



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

November 2018

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Vermont Lions Charities

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www.vermontlions.org

Fellow Lion Leaders,

Giving Thanks for all our blessings is the first thought for this season. One of the blessings that I think of is the blessing of friendship and fellowship that we shared at the Fall Cabinet Meeting on the 3rd of November. My sincere thanks to all the Lions who were able to attend and all who sent their good wishes and support. We were able to donate 15 newly made blankets on the day - to our wonderful speakers, Dr. Heather Bradeen and Julia Conner - for the UVM Pediatric Cancer Unit . This was part of the 80 blankets sponsored by all Clubs. I would love to know about all the places and causes and children that received these 'cuddle blankets'.

What a powerful force for good we can be - as we work together.

To carry on our theme of Service, at our January Cabinet meeting in Barre, we will be creating meals for our local food pantries, in preparation for Food From the Heart in February and the winter food needs. The full information about booking is in the Communique. - Amazing that we can create 'mac and cheese' meals for 25 cents a serving! I look forward to seeing you there.

I wanted to bring to your attention that Lions Club International has recognized 126 members of District 45 for extended years of service, with chevrons. These awards will be brought to your Clubs by Zone Chairs at meetings or myself, as I visit.

I was honored to read out the names of Lions who have given 40 or more years of service at the Fall Conference. I am listing them in this issue of the Communique, for those who could not make it to Colchester. Please congratulate your members on their service and friendship.

These members give us the motivation to continue to invite our community members to join us as Lions. (Just Ask !!) We meet these potential Lions as we serve others and show them what is possible when we reach out to help our neighbors. Make this happen: "Where there is a need, there is a Lion."

Together We Serve, DG Liz

District Governor Club Visitation Schedule

December 4 – Brandon Forestdale

December 5 – Vergennes

December 7 – Heartland

January 8 – Bennington

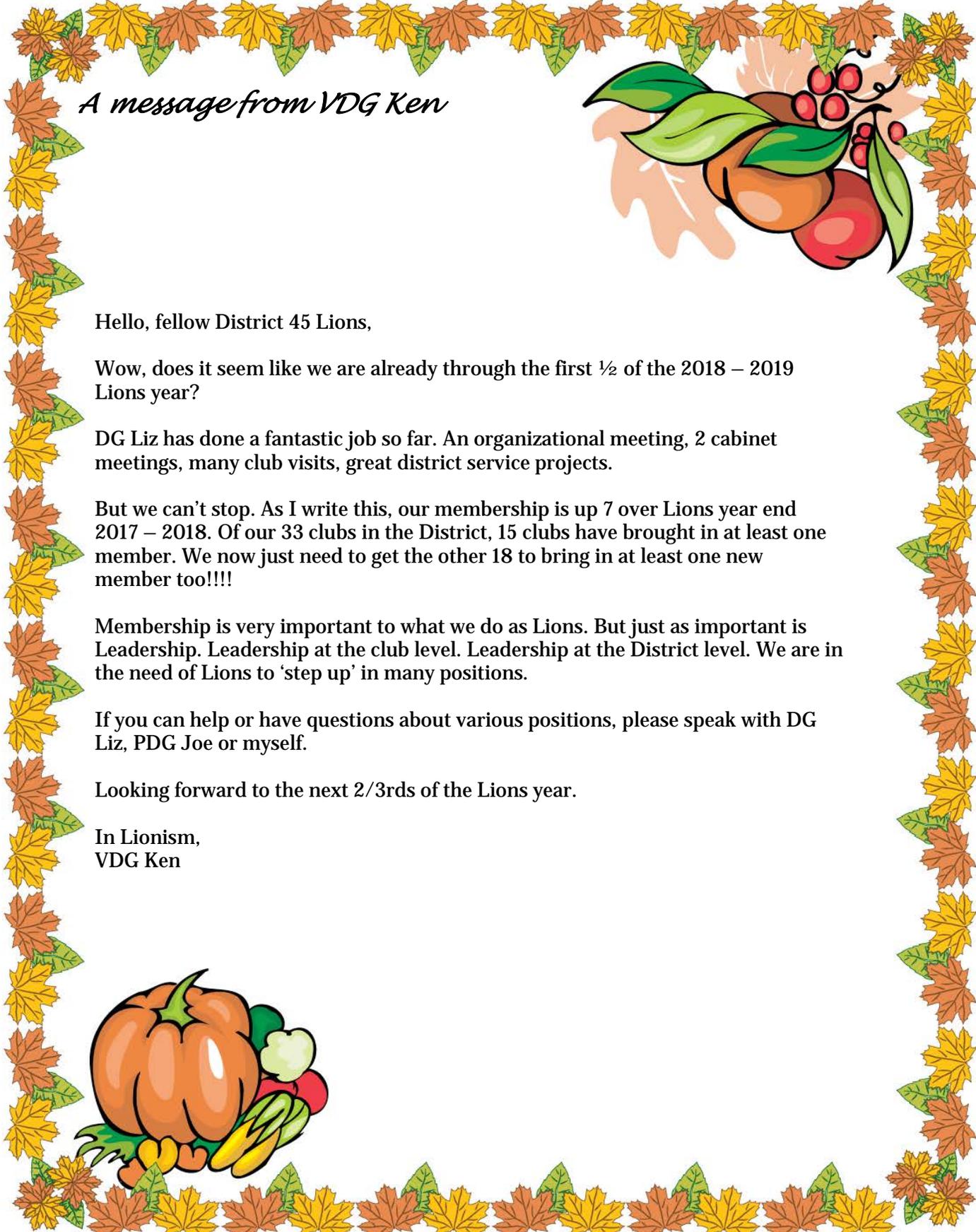
January 22 – Springfield

January 28 – Jericho/Underhill

District 45 Calendar and Events

01/12	D45 Cabinet Meeting, Barre
01/18-01/20	NELC Winter Weekend Conference, Warwick, Rhode Island
02/2018	Food from the Heart
02/09	Valentines Dinner & Dance, Heartland Lions
3/9	41 st Annual Lions Day at the United Nations
3/12	Lions at the State House, Montpelier
3/16	D45 Cabinet Meeting, Middlebury
5/2-5/4	D45 Spring Conference 2019, Rutland
	Don't see your club's activity listed? Email it to the Communique!





A message from VDG Ken

Hello, fellow District 45 Lions,

Wow, does it seem like we are already through the first $\frac{1}{2}$ of the 2018 – 2019 Lions year?

DG Liz has done a fantastic job so far. An organizational meeting, 2 cabinet meetings, many club visits, great district service projects.

But we can't stop. As I write this, our membership is up 7 over Lions year end 2017 – 2018. Of our 33 clubs in the District, 15 clubs have brought in at least one member. We now just need to get the other 18 to bring in at least one new member too!!!!

Membership is very important to what we do as Lions. But just as important is Leadership. Leadership at the club level. Leadership at the District level. We are in the need of Lions to 'step up' in many positions.

If you can help or have questions about various positions, please speak with DG Liz, PDG Joe or myself.

Looking forward to the next 2/3rds of the Lions year.

In Lionism,
VDG Ken

Highlights from the Fall Cabinet Meeting, Saturday, November 3, 2018, Colchester, VT

Break Out Sessions – Service Project – Speakers – Cabinet Meeting = FUN



Members working on blankets together!



PID Tom Broughton



PDG Stan Patch,
President of
Vermont Lions
Charities and
Lion Carmelita
Belisle



Speakers Dr. Heather
Brandeen & Julia Conner
LICSW from
UVM Children's Hospital
sharing about Pediatric
Cancer along with VLC
President Stan Patch &
DG Liz



Lion Carmelita Belisle
finds a friend!

Vermont Lions Clubs District 45



On Saturday night, November 3rd, approximately 145 Lions, Leos, family, friends and guests gathered at the Hampton Inn, Colchester for the 2018 version of the District 45 LCIF Super Raffle.

Over \$12,000.00 cash and prizes were up for capture to the 110 ticket holders, with the grand prize being \$1,500.

The evening started off with some lively entertainment from Peter MacFarlane. Thanks to PDG Betsy MaGee for lining up this 'special treat' for attendees. Saw some interesting 'dancing' and 'jigging'. Some good food was on hand along with some friendly 'chit-chat' amongst those in attendance.

After an hour and a half of Lion Carmelita Belisle's 'magic fingers' picking the numbers out of 'bag', it came down to three numbers: Lion Gary Russell of the Vergennes Lions Club, Laberge Insurance Agency (friends of Middlebury Lions) and Stephen and Connie Weston (friends of Jericho-Underhill Lions Club) to determine how the last 3 prizes will be distributed. After an agony piece of time (actually about 30 seconds), the last 3 entrants decided to split the cash winnings. Each won \$780.00.

So on behalf of the LCIF Super Raffle committee, we would like to say 'thank you' to all those who purchased tickets, but more importantly all the business and individuals who donated prizes (see list). Please support those business's who support Lions.

See all in 2019!!!!

2018 District 45 LCIF Super Raffle Co-Chairs:
VDG Ken Emery – 802-578-7483 – kpemery1960@gmail.com
PDG Betsy MaGee – 802-578-5188 - lionbetsy2000@yahoo.com

Committee Members: PID Tom Broughton (Middlebury), PDG Joe Wilson (Springfield), PDG Tommy Walz (Barre), Lion Carmelita Belisle (Colchester), Lion David LaRose (Essex Jct.), Lion Jay Niles (Granville), Lion Phylis Porio (NorShaft).

REMINDER TO ALL THOSE WHO BOUGHT TICKETS

To all Lions Club and individual Lions who purchased tickets to the LCIF Super Raffle. For each ticket that a club or individual Lion purchase, they may make a nomination for a Melvin Jones Fellow.

Nominations may be a Lion of their own club, a Lion from another club OR an individual (non-Lion) from their local community.

Nominations (must be in writing – emails acceptable) to a member of the LCIF Super Raffle Committee.

DEADLINE: January 31, 2019

Donations from:

5 Guys
 5 Olde Tavern
 99 Restaurant
 Adams Farm Market
 Andy's Dandy's Dog Treat
 Basin Harbor Golf Club
 Beverage Warehouse
 Bolton Valley
 Burke Mountain
 Champlain Valley Fair
 Chili's
 Clark's Trucking
 Comfort Inn & Suites - Williston
 Comfort Suites - Shelburne Road
 Commodor Inn
 Connie St. George
 Danforth Pewter
 Dave McWilliams

 DG Liz Fenwick
 Doubletree Inn
 Dr. Dorothy Brodman
 ECHO
 Eden Iced Cider Co
 Essex Jct. Lions Club
 Eyecare of VT
 Friendly's
 Global Pathways

Donations from:

Grand Buffet
 Granville Lions Club
 Green Peppers
 Hampton Inn
 Heartland Lions Club
 Hilton - Lebanon NH
 Inn at Essex
 J & L Hardware
 Jay Peak Waterpark
 Jef Gates
 Jericho Underhill Lions Club
 K & R Garage
 Karen's Kloset
 Kinney Drugs
 Lake Champlain Ferries
 LaQuinta Suites - Dorset St
 Lion Carmelita Belisle
 Lion Ron Bingham

 Londonderry Tri-Mountain Lions Club
 Longhorn
 Marriott - Middlebury
 Massage Envoy
 Mt. Snow Grand Summit
 Norshaft Lions Club
 Orvis
 PCS Cindy Berg
 PCT Loreen Teer

Donations from:

PDG Betsy MaGee
 PDG Clem and Tish Cardinal
 PDG Ken Emery
 PDG Mel and Lion Sue Coburn
 Peter MacFarlane
 PID Tom Broughton
 Pizza Putt
 Ramuntos
 Rimanchik of Montreal
 Rosies
 Scatcher Pottery
 Shaws
 Shelburne Museum
 Smart Suites - Shelb.Rd.
 Starbucks
 Tanglewood Motel/Cottages
 The Lighthouse Restaurant
 The Lighting House

 Timberlane Dental
 Towne Place Suites
 Tradewinds
 Troy and Area Lions Club
 Village Peddler - Monte's
 Village Pedlar - McNulty
 Vt Lake Monsters
 Wendell's Furniture
 Woody Jackson

*Thank
 You*

Many thanks to our entertainment at the Super Raffle - <http://www.atlanticcrossingvt.com/>



For over two decades Atlantic Crossing have been rocking the contra dance halls of New England and beyond and entrancing concert audiences with paintings in song of local history and more. Their music, drawn from the Celtic traditions of the British Isles as well as from Maritime and French Canada, lifts audiences from their seats, transports dancers to ever greater delight and strikes joyous notes at celebrations.

Atlantic Crossing are available for:

- **Concerts**
- **Festivals** - for concerts, contra dances, workshops.
- **Celebrations** - weddings, anniversaries, parties, etc.
- **Contra dances & Contra dance weekends**
- and more - please discuss your vision with us; we'll try to help make it come true.

Atlantic Crossing have released six albums, the most recent in 2016, as well as one compilation CD. Each is a mix of traditional and the band's own original material, both dance tunes and songs, with only occasional covers. Their repertoire delves into the music of their Vermont home and the wider New England region, including ballads and tunes from the Helen Hartness Flanders collection, bringing them to life once more for future generations. Local history is also a significant theme of their original compositions, and, for their contribution to the State's heritage, they were designated American Masterpiece Artists by the Vermont Arts Council and the Vermont Folklife Center in a joint programme, now discontinued.

Peace Poster Contest 2018

This year Peace Poster Winter was sponsored by Essex Jct Lions, shown here with first place winning entry:



Written by the Art Teacher of the winner: Amane remembered seeing the peace posters being painted by seventh grade students last year and then displayed in the hall. She was in 6th grade then. She also remembered the 7th grade peace poster winners being recognized at our end of year assembly. Amane came to me on her own accord at the very beginning of this school year asking if she could still participate in the contest even though she did not have art until later in the season. I told her "Of course you can participate!" I showed Amane the Lion's Club website and went over all the rules with her. I also supplied her with the materials she needed. Amane spent many hours a night working on her poster and would periodically bring it in to show me her progress and ask for feedback. Sometimes she would work on it after school in the art room. She was keenly aware of the deadline and finished her poster just in the nick of time. Amane is a very focused and dedicated young artist! She put her heart and soul into her painting and it shows!



Zone 1A & Zone 1B

On October, 13 eight Lions from Essex, Jericho/Underhill, Colchester, Williston, Swanton-Missisquoi, and Lion Jackie Dutil manned a table at the University Mall in South Burlington.

We handed out White Cane pens for White Cane awareness. There were also diabetes screening and the spot vision camera available.

In addition, we worked on recruiting for the district. With interest, all the way up to Troy. Lion Jackie found several people that showed interest in a Burlington Area club.

Participants were: Zone 1A Chair Ody LaRoche, Zone 1B Dianne Brochu, Lions Carmelita Belisle, Linda Eastman, Loreen Teer, Cindy Berg, Joyce Potenzano, Jackie Dutil.



Zone meeting up-date of Zone 2AB the "Blue Ribbon" Zone

Zone 2AB, the "**Blue Ribbon**" zone, conducted its' first zone meeting of the 2018-2019

year on Tuesday, September 11th at the Brandon United Methodist Church. The meeting was hosted by the Brandon-Forestdale Lions and included (31) Lions; (16) from the Brandon-Forestdale club. Social time provided attendees with delicious hors d'oeuvres and a complete catered lasagna dinner that was enjoyed by all.

The meeting started with our (3) point opening that paused for a moment of silence for those who lost their lives on September 11, 2001...we also included the loss of Lion Brian Steckley and the passing of Lions with-in our Zone

Material covered included the following:

- . The theme and goals of our International President, Gudrun Yngvadottir; "there is always an obstacle. Lions change obstacles into opportunities. Specific goals include: moving membership forward, increasing leadership development, promoting the fellowship of Lions and sharing our stories.
- . Discussed Campaign 100 briefly...await further information.
- . Reviewed the message from DG Liz; "This is your year." Reviewed the (5) puzzle pieces that hold us together in service; the fight against hunger, childhood cancer, diabetes and the protection of our environment and our continuing support for vision and hearing.
- . Reviewed our (3) major goals of Zone 2AB with up-dates provided by Lion Sandra Brutkowski(vision screening), Lions Paul Bessette, Carol Mapel & Kathy Dorman,(food from the heart) and pediatric cancer.
- . Speak Out up-date was provided by Lion Kathy Dorman
- . Peace poster up-date provided by Lion Bruce Curtis
- . Discussed planned service projects that included both signature/legacy projects
- . Discussed, via handouts, the various ways to identify new service projects using the Community Needs Assessment and Making It Happen material provided by LCI.

Before closing, we set the date & location for our 2nd. Zone meeting: Tuesday, December 11th at the West Main Grille in Granville, N.Y.

Respectfully submitted;
Lion Stanley Patch, Jr., PDG-2
Zone Chair, 2AB



Many thanks to the clubs that have donated to the Recycling Eyeglasses program.

A reminder from Lion Randy: Please don't drop off glasses in bags, and seal all full boxes. Also, NO GLASSES CASES. A plastic bag full of glasses was turned in for recycling at the fall conference. At the cabinet meeting we received a note taped to the bag said "160 glasses 65 lenses" with no club name. Please be sure to include on your note, # glasses and club name – also remember in a sealed box. It would be appreciated.

Ever since Helen Keller inspired us to champion the cause in 1925, we've served and advocated for the blind and visually impaired. Nearly a century later, this long-standing mission continues unhindered.

Vision Facts

- **253 million** people are blind or have moderate to severe distance vision impairment (MSVI)
- **1.1 billion** have near-vision impairment simply because they don't have a pair of glasses
- **>75%** of all blindness and MSVI is avoidable
- **89%** of people with visual impairment live in developing countries

"Alone we can do so little; together we can do so much"
a meaningful Helen Keller quote.

Mark your Calendars!

Come join us at the Winter Cabinet Meeting

***Saturday, January 12, 2019
for our next service project!***



Vermont District 45 Lions have partnered with Outreach, Inc. hosting the meal packing event. The meals are a nutritious blend of macaroni, soy and a vitamin enriched cheese blend designed for Outreach by Iowa State University's Food Science Department.

Ten volunteers surround two tables made into a simple assembly line. Each packaging line of volunteers can package over 2,000 meals per hour. We are working with the same group that we did last fall.

In ten years, Outreach has provided ingredients to package over 260 million meals.

To learn more about their program please visit www.outreachprogram.org.



Service Project on Saturday, January 12 at the Cabinet Meeting

Canadian Club of Central Vermont
414 East Montpelier Road, Barre, VT 05641

Package macaroni and cheese dinners for the food pantry that serves your town.



2 cases of Mac & Cheese \$75.00
Please order by Friday, January 4, 2019



Name: _____

Club: _____

Phone: _____

email: _____

Minimum order 2 cases for \$75

How many cases would your club like for distribution? _____

Amount enclosed _____

Make your check payable to Vermont District 45 and mail to:

CT Lion Brenda Seitz, 724 Hinesburg Road,
Brattleboro, VT 05301
Email: blseitz92@gmail.com
Phone: 802.257.0901

Don't forget you need to register for the cabinet meeting on January 12. See the separate form for this.

Vermont Lions District 45
Cabinet Meeting Registration



Saturday, January 12, 2019

Canadian Club of Central Vermont
414 East Montpelier Road, Barre, VT 05641

Cost: \$18.00 which includes lunch and meeting.

Registration opens at 8:00am - Coffee & donuts

Be sure to look for the separate sign up for the service project: Packaging macaroni & cheese meals for a food pantry in your area.

(Please print)

Name: _____

Address: _____

Email Address: _____

Phone Number: _____

Club/District Position: _____

Home Club Name: _____

Cabinet Meeting: **\$18.00** pp x _____ (# attending) \$ _____

Please make your reservation by Friday, January 4, 2018

Make your check payable to Vermont District 45 and mail to:

CT Lion Brenda Seitz, 724 Hinesburg Road,
Brattleboro, VT 05301
Email: blseitz92@gmail.com
Phone: 802.257.0901

Service Project: Packaging macaroni & cheese meals for the food pantry in your area.

Club News



God Bless America
Happy Veterans Day

THE BENNINGTON LIONS CLUB

CHARTERED IN 1939

P.O. Box 491 Bennington, Vermont 05201

Serving the Communities of Bennington, Pownal and Woodford

THE LIONS PEN

NOVEMBER 2018



God Bless America
Happy Thanksgiving



The Veterans Day Edition

OCTOBER DINNER MEETING Thanks to Ryerson Mausert who gave a informative presentation on the Patriot Viewpoint optical devise for people who suffer from Macular Degeneration. And a special thank you to Lion Doris and her husband Ron for setting up the program.



NOVEMBER HONOR VETERANS DINNER - We honor Veterans at our November Meeting next Tuesday, November 13th starting at 6:30PM. **PLEASE INVITE SOME VETERANS TO OUR DINNER HONORING THEM!** The guest speaker is Don Fisher a Korean War Veteran. The Aladdins from North Adams will provide a selection of Patriotic and sing-a-long music. The meal is beef stroganoff or chefs salad. For reservations call Lion Sharon at 802-442-0105

DIABETES SCREENING - Lion Patricia "I promise I won't hurt you" Babcock will hold our annual Diabetes Screening on Saturday, November 11th from 11AM to 1PM at Price Chopper in the Pharmacy Area. We extend our thanks to the Veterans Home for supplying the diabetes supplies and to Price Chopper for providing the space.

SAND BUCKETS - This year we will again provide buckets of sand to senior citizens and others who need help to minimize icy conditions at their home making their property safer. Lion Bob will keep us posted and tell us when he needs help filling and delivering the buckets.

CHRISTMAS PROJECT AND CHRISTMAS PARTY FOR THE VISUALLY HANDICAPPED AND HEARING IMPAIRED - I know that its not even Thanksgiving yet but, we are already planning for our two main **Christmas Projects**. Lion Patricia and her band of Merry Elves have started the preparations for the party. If you kow of someone you think should be invited, please contact Lion Patricia. Members of the Ukulele String Ensemble will perform at some of the nursing homes when we also present our Activities Fund Donation. Please contact me at 802-379-6043 for details, **WE ARE ONE BUSY LIONS CLUB!**



Happy Veterans Day and Happy Thanksgiving Day. God Bless America!



Lion Henry A. P. Simpatico, Bulletin Editor

Whitingham-Halifax Lions gear up for annual holiday food drive to help neighbors in need

Whitingham - For years, the Whitingham-Halifax Lions Club has distributed food to local families during the holiday season. The idea for Holiday Food Baskets began more than 25 years ago, and originally consisted of one food basket containing a turkey and trimmings for local families. But in recent years, the Lions have ramped up their efforts significantly, and now distribute literally tons of food to hundreds of local families, seniors and others at risk of hunger.

"We've been able to increase our food outreach mainly because of innovative fund-raising," said Lions Club President Mark Hanna. "Seven years ago, we created our Hungry Lion Bike Tour, which has succeeded beyond all expectations. The funds we raise allow us to buy and distribute thousands of pounds of nutritious food just before the holidays, when so many local families are heading into the lean winter months."

In recent years, volunteers from the Readsboro Lions Club, Rotary Club of Deerfield Valley and the local community have joined in to help shop, package and distribute the food. The massive project requires weeks of planning, four days of shopping, unloading trucks and packing food, and one day of delivering to residents in local towns. "We stage the whole packing process in the gym of the local school," said Lion Jennifer Betit-Engel. "It's the only place large enough for this massive project."

It's a little hectic and stressful to manage such a huge project," admits Hanna, "but it's also a happy time. Our members and volunteers say it's one of the most rewarding things they've ever done. Seeing the joy and gratitude on people's faces when we walk up to the door with bag after bag of fresh fruit and veggies, canned and packaged food - plus a turkey - is a great feeling."

The Lions also deliver a beautiful poinsettia plant to local residents who are shut-ins or who have recently been ill or suffered bereavement.

"We want our neighbors to know they are not forgotten." Volunteers are welcome to join the project, either at a packing event or on delivery day.

For more information, please call Mark at 802.368-2601.



Essex Jct Lions distribute dictionaries:



List of Lions who have been recognized for 40 years or more of Service by Lions Clubs International.

Please congratulate these dedicated Lions.

50 years Charter Monarch Chevron:

John L. Ranken – Valley Lions
G John Arnold – Heartland Lions

Monarch Chevron Awards:

65 years of service: Alan L. Pinders – Springfield Lions

55 years of service:

Phillip H. Wheeler Jr. – Norwich Lions
Curtis Brainard – Derby Lions
Lawrence H. Reilly – Barre Lions

50 years of service:

George L. Taggart – Castleton Lions
John O'Day – Castleton Lions
Charles S. Cole – NorShaft Lions

45 years of service:

Albert Pearce Jr. – Richford Lions
Robert Karg – Valley Lions
Henry Simpatico – Bennington Lions

40 years of service:

Robert Bibens – Manchester Lions
William Hardy – NorShaft Lions
Bruce C. Ellison – Barre Lions
Fernand St. Pierre – Enosburg Falls Lions

Heartland Lions Club 2019 Valentines Dinner and Dance

The Heartland Lions Club has been in existence in Central Vermont since 1957. Heartland refers to the heart of Vermont, serving the towns of Royalton, Sharon, and Tunbridge. Our services reach beyond these towns to many of the neighboring areas. We provide vision assistance, hearing care, scholarships for deserving students, recreation programs for youth, disaster relief, drug awareness programs, health screenings, and other services intended to help improve the lives of our neighbors.

The Heartland Lions own the Paines Beach Recreation Area on North Windsor Street in South Royalton where the public can access the river, enjoy the beach, and use the picnic pavilion free of charge.

Our income for our programs comes from our own fundraising efforts and all the money we raise is funneled back into the community for charitable purposes.

One of our largest fundraisers, the Valentines Dinner and Dance has provided income to support many of our programs and in addition we target a special charity to receive the proceeds from the "Charity of the Night".

We have been enjoying the music of "Smoke and Mirrors" for several years now. The band is from Claremont NH and they will be playing for us again this year. The band plays a nice mix of oldies and popular songs. We appreciate the wonderful job the band does for us and hope to see all their loyal fans as well as making some new ones.

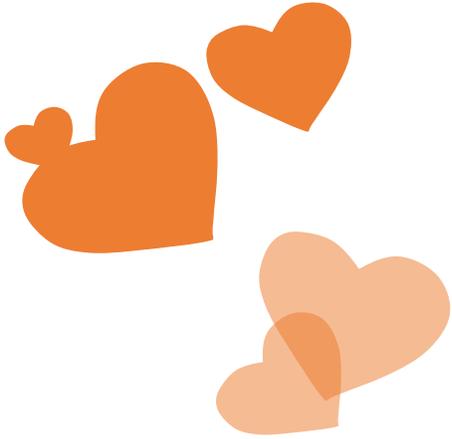
One of the features of this dance is the fabulous door prizes, from gift baskets and gift certificates to the \$1500 grand prize travel voucher.

The meal is a selection from the Fireside Inn's banquet menu and usually offers two entrée choices plus salad, rolls, vegetable, and dessert. A cash bar is available from 5:30 until closing.

Dance tickets are \$110 per couple and are available by contacting the Heartland Lions at the email address below.

Table reservations will only be given to paid parties of 4 tickets (8 people). For reservations, all 4 tickets should be purchased at the same time. All ticket sales need to be received by January 15th, 2019.

For more information, you can contact: heartlandlionsclub@charter.net



Heartland Lions Club

Cordially invites you to our annual

Valentines Dinner-Dance

February 9th 2019

5:30 pm to 10:00 pm

Social hour begins at 5:30 pm

Dinner served at 6:15 pm

Dancing from 7:00 pm until 10:00 pm

Live music provided by *Smoke and Mirrors*

Many door prizes including a

\$1500 Travel Voucher Grand Prize

Fireside Inn

25 Airport Road

West Lebanon, NH

Discounted room rates available.

Tickets: \$110/couple (advance purchase only)

All proceeds go to local charities.

Please contact:

heartlandlionsclub@charter.net

or call (802) 291-2429

WE SERVE



2019 SPEAK-OUT CONTEST WE SERVE - BEYOND THE HORIZON

Fellow Lions:

Now is the time to start planning for the District 45 Speak-Out Contest to be held on March 16, 2019 in Middlebury, Vermont. Those that have participated in the past know what a wonderful opportunity this is to hear our local high school students "speak out" about our International President's theme, not just at the state contest but at the local level as well.

"We Serve - Beyond the Horizon" is this year's theme from International President Gudrun Yngvadottir. Please visit www.lionsclub.org to read her theme and download her materials. I encourage all District 45 Clubs to participate in this year's Speak-Out Contest by inviting your local high school juniors and seniors to share their ideas on this very inspirational theme, "We Serve - Beyond the Horizon" with your club and our District.

The materials for this year's contest can be found on the D45 website. This year I have included a handout that may be used to engage a local high school to participate or be used as a press release. If you have never participated before and would like help getting started, please feel free to contact either myself or my co-chair, Lion Connie St. George, we will be happy to answer any questions you may have.

Yours in Service,

Lion Kathy Dorman cannons@gmavt.net
(802) 373-4180

Lion Connie St. George
sunsetcarpentryl@juno.com (802) 352-4686

WE SERVE



2019 SPEAK-OUT CONTEST WE SERVE - BEYOND THE HORIZON

Every year, Lions Clubs in Vermont host a Speak Out competition, a public speaking contest for high school juniors and seniors. We invite students to deliver a speech based on the annual message of the Lions Club International President. This year, International President Gudrun Yngvadottir's message is "We Serve. Beyond the Horizon"

Students can win prizes while competing at their local Lions Club. The winner from each club advances to the state competition in March. While there is currently no advancement to a regional final outside of Vermont, we are working toward a New England competition within the next few years.

We are asking area high schools with a local Lions Club to consider participating in the Speak Out competition. Generally, schools with a public speaking program are well suited to participate although an interested teacher may certainly advise and coach students.

If you are interested and would like additional information, please contact your local Lions Club.



WE SERVE

2019 SPEAK-OUT CONTEST

Topic: We Serve – Beyond the Horizon

Time: between 5 and 7 minutes!

NOTE: This is a three-level contest. The winner of our local Contest will advance to participate in Regional if necessary. Finalists go on to the State Level Contest which will be held on March 16, 2019 in Middlebury, Vermont.

The Local Contest will be held at a Lions Club Meeting on: March 16, 2019.

Lions Cabinet Meeting in Middlebury, Vermont

JUDGING CRITERIA:

Address

Theme.....20pts.

Development of Theme.....50pts.

Expression and Delivery.....30pts

Each Judge may direct one question on the subject to the speaker at the conclusion of the speech.

PRIZES!

LOCAL CONTEST

1st Place:

2nd Place:

3rd Place:

STATE FINALS!

1st: \$300

2nd: \$150

3rd: \$75

4th or more \$ 25

WE SERVE



2019 SPEAK-OUT CONTEST WE SERVE -BEYOND THE HORIZON March 16, 2019 Middlebury, Vermont

SPEAK-OUT INFORMATION:

1. Included is a blank Speak-Out Contest form for your club to modify with your specific details. Your Club sets its own prize money.
2. The judging form.
3. A handout that may be used to engage a local high school or be used as a press release.

Advise the participants to read the International President's message on the theme of the contest; go to www.lionsclub.org.

WHAT TO DO NOW:

1. Assign a Speak-Out Chairperson in your club.
2. Find a contact person, preferably at your local High School: the head of the English Department or a Guidance Counselor are excellent options. Other possible contacts: local 4-Hand Scout Group Leaders, Debate Coach, etc.
3. Your club will need to set a local contest date, amount of prizes, location of contest and list your chairperson on the bottom of your form. Fill out your form and make copies including the judging form and the International President's message, if you wish, to give to your contacts. They in turn can make copies for the students that are interested in participating.

CONTACT PERSON: LION (insert name)

THINGS TO DO BY YOUR FIRST MEETING IN JANUARY:

1. Please contact me if your club is going to be participating in the Speak-Out Contest and give me the name of your Speak-Out Chairperson and the date of your local contest. My email address is listed below.

2. **IMPORTANT**: PLEASE HAVE YOUR LOCAL CONTEST AT ONE OF YOUR JANUARY MEETINGS ALTHOUGH AN EARLIER DATE IS FINE. BE SURE TO ASK AT THE SCHOOL ABOUT DIFFICULT DATES SUCH AS EXAMS, ETC.

AFTER THE CONTEST:

1. Send me the results of your Contest and the number of guests (family members) your winner will have with them at the District Contest in March.

2. The District 45 final contest will be held at the March 16th Cabinet Meeting in Middlebury, Vermont.

3. The District covers the costs of all contestants' meals at the Cabinet Meeting, please let me know the total number of guests that will be attending the Contest so that enough meals and tables are provided. Meals of any guests of the contestants' are covered by the clubs that invite them and should be paid by the club when they check in at the Cabinet Meeting.

4. The District also covers the meals of each club's Speak-Out Chairperson.

Thank you and good luck, we hope to see you in March!

Lion Kathy Dorman, Speak-Out Contest Chairperson
cannons@gmavt.net, (802)373-4180

Lion Connie St. George, Speak-Out Co-Chairperson
sunsetcarpentryl@juno.com, (802)352-4686

Global Action Teams

Empower clubs through
The Power of Action



The Global Action Team was built with a vision that one day every need in the world will be served by a Lion or a Leo.

It brings together three key areas of lions:

Leadership
Membership
Service

VT 45 hopes that member experience can be elevated through impactful service growth!

DG Liz has challenged all of us to cover all of the five main areas of service.

It is suggested that each club choose one NEW activity for each of the five service areas:

Diabetes
Vision & Hearing
Hunger
Pediatric Cancer
Environment

The COMPLETION and REPORTING of one activity from each service earns a badge to be placed on the poster your club will bring to the 2019 State Convention.

Please read through the following service suggestions to find one in each category your club has never done before. Be creative and come up with some of your own!

But, be reminded, the activity is one of "service" where Lions are expected to become physically involved in actually doing the activity themselves, not writing a check to buy items or services. The reason for this is that we want others to see that Lions do serve the public in a way that can be observed and appreciated.

It is requested that Club Secretaries or Club Service Chairman report their projects to
GST Molly Celani Phone: 518-642-9765 or Email: Mollyc@roadrunner.com

Some suggestions to SERVE:

DIABETES

Symptoms? Prevention? Management?

Suggestions:

1. Your local library...do they have books related to diabetes?
...do they have a subscription to a diabetes magazine?
2. Nearby diabetes camp...could you sponsor a child to attend?
...are supplies needed for the camp?
...volunteer for a day at a diabetes camp.
3. Work with healthcare professionals to organize a screening for:
... diabetes, diabetic foot or diabetic retinopathy
4. Sponsor a healthy cooking demonstration for diabetics and pre-diabetics
5. Donate exercise equipment to a community center or senior citizens center to encourage physical activity.

HUNGER How prevalent? Symptoms? Impact to your community?

Suggestions:

1. Near-by food pantry: Can you give food, equipment, or your time?
2. Are there elderly, disabled or ill in your community?
Would they enjoy nutritious homemade meals?
3. Are there children in your community who are hungry on weekends?
Could you provide weekend take-home bags?
4. Is there room in your community for gardens?
Perhaps planting and maintaining vegetable gardens in food-insecure neighborhoods would be of help to some folks.
5. Are there folks no longer able to celebrate traditional holiday family meals?
Organize delivery of warm prepared meals on special holidays, not just Thanksgiving and Christmas, but Fourth of July, Memorial Day, St Patrick's Day, etc.

VISION & HEARING Common diseases? Symptoms? Treatment?

Suggestions:

1. One of the things most would miss is reading a book, a magazine or newspaper...
Volunteering to make audio recordings is enjoyable to readers and listeners!
2. Organizing and procuring a collection of interesting braille and large type books.
3. A guide dog must give great comfort to those who are impaired.
How can we support the training of a guide dog?
4. Although one cannot see or hear, other senses are often dramatically sharpened.
Creation of a sensory garden with plants, fragrant flowers, water features and even sculptures would be so enjoyable.
5. Do we limit ourselves to screening of only those of school age?
Could screening programs could be done for adults working with local employers and businesses.

PEDIATRIC CANCER

- **The treatments and side effects?**
- **The challenges faced by the children and their families?**

Suggestions:

- Could you prepare healthy meals for families whose child is undergoing treatment?
- Could you provide entertainment for children with pediatric cancer or for children in a family who has a child undergoing therapy?
- Could you provide transportation for the family of a child with cancer?
- Could you provide tutoring for a child with cancer as well as their siblings who lose a great deal of school?
- Could you provide funding support for essential medicines and support services not covered by insurances?
- Could you provide a weekend retreat for families with children in remission?

ENVIRONMENT *The environment includes everything from Global Warming to recycling to reducing our carbon footprints. It also includes preserving our natural surroundings and wastefulness.*

Suggestions:

1. We all accumulate too much “stuff” ...
 - a. Wouldn't it be exciting to organize a community recycling drive to donate gently used items to charitable organizations?
 - b. Or, store some to help a local family who has lost everything in a fire?
2. Could each of the Lions in your club add at least one green habit to their daily lives?
 - a. Use reusable water bottles or coffee mugs instead of disposables?
 - b. Change to energy-saving light bulbs?
 - c. Set a time limit for the shower to save water consumption?
 - d. Stop using so many plastic bags?
3. Gardens are good for the environment...What if you...
 - a. Planned and planted community gardens with veggies and flowers?
 - b. Used those gardens as a teaching tool for nutrition, composting, etc?
 - c. Learned and taught others to build rain barrels for watering and irrigation?
4. We all need more ideas on how to live in a more environmentally friendly way?
 - a. Could your club develop a Tip Sheet for Green Living?
 - b. Then share it electronically with members of your community & friends?
5. We all listen to popular local radio programs...add to their programming:
 - a. Put together talks on environmental topics
 - b. Interview environmental activists in your area
 - c. Promote a “Lion” environmental project

Additional projects to serve are welcomed...



CENTENNIAL DISTRICT PIN AND BANNER



THE IDEA OF THE CENTENNIAL BASKET & BALLOONS

STARTS WITH THE 100 YEAR BASKET AND LOGO
'WHERE THERE IS A NEED THERE IS A LION'

WHAT WOULD LIONS CLUB INTERNATIONAL BE IF ON IT'S OWN?

WOULD IT HAVE LIFTED TO GREATNESS?
WOULD IT BE THE LARGEST SERVICE ORGANIZATION IN THE WORLD?
WOULD THE VISION OF MILLIONS BEEN SAVED?
WOULD HUMANITARIAN DEEDS EXCEED A BILLION WITHOUT LIONS?

DISPLAYED ARE SOME EXAMPLES OF WHAT D-45 VT LIONS HAVE DONE
TO LIFT THE BASKET AS '**TOGETHER WE SERVE**'

THE 1ST BALLOON IS THE -

DISTRICT 45 BALLOON:

IN THE CENTER YOU WILL NOTICE THE LARGEST OF ALL THE BALLOONS

LARGEST BECAUSE OF THE STRENGTH OF IT'S MEMBERS!

D-45 was chartered in 1955-56

Every Lions Club in D-45 shares the common mission of empowering volunteers to serve their communities, meet humanitarian needs, encourage peace and promote international understanding through Lions Clubs.

Currently, D-45 has 33 active clubs and 1,095 members.

During each Lions year; District Clubs meet at three Cabinet Meetings, three Zone Meetings,

and at a Convention usually in May.

THE 2nd BALLOON IS THE –

VLC/VERMONT LIONS CHARITIES BALLOON:

VLC WAS CHARTERED IN 1994, WHEN MEMBERS IN D-45 BEGAN TO RECOGNIZE THE GROWING NEED TO SERVE AREAS IN VT WHERE THERE WERE NOT ANY LIONS CLUBS.

AT THAT TIME, PDG Mel Coburn was District Governor, and VT Lions Charities was formed as a 501c3 Foundation, with a primary purpose to receive tax deductible donations, apply for grants, receive proceeds from D-45 fundraising and to distribute those funds to various Lions Committees to help fund their activities.

In 2005, the Shared Vision Fund was created by a donation from PID Jules and Lion Jackie Cote, from monetary gifts that he received at his 'homecoming' celebration.

In 2006, a couple, in memory of their daughter who passed away, offered to donate \$ 50,000, if the District raised matching funds. D-45 lions met the challenge and continue to support VLC through various means.

Since 1994 – VLC and the Shared Vision Fund have provided thousands of eyeglasses and hearing aids to those who financially qualify. VLC has also donated to numerous other needy causes every year.

THE 3RD BALLOON IS THE –

GREEN MOUNTIAN LIONS CAMP BALLOON: (formerly known as Austine Green Mt. Lions Camp)

The Green Mountain Lions Camp has been in existence for more than 30 years!

The Camp operates for three weeks during the month of July.

I Session: for Campers 13 years and older until graduation; and runs for the first two weeks in July.

II Session: for Campers 8 to 12 years old; that runs the third week in July.

Activities include: water and swimming activities, campfires every night, sports, games, arts & crafts, and special events like attending the Twin State Soccer Games, and field trips to museums or Therapy horseback riding, etc.

Lion's club members are encouraged to attend Camp at any time to meet and greet campers for a very rewarding experience.

THE 4TH BALLOON IS THE -

TWIN STATE SOCCER BALLOON:

HIGH SCHOOL SOCCER GAMES, BETWEEN THE BEST SOCCER GRADUATING SENIORS FROM VT AND NH, STARTED IN 1975.

The first game was held at Middlebury College.

Each year, the Games between VT and NH is organized by the non-profit Twin State Soccer Association, and includes Lions from D-45.

The High School Boys and Girls Teams are developed through a nomination process by their coaches.

Funds raised are equally divided between the two States:

VT Lions donate their funds to operate the Green Mountain Lions Camp

NH funds go to supporting their Sight and Hearing Foundation

THE 5TH BALLOON IS -

THE DISTRICT-45 SIGHT VAN BALLOON:

The idea for the District Sight Van was conceived in PDG Tom Bluto's DG year; but it was at PDG Larry Simino's out going Convention in 1977-78 that around \$60,000 of cash and pledges were raised in one day.

The suggestion of the purchase was brought to the floor by then incoming Middlebury Club President/PID Tom Broughton by offering a starting donation from the Middlebury Lions of \$ 1,000. A succession of Clubs followed with donations that totaled an impressive \$ 25,000 before Convention convened! PID Tom shared that later that night; several Lions signed a note for the generous sum of \$ 30,000 of additional funds needed to complete the purchase!

A Sight Van was purchased in Detroit and driven to the US/Canada Forum on the way home, to be shown off as VTD-45's newest Sight resource for our towns and cities.

Soon after, a really nice Sight Van pin was created, which eventually won the International Pin Award!

THE 6TH BALLOON IS THE -

FOOD FROM THE HEART BALLOON:

FOOD FROM THE HEART WAS STARTED IN THE 2009-2010 LIONS YEAR.

The idea for Food From the Heart originated from PID Tom Broughton a year before, when the information came to him that area pantry shelves were low in late winter and early spring. He explained to the Middlebury Club the urgency of a food drive and soon after invited two neighboring clubs, the Vergennes and Brandon/Forest Dale Clubs, to join them in a pilot service event, to see how well it went before bringing it to D-45 Clubs.

The three Clubs conducted food drives at their local stores the weekend of Valentines Day. That was how the name originated.

FOOD FROM THE HEART was a big success at all three locations!

The following year, PID Tom announced the idea to the District Clubs with the posters and food item sheets ready to go for the Club's to get started with.

Valentine's Day, or any day is a good opportunity to address hunger in communities!

Participating clubs conduct their own Food From the Heart Drive that fits their clubs calendar and their area's needs best.

Results from Club's are reported to the FOOD FROM THE HEART District Chairperson.

Each year, many D-45 Lions Clubs participate in this very worthy project; some during the Valentine's week and some at a time that fits their area needs more or when warmer weather allows for better results.

THE 7TH BALLOON IS THE –

KIDS SIGHT FIRST BALLOON:

THE VISION SCREENER MADE BY WELCH ALLEN IN VT WAS FIRST SUGGESTED AS A DISTRICT SIGHT PROJECT BY PDG KEN MILLAY TO SOME OTHER DISTRICT OFFICERS. SOON AFTER, PDG STAN PATCH DONATED THE NECESSARY FUNDS TO VLC TO PURCHASE ONE.

The Springfield Lions Club was the first to use the screener and shared their successes to the District at the following Cabinet Meeting.

Soon after, three additional cameras were purchased for District Clubs to begin screening throughout VT.

A fifth camera was purchased by the Barre Lions Club and subsequent cameras by the Manchester, Granville and Orleans Clubs.

In September 2018, VLC purchased the 9th camera.

In the 2017-18 Lions year, 24,000 students were vision screened by Lion's club members; about 1/4th of all the students in VT!!

Many vision problems run the risk of becoming permanent if not corrected by age seven, when the eye reaches full maturity. Vision also plays an important role in education. According to educational experts, 80 percent of learning is visual.

The actual screening takes less than a minute, but the benefits can last a lifetime.

See below for recommended program contents.

- 80% of learning is visual
 - Vision problems undetected by age 7 can become permanent
 - Screening children 6 months to 6 years of age provides early detection. This is a target group where we can do the most good. That said, we should also strive to screen all children in grades K-12, or as required by State statute.
 - Every Child deserves to see the world clearly!
-

FELLOW LIONS,

NOW YOU CAN SEE WHERE SOME OF THE ENCREDBLE LIFTING POWER IN THE CENTENNIAL PIN AND BANNER COMES FROM.

THE POWER IS, AND HAS ALWAYS BEEN:

**FROM ALL OF YOU LIONS HERE,
FROM LIONS NO LONGER HERE,
AND FROM D-45 LIONS THAT COULDN'T BE HERE TODAY!!***

Yours in Lionism,
Lion Jackie Dutil
Brandon/Forest Dale Lions Club

*Noted by a Lion present at the 2018-19 Fall Conference;
the pin design even resembles a hi-five paw print from our mascot's;
Lion Lucky and Service Dog Seemore!

NEW ENGLAND LIONS COUNCIL

WINTER WEEKEND CONFERENCE



Friday, January 18 - Sunday, January 20, 2019

Wyndham Providence Airport Hotel

1850 Post Rd. Warwick, RI 02886

Call (877) 999-3223 (mention New England Lions Council)

**(Deadline date is 12/18/18 rate not guaranteed after that date)*

Room Rate - \$109.00 plus taxes (13%) includes Breakfast!!

Saturday lunch (calzone buffet) \$25.00

Saturday dinner (choice of Salmon or Chicken) \$40.00

NELC membership \$10.00

Hospitality Room (Friday and Saturday night)

**GUEST SPEAKERS
FUN and GAMES
LIQUOR WAGON RAFFLE
12 SESSIONS of TRAINING
SCHEDULE OF EVENTS**

Friday, January 18

RI sponsored Hospitality Room - fun and games!! 6:00pm-10:00pm

Saturday, January 19

Breakfast at Blue Fire Bar and Grill (opens at 6:30am)

Free breakfast voucher at hotel with your check in or on your own if not staying at hotel

Registration 7:30am-12:00noon

First session 9:00am-9:45am

Second session 10:00am-10:45am

Third session 11:00am-11:45am

Lunch 12:00noon-2:00pm (games)

Fourth session 2:15pm-3:00pm

Fifth session 3:15pm-4:00pm

Sixth session 4:15pm-5:00pm

Hospitality Room 5:15pm-6:45pm

Dinner 7:00pm-9:00pm (Guest Speaker)

Hospitality Room 9:00pm -11:00pm

Sunday, January 20

Breakfast opens at 6:30am

Guest Speaker at 9:00am

NELC Business Meeting begins at 10:00am

Training Sessions / Roundtable Discussions



Meeting Times

9:00am-9:45am

10:00am-10:45am

11:00am-11:45am

2:15pm-3:00pm

3:15pm-4:00pm

4:15pm-5:00pm

Newport North

myLion app update

Service Ideas (5 Global causes)

Club Extension

Chartering A New Club

Zone Chair Training

VDGE's and DGE's training

Newport South

Conflict Resolution

Club Officer Troubleshooting

Disaster Preparedness

PR and Social Media

Millenniums, Traditions and Protocol

Everything you wanted to know about

Lions but, were afraid to ask

New England Lions Council
Winter Weekend Conference
 Friday, January 18-Sunday, January 20, 2019

MEAL RESERVATION INFORMATION: Deadline is Friday, January 11, 2019

Friday, January 18 – Dinner on your own

Saturday, January 19

	<u>Qty.</u>	<u>Cost</u>	<u>Total</u>
Lunch (Calzone Buffet)	_____	\$25.00	_____
Dinner (Salmon or Chicken)	_____	\$40.00	_____
Salmon	_____	\$40.00	_____
Chicken	_____	\$40.00	_____
Special needs Vegetarian	_____	\$40.00	_____
	Total \$		_____

EVENT REGISTRATION INFORMATION

NELC Membership 2018-2019 fiscal year	_____	\$10.00	_____
If you already paid NELC membership 2018-2019	_____	\$0.00	_____
	Grand Total \$		_____

NAME: _____
 Contact Info: Phone # _____ Email _____
 District / State: _____ District Position: _____
 Club: _____ Club Position: _____

Please make checks payable to: NELC

Please mail checks to: C S/T PDG Bill Donnellan 11 Addington Circle East Weymouth, MA 02189

Some Pictures from the NELC Fall Conference!

