



The Communique
District 45 – Vermont Lions: In Lionism, In Service, In Friendship

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Happy New Year!

This past month, many clubs participated in service activities to provide toys for children, others brought much needed food to the food-insecure in their communities. Some clubs sold wreathes and trees and even Memory Tree lights to honor departed loved ones, others shopped for entire families and yet another club brought the joy of Santa and Mrs. Claus to trainloads of children bound for Santa’s Village. Also riding the train was a family from Georgia, courtesy of the Make-A-Wish Foundation, and many Special Olympians who brought their own kind of magic. To see the joy on children’s faces was truly heartwarming. Thank you for all you do that made a difference to someone’s holidays.

The month of January brings the next cabinet meeting on the 28th - we will be packing 20,000 meals of Cheesy Rice – AND we have online registration! Clubs may purchase meals at \$65 per box to donate to their local food shelves. There are 216 meals in each box. (***)Contact Lion Tanya Letourneau at vtliontanya@gmail.com if your club wishes to purchase a box or two.**) Please wear your Lions attire for the group picture. And do you think it’s time we hinted to FVDG Travis that he should increase the meal count for next year? Hmmm.

Remember my challenge to wear your Lions pin every day for month of January. Engage in conversation about Lions and let’s see what happens.

Recently, my church handed out a Kindness Calendar that featured one idea every day. They also gave out Kindness coupons that you could fill out for a gift of kindness. It seems like we are encouraged everywhere – on the radio, television, and social media – to show kindness.

We are Lions. Kindness is right here in our hearts.

DG Kathy

District 45 Calendar

2022 <u>Date</u>	District 45 <u>Hosts - Event</u>	2023 <u>Location</u>
January 1, 2023	NEW YEAR'S DAY	Worldwide
January 4, 2023	Zone 1-B Meeting	Colchester, VT
January 6 - 8, 2023	NELC Winter Meeting	Mystic, CT
January 13, 2023	Early Bird LCI Convention Discount Deadline	LCI website
January 13, 2023	Melvin Jones Birthday	International
January 28, 2023	District 45 Winter Cabinet Meeting	Barre, VT
February, 2023	NorShaft Lions Cash Raffle	North Bennington VT
February, 2023	Food from the Heart Events Week	Statewide
February 7, 2023	Recruiting Younger Members Presentation	Zoom
February 11, 2023	Heartland Lions Valentine's Dinner Dance	West Lebanon, NH
March, 2023	District 45 Guiding Lions Training	Statewide
March 3, 2023	Lions Day with the United Nations	New York, NY
March 3 – 5, 2023	MD 44 RLLI Training	Tilton, NH
March 11, 2023	District 45 Spring Cabinet Meeting	Bennington, VT
April 28 - 30, 2023	District 45 Spring Convention	Manchester, VT
April 29, 2023	District 45 Speech Contest	Manchester, VT
April 29 – 30, 2023	SMVLC Pancake Breakfast	St. Albans, VT
July 7 - 22, 2023	LCI Convention	Boston, MA
August 11 - 13, 2023	Slam T1d Whiffleball Tournament	Essex, VT
August 15 - 18, 2023	Northeast Pin Swap	Rutland, VT

Don't see your club activities???

Email your event details to

communique@vermontlions.org

See it next month!!!

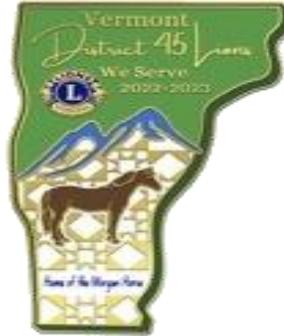
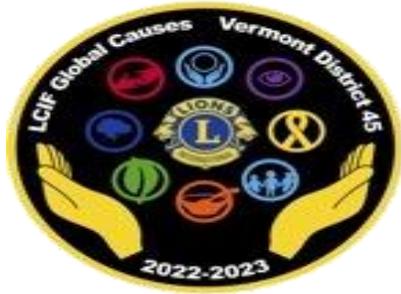
Celebrate Our Service at LCICon 2023

Our service is bigger than ever before and there's no better place to celebrate it than the 105th Lions Clubs International Convention in Boston! Connect with Lions and Leos from around the world and enjoy world-class speakers and entertainment, attend engaging seminars, and experience the incredible city of Boston. At LCICon, there's a bit of everything for everyone.



Visit [LCICon Boston 2023](#) to learn more about all the great events we have planned for you. Your early registration discount ends **January 13, 2023**, so [register today!](#)

District News



January Cabinet Meeting (Register Online [Here](#))

Greetings Fellow Lions,

Our next cabinet meeting is January 28th and will be held at the Canadian Club in Barre. The online registration form is [available here](#). When you submit your registration online you will be redirected to PayPal where you can either pay with your credit or debit card or with a PayPal account if you have one. (You do not need a PayPal account to pay with your credit or debit card.) You may also [print the registration form](#) and mail with your check as you have done in the past.

We will be packing 20,000 meals at the cabinet meeting in partnership with the Outreach Program. Clubs may purchase meals to donate to their local food shelves. The cost per box is \$65.00 and there are 216 meals per box. This is an 'all hands on deck' activity and I would appreciate your participation. This year's meal being packaged is 'Cheesy Rice'!!!! *****Contact Lion Tanya Letourneau at vtliontanya@gmail.com if your club wishes to purchase a box or two or three.....***** Please wear your Lions clothing to the meeting, I plan to have a group picture taken and want to show our Lion's ROAR.

Also, remember my challenge for the month of January is to wear your Lions pin everyday and see what happens. If you meet another Lion in your travels, take a selfie together and email to FVDG Travis.

[Register Today!](#)

(Deadline for registration is January 23)

Happy New Year to All,
DG Kathy



Lion Kathleen Dorman
District Governor
Vermont District 45



Marketing Matters

Tips & Ideas to Enhance Your Lions Club



January 2023 – Fun with Direct Marketing Your Club

There are lots of ways to make your club known. Word of mouth is best. You can have fun & friendly interactions letting neighbors know what Lions is about. Let them know there's opportunity in organized community service!

My neighbor Andy Gramer and I did some door knocking to let our neighborhood know that Lions was hosting an Informational Meeting at the local library. Those who were home welcomed us warmly, and seemed to enjoy learning a little about Lions, for the short minute or two of their time we took.

Best of all – we got results! That being: people took an hour out of their Saturday to come to our open house, to learn about Lions – the *welcoming, active, and fun* organization that we are – and how they might fit right in.

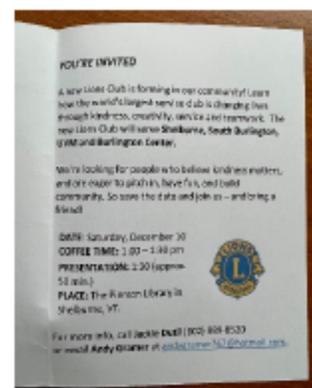
The magic is: People who attend this kind of event likely join the club!

How do you get neighbors to come to a Lions open house? There are many effective ways to get the word out – this short article is about *just one* of the methods. Use several, *not* just social media, a press release, or an email. We felt comfortable meeting new neighbors directly, so off we went! And, going out as a two-person team was not only self-supportive – it was fun.

Before taking our first step, though, we took time to make a trifold brochure that helps one imagine “What’s in it for me?” (How to do that? See *Marketing Matters* in the Aug. 2022 [Communique archives](#).) We used our trifold as a “leave behind” piece, making a very positive statement about our Lions club.



Make a simple Invitation Card: Ours stated, *“We’re looking for people who believe kindness matters, and are eager to pitch in, have fun, and build community. ...So, save the date and join us, and bring a friend!”* It lists date, time, and place. We prepared a “sorry to have missed you” note – with contact information, and the reason for dropping off the materials for those not home.



Lastly, COOKIES! The materials above, plus a couple homemade cookies each, were left on the doors of those not home. Who isn't going to open a fun, flavorful gift that accompanies the invite? For those who were home, the closing question was, *“OK – important question: Oatmeal or Chocolate Chip?”* It turned out to be a friendly, happy closing line. Everyone smiled – and got a glimpse that Lions is *fun!*

In sales, there is an expression that for every six calls you make, the next will be a sale. The key being, *make a lot of the “1-6” calls*; to get to the next 7th one ASAP. The rewards greatly outweigh risks, and it's enlivening because it builds.

One does not need to go to this extent, of course. Lion Jackie Dutil has done a wonderful job of recruiting new Lions from her own neighborhood, as well as from leaders in businesses she frequents, just by starting a conversation; no cookies involved. Remember, “cold calling” is just one of many methods. However you go about it, have fun out there!

Feel free to contact me with your questions & thoughts: lionmark2000@outlook.com. Best wishes for success.

Mark Hanna, Public Relations and Information Chair for D45 Vermont Lions.



Guiding Lion Program

Designed for New, Existing and Clubs Rebuilding

The Guiding Lion Program is designed to assist clubs that are newly chartered, established or rebuilding. Guiding Lions are assigned for a two-year term by the district governor in consultation with the sponsoring or established club president. Guiding Lions are limited to serving no more than two new clubs at any point in time.

Guiding Lions assist a club to:

- Be successful in its first two years of operation
- Orient and train club officers and members
- Motivate and support club growth and development
- Locate resources available to assist the club

There will be a further announcement at the January meeting:

During the month of March, District 45 will be holding a **training for Guiding Lions**, led by PDG Liz Fenwick

PDG Liz would like for all members to think about this training. It will contain a great deal of good information that will be of use to every Club member in D45 and especially Club Officers, even if you are not considering being a Guiding Lion at the moment. Also, there may be Lions who will need to update their certification to be a Guiding Lion.

The first session will be held at the March Cabinet Meeting, followed by two other Zoom meetings in the month of March (dates and times to be determined), to complete the course. There is a short quiz to be taken at the end of the course.

Please look up this course online and let me know if you would like to be considered for this.

Yours in Lionism,
PDG Liz
GMT Co-Coordinator



PROJECT IDEAS HUNGER

LEARN

- Invite a community health professional to visit your club and educate members on the prevalence and impact of hunger in your community.

ACT // BEGINNER

- Support your local food bank by donating time, equipment or food.
- Create a resource list of hunger related volunteer opportunities in your region to share with other clubs in your district.
- Use social media to raise awareness about childhood hunger in your community and to inspire others to become involved.
- Host a healthy eating event at your school, community center or place of worship. Invite a nutritionist as a keynote speaker.
- Deliver nutritious, prepared meals to elderly, disabled or ill community members.
- **Serve meals at a soup kitchen or homeless shelter.**
- Donate to organizations that provide micro-nutrient powders to malnourished children.
- Bring a variety of fruits and vegetables to an elementary school class. Explain to the students where the food comes from and encourage them to taste different types of produce.

ACT // INTERMEDIATE

- Volunteer with a “gleaning group” to harvest unpicked fruits and vegetables at farms and orchards.
- Host a grocery store or market tour where a nutritionist gives participants tips on choosing healthy and nutritious groceries.
- **Collaborate with a food bank to organize a community food drive, focusing on collecting items most needed in your area.**
- Write a cookbook of inexpensive, healthy, easy-to-make recipes.
- Work with your local school to provide weekend take-home bags of nutritious snacks for children in need.
- Sponsor a cooking class for youth to learn basic cooking skills for healthy living.
- Create an online resource on planning and portioning meals to reduce household food waste.

ACT // ADVANCED

- Conduct an assessment of food access in your community. Advocate to local government leaders for additional or improved options in areas of need.
- Support pregnant women and new mothers by ensuring there are comfortable, safe and clean areas for them to nurse in the community.
- Use your professional networks to connect food banks to food industry leaders interested in food recovery.
- Develop a program to provide underserved students with food during holiday times when school is not in session.
- Establish a community or school vegetable garden for residents in a food-insecure neighborhood.
- Establish a weekly produce stand in a food desert.
- Create a volunteer transportation program to help individuals and families get to and from grocery stores, food banks and soup kitchens.
- Develop an animal husbandry program where a few families receive a small stock of animals. A portion of the animals’ offspring will be given to neighboring families for sustainable growth of the program.

“The New Club” for Shelburne, South Burlington, lower half of Burlington, and UVM

...got things rolling with an informational meeting at the Pierson Library in Shelburne on Saturday, Dec. 10, 2022. Sixteen guests attended. The group has high hopes for reaching 20 charter members & getting service projects underway, then picking a good name, and format that will be attractive – per “Your Club, Your Way!”



Lucky, the mascot, outside the Pierson Library (Shelburne).



DG Kathy, with a guest at the Informational Meeting.



PDG Liz Fenwick – heading up the wine raffle!



Andy Gramer chatting up his Illinois Lions club's “Night Golf” fundraiser.



Lion Jackie Dutil speaking from her heart.



District Governor Kathy Dorman looks pretty happy with what is going on with this open house!!



PDG Pam Nichols was our M/C.



View from the guests' perspective.
Goal: a snappy 50-minute presentation.



A guest signs a charter application form.

Also presenting: Lions Mark Hanna (*Your Club Your Way & Peace Poster*) and Patience Merriman (*Lions Smile Squad*). Speakers concluded with “What Lions Means to Me!” Then, guests were given opportunity to become charter members. The club-in-the making had already received “good press,” having run a successful food drive as a precursor.



VERMONT LIONS CHARITIES

Thank for your confidence in electing me as the Vermont Lions Charities President, I look forward to working with all Vermont Lions. Special thank you to PDG Stanley Patch and others who preceded in this leadership role, your “shoes” will undoubtedly be tough to fill.

I would like to take this opportunity for the new lions and those who may not realize that Vermont Lions Charities (VLC) was formed as a 501(c)3 foundation with the primary purpose to receive tax deductible donations, apply for grants, receive proceeds from D-45 fund raisers and to distribute those funds to various Lions committees to fund their charitable activities. Green Mountain Lions Camp, Shared Vision Fund, Rick Dutil Memorial Fund and Pediatric Cancer are a few of our notable activities. In addition, the 500 club was created to recognize outstanding Vermont Lions in whose name a club or individual has donated \$500 to VLC or the Shared Vision Fund. Another simple way to donate is to join Amazon Smile; If you purchase products from Amazon, please consider using Amazon Smile. Amazon Smile is a simple and automatic way for you to support Vermont Lions Charities every time you shop, at no cost to you. When you shop at smile.amazon.com the Amazon Smile Foundation will donate 0.5% of the purchase price from your eligible Amazon Smile purchases. On your first visit to Amazon Smile, you need to select Vermont Lions Charities to receive donations before you begin shopping. Amazon will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation. If you currently have a regular Amazon account, you can simply use that same login at Amazon Smile.

Our meetings are held at the cabinet meetings, and we welcome all Lions to join.

Yours in Lionism
PDG Merry Souza



Your club can earn this patch for your club's banner! It's as easy as reporting three club service projects to LCI.

Notify 2VDG Deb Savery at tallships53@gmail.com when you've reported three club service activities and then claim your badge at a district cabinet meeting.

If you are having trouble reporting service hours online, contact District Administrator Brenda Seitz at blseitz92@gmail.com for assistance



Come and join PDG Pam Nichols (or guests) for weekly chats
on Facebook
Mondays, 7:30 p.m. Vermont District 45



Vermont Lions District 45

Speak Out Contest 2023

Topic: "How can the environment be saved for our future?"

*Participants: High School (or home school) Students:
Freshmen, Sophomores, Juniors or Seniors*

***** Saturday, April 29th, 2023 11:00 a.m. *****

Location: Equinox Hotel, Manchester Vt

Entry deadline is Saturday, April 8th

***** maximum 8 club representative participants *****

Speech is 5 to 7 minutes long.

Judging Criteria: Address theme (20%)

Development of Theme (50%)

and Expression and Delivery (30%).

3 judges will be allowed to ask a question of each participant.

Cash Prizes: 1st \$500, 2nd \$300, 3rd \$250 Plus additional prizes

*To register or for more information, please contact Lion Ken Emery
At 578-7483 (cell) or at kpemery1960@gmail.com*



Recycle Pill Bottles
By Lion Pam Greene, Heartland Lions



Is your club looking for an Environment Service Project, this one is easy, keep pills bottles out of the landfill. Get your community involved. Typical pill containers can be recycled. Matthew 25: Ministries accept donations of empty plastic pill bottles. The bottles are used to fulfill the needs of improving medical care in developing countries and caring for our environment.

Acceptable pill bottles include:

- Prescription and over the counter pill bottles
- Large and small size, please include secure caps.
- Must be able to see thru

Pill bottles that are not appropriate to include with shipments of medical supplies are recycled. If your club would like to participate in this program to prepare bottles for shipment rather than recycling, please follow these guidelines:

- Bottles include in shipment of medical supplies must have an all-plastic lid
- Sort bottles by color and type, place each type in separate Ziplock plastic bags
 - Remove labels, leaving no glue or residue
 - Wash bottles in very hot water and dish soap
 - Rinse and dry thoroughly
 - Replace lids on clean, dried bottles
- Place clean, recapped bottles in large Ziplock bags marked "Clean Bottles." These will be used for medical supplies.

Also include a note with your club name and address in the box.

Please mail pill bottles to: Matthew 25: Ministries
11060 Kenwood Road
Cincinnati, OH 45242

Any questions, please let me know – this is a great club project!

MELVIN JONES FELLOWSHIP NOMINATIONS DUE BY JANUARY 31ST, 2023

Last November, District 45 held its annual Super Raffle, the proceeds of which were donated to Lions Clubs International Foundation (LCIF). For every \$1,000 donated to LCIF, the Super Raffle Committee will select a worthy individual to receive a Melvin Jones Fellowship. For each Club or individual Super Raffle ticket purchased, you may submit one nomination.

Your nomination should be limited to a single page. Don't just provide a list of qualifications, provide examples of Lionism that are above and beyond. Tell us why your nominee is worthy of this honor.

Please email your nomination to PDG Merry Souza at pdgmerry@gmail.com.

Melvin Jones Fellowship nominations are due by January 31st. NO EXCEPTIONS!

ENCORE PRESENTATION



Recruiting Younger Lions

February 7th at 7:00pm via ZOOM

Did you miss this exciting presentation at the November cabinet meeting?

Lions Drew Perry and Mary Cassel from the Essex Junction Club and Lion Mason Charlebois from the Vergennes Club will give an encore presentation via Zoom on Tuesday, February 7th at 7:00pm.

Some of the questions that will be answered include:

- How do we define “younger” Lions?
- Which age groups should we target?
- Is my club attractive to Young Lions?
- Does my club offer a pathway to leadership for Young Lions?

Email DG Kathy Dorman at vtlionkathy@gmail.com for the Zoom link. This presentation will be limited to 96 attendees.



December 2022 Vision Screening Report

Well, the new year is fast approaching, and vision screening is coming to a slow crawl. Many clubs have reported their hard work, and some are still scheduling and doing screenings into January and beyond.

To date we have 13826 screenings reported with 1453 referrals, a slight rise of the historical 10%. I'm very pleased with these numbers especially considering there are still some clubs to report their screenings and future screenings still scheduled. Clubs should be very pleased and proud of the hard work everyone has done. This is no easy undertaking when you consider some of the hurdles we've faced and even more so for those we have successfully navigated like Covid and unattainable schools. We are still hearing from school nurses who are beginning to see the value of what we do and are approaching US to come and screen their children. Yes, I do believe in Santa!!!

I'd like to send a very appreciated thank you to those clubs who have taken the time to send their reports with the age breakdown I've requested. This will be immensely helpful when I sit down and report all our screening later in January to Lion's KidSight USA. For such a small district, we screen a substantial number of children and KidSight can use this information. International is aware of the screening program, but the information needs to be sent to KidSight separately for research and documentation purposes.

Again, thank you to all the clubs who participate in this program and hope more will consider taking up this opportunity to serve.

Yours in kindness and gratitude, SVDG Deb Savery Vermont District 45 Vision Screening Coordinator

This is part 1 of a 3-part series.
Tips on recruiting younger members in our Lions Clubs.



Pt. 1

TIPS FOR RECRUITING YOUTH LIONS

From Essex Junction KL Drew, Essex Junction Lion Mary and Vergennes Lion Mason

HOW ARE YOU DEFINING YOUNGER?

Find your clubs average age

Example, if your clubs average age is 60
consider a recruiting drive for new members
Who are in the 45-54 age bracket

Age brackets

18-24 / 25-34 / 35-44 / 45-54 / 55-64 / 65+

EXAMPLES OF BIGGEST GROUPS TO TARGET

25-35

- Recently out of college
- Vested in careers
- Recently married
- Beginning family

Please feel free
to email Drew
for full
presentation

Andrew.j.perry95@gmail.com

45-64

- Middle of career -
- Planning retirement -
- Empty nesting -
- More free time -



Pt. 2

TIPS FOR RECRUITING YOUTH LIONS

From Essex Junction KL Drew, Essex Junction Lion Mary and Vergennes Lion Mason

RECRUITING “BUSY” PEOPLE

Explain that Lions are more than just 2 meetings a month

Offer programs where they can still be involved

Offer programs that are targeted to their age group

Remember that it's ok, things may change in a year or two

EXAMPLES OF “BUSY” MEMBERS

Essex Junction member

Age - 25-34

Originally joined to help with the food booth

6 months later is now the Marketing Chair and is running for First Vice President

Please feel free to email Drew for full presentation

Andrew.j.perry95@gmail.com

Vergennes member

Age 18-24

Full time job, early stages of career
Joined to help make a difference

Is now creating the pilot program for a new Leo club in Vergennes



THANK YOU

FOR PARTICIPATING IN
District 45's

PEANUT BUTTER *and* JELLY SLAM

1,298 pounds of peanut butter and jelly (and fluff, too) along with \$640 in monetary donations was collected and distributed to local food shelves.

Here are some photos of some of the collections!!!



Above photo right: The Strafford and Area Lions Club participated in District 45's PB&J Slam. 19 members made donations as did members of the Strafford Community. We collected 631 pounds of jars of peanut butter and jam which will be distributed to the Thetford and Vershire Food Shelves. Lion John Tiholiz, Secretary, Strafford and Area Lions Club

Above photo left: Springfield Lions collected 11 pounds of PB&J to donate to local food shelf.

Below photo: Colchester Lions Club collected 300 pounds plus of peanut butter, jelly and FLUFF TOO to donate to the local food shelf.



District Governor Kathy and her travel around the District in December!!!



Top row: DG Kathy visiting with PDG Mel and Lion Sue Coburn, along with Olympic Gold Medalist Denny Emerson at the Strafford Area Lions meeting, then receiving her wreath from PDG Walter Hastings when she visited Heartland Lions Club.

Middle row: Helping Mrs. Santa Clause (fka PDG Pam Nichols) at a Londonderry Tri-Mountain event, then visiting with the 'wreath decorators' of the Colchester Lions Club, along with visiting PDG Pam and PDG Liz at the NorShaft Lions Club.

Bottom row: Lion Burt Reynolds and DG's Partner-in-service Lion Jim McClay enjoying some holiday spirit at the Brandon Forest Dale Lions Club, and helping out the Santa Express conductor (fka 1st VDG Travis Wood) in Manchester.

Club News and Activities!!!

Castleton Lions Club:



King Lion Kevin Bronson and Secretary Pat Schroeder are shown presenting a \$500 donation from the Castleton Lions Club for LCIF to PDG Pam Nichols and FVDG Travis Wood. PDG Pam and FVDG Travis were visiting the club for an ice cream social on December 19th.

Enosburg Falls Lions Club:



Enosburg Lions Club President Brent Garrow presented Enosburg Library director Brenda Stanley with a check for \$1,500 during a recent Pajama Story Night. Leo the Lion (left photo) and Kim Wells, a member of the Lions Club, were also present. The money will be used for a visit from Father Christmas as well as for the Dial A Story program, which allows people without access to the internet to be able to use programs in other languages. **As published in the St. Albans Messenger, 11 29 2022**

(right photo) Lion Pierre waiting for the kids of local school so he can do some 'vision' screening!!!

Norwich Lions Club:



Norwich residents Meet and Greet the new Norwich Police Chief. (A photo essay and short story)

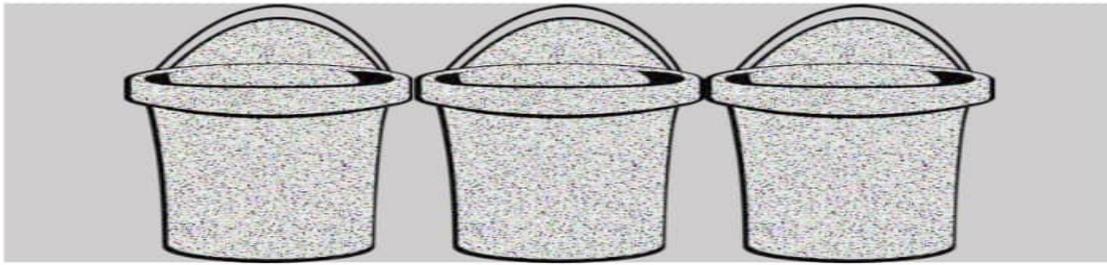
On November 29, 2022 the Norwich Police Department held an open house open to members of the Norwich Community, neighboring agencies, and staff of the Town of Norwich. The chief of police along with his team listened to several concerns from members of the community as well as just saying hello. Chief Wade Cochran felt strongly about meeting and speaking with members of the community.

At the open house Officer Anna Ingraham, who has been with the Norwich Police Department for 7 years but has been in Law Enforcement for 11 years was also present to meet and greet citizens as well as answer questions. Officer Ingraham worked for over 6 months as Officer in Charge being the only officer to answer calls of service for the town. Judith Powell, administrative assistant, who has been with the police department for over 14 years was also in attendance. Judy and Anna received gifts of appreciation for their service and dedication to the town.

Norwich Lion's Club president Fran De Gasta makes a presentation to Officer Anna Ingraham on behalf of the Norwich Women's club and the Norwich Lions club. Annette Brown, President of the Norwich Women's Club presents Anna and Judy with a nice box of chocolates

The open house was cosponsored by the Norwich Woman's club and the Norwich Lions Club along with some well coordinated efforts and assistance from Judith Powell. The event was well attended with over 75 residents between 5pm and 7pm, according to my sources.

(follow this link for more information on this story: <https://aboutnorwich.substack.com/p/norwich-residents-get-to-meet-and>)



SAND FOR SENIORS PROGRAM

The Arlington Lions Club is pleased to announce the kickoff of their "*Sand for Seniors*" program.

Sand for Seniors is a **free** program where Lions Club members deliver a bucket of sand/salt to citizens in the communities of Arlington, Sunderland and Sandgate to use on their icy walkways or driveways. The program is for senior citizens 65 years or older that are otherwise not able to pick up sand/salt from public works on their own.

Anyone interested in the program please contact Lion Susan, our coordinator at 914-954-1983 or send an email to:

askalion@arlingtonlions.com

Please leave a message with your complete name, address and any specific instructions as to where to leave your bucket.



Stay Safe this Winter



District 45 Lions Club providing 'Holiday cheer':

Springfield Lions Club:



All of us at the Springfield Family Center would like to take this moment to extend our sincerest gratitude to the [Springfield Vermont Lions Club](#)! This group of pretty amazing people sponsored 20 holiday meal baskets for community members facing adversity.

Not only did they sponsor these baskets, they took time out of their day to come to the Springfield Family Center to help put together all of our Holiday Meal boxes that went to families struggling with food insecurity.

Together, along side the Santa Claus club, we were able to put a holiday meal on the table for 87 families this year! This is no small undertaking and we appreciate your support VERY MUCH!

Community is everything! Together we truly can make a difference!❤️

Essex Jct. Lions Club:

Joined forces to serve over 200 guests at the Senior Holiday luncheon on December 7th. The ADL school choir provided an enjoyable array of Christmas songs. Lion Betsy



Also 'rang the bells' for Salvation Army: Lions Linda Stone and Fern Henson at Big Lots.



Londonderry Tri-Mountain Lions Club:



Londonderry Tri-Mountain Lions joined with the Winhall Community Center to have a Christmas event. A visit with Santa. A chance to write a letter to Santa. Stories told by Mrs. Clause. And crafts as well!!!!. All moneys went to support the programs at the Winhall community center. So much fun. And DG Kathy came and was an elf!!!

Granville Lions Club:



Santa Claus made an appearance at the Granville Lions Kids Christmas, and each child got an opportunity to tell Santa their Christmas wish! A team of Lions took 17 children shopping for their families, then headed to the American Legion Post #323 to wrap the presents and have a visit with Santa. It was a great way to kick off the holiday season, and a good time was had by all!

Vergennes Lions Club:



NorShaft Lions Club:

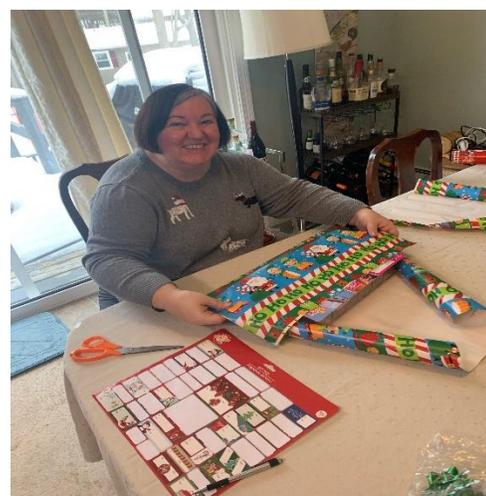


The NorShaft Lions Club provided all the 'magic' at the reading of the Polar Express story.

Colchester Lions Club:



The Colchester Lions Club provided the 'chefs' and 'servers' for the Colchester Parks and Recreation's annual 'dinner with santa', providing their expertise in cooking breakfast (photos provided by Colchester Sun). They also provided some 'cheer' to a local family in need.



Deerfield Valley Lions Club:



Some random thoughts about Deerfield Valley Lion and their holiday project:

We are ready to begin sharing some holiday cheer through the Deerfield Valley! Grateful to the [Rotary Club of the Deerfield Valley](#) for all their assistance.

Love being part of [Deerfield Valley Lions](#)! Our work always includes some creativity and fellowship - and hopefully real community impact. Our friends at [Deerfield Valley Lions](#) are the best!!

We are so fortunate to be a small part of their generous Holiday Food Basket program. They do amazing things in the Valley!

Richford Lions Club:

Lion Claude was Santa at the breakfast with Santa at the Fire station about 375 kids there.. Mr and Miss Santa at the Library reading Christmas story to the little ones



Manchester Lions Club:

Dec 17 & 18, the Manchester Lions Club held the Santa Express, we team with Make-a-wish Vermont and granted a wish to a 5 year-old (**see the Lions in the News section for an additional story**), and took 2300 riders to the North Pole over two days.

A Huge Thank You to Tri Mountain Londonderry, Arlington, Williston and Vergennes for all of their help.



The Manchester Lions Club should be commended for putting smiles on so many during their Elf Express Excursions. A "MAKE A WISH" dream was also a highlight of their efforts. The chair and 1st Vermont District Governor [Travis Wood](#) organization of all the volunteers, other state clubs, donors, parents, The Arlington Toth Santa's elves, grinchies, Santa-workshop and Mrs. Clause and so many more that makes this fundraiser a success. MERRY CHRISTMAS. (As posted on facebook by Steven Nichols).



International / New England News



New England Lions Council (NELC)

"Serving the Needs of the Districts of New England"

2023 NELC "Winter Weekend" **REVISED!**

Theme: *Celebrating Service*

January 6-8, 2023

Hilton Mystic Hotel 20 Coogan Blvd., Mystic, CT / 860-572-0731

Rooms only \$129 Plus Tax/Fees 'til Monday December 19, 2022. Call 800-HILTONS (445-8667)

Ask for New England Lions Room Block w/ Group Code **NELC**. Or Click/Paste this weblink:

https://www.hilton.com/en/book/reservation/deeplink/?cityhac=MY5MHHF&groupCode=NELC&arrivaldate=2023-01-06&departuredate=2023-01-08&cid=OM_WW_HILTONLINK_EN_DirectLink&fromId=HILTONLINKDIRECT

Modern, Upscale Hotel has a Bar, Restaurant, Heated Pool, Fitness Center, WiFi & Available Full Breakfast Water, Coffees and Teas on Saturday and Sunday Mornings will be offered to NELC Attendees in Hallway.

Fri. 6:30-9PM NEW! "Relax Friday" with LCI's Endorsed 3rd VP Candidate PID Mark Lyon & Lion Lyn
No Charge: Voluntary Contribution of \$20 (\$15 NELC Members). Plan to Attend? # _____
Enjoy the music of "Marcel & the Metropolitans w/ PCC Steve Polezonis" finger foods & desserts! Contributors receive Free LYONforVP Pin & Free 1st cocktail! Come as you are!
Donate at door or send donation (benefiting Mark's Campaign) to NELC Treas. Al Goldstein, PDG.

Sat. 9:30-10:30 Service Roundtable by New England GAT/GST Team Members
Sat. 9:30-11:30 KidSight Screening w/ "Hand's On" Training & Certification by Dr. Ed Cordes, PID
Sat. 10:45-11:45 Things You Wanted to Know about Diabetes but Were Afraid to Ask!

Sat. 12PM Luncheon Featuring LCI's KidSight Chair, Dr. Ed Cordes, PID

Updates on the LCI/KidSight Program Changes, LCIcon 2023 Boston & New England's International Candidates
Enjoy an Afternoon Shopping and Walking Historic, Picturesque & Holiday-Decorated Downtown Mystic
Or... Visit the world-renowned, Mystic MarineLife Aquarium and Old Mystic Village just steps from the Hotel!

Sat. 6PM Banquet/Buffer Featuring New England's own ID John Youney

Sunday 8:30-11AM Business Meeting, Updates & New England Governors' Reports

Sat. Noon Luncheon: Buffet of Salad Station (Green, Potato & Tuna Salads), Turkey/Roast Beef Sandwich Makings & Freshly Baked Items w/ Soft Drinks, Bottled Water, Herbal Teas, Caffeinated and Decaf Coffees.

Lunch Buffet at \$40 x _____ Total = _____

Sat. 6PM Plated Dinner: Choose (X) from following Options:

- Flat Iron Steak, Au Jus, Smashed Potato, Zucchini Squash Napoleon; _____
- Grilled Salmon, Wild Mushroom Risotto, Charred Asparagus, Lemon Caper Sauce; or _____
- Chicken Piccata, Garlic Parmesan Risotto, Broccolini, Lemon Beurre Blanc. _____
- All Provided with Dessert, Teas & Coffees and a Cash Bar.

Dinner Buffet at \$60 x _____ Total = _____

Grand Total = _____

NAME(s): _____

ADDRESS: _____ DIST/MD: _____

POSITION: _____ Phone: _____ Email: _____

Make Check Payable to: NELC
Mail Check/Form to: Treas. Al Goldstein, PDG / 35 Main Street, Atkinson, NH 03811
OR... Venmo Payment to: AL-Goldstein-2 (Not Case Sensitive)
& Send Imaged/Scanned Form to: algoldstein@comcast.net (Using #1, not "L")

Meal Registration Deadline: January 3, 2023

Questions/Special Diet Needs to: NELC President Hilary Kumnick, PCC @ Cell/Text: 860-638-7869 or: hkumnick@aol.com
Together We Can! / LYON for VP / LCIcon 2023 Boston



PRESIDENT'S MESSAGE

Together we can with
International President,
Brian Sheehan

Dear Lion,

The holidays are such a special time. And as we gather with family and friends to celebrate this season, let's also remember to celebrate as only Lions can—by serving others. Your kindness will make a big difference for so many families, especially at this time of the year.

Our service is a gift that never stops giving. And by working with your club on a hunger project for your community, you can ensure that all families have a special holiday meal and the support they need all year long. Or consider a gift to LCIF and see how your generosity helps Lions bring hope to the world.

Happy holidays, and thank you for your incredible kindness and service!

Make a great day,
Brian Sheehan
International President

Follow this link to see a video message from International President Brian!!!:

https://www.youtube.com/watch?utm_source=Eloqua&utm_campaign=MTG_EN_AllLionIPNewsletterDec_1004293704&utm_medium=email&v=7jn1DatkXK8&feature=youtu.be



Hunger Project Ideas

Your service is an extraordinary kindness to the families in your community every season. But during this time of year, there are still so many who could use a little extra help. Download [25 Project Ideas for Hunger](#) and plan a project that can be the difference for families during the holidays and throughout the year.

Be sure to watch this [special video message](#) from President Sheehan that celebrates your incredible service and what we've achieved together.



TALES OF THE SERVICE TRAIL UPDATE
December 2022

Well, Karol and I may have missed most of Maine's glorious autumn palette this year, but now the holidays are amidst all of us. We will enjoy Maine's winter holiday season, along with all of you. We have, and will, enjoy family and friends this month. Our travels are curtailed until NELC weekend in Mystic, CT, in January (where we hope to see many New England Lions!).

However, many of us Lions will add to our enjoyment of these holidays by helping those in our communities who are in need even during these wonderful days. Sometimes each of us works quietly, without assistance or fanfare to make a difference in one life. Other days, it requires the collective work of the Lions club as a whole to do the work of your personal God for the world to be raised up! Please keep that with you in your heart.

For several months, I have closed each "Tales" with ten ideas for finding new members (totally stolen from other Lions). Now I realize that most of us and our clubs are not out there this month recruiting members, but you can be cogitating the base work to hit the ground running at the start of 2023! The response continues warming, so here are ten more ideas:

91. Mail a welcome letter from the King Lion to send to all new members.
92. Talk to each member who has resigned in the last three years.
93. Use billboards at bus stops and along roads!
94. Ask club members to put club ads on their delivery trucks.
95. Recognize each new member in your club newsletter.
96. Regularly check the Lions International website for new ideas .
97. Visit other Lions e-sites (clubs, districts, MDs) for their ideas!
98. Invite spouses to functions, projects and fun times!
99. Have recipients of club or LCIF benefits speak at the club meeting.
100. Hand members M&M candies as "Membership Matters", or "More . Members" provide more service.

So for 2023, I want to include your ideas here! Please email me your ideas for membership recruitment and retention so I can share them around our Lions world. Remember that all these ideas that I have presented were purely theft from fellow Lions! So now I ask you to let me share your techniques throughout our Lions world. Send those great thoughts to: youney@mhfy.us! I need your help as I am out of the purloined material I have been passing to you the last ten months.

Enjoy your fellow Lions! Enjoy your holiday projects, service, and fun! Please take care of your Lions and yourself, as well as your communities. Have a very merry holiday season with your family and friends.

And remember - **LCI CON 2023 BOSTON** is here soon! Vote for Lion Mark Lyon, 3IVP!

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

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



It's not possible for everyone to travel to Irwindale, California to help decorate the Lions Float. The "Buy a Rose" program gives you a digital front row seat in the creation of the Float. Your donation helps Lions Float, Inc. cover the cost that goes into putting a float in the Rose Parade. <https://lionsfloat.org/rose>



When: March 3-5, 2023

Where: Tilton, NH

Why: To stimulate and grow 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 February 10, 2023, to your District Governor. (*See below for application*)

Cost of the Institute: Multiple District 44 will provide meals according to the schedule of the institute. Single occupancy Hotel rooms are included in the cost of the Institute. Hotel stay is required. Please note the cost for participation in this training event is \$125.00.

Participants are also responsible for their own transportation and related travel expenses to and from the institute site. This is a 3-day intensive training program and applicants must be willing to commit to attending all 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.

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 your District Governor or Event Coordinator Bill Rathbun

pdgbill33y@yahoo.com or 603-707-6209

For Regional Lions Leadership [APPLICATION: CLICK HERE](#)

Please contact DG Kathy Dorman, 1st VDG Travis Wood or PDG Pam Nichols if you have interest in possibly attending this great training program.

Membership!!!!!!



District 45 would like to welcome (as of December 27, 2022) the following Lions to
Our district and association:

Charles Cyr (Jericho-Underhill Lions Club)



Congratulations to the following Lions who are celebrating 25 or more years of service in January!!!!

Joseph Calcagni - Barre Lions - January 1968
Cleon Bigelow - Middlebury Lions - January 1972
Steven Kipp - Orleans Lions - January 1973
Anthony Goupee - Route 100 Lions - January 1973
James Thomas - Castleton Lions - January 1975
Paul Tomasini - Barre Lions - January 1976
William Catto - Barre Lions - January 1977
Steven Betit - Deerfield Valley Lions - January 1984
Richard Archambault - Enosburg Falls Lions - January 1986
Dale Guertin - Richford Lions - January 1986
John Leak - Essex Jct. Lions - January 1989
Raymond Royce - Norwich Lions - January 1989
Paul Arnold - Springfield Lions - January 1991
Michael Provencher - Middlebury Lions - January 1993
Mark Collette - Orleans Lions - January 1993
Russell Rexford - Jericho Underhill Lions - January 1993
David Dow - Georgia Lions - January 1994
Charles Blanchard - Granville Lions - January 1995
Thomas Lauzon - Barre Lions - January 1996

Fundraisers!!!



NORSHAFT LIONS
CASH RAFFLE
TO BENEFIT LOCAL CHILDREN AND FAMILIES
AFFECTED BY CHILDHOOD CANCER

1st Prize \$500	2nd Prize \$250	3rd Prize \$100
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\$5 per ticket • \$10 for 3 tickets
DRAWING TO BE HELD FEBRUARY 2023
Need Not Be Present To Win



SEE A NORSHAFT LION FOR TICKETS



Heartland Lions Club
Cordially invites you to our 16th annual
**Valentines
Dinner-Dance**
February 11th 2023
5:30 pm to 10:30 pm

Social hour begins at 5:30 pm
Dinner served at 6:15 pm
Dancing from 7:00 pm until 10:30 pm
Live music provided by **Club Soda Band**

Many door prizes including a
\$500 Cash Grand Prize

Fireside Inn
25 Airport Road
West Lebanon, NH
Discounted room rates available.

Tickets: \$125/couple (advance purchase only,
please make purchases by February 1)

All proceeds go to local charities.

Please contact:
HeartlandLionsClub@charter.net
or call (802) 291-2429





Swanton-Missisquoi Valley Lions Club

MEN AND WOMEN GUIDED BY KINDNESS TO SERVE OUR COMMUNITIES
AND THE WORLD IN TIMES OF NEED.

Pancake Breakfast

April 29th and 30th ~ 7 am till Noon

St. Albans City School, 29 Bellows Street, St. Albans, VT

Dine In

\$10 Person

5 and Under Free

Grab and Go

\$10 Person

Reserve Not Necessary

but can reserve by

emailing

swantonlions@gmail.com

calling

802-582-2288

Cash or Credit Card



MENU

Pancakes

Scrambled Eggs

Sausage

Home Fries

Assorted Muffins

Juice, Milk,

Coffee

PURE VT

MAPLE SYRUP



**Proceeds to Benefit the Less Fortunate
Through Community Service Projects**

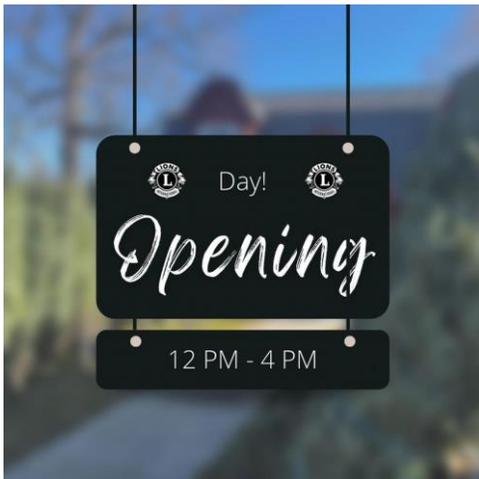


District 45 Lions Club raising funds during Holiday season:

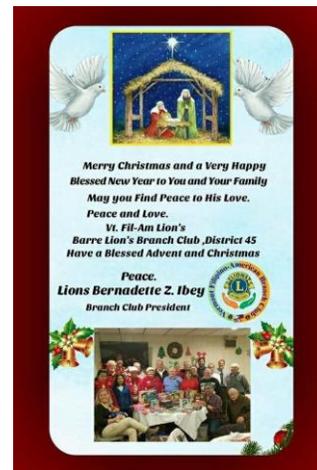


One of the many crews of Lions volunteering at Vermont Teddy Bear Company to help out with the holiday rush. VTB donates to nonprofit groups who help out during the Christmas season.

NorShaft Lions Club:



Barre Lions Club:



Thank you to [Mark Tatro](#) and the Lions club for our beautiful Christmas tree. Seeing the smiles on the faces of my children is the greatest gift a mom could hope for. We are so thankful and blessed 🙏🌲❤️

Colchester Lions Club:



Please follow this link to read story published in Colchester Sun December 2, 2022 with more information on the history of the Colchester Lions Club Tree Sales:

file:///C:/Users/Owner/Documents/Colchester%20Lions%20Club/2022%20-%202023/Colchester%20Lions%20Club%20begins%20annual%20Christmas%20tree%20sale,%20original%20organizer%20Al%20Buchanan%20looks%20back%20with%20pride%20at%20its%20inception%20over%20a%20decade%20ago%20_%20Local%20News%20_%20colchestersun.com.html

Springfield Lions Club:

Come on down to get your fresh cut Christmas Tree. Lots to choose from and we offer free delivery!



Norwich Lions Club:

A History of the Norwich Lions Club Memory Tree and how it benefits the 19 days of the Valley

An easy way to remember a loved one and help those in need.

Follow this link to read more about this great project: <https://aboutnorwich.substack.com/p/a-history-of-the-norwich-lions-club>

Lions in the News!!!

Troy and Area Lions Club:



LaDonna Dunn, Troy and Area Lions Club, received her Melvin Jones Fellowship award at the annual Troy and Area Xmas party. Congratulations LaDonna!!!! Well deserved!!!!

Manchester Lions Club:

(story as presented by WCAX-TV channel 3)
(follow the link below to see the video)

Make-A-Wish brings child to 'north pole' in Vermont to meet Santa

BURLINGTON, Vt. (WCAX) - Vermont stood in as the "north pole" to help grant the wish of a young boy.

Finn, 5, made the flight to Vermont from Georgia to meet Santa with [Make-A-Wish](#). Finn was the special guest of Mr. and Mrs. Claus while he visited the north pole, which was actually southern Vermont towns like White River Junction and Manchester.

Finn took a ride on the Santa Express, got a look inside Santa's workshop and even got a sleigh ride. And, of course, the snow rolled in just in time to hammer home the north pole ambiance

"The minute the plane landed Finn went outside and started building a snowman. So, it really couldn't have happened at a better time. It really added to the wish and today he is actually hitting the slopes and he is going to go on a snowcat ride and it's going to be a really great day," said Emily Malley of [Make-A-Wish Vermont](#).

Malley says it's great to be granting wishes again and bringing kids back to Vermont for their wishes. They haven't been able to do that for the past few years because of the pandemic.

<https://www.wcax.com/2022/12/19/make-a-wish-brings-child-north-pole-vermont-meet-santa/?fbclid=IwARIGbO0oqnfZaR-GJKagZfs0RplkYahgBIBRRsFQb04ksB6gL1TwHUejGAI>

Norwich Lions Club:

Raymond and Anna Royce, Super Seniors serving their community

Young at heart

Ray is 95 years young and Anna is not too far behind him as she just celebrated her 90th birthday earlier this year. Their wedding anniversary is 5/9/53 and so next year they will be celebrating their 70th anniversary!

Ray Royce Sr. joined the Norwich Lions club in 1989 having been sponsored by Phil Wheeler.

Please follow this link to read more about the story of Ray Royce Sr / Anna Royce as they have served their community in many ways!!!

<https://aboutnorwich.substack.com/p/raymond-and-anna-royce-super-seniors>

Middlebury Lions Club:



What an awesome night! We inducted SIX, NEW members at our Christmas Dinner! Not only that, Lion Tom Broughton was presented with a Senior Master Key for the 25 members he's brought to the club! It doesn't stop there though! Lion Greg Wry was presented with a pin for his 40 years of active Lions work! Lastly, The club presented Jackie and George Devoid of Maple Meadow Farms with a Melvin Jones Fellow award for their long time support and donations to the Lions Club and the community!