, starting at 8am - ending at 6pm; and  
Saturday, November 20, starting at 8am and will end after the celebration dinner on  
Saturday evening (approximately 8am to 8:30pm).
- Where:** Faith Community Bible Church, 334 North Village Road, Loudon, NH
- Why:** To stimulate and grow Leaders and Leadership Opportunities at the Club, District,  
Multiple District Levels and ...beyond
- Who:** **All LIONS** in good standing who have not yet reached the position of Second Vice District Governor

Please forward a completed application, prior to October 15, 2021, to your District Governor

Cost of the Institute: Multiple District 44 will provide all meals according to the schedule of the institute. Please note a non-refundable fee of US \$25.00 is required for participation in this training event. Please do not send fees until you receive a letter of acceptance to the institute.

Participants are also responsible for their own transportation and related travel expenses to and from the institute site. This is a 2 day intensive training program and applicants must be willing to commit to attending both days of the institute, including group mealtimes, and understand that personal time is extremely limited. Attendance at all classroom sessions and scheduled meals is mandatory

Rooms at a nearby hotel will be available at your own cost. Overnight stay is not required.

**Please note: Acceptance to the Institute is not guaranteed.**

**Expectations of RLLI Graduates:**

1. Pursue additional leadership roles and responsibilities in their respective Zones and Districts
2. Help to develop Lions Leaders and serve as a Leadership source in their Clubs, Zones and Districts
3. Share their Institute experience with members of their Club, Zone and District and encourage others

**For Further Information Please Contact:**

44H District Governor Bob Gustafson: [robertgustfson11@gmail.com](mailto:robertgustfson11@gmail.com)  
or GLT Celeste Ricupero: [ricupero7@comcas.net](mailto:ricupero7@comcas.net)

44N District Governor Virginia Edwards: [zinnewhitexmas@aol.com](mailto:zinnewhitexmas@aol.com)  
or GLT Sue Lindberg: [suelindbergnh@gmail.com](mailto:suelindbergnh@gmail.com)

or

Event Coordinator Bill Rathbun  
([pdgbill33v@yahoo.com](mailto:pdgbill33v@yahoo.com) or 603-707-6209)





**MD44 Regional Lions Leadership Institute**  
*being held at the Faith Community Bible Church,*  
**334 North Village Road, Loudon, NH on**  
**Friday and Saturday November 19 and 20, 2021**



**Part 1: Applicant Information**

\* PLEASE PRINT - Required information for all institute correspondence

District Number: \_\_\_\_\_ Membership Number: \_\_\_\_\_  
First/Given Name: \_\_\_\_\_ Last/Family Name: \_\_\_\_\_ Email\*: \_\_\_\_\_  
State/Province: \_\_\_\_\_ Gender: Male \_\_\_\_\_ Female \_\_\_\_\_ Month and Year Joined Lions Clubs: \_\_\_\_\_  
Club Number: \_\_\_\_\_ Lions Club Name: \_\_\_\_\_ Current Lions Title: \_\_\_\_\_  
Highest position held in Lions Clubs: \_\_\_\_\_ I confirm that I am capable of understanding and  
actively participating through reading, writing, and fluent speaking skills in English. \_\_\_\_\_  
Lions Leadership Institutes Previously Attended (Locations & Dates): \_\_\_\_\_

**Part 2: Experience and Skills : Please type or print using additional sheets as needed.**

1. Offices held within current Lions Club: \_\_\_\_\_  
\_\_\_\_\_
2. Committee positions held within current Lions Club: \_\_\_\_\_  
\_\_\_\_\_
3. Previous Lions Clubs you have been a member of and Offices held: \_\_\_\_\_  
\_\_\_\_\_
4. Why is this institute of interest to you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Part 3: Acknowledgements**

\_\_\_ I understand that MD44 is not responsible for personal costs, including but not limited to, those associated with the following: illness, unanticipated or other personal events, lost or stolen property.

\_\_\_ I understand that I am expected to attend all classroom sessions and group meals and activities.

**Part 4 Endorsement** The applicant's District Governor or Global Leadership Team (GLT) District Coordinator must complete this section. In what ways will this applicant benefit from attending the Regional Lions Leadership Institute?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Completed by: \_\_\_\_\_ Title: \_\_\_\_\_ Email: \_\_\_\_\_



## Lions Clubs International Foundation (LCIF) 'Campaign 100'

'Campaign 100': LCIF Empowering Service, the most ambitious fundraising effort in LCIF history is now in the fourth and final year. Our goal was to raise \$300 million by June 30, 2022 and we are very close to succeeding thanks to generous Lions here in New Hampshire and around the world.

Every day, Lions Clubs International Foundation works to fulfill our mission: "To support the efforts of Lions clubs and partners in serving communities locally and globally, giving hope and impacting lives through humanitarian service projects and grants." Since our founding in 1968 LCIF has awarded over 13,000 grants totaling more than \$1 billion!

To finish strong this year we need every Lion and Lions club to participate through local fundraisers and individual donation pledges. Clubs can still pledge to be a 'Model Club' but any pledge is appreciated as well as individual pledges. Along with club and individual donations we also have upcoming district and multiple district Fundraisers happening to make sure we reach our New Hampshire 'Campaign 100' goals. There are many ways to support our Foundation, just ask your district LCIF Coordinator at the upcoming Cabinet meeting

Over the past 100 years, we have proven that Lions united in service can transform millions of lives. As Lions, we serve proudly, empowered by our global foundation. Together we are able to serve more than 200 million people a year.

Our goals are expansive and no individual **Lion, club** or **district** can take them on alone, but together, empowered by our global foundation, we can and we will.

Please continue to support '**Campaign 100**'

Thank You



**MULTIPLE DISTRICT 44**  
**62nd MID-WINTER CONVENTION**  
**DOUBLE TREE BY HILTON, NASHUA, NH**  
**JAN. 28 -30, 2022**

**Our Invited Guests: International Director Michael Banks and his wife, Lion Anne Matoy-Banks**

Lion #1 \_\_\_\_\_ CLUB \_\_\_\_\_

Lion #2/guest \_\_\_\_\_ CLUB \_\_\_\_\_

Home Tel. # \_\_\_\_\_ e:mail \_\_\_\_\_

<u>Plan</u>	<u>Meals and registration</u>	<u># of persons</u>	<u>total cost</u>
<b>A</b>	<b>Fri. banquet, entertainment, Sat night hors d'oeuvres and Sat. banquet</b>	<b>@ \$65.00</b>	
<b>B</b>	<b>Sat. night hors d'oeuvres and banquet</b>	<b>@ \$40.00</b>	
<b>C</b>	<b>Fri. night banquet and entertainment</b>	<b>@ \$25.00</b>	

Total Amount Due \$ \_\_\_\_\_

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

- 1- Garlic sage rubbed tournedos of beef    2- parmesan crusted haddock    3- butternut squash ravioli  
 Dessert: dessert sampler trays

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

Saturday and Sunday Breakfast: Hotel restaurant open. Restaurant closed for lunch

Please note any special dietary needs \_\_\_\_\_

**Deadline for meal reservations is January 12, 2022**

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 14, 2022 for the special rate.** You will call and pay the hotel direct for your room.

Any questions please email Celeste [ricupero7@comcast.net](mailto: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

Deb Hogancamp  
 Convention Co-Coordinator  
 PO Box 602  
 Keene, NH 03431

For those that send their reservations in 2 weeks before cutoff date will have a chance to win a \$50 gift certificate to any restaurant of their choice. Their names will go into a basket and pulled out on Friday night.



**Multiple District 44 Convention  
January 28-30, 2022**

**Schedule**

**Friday, Jan.28<sup>th</sup>**

**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.29<sup>th</sup>**

**7:30-8:30 am Registration  
8:30-11:30 am Multiple District meeting  
11:40-12:05 am Lions Youth Service meeting  
12:05-12:25 pm Sight and Hearing meeting  
12:30 pm Lunch on your own  
2:00- 3:00 pm LYS filling tote bags with  
with art supplies for children in need  
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  
6:30-9:30 pm Banquet and Program  
Hospitality rooms open following the Banquet**

**The hospitality rooms will be on the 8<sup>th</sup> floor**



## 2022 Mid Winter ID Mike Banks



MICHAEL D. "MIKE" BANKS  
INTERNATIONAL DIRECTOR

Michael D. "Mike" Banks from Stillwater, Oklahoma, USA, was elected to serve as international director of Lions Clubs International at the association's 102nd International Convention, held in Milan, Italy, July 5 through July 9, 2019.

Director Banks has more than 45 years of experience in accounting and real estate. He is a 1975 graduate of Oklahoma State University and began his career with a national public accounting firm in Oklahoma City. He is semi-retired and the owner of a local accounting firm. He is also the owner of many residential and commercial rental properties.

In 1989, he returned to Stillwater as a single parent to raise his three children. He joined the Stillwater Noon Lions Club in 1990 serving as tail twister, director, vice-president president and membership chair. He served as district governor (2007-2008) and as treasurer for several terms at the district and multiple-district levels.

In recognition of his service, he has received many recognitions including several International President's Awards, International President's Certificates of Appreciation and District Lion of the Year. Director Banks is also a Progressive Melvin Jones Fellow, W. P. Woods Fellow and Finis E. Davis Fellow.

In addition to his Lions activities, he has served his community as a member of the Payne County Sales Tax Oversight Board; treasurer of the Will Rogers Elementary School PTA; treasurer of the Community Aids Network; and member of the Stillwater Chamber of Commerce. He has been recognized as a Paul Harris Fellow and Duke of Paducah. He loves archery hunting and tinkering with his Ford Model As.

Director Banks and his wife, Lion Anne Matoy-Banks, who is also a Progressive Melvin Jones Fellow, have been married since 1992. Lion Anne loves family genealogy and quilting and regularly donates quilts to Quilts of Valor. She is the editor for the Payne County Historical Society Review. They have a blended family of seven children and love spending time with their 11 grandchildren.

## TALES OF THE SERVICE TRAIL UPDATE

OCTOBER 2021

### Thank You! Thank You!

I want to thank each of you Lions for your support in this election.

I especially want to thank the campaign team again: the co chairs, Lion Ann McFarland, PDG, and Lion Paula Beach, PDG; the Honorary Chairs, Lions Lew and Ron, our PIDs, and the entire committee! As a committee, you all did yeoman's work, and without you Karol and I would not be on the road as International Director.

As we recounted in July, we had been flown to Oak Brook for the convention when it became apparent that victory might be at hand. That was a whirlwind since we had my first Board meeting just hours after the convention concluded! Karol and the other spouses were able to sit in for the first half of that meeting, then had to leave on cue! Karol has a hobby as a stage manager, and she could see the hidden hands of the stage manager at work as the Directors and officers went into private session.

Since then, we have limited our travels to New England mostly, thankfully.

The CT Lions of MD23 had a state gathering in New Britain at a minor League ballpark to celebrate 100 years of Lionism in CT! They honored 10 clubs that were 95 to 100 years old. They had games, fun events, displays and a parade of all clubs! I had the pleasure of a few remarks, celebrating their past service, but reminding them also that our emblem has two heads - one looking to what we have accomplished, but the other looking to our next service and fundraiser as we build the second 100 years. The Lions of CT have been so supportive throughout this run, and Karol and I refer to the weekend as our "soft opening" serving as an ID.

Karol and I did join 8 other Maine Lions in Des Moines for a highly successful USA/Canada Lions Leadership Forum. There were 1500 Lions there all with the same goal of learning and fellowship. If you have never been, make plans for next year! You will be in Calgary!

The next weekend we were back in CT for a special homecoming that saw more than 200 Lions from all New England states gather to welcome Lions Mark and Lyn Lyon home to CT from their unprecedented three year term serving on the International Board. It was

quite a turnout of appreciation. I was even able to meet the Lion responsible for sponsoring Lion Mark in the first place. And yes, he was joyously taking credit for their great service. While the Lyon's are happy to be home, Mark is training new DGs and is the GAT leader for all the northeastern United States. Can never let good Lions out to pasture!

This weekend is on to Nashua and the New England Lions Council training and meeting. Again, this is like old home week for us! But eight days later we are off to the International Board meeting in San Diego for 6 days, on to Board service projects in Long Beach (the Rose Bowl float barn where the LCI Rose Parade float is under construction) and Catalina Island (a tree planting Project with the local Lions Club as part of their conservation trust to stabilize the island soils). That is followed by a flight to Syracuse, NY, for the MD 20Y fall conference, which is their district convention. Can you believe that I have been paired with a DG who has a long whitish beard! The podium display will be in black & white, for sure!

Well, next there is Thanksgiving, Hanukkah, and Christmas to keep each of you and us busy. I am sure that we will be having Board committee meetings even then as we have already been reviewing and voting remotely on issues. Karol and I feel fortunate in that we actually get to attend the sessions considering that certain directors and the 3VP cannot yet travel to the US. While we will be hybrid so they will be "there", it would be so much nicer if the whole Board could be in one place.

But that is the same in our Maine clubs. Skowhegan started to meet in person, albeit at an arena across from the Fair Booth. With the flood of Delta variants, we have had the last two by Zoom. The next one might be hybrid, we hope that more of us can contribute. Please take care of your Lions' safety as well as you figure how to serve in the brave new world of ours!

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

AND THANK YOU!

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



**DISTRICT GOVERNOR****DG Robert Gustafson**

16 East Rd.

Atkinson, NH 03811

C: 603-553-0531

E: [robertgustafson11@gmail.com](mailto:robertgustafson11@gmail.com)**1st VICE DISTRICT GOVERNOR****FVDG Randy Tompkins**

1 Coombs Farm Rd

Greenland, NH 03840

H: 603-431-7352

C: 603-765-4965

E: [Rye642@comcast.net](mailto:Rye642@comcast.net)**2nd VICE DISTRICT GOVERNOR****SVDG Kamal Masand**

20 Jennifer Drive

Nashua, NH 0362

H: 603-886-4389

C: 603-661-6638

E: [kmasand01@gmail.com](mailto:kmasand01@gmail.com)**CABINET SECRETARY-TREASURER (CST)****PDG Al Goldstein**

35 Main St

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PO Box 543

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E: [AlanRicardc26@gmail.com](mailto:AlanRicardc26@gmail.com)**IMMEDIATE PAST DISTRICT GOVERNOR****PDG Marie Hall**

26 Moonlight Dr

Newmarket, NH 03857

C: 603-686-6935

E: [44hlionmarie@gmail.com](mailto:44hlionmarie@gmail.com)**Global Leadership Team****GLL Celeste Ricupero**

7 Winn Ave

Hudson, NH 03051

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E: [ricupero7@comcast.net](mailto:ricupero7@comcast.net)**Global Membership Team****GML Gail Dacey**

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E: [grd514@aol.com](mailto:grd514@aol.com)**Global Service Team****GSL Lara Raymond**

15 Lindsey St

Hudson, NH 03051

H: 603-438-7438

E: [lamiddlemiss@gmail.com](mailto: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, Erin Freda, Chair**

C: 603-305-5696

E: [erinfreda@gmail.com](mailto:erinfreda@gmail.com)

Clubs: Derry, Hudson, Litchfield, Londonderry, Nashua, Salem and Windham

**Zone 2 Mary Ellen Pate, Chair**

H: 603-489-5259

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E: [meln71@msn.com](mailto:meln71@msn.com)

Clubs: Atkinson, Danville, Epping, Hampstead, Plaistow, Sandown and Kingston

**Zone 3 Karen Baillargeon, Chair**

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Clubs: Exeter, Everest Centennial, Hampton Area, Newmarket, Portsmouth, Rollinsford / S. Berwick, Rye, Seabrook and Somersworth

**Zone 4 Marilyn Vaccaro, Chair**

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Clubs: Barrington, Chester, Epsom / Chichester, Loudon, Raymond, Saddleback Mountain and Suncook Valley

**Zone 5 Linda Rafferty, Chair**

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E: [lindarafferty@gmail.com](mailto:lindarafferty@gmail.com)

Clubs: Conway Area, Laconia / Gilford, Meredith, Moultonborough, Rochester, Wakefield, Whittier and Wolfeboro

