

The Communiqué

**District 45 – Vermont Lions Charities
In Lionism, In Service, In Friendship**

March, 2025

Volume 50, Issue 9

**Published by
Vermont Lions Charities
and District 45 of
Lions Clubs International**

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Editor by email:
communiqué@vermontlions.org
Deadline for submissions is the
25th of each month.



Notes from the District Governor

March is here and we're in the home stretch of another Lions year. We've weathered floods, fed our neighbors, supported families coping with unimaginable hardships and done it all with the strength of lions and the compassion of angels... but we're not done yet. We need to strengthen our clubs so we can continue to do the wonderful things that we do every day. We need to bring in new blood to expand our scope, develop new and exciting projects that have never been seen before by Lions of District 45. I've been to clubs that continue to do the same events year after year. I've been to clubs who only have a few annual fundraisers, the same events they've always done and struggle to maintain their membership. Then I've been to clubs who also do the same projects every year, BUT have added to their programs, brought in new members, younger members and have welcomed them with their new and fresh ideas. These clubs are flourishing! They have been able to keep the tried-and-true while accepting new members and listening to their new ideas.

All I ask is this. Please be open to new ideas. Recruit the young while allowing the umm... more seasoned members to mentor and teach about what we do and show them how it's done. Then sit back and listen and learn what your new members can show and teach you. Everyone should be open to possibilities whether you're taking an annual event and putting a new spin on it or trying something brand new...and don't forget the value of visiting other clubs for inspiration. See how other clubs hold their meetings, what different ideas they can share with you about fundraising and service projects. That is where you can learn about those tried - and - true projects that have been so successful through the years for one club but could be exciting and refreshing for another with wonderful results. On another note...

In this issue of the Communiqué, you will see an article about what makes a service project reportable. Registration forms for Spring Convention on May 30, 31 and June 1 is also available in this issue. We're going back to the Fireside Inn and Suites in West Lebanon, NH. They are very excited, as I am, to be back at this venue. They are able to offer a variety of packages that should suit almost everyone. There is even going to be a little something extra going on in the parking that Saturday. HINT: Can you spell Studebaker?

And again...Thank you for all the work and commitment you have all demonstrated so far this year. Let's make this last four months memorable. Yours in kindness and gratitude,
District Governor Deb

District 45 Calendar

<i>Date</i>	<i>Hosts-Event</i>	<i>Location</i>
March, 2025		
March 2, 2025	Royalton & Area Lions, Pancake Breakfast	Royalton Academy Building Royalton, VT
March 15, 2025	3rd Forum & Cabinet Meeting	Evening Star Grange, Dummerston, VT
March 28-30, 2025	Emerging Lions Leadership Institute	New Fairfield Senior Center New Fairfield, CT
March, 2025	Royalton & Area Lions, Roses for Sale	
April, 2025		
April 26, 2025	Royalton & Area Lions, Spring Paint Party	Vermont Law School
April 26 & 27, 2025	Swanton-Missisquoi Valley, Pancake Breakfast	St. Albans City School St. Albans, VT
May, 2025		
May 2, 2025 deadline	District 45 Diaper drive	Across the state
May 16-17, 2025	NELC Spring Weekend	Lions Camp Pride New Durham, NH
May 17, 2025	Essex Junction & Champlain Valley Spaghetti Dinner	VFW Post 6689 Essex Junction, VT
May 30-31 & June 1 2025	Spring Convention	Fireside Inn West Lebanon, NH
May 31, 2025	District 45 Speak Out Contest	Fireside Inn West Lebanon, NH
July, 2025		
July 13-17, 2025	LCI Convention	Orlando, Florida
July 26, 2025	Lions Twin State Soccer Games Celebrating 50 th Season	Hanover High School Hanover, NH

Last call for logo designs! Please get them to IPDG Travis asap. We will review them and vote on our new district logo at the next forum in March- make sure you plan on attending!!

Thanks, IPDG Travis

NEW project/LCIF fundraiser- please bring all your favorite recipes to the next forum in March! If you cannot attend, please forward them to twood9955@gmail.com in a .pdf format. I am putting together at District 45 Cookbook and all proceeds will benefit LCIF.

Thanks, IPDG Travis

Club News

Brandon-Forestdale



The Brandon Forestdale club is packing meals for a local facility after their dinner meeting. They prep extra food to ensure that individuals seeking care are able to have access to a ready cooked meal that's hearty and healthy.

Champlain Valley



Champlain Valley Lions members Rosella, Lauren, Mark, and Joan, along with Lion Rosella's daughter, served coffee and hot chocolate at the Shelburne Farmers Market on Saturday, with a 50/50 raffle. The club netted \$45 from the drinks and \$25 from the raffle and continues efforts for exposure as the newest Lions club in Vermont.

Colchester

On February 22, members of The Colchester Lions Club volunteered at Restore-Milton (A Habitat for Humanity thrift store) as a tribute to former President Jimmy Carter. This was the first time the club has had a service project at Restore and it was amazing fun! Club members sorted and tagged clothes to be sold, organized and tidied up the clothing racks, and helped restock the clothing section. Every dollar that Restore Milton makes goes into building homes for folks in our local community. The club is looking to make this a more regular service event – possibly even monthly! Please reach out to any Restore if your club would like to have a similar volunteer day – they truly rely on volunteers to run these stores.



From left to right, Lions Anna, Linda, Julie, QL Melinda, Brian, Nini, Jeff, and Lois



Lions Jeff and Lois



Lions Nini and Linda



Colchester Lions recently held a food drive and collected 200 pounds of food for the Winooski Food Shelf and 252.5 pounds of food for the Colchester Food Shelf. Lions Jerry and Lois (left) and Lion Linda (right) are some of the lions that helped collect food.



Essex Junction



Lion Fern receiving her Lion of the year Glass Lion

PCST Judy Martin received her 5 membership key from Lions International at a recent club meeting. PCST Judy has been an asset to our club for membership growth during her time as a Lion and continues to promote Lionism anywhere she goes.



Middlebury



To all the businesses who sold and to those who purchased our calendars and helped make this year's Lions Club Cash Calendar fundraiser a success, THANK YOU for your support! 1878 calendars were sold! This year we asked Middlebury Aubuchon's manager Renee how they managed the incredible sale of 249 Calendars. Renee, the manager, credits Renee, the associate (both left), for her sales skills. She said the key to their success was telling customers that if they purchased a calendar, they could use a 20% off coupon right then and then gave them back the coupon to use throughout the year. Renee also stressed that all their calendar sales were in memory of fellow Lion Mike Livingston (right), who passed away last year. 100% of every dollar earned goes back into our community.



Vermont Asian-American





Royalton & Area Lions Club Pancake



**Royalton Academy Building
4182 Route 14
Royalton, VT**

Sunday, March 2, 2025

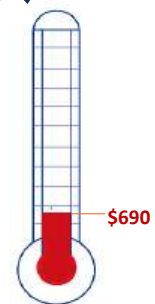
8 AM - 11 AM

\$12 - cash or card

**Pancakes, Local Maple Syrup, Bacon,
Sausage, Juice, Coffee, Milk**



**To Benefit Local Handicap
Accessible Swing Set Project**





Roses



for sale

\$25 a dozen in colors:

Red, Pink, Yellow,

Rainbow, Salmon

Orders due by March 8, 2025

Delivery Date of March 28, 2025

*Contact your local Royalton & Area Lions club
member to order!*



*Sponsored by the Royalton & Area Lions Club representing Royalton,
Sharon, and Tunbridge*

Spring Paint Party



**Saturday, April 26th
1 - 4 pm**

Vermont Law School (Yates Room)

\$ 30 per person

contact Carol Greene

802 291-3750

or email vtlioncarol@gmail.com

Come paint along

with Acrylic Artist Bonnie Pettit.

We will be painting this beautiful spring garden on a 11X14 canvas with step by step direction.

**Sponsored by Royalton & Area Lions Club to
benefit Childhood Cancer**

No Alcohol allowed



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 26th and 27th, 2025 ~ 7 am till Noon

St. Albans City School

29 Bellows Street, St. Albans, VT

Dine In

65 and older ~ \$10 Person

age 13 - 64 ~\$11 Person

age 5 - 12 ~ \$6 Person

4 and Under Free

Grab and Go

\$11 Person

Reserve Not Necessary

but can reserve by
emailing

swantonlions@gmail.com

Cash or Credit Card



MENU

Pancakes
Scrambled

Eggs

Sausage

Home Fries

Milk, Coffee

PURE VT

MAPLE

SYRUP



Proceeds to Benefit the Less Fortunate
Through Community Service Projects





Essex Junction Lions Club

&

Champlain Valley Lions Club

PRESENT

Spaghetti Dinner Fundraiser for local family in need

**All money raised will go to help
Local community needs.**

May 17th, 2025

VFW Post 6689

73 Pearl Street Essex Junction Vt. 05452

Adults \$20 Children 12 and under \$10

Join us for a night of fun!

Social hour 4 PM to 5 PM

Dinner begins serving at 5 PM

Raffle, Silent Auction & 50/50 Raffle.

**Tickets must be purchased in advance,
Please email joinessexlions@gmail.com for info**

District News



March Forum and Cabinet Meeting
March 15, 2025
Evening Star Grange
1008 East West Road
Dummerston, VT

- Registration – 8:30 to 9:30
- VLC Meeting – 9:00 to 10:00
- Service Project – 9:00 to 11:00
- Speaker – Easter Seals Vermont - 11:00 to 12:00
- Lunch 12:00 to 1:00

Cabinet Meeting

- Call to Order and Welcome - District Governor Debra Savery
- 3 Point Opening
 - Salute to the Flag
 - Invocation
 - Lions Toast
- Roll call – CST John Tiholiz
- Honorary Meeting Report – PDG Travis Wood
- Vermont Lions Charities Report– PDG Travis Wood
- Global Membership Coordinator Report - PDG Walter Hastings
- Global Service Coordinator Report – PDG Carol Greene
- Vision Screening Report – PCST Bruce Savery
- Twin State Soccer – Lion John Toth
- Speak Out Contest – PDG Ken Emery
- LCIF Report – PDG Travis Wood
- IT/Communications Report – SVDG Drew Perry
- 200 Club – PCT Loreen Teer
- Old Business
- New Business

MARCH FORUM AND CABINET MEETING
EVENING STAR GRANGE, DUMMERSTON, VT

MARCH 15, 2025

NAME: _____

CLUB: _____

CLUB/DISTRICT TITLE: _____

EMAIL: _____

ADDRESS: _____

CONTACT #: _____

Registration - 8:30 - 9:30

9:00 TO 10:00 – VLC meeting

9:00 TO 11:00 – Service Project – PDG Carol and FVDG Tanya

10:00 TO 10:45 - BREAK

11:00 TO 11:45 - SPEAKER EASTER SEALS VERMONT

11:45 TO 12:00 - BREAK

12:00 TO 1:00 – lunch

1:00 TO 3:00 – cabinet business meeting

(PROGRAM TIMES MAY VARY)

REGISTRATION COST: \$25.00 INCLUDES LUNCH

CHECK PAYABLE TO: **VERMONT DISTRICT 45 LIONS**

REGISTRATION DUE NO LATER THAN MARCH 8, 2025

Please send to CST John Tiholiz

100 Maple Hill Rd, Thetford, VT 05075

ANY QUESTIONS, PLEASE CONTACT DG DEB OR CST JOHN TIHOLIZ



Vermont Lions District 45

Speak Out Contest 2025

Topic: "Volunteering – Best way to leave a 'mark'!!!!"

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

*** Saturday, May 31st time tbd***

Location: Fireside Inn, West Lebanon NH

Entry deadline is Saturday, April 5th, 2025

*** maximum 8 club representative participants ***

Speech is 5 to 7 minutes long.

*Judging Criteria: Choice of topic (within theme),
Quality of ideas, Quality of expression and Quality of delivery.
3 judges will be allowed to ask a question of each participant.*

Cash Prizes: 1st \$800, 2nd \$550, 3rd \$400, 4th \$300, Plus additional prizes

*To register or for more information, please contact Lion Ken Emery
At (802) 578-7483 (cell) or at kpemery1960@gmail.com*



Service

This piece of work was written back in October of 2023 when I (Deb) was a VDG and Global Service Coordinator. It was never published. Why, I can't remember, but I think it is something that can be helpful anytime. With PDG Carol's permission (this year's Global Service Coordinator) I'd like to present it now.



When is a Lion serving as a Lion? THAT is the question.

This has been a question not easily answered in the past.

This week, my peaceful sleep was interrupted once again, thanks to a D45 club president, whose new member questioned Lions ethics (!!) for an overly liberal interpretation of what hours can be attributed to Lions Service. Wow – that'll keep one from sleeping at night! It should have your attention, too.

Club members had discussed the value of service reporting, what to report, and how to report it. It is that “What to report” that we stumble over, isn't it? As much as I've tried to explain Service Reporting in the past as Global Service Coordinator, my research and writing still leaves something to be desired. Then, a crazy little 5-word phrase began to repeat in my exhausted brain...**“in the name of Lions.”** “So, why not?” I pondered.

If someone wants to volunteer **as a Lion** at their food shelf, why wouldn't you say something like, “Hi, I'm Deb Savery **from the XYZ Lions club** and I'd like to volunteer to help serve you today.” Or a Lion is asked to drive a senior to an appointment. How hard would it be to say something like, “Sure, I'm a member of the XYZ Lions Club and we do things like this all the time. **As a Lion** I'd be happy to do this.”

One most important point to remember....Clear the service you wish to perform with your club first and get it qualified as a Club sanctioned project of your club. This is easily done at a club meeting, especially if it is (but not necessarily) an ongoing service such as bringing someone to a standing medical appointment, working at a soup kitchen or any number of opportunities one could do as a Lion. Just remember, you can not get paid for this service in any way. It then becomes employment and that's something all together different from Lion service.

This not only satisfies that “Is this creditable?” question. It may even open communication up about what we do as Lions and, perhaps a, “Would you be interested in being a Lion”.

Now, for grey areas...

You are on a committee that serves your town as a volunteer. Can you credit that service? You need to ask yourself that all-important question. “Are you doing this strictly *as a Lion*, in the name of Lions, or are you doing it as a good citizen serving your community? If your answer is the latter, then of course you should *not* give credit to Lions because you're not doing it as a Lion. You're just a nice person, doing what good people do to serve their community.

Another example of this would be Lion Bruce. I asked him if he would be willing to cook some turkeys for a luncheon my agency was putting on as a thank you for volunteers that have helped the agency throughout the year. If the agency had come to Bruce and said something like “Bruce, do you think the Lions would come and cook for this event we're having,” and he said yes, he'd be happy to, he could then have counted the time he spent prepping and cooking those turkeys as Lion service. (Remember this would have had been cleared with the club as a club project first). Instead, he isn't counting it because he was doing it as a favor to me since I asked him as my husband.

Double-dipping is NEVER acceptable. Are you both a Lion and Rotarian? (Or Boy Scout leader or a volunteer for the Salvation Army, etc.) Count your service for one or the other, not both. If you're giving Rotary a hand and people there *understand you are doing it as a Lion* and it has been cleared through the club, it counts – but don't include the pounds of food given, dollars they raise, etc. towards Lions – only your LIONS time.

The golden rule for everyone should be, "If you are going as a Lion, do AS a Lion." If what you do is done *as a Lion*, in the name of Lionism and for no other reason, you should be able to determine quickly if that service is credible.

Never be timid in stating that you are a Lion, and you are doing it for your club. Wear a Lions shirt, your Lions name tag, or your Lions pin – be proud to serve **as a Lion**. If you offer to do some service, remember to preface it, again, that you are a Lion and would love to perform community action *as a Lion*.

So, now that I hopefully have cleared away at least some of that mud that has been causing the difficulty around what is credible and what isn't, I'm feeling relieved to have perhaps helped you, as a Lion! For me...I'm going back to bed.

Yours in Kindness and Gratitude,

[then] VDG Deb Savery



January 27, 2025

Hello Lions,

I am writing to you on behalf of Vermont District 45 Lions. As a part of our efforts to ensure that every child has access to essential resources, we are organizing a **diaper drive** to help families who are struggling to afford this necessity. In the past, District 45 Lions have been very generous with donating diapers. This year we are seeking donations of diapers and wipes.

Diapers are a critical expense for families with young children, yet they are not covered by many assistance programs. Lack of access to diapers can lead to health problems for babies and stress for parents. This is why we are reaching out to your club to help us make a difference.

We kindly request your support in the form of diaper & wipes donations. Any size or brand (disposable) is welcome and will be greatly appreciated. Your contribution will directly impact the well-being of infants and toddlers in our community and provide much-needed relief for their parents.

If your club is able to donate, please **deliver** your contribution directly to the Parent Child Center in your county. We are also happy to acknowledge your generosity on our social media platforms and at our events, should you wish to be publicly thanked. We have provided a county list at the end of this message.

Please submit your total donation (diapers/wipes) to *PDG/GST Carol Greene* (vtlioncarol@gmail.com) with **diapers** in the subject line by May 2, 2025 and the club that donates the most will receive a \$100 donation for their administrative fund (thanks to DG Deb). Also please be sure to report this in the Lions Portal. Again, any club needing help with reporting service please reach out to FVDG Tanya Letourneau or 2VDG Drew Perry.

Thank you for considering our request. Together, we can ensure that no child goes without the essentials they need for a healthy start in life.

Warm regards,

PDG/GST Carol Greene

FVDG/GST Tanya Letourneau



Parent Child Centers (by county)

ADDISON COUNTY - [Addison County Parent Child Center](#) • 126 Monroe Street, Middlebury VT • Phone: (802) 388-3171

BENNINGTON COUNTY - [Sunrise Family Resource Center](#) • 244 Union Street, Bennington VT • Phone: (802) 442-6934

CALEDONIA & ORLEANS COUNTIES
- [NEKCA/Parent Child Center South](#) • 115 Lincoln Street, St Johnsbury VT • Phone: (802) 748-6040

CALEDONIA & ORLEANS COUNTIES
- [NEKCA/Parent Child Center North](#) • 371 Main Street, Newport, VT • Phone: (802) 334-1092

CHITTENDEN COUNTY - [Lund Family Center](#) • 76 Glen Road, Burlington VT • Phone: (802) 864-7467 • Fax: (802) 864-1619

CHITTENDEN COUNTY - [Milton Family Community Center](#) • 23 Villemare Lane, Milton VT • Phone: (802) 893-1457 • Fax: (802) 893-1776

CHITTENDEN COUNTY - [The Janet S. Munt Family Room](#) • 20 Allen Street, Burlington, VT • Phone: (802) 862-2121

FRANKLIN & GRAND ISLE COUNTIES - [Northwestern Counseling & Support Services](#) • 130 Fisher Pond Rd, St. Albans VT • Phone: (802) 524-6554 • Fax: (802) 524-1126

LAMOILLE COUNTY - [Lamoille Family Center](#) • 480 Cady's Falls Road, Morrisville VT • Phone: (802) 888-5229 • Fax: (802) 888-5392

ORANGE COUNTY - [Orange County Parent Child Center](#) • 693 VT Rte 110, Tunbridge, VT • Phone: (802) 685-2264 • Fax: (802) 685-2278

RUTLAND COUNTY - [Rutland County Parent Child Center](#) • 61 Pleasant Street, Rutland VT • Phone: (802) 775-9711 • Fax: (802) 775-5473

WASHINGTON COUNTY - [Family Center of Washington County](#) • 383 Sherwood Drive, Montpelier VT • Phone: (802) 262-3292 • Fax: (802)262-6071

WINDHAM & WINDSOR COUNTIES - [Early Education Services of Windham County](#) • 130 Birge Street, Brattleboro VT • Phone: (802) 254-3742, 1-800-427-3730 • Fax: (802) 254-3750

WINDSOR COUNTY - [The Family Place](#) • 319 US Route 5 South, Norwich VT • Phone: (802) 649-3268, 1-800-639-0039 • Fax: (802) 649-3270

WINDSOR COUNTY - [Springfield Area Parent Child Center](#) • 80 Jack & Jill Lane, North Springfield VT • Phone: (802) 886-5242 • Fax: (802) 886-20



Once again, Vermont Lions Charities is running the Money Tree Raffle. Packets of tickets have already been sent to all club secretaries. If more tickets are needed, please contact me and I will send additional ones to you. Please see the Money Tree Flyer for further details.
PCST Bruce Savery



**ATTENTION
Fellow D-45
Lions!**

Vermont Lions D-45
THE MONEY TREE
Benefit Vermont Lions Charities

“THE MONEY TREE” RAFFLE IS BACK! THIS FUNDRAISER IS FUN AND TICKETS ARE EASY TO SELL!

We have covered this tree with \$500.00 of VT Lottery Tickets! There will be three prizes: Raffle's First Place drawing wins all VT Lottery Tickets plus the tree, 2nd Place prize is \$200.00 cash and 3rd Place is a \$100.00 cash prize. All net proceeds will go into VLC's General Fund to cover growing demands for Sight and other D-45 Club requests. The cost of one raffle ticket is \$10.00 or 3 tickets for \$25.00. Envelopes containing raffle tickets will be mailed directly to D-45 Club Secretaries. For additional tickets or any questions about the raffle, please contact PCST Bruce Savery.

You may contact Lion Bruce by phone: 802-289-1696 or email: bsavery29@gmail.com.

IMPORTANT! Please return all sold tickets with checks made out to Vermont Lions Charities to: Lion Bruce Savery, 137 Maple Ridge Road, Chester, VT 05143 by the deadline: May 22. The prizes will be drawn on May 31, 2025 at Spring Convention to be held at the Fireside Inn in West Lebanon, NH. Please be sure to mail these in on time. Also, please bring or send along by another Lion, any unsold tickets to this meeting.

Thank you again for your support. We sincerely hope that D-45 Club members enjoy participating in this fundraiser. Be assured your efforts will reach far beyond D-45 Club areas, contributing assistance where Vermonters do not have the added benefit of a Lions Club.

Thank you for your consideration and hopeful participation!
Yours in Lionism,

PCST Bruce Savery





50th Anniversary

Annual VT - NH

Men's and Woman's Lions All-Star **SOCCER GAMES**



July 26th, 2025

Game packets have been provided for each club in District 45, and District 44 N/H.

If your club has not received their packet, please contact Lion John Toth, LTSSA Director via email at jctoth2@gmail.com.

We appreciate your support of the soccer games – if you know of anyone that played in that first game in 1975 please let us know as we want to include as many of the players from that game as possible for special recognition.

Your club packets included:



ENCLOSED ARE:

- 1) 20 Gate Entrance Tickets **\$100**
Please return any unused tickets for others to enjoy
- 2) 20 Calendar Raffle Tickets **\$200**
Please return any unused tickets for others to enjoy
- 3) AD & Sponsor Form - *Please Return form with your AD & Sponsor choice and a copy of your AD*
- 4) Player Rosters—Check for players in your area

Please Help Support Lions Twin State Soccer

Thanks to your donations, Last Year we gave \$10,000 to each of the charities

NH Lions Sight and Hearing Foundation

Vermont Charities

**50th
Anniversary**

Game Location

Hanover High School, 41 Lebanon St, Hanover NH 03755

LIONS TWIN STATE SOCCER



LIONS SOCCER CUP

Program Ad & Sponsor Form



******Make our 50th Anniversary Special******

If you would like to take out an ad for the program book or sponsor a player please fill out this form

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Program Book AD- attach copy of Ad _____ *Use Last Years* _____
() Full Page Ad \$150.00 () Half Page Ad \$100.00 () Quarter Page Ad \$70.00

Player Sponsorship

() \$200 Striker () \$100 Defender () \$70 Hat Trick

Team Sponsorship

() \$2,500 NH Uniforms () \$2,500 VT Uniforms () Concession Stand \$500
Name on NH uniforms Name on VT uniforms Banner at concession

Send a copy of the ad and your payment to:

Deadline May 15th

Don't forget a copy of your ad

LIONS TWIN STATE SOCCER ASSOCIATION, INC
PO Box 1013, Londonderry, NH 03053
ltssavtnh@gmail.com

Anyone can purchase an Ad, Sponsor a Player or Team.

LIONS TWIN STATE SOCCER Vermont Women

Lions Cup 2025

VT Women's Team

Player	School	Position
Holley MacLellan	Milton	Midfielder
Yordanes Gebreselasie	S Burlington	Defender
Cianna Tomasi	Milton	Forward
Lauren Knudsen	CVU	Midfielder
Kelsie Scanton	Essex	Goalkeeper
Paige Cargill	BFA Fairfax	Midfielder
Kyrielle Deuso	Richford	Forward/Midfield
Anya Kennedy	North Country	Defense/Midfield
Riarna Murray	CVU	Forward
Ava Moore	Colchester	Midfielder
Briley Rutledge	Harwood	Midfielder
Mikayla Tobey	BFA Fairfax	Goalkeeper
Isabelle Winton	Colchester	Midfielder
Sadie Levinson	Rice	Midfielder
Margot Rinehart	Rice	Midfielder
Taylor Keel	Spaulding	Forward
Sabine Brueck	North Country	Forward
Mollie Moran	Spaulding	Midfielder
Grace Symula	Essex	Forward
Sydney Cork	Mt Mansfield	Defender
Tessa Napolitano	Burlington	Defender
Alex Pickel	U-32	Defender
Clara Wilson	U-32	Defense/Midfield
Maddy Perry	Fair Haven	Midfield/Forward
Aurora Rella-Neill	Mt Anthony	Midfielder

COACHES

Cait Fogel	Milton High School
Teri Perry	Fair Haven Union High School
Scott Tomasi	Milton High School
Lindsay Austin-Hawley	South Burlington High School

LIONS TWIN STATE SOCCER Vermont Men

50TH

50TH

Lions Cup 2025

VT Men's Team

Name	SCHOOL	POSITION
Alex Carter	Bellows Free Academy St. Albans	Defender
Quinn Sessions	Burlington High School	Midfielder/Striker
Zen Nguyen	Burlington High School	Defender
Nahui Navarrete	Burr and Burton Academy	Midfielder
Reed Brown	Burr and Burton Academy	Keeper
Demunga Alfari	Colchester High School	Midfielder/Striker
Ajak Dau	Champlain Valley Union High School	Defender
Ziggy Babbott	Champlain Valley Union High School	Keeper
Jace Hetrick	Fair Haven Union High School	Midfielder/Striker
Tanner Swisher	Green Mountain Union High School	Midfielder
Tighe Hrabchak	Hartford High School	Midfielder/Striker
Cavan Benjamin	Hartford High School	Midfielder
Matt Fiashetti	Harwood Union High School	Defender
Jack Greenwood	Harwood Union High School	Defender/Striker
Finn Heney	Mount Mansfield Union High School	Defender
Clayton Foster	Montpelier High School	Midfielder
Thomas Mills	Montpelier High School	Striker
Zander Waskuch	Peoples Academy	Midfielder
Hunter Bowen	Rice Memorial High School	Defender
Connor Watson	South Burlington High School	Defender/Midfield/Striker
Cody Lilly	Stowe High School	Midfielder/Striker
Miles Bergeson	CVU	Defender
Coaches		
Shane Bufano	CVU	Head Coach
Joe Yalicki	Harwood	Assistant Coach
Jake Walker	Green Mountain	Assistant Coach
David Martin	Retired	Assistant Coach

ID Candidate PDG Kathy Dorman Campaign News

Cash Raffle Winners

\$1,000 Winner - Robin Hayden - Champlain Valley Lions Club

\$250 Winner - IPDG Deb Maddox, Maine

\$250 Winner - Anonymous - Donated back to Campaign

Thank you to all who participated!

Lion Jim and I attended six Midwinter Conferences throughout New England during January and February. We made many new connections and are learning great things about other Lions Clubs and Districts. We've played Let's Make A Deal, dressed in Country & Western, 90's Retro and Medieval times. We toured one of the research labs at Mass Eye and Ear. I've also participated in one ID Candidate zoom class with more to come.



Bandanas!

\$10 each

Available for purchase at the
March 15th Cabinet Meeting
or contact PDG Kathy at
vtlionkathy@gmail.com



Find your purpose

Today's leaders build tomorrow's world

Leo clubs are home to Lions Clubs International's youngest members, whose insights and actions are invaluable to further the mission of Lions International. Joining a Leo club can bring you a world of opportunity — from developing crucial life skills and making change in your community, to building lifelong connections with like-minded individuals.

See how Leos get things done!



Lions Clubs International

District 45

Youth Programs

Leo Clubs and Lions Quest

LEO stands for

Leadership, Experience, Opportunity.

- Leo Clubs are typically for students aged 13-18 but can be for young adults aged 19-30.
- Leo Clubs are either school or community based.
- Leo Clubs can enhance the sponsoring club's community presence.
- Leo Clubs give Lions the opportunity to mentor young leaders.

Lions Quest

- Lions Quest is a Social and Emotional Learning program for students PreK - Grade 12.
- Lions Quest programs support, encourage, and celebrate diversity.
- Lions Quest is designed to create a learning environment based on the needs of all students where no one is an outsider because everyone is needed, valued and important.
- Lions Quest implementation may be supported with LCIF grants.



Lions Quest and Social and Emotional Learning (SEL)

Lions Quest is a comprehensive and universal, evidence-based social and emotional learning program. SEL is a process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve goals, feel and show empathy for others, establish positive relationships, and make responsible decisions.

[More about social and emotional learning](#)



Source: ©2020 CASEL. All Rights Reserved. <https://casel.org/what-is-sel/>

For more information about Leo Clubs or Lions Quest, please contact DG Deb Savery or PDG Kathy Dorman



EMERGING LIONS
LEADERSHIP INSTITUTE

ELLI

Save the Date

March 28 - March 30, 2025

Interactive and Team-Building Training!

Lions & Leos Leadership for Success!

3-day Institute focuses on:

**Conduct Effective Meetings, Change Management,
Working in Teams, Communication Skills,
Creative Thinking, Diversity, and more...**

This Institute will prepare Lions for Leadership positions at “All” levels with your club. You may be a member considering moving into a leadership role in your club or district. You could be a current club leader looking to hone or add to your skill set. All would benefit from attending and familiarizing themselves with leadership skills and a deeper understanding of how to serve their clubs and community better. Participants are not only provided the necessary information but also the tools and resources needed to help your clubs strive and succeed in today’s current environment. Fostering “Team Building Skills” with your fellow Lion is also a crucial component of this institute. In a nutshell, this Institute focuses on enhancing leadership and managerial skills and expanding participants’ knowledge of Lion Clubs International.

NELC Lions & Leos Welcome!

Location of Institute and Lodging

The Institute will be at the New Fairfield Senior Center, 33 Rt. 37 New Fairfield, CT., and lodging will be at the Ethan Allen Inn, 21 Lake Avenue Extension, Danbury, CT

Any questions can be directed to PCC Lori-Ann Beninson

Phone: (917) 939-2939

Email: lciflion@gmail.com

REGISTRATION

Club Officer Training

Saturday April 26, 2025

Training conducted at:

NH Police Standards Training Academy. 17 Academy Drive, Concord NH

Training Sessions offered



Club President

Presenters: Kim Fournier & Bonnie St. Jean

Pre-requisite: Club President Responsibilities in Learn



Club Secretary

Presenters: Linda Quebec & Tom Reynolds

Pre-requisite: Club Secretaries Responsibilities in Learn

- Secretaries **MUST** come equipped with a laptop or tablet for access to the portal
- Secretaries **MUST** already have a login and password to access the Lion Portal.

Club Treasurer

Presenters Christine Greenwood Smart & Kris Pavlik

Pre-requisite: Club Treasurer Responsibilities in Learn

Membership

Presenters: Henry McKee and Vince Giambalvo

Pre-requisite: Bring Success stories, service projects, Club Brochures, fundraisers, meeting info and marketing ideas

Please complete registration on reverse side

REGISTRATION
Club Officer Training
Saturday April 26, 2025

4 TRAINING SESSIONS

8:00 to 8:30 Registration

8:30 to 8:45 Introductions

9:00-1:00 Training

Name	Club	Phone	Email	Session
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Officer training is open to all Lions. Whether you are a current officer incoming officer or just interested in learning more please consider attending. You will be happy you decided to attend

Registration Fee is \$10.00 per person attending

Please make check payable to: **NHLPPDGA**

Mail registration form & check to:

PCC Bill Rathbun, Assistant Dean

71 Route 104, Box 4-60, Meredith , NH 03253

Any Questions, please call or email:

PDG Toni Olden, Dean (603) 677-2431, toniolden@gmail.com or

PCC Bill Rathbun, Assistant Dean (603) 707-6209 or pdgbill33y@yahoo.com



44N – Stayin' Alive 1.5 Spring Convention May 2, 3 & 4, 2025

Disco Inferno Friday Evening May 2, 2025

3 to 5pm – Registration & Hospitality Room Open
6 to 7pm – Disco Inferno Social – Cash Bar
7 to 7:30pm – Peace, Love & Pasta Dinner
7:30 to 9pm – Fever at the Groovy Night Club
*GUEST Appearances with Hard Rock GST, Dynamic GET
Duo, Smooth Crooner GLT and Sultry GMT*

Stayin' Alive 1.5 Saturday Day Agenda May 3, 2025

8 to 9am – Radical Registration
9 to 11:30 – Stellar Cabinet Meeting
11:45 to 1:30pm – Pizza Lunch with ROCKING Service event
1:45 to 2:30pm – Stayin Alive Recognition
2:35 to 3:30pm – Town Hall with ID Deb Cantrell
3:30 to 5pm – Hospitality Room opens

Saturday Night Fever Banquet Agenda May 3, 2025

5:15 to 6pm – Saturday Night Fever Social – Cash Bar
6:15 to 7:15pm – Wicked Cool Banquet
7:15 to 8:30pm – Wicked “FAR OUT” Awards
8:30 to 10:30pm – Night Fever Dancing with DJ Dave Alcox!

Sunday Memorial Service May 4, 2025

9 to 10am – Lions Memorial Service



44N – GUEST SPEAKER INTERNATIONAL DIRECTOR DEBORAH “DEBBIE” CANTRELL



Debbie Cantrell from Marshfield, Missouri, United States, was elected to serve a two-year term as an international director of Lions International at the association's 106th International Convention in Melbourne, Australia, June 21 through June 25, 2024.

Director Cantrell has 22 years of experience in financial consulting. She is a financial consultant/insurance and operations specialist at Heritage Financial Advisors. She also has 10 years of experience working with at-risk kindergarteners. Director Cantrell has many notable projects, including conducting company trainings, launching a booster club curriculum for Esther Elementary School and created the "It Takes a Village" event to raise awareness for domestic violence.

Director Cantrell joined the Lebanon Host Lions Club in 2004, where she is currently an active member.

She has held several offices within the association, including club president, club membership chairperson, district governor, first and second vice district governor, immediate past district governor and multiple district Global Membership Team coordinator, among many other positions.

In recognition of her service to the association, Director Cantrell has received numerous awards, including multiple Lion of the Year Awards, multiple International President's Awards and International President's Medals. She was also presented with the Helping Hands Award from Past International President Sid Scruggs. She is a Progressive Melvin Jones Fellow.

In addition to her Lion activities, Director Cantrell has spoken at The White House and was named a Champion of Change. She has also spoken at the United Nations during Lions Day with the United Nations. She has written multiple disaster grants after the tornados in Joplin and Branson, Missouri, and held the first women's workshop in the state. She loves spending time with her family, sunsets, travel and cooking.

Director Cantrell and her husband of 11 years, Kevin, also a Lion and a Progressive Melvin Jones Fellow, have three children and six grandchildren.



Save the Date

SPRING WEEKEND

May 16-17, 2025

Lions Camp Pride

New Durham, New Hampshire

New England Lions Council

Serving the Needs of the Districts of New England



PDG Al Goldstein, Council President
35 Main Street, Atkinson NH 03811
(603) 913-1281 / a1goldstein@comcast.net

PDG Kathy Dorman, Council Treasurer
P.O. Box 91, New Haven, VT 05472
(802) 373-4180 / vtlionkathy@gmail.com

INDIVIDUAL MEMBERSHIP DUES

New England Lions Council Individual Membership

2024 – 2025 NELC DUES: \$10.00

Membership coverage is from July 1, 2024 to June 30, 2025

Lion's Name: _____

District/MD: _____

District/MD Position(s): _____

Mailing Address: _____

City/State/Zip: _____

Best Phone: _____

Best Email: _____

Renewal _____ New NELC Member? _____

Please mail *Form* to PDG Kathy Dorman at the above address with a check to NELC

Editor's Corner

A note from the Editor:

Thank you all for your patience as we transition to a new Editor of the Communiqué. While we don't need to reinvent the wheel, there is always a learning curve associated with transition. I'm amazed at how much I have already learned in putting together the August issue.

With that said, there are a few housekeeping items that I'd like take care of so that we are all on the same page.

1st: When sending correspondence to be included in the Communiqué, please put '**For Communiqué**' in the subject line of the email. This will help to quickly scan and sort for information. I don't want to miss anything or have it get lost in a sea of emails.

2nd: Please submit items in one of the following formats: PDF, Word, PNG or JPEG. Please help me get the Communiqué posted on time each month by submitting items early and in the proper format.

3rd: A quick Marketing 101 reminder: Be sure to include the 5 W's. Who? What? When? Where? Why? and How? when sending information for inclusion in the Communiqué.

For example, an item from a recent submission:

(Who) **ORLEANS LIONS CLUB**

(What) **HORSESHOE TOURNAMENT**

(When) Saturday August 24, 2024

(Where) Lake Willoughby North Beach parking lot

(Why) It's their fundraiser

(How) Sign up at 9:00 am (start at 10:00am)

\$30 per team – maximum 40 teams

4 pits – horseshoes provided

Double elimination – rules to be posted

Cash prizes, and items for raffle

(Other relevant information) We no longer provide food at this event; Please - no dogs

4th: Please remember to include a caption with each picture. It should identify who is in the picture and what event is depicted.

And lastly: Start advertising your event months in advance. Don't wait until the September Communiqué to promote a September event. Send the information as early as possible. It will get on the calendar and out to the district to be promoted.

All information/photos MUST be received by the 25th of each month.

Thanks for your help in promoting the great work of Lions across our district!

GIVE US A FOLLOW

SCAN THESE QR CODES TO FOLLOW DISTRICT 45 AND HELP US GROW OUR SOCIAL MEDIA PRESENCE

FACEBOOK



INSTAGRAM



WANT TO HAVE YOUR POST SHARED ON THE DISTRICT PAGES?

EMAIL SVDGDREW AT

ANDREW.J.PERRY95@GMAIL.COM