



The Lions Pride Inform – Involve - Inspire



DG Ed's Message

We open by thanking several participants in the October 16th MERL session held in Goshen: MD-20 MERL Chairs PDG's **Steve Lesetz, Marv Hankinson, and Ted Blair**; Lions Dan and JoAnn Rogers; PDG's **Wilfred Roehe, John Wargo**; and VDG **Frank Bartolotti** for excellent seminar presentations - and - the Lions who joined with us as attendees. We had representation from six of the twelve districts in MD-20! My apologies to anyone overlooked.

Also, a special note of appreciation goes to **PID Ross and Lion Lynda Thorfinnson, Jr.** for their participation at our November 7th District Convention in Fishkill. They are wonderful people and dedicated Lions; **PID Ross** provided a terrific presentation as our guest speaker. Our best wishes to your Mom, **PID Ross**, and thanks again.

Voting delegates at the convention approved the proposed 20-0 Constitution and By-Law changes unanimously (thank you), and selected the Courtyard at Marriott in Middletown as the site of our 2005 District Convention. My thanks go to **VDG Frank** and his diligent convention committee for all of their hard work in putting this convention together. A total of 142 Lions registered, some pre-registered and some walk-ins. Thanks to all who were there, we're hoping that you were able to come away with some information that can be relayed to your club members. We also appreciate the seminar

presenters and the **NYMA Leo Club** for their color guard opening ceremony, a fine job by all.

Finally, a note of recognition to the 21 Lions who were at the November 12th cabinet meeting in Saugerties - not the best evening to travel and I appreciate your attendance.

We have 16 Lion/Lioness/Leo clubs in 20-0 celebrating major anniversaries in the 2004-05 Lions year. Congratulations thus far go to the **Town of Deerpark Lions Club** (25 on September 17), to the **Mamakating Lioness Club** (20, also in September), to the **Hyde Park Leo Club** (5 on November 12th), and to the **Sullivan West Leo Club** (will be 5 on December 9th). Updates on others will follow in future issues.

Camp Badger (ESSHC) needs the support of your club and your members. As you may be aware, the camp provides a NYS accredited schooling curriculum for special education students in a camp atmosphere for a six week summer session. In addition to academic skills students are provided living skills, interaction with other people, and steps toward independence. Tuition is approximately \$5500 with a portion covered by the Lions. I make note of this because of one interesting fact; 16 of the 48 students enrolled during the last session were from school districts in 20-0! Camp staff would be glad to visit your club with a program on the facility, or you may contact 20-0 liaison **PDG Ted Blair** for that program. Given the numbers,

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we in 20-0 should make an effort to support the camp as much as possible. Thanks.

We offer our condolences to the families of two **charter club members** in their recent passing: **New Paltz Lion (1955) Clarence Koenig** and **Catskill Lioness (1982) Carmen Gierisch** gave much service to their club and community. Our deepest sympathies go also to **PID Jack Weber** in the loss of his life-partner **Betty**.

Please make the following changes to your directories: P. 36, **Dover Pres. Rich Rennia's** address is POB 429; P. 40, **Catskill Lioness Sec. is Patricia Schwenk**, info as listed at the top of P. 9; P. 6, **Zone 2 Ch Hildy Meissner**, new address is: 25 Brunell Drive, Boiceville, NY 12412

In future issues we will be addressing Membership and Retention, a challenge facing many of our clubs. Suggestions will be welcome.

May all have a happy and blessed Thanksgiving season - we have so much to be thankful for!

DG Ed



The VDG's Corner From VDG Frank

Greetings once again to my fellow Lions, Lioness and Leo's,

Well I guess I owe a lot of you an explanation of some

sorts as to why **Lion Anne and myself** were not at the convention. We have had our share of family illness that kept us away and we are glad to say for now it seems to be over.

Since my last newsletter to you I have attended the M.E.R.L. Seminar in Goshen and in one word "Dynamic." The M.E.R.L. Seminars seem to get better and better for each one attended.

Extremely informative and you can pick-up one or two ideas on how to increase membership or retain the members you have. The speakers for each part of the M.E.R.L. team have such a wealth of knowledge that you have to get at least one idea from each. This information does you or your club no benefit if you don't communicate this knowledge with your fellow Lions.

This brings me to another subject of monumental importance, Communication. All the good ideas that we get from the seminars and meetings attended are valueless unless we share this information with our club members. Each club should set aside some time at their regular meeting to discuss what was taught at the M.E.R.L. Seminars. This sharing of knowledge will only strengthen your club but you must remember to share and communicate to your membership. On a different subject I attended my first (their second) counsel meeting on 10/29 to 10/30 in Binghamton, New York. This is a new experience for me and I will comment on this at a later date. Brief reminder **State Convention May 13 to May**

15, 2005 Rochester, New York. Please get your reservations in as soon as possible. The area hotels are filling rapidly. In closing please remember to become a lion you must take the first step which is to ask someone. My thanks to all of you for your support and prayers during my time of need and please continue to focus on: **Membership & Involvement - Membership & Share Information - Membership & Membership**

VDG Frank



Sight & Hearing What We Do Best

By Sight Chairman Joyce Maier and Hearing Chairman Rev. John Capen

November is Diabetes Awareness Month

How Diabetes Affects the Body

Your Eyes: Diabetes may cause diabetic retinopathy, cataracts or glaucoma. See your eye doctor regularly and have a dilated-eye exam at least once a year.

You and Diabetic Neuropathy (Nerve Damage): Diabetic neuropathy can result in numbness or loss of feeling in the feet, hands or legs, and also can cause digestion problems, bladder problems, heart problems and impotence. Tight glucose control is the best way to prevent and/or control the risk of diabetic neuropathy. Talk to your healthcare



provider about nerve damage. Measure how much insulin you need, based on your nutrition and exercise program. Test your blood sugar regularly, and keep your levels controlled.

Your Kidneys: Early in diabetes, the parts of the kidneys that work to filter the



blood may be damaged. Early testing for kidney disease is very important.

A sign of kidney damage is protein in the urine. A urine protein test can show whether you are at risk of kidney disease. Kidney disease may have no symptoms, or it may include a feeling of tiredness and general weakness, trouble sleeping, swelling or vomiting. Talk with your healthcare provider about kidney disease. Test your blood sugar regularly, and keep your levels controlled. Have your blood pressure checked regularly, and ask about medicines that help control blood pressure. Have a urine protein test at least once a year.

Your Mouth: Everyone gets plaque on their teeth and plaque is filled with germs. In diabetes, high blood sugar helps these germs grow. Diabetes can cause red, sore, or swollen gums that bleed when you brush your teeth. Other problems include bad breath, gum disease or tooth loss. See your dentist every 6 months and discuss ways to prevent problems and to help keep your teeth and gums healthy.

Your Heart and Blood Vessels: Diabetes can cause serious problems to the heart and blood vessels. Fatty deposits can form in the vessels. High cholesterol is common in people with diabetes. High blood pressure can result. Diabetes can lead to heart attack or stroke. Talk with your healthcare provider about ways to control cholesterol levels, blood pressure, blood glucose and weight. Have your blood pressure tested regularly. Have your cholesterol tested at least once a year. Take aspirin daily if instructed by your doctor and do not smoke.

Your Feet: Diabetes can cause nerve damage in the feet and may affect blood flow in the feet, making it harder for cuts or sores to heal. Check your feet every day for cuts, sores, bruises, dry cracks, loss of feeling or other signs of infection or redness. Treat foot infections promptly. Protect your feet by wearing comfortable socks and shoes at all times. If you see anything unusual, talk to your doctor, and have your feet checked every time you visit your healthcare provider.

SC Joyce

Greetings to All,

I am honored to be the **Hearing Chair** in the largest district in Multiple District 20. In that I came into this in September instead of July 1, I am a Johnny-come-lately...However, my involvement in the District goes back to 1979 under PDG **Joe Petras**.

My passion as Hearing Chair is self-evaluation and

monitoring on an ongoing continuous basis. I believe we should compare the hearing in each ear by the tone and volume as we move our fingers across the face or ear. We should make sure that our ears don't get too dry. It shouldn't be a surprise to us when ear wax hardens. We should see it coming and take corrective action.

I will seek information in these areas as well as to support and promote all of our present hearing programs. I commend the work being done by our county Sight and Hearing groups. We have a great team and great things are happening.

HC Rev. John

Sight and Hearing Related Dates/Events

- ✚ December 2004 Lenscrafter Free Eye Exams Program -- date and details to be announced later
- ✚ January 2005 Glaucoma Awareness Month

We Welcome New Lions To Our Clubs...



- Amenia - Roe**
Jan: *Marilyn Simon*
- Goshen:** *Maryann McQuillan, David Lyons, Steve Search*
- LaGrange:** *Barbara Rawls*
- Mamakating Lioness:** *Gerry Ragusa, Lori Graf*
- Middletown:** *Ralph L. Vales, Brian J. Hicks*
- Millbrook:** *Ralph Vales, Brian Hicks*
- Port Jervis:** *Jean M. Eberhard, Joanne C. Sotelo*
- Stanford:** *Barbara E. Campbell*



Warwick: *Jesus Rivera, Nancy Rivera, Joe Aslton, Denise Bulnes, C. J. Bulnes*

And, We Say
Goodbye To
Those No
Longer With Us



Catskill Lioness: *Carmen Gierisch*

Lumberland: *Jerome Pichert, Peter Melnyk*

New Paltz: *Clarence Koenig*



The Lioness Column By the

Lioness Clubs of
District 20-O

This Month's Column By:
Lioness Joan Young,
President, Catskill Lioness
Club and
Lioness Rosalie Frasca,
President, Mamakating
Lioness Club

The Lioness Club of Catskill mourns the loss of Charter Member and long time Secretary Lioness Carmen Gierisch two days before she would celebrated her 90th Birthday. Although burdened with poor health and tethered to an oxygen tank, Carmen was a faithful attendee at our monthly meetings thanks to her good friend, Patti Schwenk. They also attended all meetings of the Columbia Greene County Sight & Hearing Committee. In earlier times, she attended State and National conventions and faithfully promoted Lionism. She was honored to be named a Knight of the Blind by

the Lioness Club of Catskill. She was respected by many and will be missed.

The following is a report received by Carmen before her passing and then a note received by this Newsletter Editor from Carmen's daughter as Carmen was a regular contributor to our District Newsletter.

In September, the Lioness Club held a joint meeting with the Catskill Lions Club with DG Ed and Lion Diane Budd as our guests where they were presented with a Beanie Baby stuffed Lion. The club took out a ½ page ad in the Convention Journal - "We're small, sincere, and still going strong." In October, the club planned for their usual donations for Christmas. Member Patti Schwenk and 3 of her girl scouts visited the Long Term Care in Catskill to assist residents with Bingo.

Dear Dina,

I am sad to tell you that my mom, Carmen Gierisch passed away Oct. 30. She was still at home. My husband, my mom & I lived together. I always typed up her articles to you (after it became too hard for her). She looked forward to your newsletter and to the activities of her Lioness Club. She made many lasting friendships through Lionism and truly believed in the good works that you do. Ed Blodgett and Wilfred Roehle were so kind to come to her calling hours. Their kind words were very much appreciated. She's probably looking down cheering, all the Lionesses and Lions on!

She was a wonderful mother. I feel blessed to have had 2 such devoted and kind parents.

Sincerely, Cathy Start

Mamakating Lioness donated \$250 to the Westbrookville

Fire House Pancake Breakfast to be held at the Town of Mamakating Town Hall from 6 am to 1 pm on Sunday, November 21st for a donation of \$5.00. There will be a 50-50 raffle and bake sale to benefit the Westbrookville Fire Company and the Residential Flood Fund. The club will be selling Lions Lottery Tickets. The club is pleased that the Craft and Collectible Show was very successful.

Secretary George Coughlin has moved to Florida, so Lioness Helene Giraudin will be the club's new secretary.

The Leo's Paw



By Columnist Leo Lauren Fitzgerald and the Leo Clubs of District 20-O
Amenia Leos

The Leos helped with the Amenia Lions Make-A Difference Day, Peer Tutors, Highway Clean-Up and Athlete Scholar Awards. The Lions are hoping that the club can work with Lion Bill Unger on a \$5,000 library computer grant.
Greenwood Lake Leos

The Leos held an "Open Mike" event/party at the Program Room at the Library and it went very well. They danced, read poetry, etc. They are looking forward to another such event.

By: Lion Alice Chupay,
Advisor, Hyde Park Leo Club

Leo President Jonathan Oltz participated in the Leo Town Meeting at the District Convention.



By: Joe Bartolotta,
Warwick Leo Club

The Warwick Leo Club has begun with a strong start this year. The major goals of the new Warwick Leo Club administration include procuring new members, creating a stronger club and increasing organization.

Due to the fact that a majority of the club will be leaving at the end of this school year, acquiring new members is a high priority. Vice President and Membership Chairperson, **Melissa Fischetti**, has taken up this challenge and has so far done an outstanding job. Through membership meetings after school for prospective members Melissa has been able to bring in seven new Leos, which is an astounding accomplishment for just two months of work. Worries of a depleted Leo Club have been clearly mitigated.

Increased organization has come from **President Becky Briller's** new committee initiative. Her plan has given each club officer a committee under their auspices. Committees include membership, citizenship, historian, finance, environmental and health services. Each committee will oversee projects relating to their area.

The Warwick Leo Club this year has begun with two service projects. One includes the annual Thanks-giving Basket project in which the club donates a basket filled with Thanks-giving dinner necessities to a needy family. The other project is the Holiday Hunger Appeal in which

the club will collect food items from Galleria Mall patrons along with other service organizations.

Glasses and Hearing Aides Tally

WHAT HAVE WE DONE THIS PAST MONTH

<u>Glasses</u>	
Amenia	5
Bethel	438
City of Newburgh	67
Goshen	80
Hurley	800
Mamakating	150
Middletown	186
Millbrook	45
Millerton	117
Port Jervis	15
Rip Van Winkle	200
Stanford	10
Warwick	272

<u>Eye Exams</u>	
City of Newburgh	6
Pine Bush	1
<u>Hearing Aides</u>	
Hyde Park	10
Mamakating Lioness	6
Millbrook	3

Comings & Goings Around The District By The Secretaries of District 20-O As Provided in the Monthly Activity Reports

Amenia Lions participated in the Make A Difference Day with a Blood Drive at the Webutuck School. The club made donations to the Vine and Branches Food Bank, the Q103 Turkey Drive. On **April 26th** the club will have a joint meeting with other clubs, hosted by the **Pine Plains Lions**.

Bethel Lions have been busy with their Annual Pancake Breakfast which served 314 people with a profit of \$1,600; the club's chicken barbeque in

conjunction with the Town of Bethel Community Day served 338 people realizing a profit of \$2,000 and the club's Corn/Hay Maze in conjunction with Bethel First profited \$625. With the monies from the fundraisers, the club was able to furnish a hearing aide to Mexico; and locally to donate a Voice Amplifying Device to a member of the Foster Grandparent Program of one of their schools. The club sponsored their 2nd annual blood drive with the American Red Cross, in honor of past **Lion Ralph Gallo** - 38 people attended and 27 pints of blood were collected. The club will hold their Christmas party in conjunction with the **Town of Highland Lions Club**.

City of Newburgh Lions made a donation to the Canine Companions. The club has been asked to help participate with the Salvation Army Bell Ringers. The club is considering taking on a Habitat for Humanity project.

Goshen Lions will conduct an email survey of the club based on the mission statement to determine how donations are allocated. The club's health fair provided for 18 body massages, 24 hearing screenings and 21 glaucoma screenings. The club's holiday party will be on Dec. 1st at the Orange Inn, \$20 per person.

Greenwood Lake Lions donated \$200 to Guiding Eyes and \$100 to holiday calendars from the Sight Society of Northeast New York at Albany. The club mailed out their Lions Christmas Seals this month. The club will participate in a Christmas Tree Lighting at the Ambulance Corp Building on



November 28th. The club held a very successful Appreciation Dinner on October 20th and the Annual Fall Fiesta Buffet Dance in early November.

Hudson Lions helped out the local DAR with its "Adopt A Soldier from Our Town" drive. The club made a donation of \$100 to Lions Camp Badger.

Hurley Lions will hold their Holiday Party on December 15th at Roudigan's steakhouse at a cost of \$20 per person. The club made donations to the Kingston High School Band Booster Club, the Hurley Food Pantry, the Dept of Social Services for Thanksgiving Baskets, the Kingston High School Music Dept., and the Girl Scout Council. The club's annual holiday shopping for DDS Kids will benefit 45 children from Hurley.

The club's golf tournament raised over \$6,500 towards helping others in the community. The club donated \$150 to the Juvenile Diabetes Research Foundation in the name of **Charlie Lawrence** and his son **Chad** who are participating in the Ride for the Cure Bike Event in Death Valley.

Hyde Park Lions are busy collected names for their Annual Memory Tree. Some of the members helped with the Golden Gathering for Seniors. The club and a local scout troop worked together to replace the Town Hall Christmas Tree for the Holiday Lighting on December 6th. A Children's Theatre Party is scheduled on December 11th at 11 am at the Roosevelt Theatre. The club's White Cane Drive raised \$1,559 and their Flea Market brought in \$1,200.

Kerhonkson Lions donated to the Vacation Camp for the Blind, the local food pantry and the Thanksgiving Baskets at a local church. The club had a diabetic awareness table at the Rescue Squad's Open House.

Kingston Lions will hold their Holiday Party at the Hillside Manor on December 10th @ \$25 per person at 6:30 pm. Other clubs in the area have been invited to attend as well. The club's Annual SEEC Thanksgiving Dinner will be held at St. Mary's Hall on North Street on November 23rd. The club will begin the Annual Holiday Shopping Extravaganza on December 3, 8 and 12 at WalMart's. On November 19th, the Dedication of the Infra-Red Hearing System was dedicated at UPAC, which was spearheaded by **Zone Chair/Kingston Member Hildy Meissner**.

LaGrange Lions rescheduled their Membership Social from October to early next year and held a fundraising event in mid-November at the Adams in Poughkeepsie. The club contributed \$250 to the Lions of Florida Hurricane Disaster Relief Fund.

Lumberland Lions held their Annual Charter Night that was well attended. The club will hold their Annual Christmas Party on December 15th. Lion of the Year went to **Lion Marian S.**

Marlboro-Milton Lions installed their Holiday lights on October 13th. The club will hold their Holiday Party at the Ship Lantern Inn on December 1st.

Middletown Lions will hold their holiday party on December 18th at Club 211 at \$25 per person. The club will be

doing bell ringing for the Salvation Army on December 10th and 11th at the Galleria Mall. Santa Calls will be done a week before Christmas - last year over 200 calls were made to kids in the area. The club donated \$1,000 to Radio Vision in memory of **Lion John Masi**; a donation of \$500 to Camp Badger and \$500 to Lions Eye Foundation in Albany. The club is purchasing 3 defibrillators to be donated to the community.

Millbrook Lions held a Soup Sunday on Nov. 14th and will hold a Seniors Dinner on December 11th.

Millerton Lions held their semi-annual Highway Clean-up; an annual Halloween Party for the children. The club made donations to the Millerton Food Pantry, the Grace Smith House, Millerton Library, Millerton Fire Dept., Adopt-a-Family and Taconic DDSO.

Monroe Lions helped a local child attend a special camp for the deaf. The club awarded a \$4,000 scholarship to a local resident in September.

New Paltz Lions had 5 hardworking members that brought in \$366 from the White Cane Drive. The club will decide if they will undertake the Community Christmas Tree project. The club conducted a very successful Halloween Parade for the local youngsters.

Otisville Lions completed their Halloween Party for the Village. The club has completed work on their calendar and hope to distribute them in December.

Pine Bush Lions will hold a Health Fair/Blood Drive on December 20th at the Pine Bush



High School from 3 to 6 pm. The club prepared Holiday Food Baskets the Saturday before Thanksgiving and will do the same for Christmas.

Pleasant Valley Lions held a Blood Drive in Early November at the Firehouse. The club held a prospective member party at the Clinton Vineyards that was well attended. During the month of November, the club will run their Memory Tree Drive.

Port Jervis Lions donated to the flood relief in the Deerpark/Westbrookville area and Hurricane disaster relief for the State of Florida.

Rhinebeck Lions held their Rhinebeck Halloween Parade at the Town Hall and provided labor for the Burger Hill Observation Deck Ribbon Cutting.

Rip Van Winkle Lions Donated \$500 to the local food pantry.

Roeliff Jansen Lions received local coverage in the Hudson Register Star when **Lion President Fred Lyon** presented a check for \$800 to Bette Gallup to assist the Hillsdale Food Pantry in their annual distribution of Thanksgiving baskets to the residents of the Roeliff Jansen area. The \$800 was from proceeds from the shopping spree raffle conducted at the Hillsdale IGA supermarket in August.

Stanford Lions PDG John Thorpe transported a local resident to the hospital for a CAT Scan. Meals on Wheels were delivered each week by 3 members. The club sponsored the local Girl Scouts troop for their Community Service

Pledge. Pizzas were donated and delivered to the children and cast working at Frankenstein's Fortress on Halloween. The club's Wood/Fuel Raffle realized a profit of \$1,436; the club donated \$50 to the American Cancer Society in memory of a deceased dad of a Lions member.

Town of Dover Lions held a road clean up in mid October on Route 22 in Dover and conducted their Memory Tree in late October.

Tri-Valley Lions held their Grahamsville Annual Pumpkin Party in early October at the library and raised \$2,087.60.

Warwick Lions will hold their Christmas/Shopping Party on December 11th at St Stephen's Parish Center and will provide breakfast food for the children and pizza for lunch. The club's holiday party is December 16th at the Italian Villa. **Lion Craig Thompson and Leo Emily Thompson** received special recognition pins from the International President presented by **PID Ross Thorfinnson** at the District Convention. The club is planning for their Salvation Army ringing of the bells, and safe homes gift project.



DG Ed at the Convention

Upcoming Fund Raising Events Around The District

Amenia Lions continue with their 300 Club Raffle and Dinner thru December 4th at \$60 per ticket. The club Memory Tree will continue thru November and December at \$5 per bulb.

City of Newburgh Lions have their calendar books ready for the 2005 Fundraiser.

Florida Lions will have their Annual Breakfast on November 28th from 6:30 am to 1 pm at Teresa's Toadstool on Main Street in Florida - \$6/adult and \$4/child.

Greenwood Lake Lions will hold a fundraiser by raffling off a Holiday Basket of Cheer. The club continues with their 300 Club tickets.

Hyde Park Lions have distributed tickets for their 200 club raffle and tickets must be sold by December 31st for the final drawings will take place on May 21st. The club has their Christmas Wreath sale going on now at a cost of \$10 for a 12" decorated wreath.

Mamakating Lioness are selling Lions Lottery Tickets.

LaGrange Lions will hold their Membership Social on October 26th at 7 pm at Tina's on Route 55 in LaGrange.

Mamakating Lioness are selling Lions Lottery Tickets; holding a Pancake Breakfast on November 21st at the Town of Mamakating Town Hall with a 50/50 and Bake Sale; Thanksgiving Baskets and Christmas Angels.



Middletown Lions

will hold their Tricky Tray on December 4th at the Middletown High School Cafeteria and doors will open at 5 pm.

Millbrook Lions will hold their Memory Tree thru December 27th at \$5 per bulb.

Otisville Lions will distribute their calendars in December.

Pine Bush Lions have sent out their donation letters this month.

Pleasant Valley Lions continue their Memory Tree Drive throughout November.

Stanford Lions will run their Xmas Tree Farm Food Booth Nov. 26 thru Dec 19 at the Dutchess Tree Farm & Nursery on the weekends only.

District Reports

*By: Lion Carole Lybolt,
District Diabetes Chair*

Diabetes is a disorder in which the body is unable to store and use food energy properly. The main source of fuel for human bodies is a simple sugar called glucose. During digestion, the pancreas should produce insulin, which converts food into glucose to give the body energy. However, when someone has diabetes, one of the following conditions applies: the pancreas does not produce insulin, the pancreas produces a small amount of insulin, cells do not respond to the insulin that is produced. As a result, glucose is neither absorbed nor store. It builds up in the blood and spills into the urine. Thus, the body loses its main source of fuel.

Type I diabetes most often incurs in children and young adults. Persons with Type I

diabetes must receive daily injections of insulin.

Type II diabetes is a disorder resulting from the body's inability to produce insulin or use insulin properly. This type of diabetes usually affects persons who are more than 45 years of age, are overweight, and do not exercise. Today, however, young people are increasingly being diagnosed with Type II. Persons with Type I diabetes may take medication or they may require insulin injections. Diet and exercise help to control Type II diabetes in some case. Symptoms that may occur are unusual thirst, frequent urination and a weight loss without trying.

According to the World Health Organization, 120 million people in the world have diabetes. In the USA alone, there are 12 million persons with diabetes. According to the American Diabetes Association, there are another 5.5 million Americans who are unaware that they have diabetes.

Diabetes has many complications: blindness, kidney disease, nerve disease, heart disease and stroke to name a few. If you have the disease, please try to manage your blood sugar levels to prevent further complications. If you don't have the disease, please work on a program to prevent it utilizing improved nutrition and exercise.

*By: Lion Diane Budd,
District PR Chair*

The District Display Board was a huge success at our District Convention on November 7th. *A special thank you* to the following clubs for

sending me photos: *Chatham, Germantown, Greenwood Lake, Hudson, Hurley, Jeffersonville, Kerhonkson, Lumberland, Middletown, New Paltz, Stanford, Town of Deerpark, Town of Woodbury, Tusten, and Warwick.*

IT'S NOT TOO LATE - PLEASE - SEND ME A PHOTO OF YOUR CLUB'S SERVICE PROJECT OR FUND RAISING ACTIVITY!

SHOW YOUR LIONS CLUB PRIDE!

Wear your Lions Pin everyday - everywhere.

I hope all Club Presidents and Secretaries are working towards your 100% Club Excellence Awards. If you have any questions about the requirements please contact your Zone Chair, Region Chair or **DG Ed**.

During the Holiday Season most Clubs are very active serving their community by providing Thanksgiving and Christmas food baskets and gifts, coats, hats and mittens for children. Many ring the bell for the Salvation Army. This is a good opportunity to display your Club banner and picture board or include a note "From your local -----Lions Club.

In visiting some of our Clubs, I am pleased to see that many have constructed a picture board or board with information about their Club's community service projects and fund raising events. AND, they are being displayed for the public.

SHOWING YOUR LIONS PRIDE!

I have received several questions about the Melvin



Jones Fellowship. I will briefly answer your questions. Lions Clubs International Foundation (LCIF) created the Fellowship in 1973 and named it after the founder of Lions Clubs International, Melvin Jones. The Foundation was begun in 1968 to take "We Serve" to new levels by addressing global problems as well as assisting Lions with local humanitarian projects too big for them to do on their own. LCIF has evolved to become an internationally recognized humanitarian agency, affiliated with the United Nations and the World Health Organization. LCIF is particularly proud of the SightFirst program begun in 1990 to reduce preventable blindness from cataract, trachoma, river blindness, diabetic retinopathy and glaucoma worldwide

The Melvin Jones Fellowship is a \$1,000 donation to LCIF. The fellowship is the foundation's highest honor and given to an individual (Lion or non-Lion) who represents humanitarian qualities such as generosity, compassion, and concern for the less fortunate. Contributions can be made by individuals including non-Lions, by clubs, or by districts in one sum or in installments of a minimum of \$100 over a five-year period, however only individuals can receive fellowship recognition.

When any individual, Lions Club, or district donates a total of \$1,000 to LCIF for a Melvin Jones Fellowship an inscribed plaque and a lapel pin are presented to the specified individual and their name is added to a permanent list

displayed at Lions Clubs International headquarters in Oakbrook, IL. The club receives a Melvin Jones Fellow banner patch and chevron for the first member to receive MJF recognition and a chevron for each subsequent member inducted as a fellow.

About 70% of LCIF donations are from Melvin Jones Fellowships and Progressive Fellowships (additional donations of \$1,000 - \$60,000).

Important facts about LCIF

All donations go entirely towards grants: LCIF administrative expenses are paid from earnings by investments. LCIF does not receive any part of club dues.

LCIF received a four-star rating (the top rating) from Charity Navigator, an independent non-profit that analyzes charities' fiscal responsibility and financial health.

Donations from Lions in North America totaled \$6.3 million out of the \$21.8 million received from Lions worldwide in 2001-2002.

Grants to Lions in North America in 2001-2002 totaled \$6.1 million. The grants to North America since LCIF began exceed \$73 million.

LCIF Contributing Memberships

The Contributing Membership program is an annual program that recognizes three levels of support: \$20, \$50, and \$100. For \$20, donors receive a Contributing Member lapel pin identifying the fiscal year in which the donation is made. Contributing Memberships are a great vehicle for making a

difference in the lives of others: \$20 can provide cataract surgery in Africa and South Asia. \$50 can support a diabetic retinopathy eye exam in developing countries. \$100 can make possible a low vision eye exam and glasses in the industrialized world. \$1,000 can provide a vital surgical tool. Your club will be awarded a 100% Member Support banner patch and chevron for the first year of 100% Contributing Membership. For each subsequent year of 100% Contributing Membership, your club will receive a chevron.

For more information contact our **District LCIF Chair IPDG Bill Fitzgerald** at 845-858-8557 or bfitzgerald@ouboces.org or mbl2@frontiernet.net. You can also go to the Lions Clubs International website at lionsclubs.org and click on LCIF.

*"Alone we can do so little,
together we can do so much."
Helen Keller*

*By: Lion Cecile Ayers,
District Environmental
Chair*

A letter asking "what has your club done for the environment" was passed out at the District Convention to clubs and to the Zone Chairs, if the clubs were not present. A list of suggestions for club projects was included and it would be appreciated that clubs respond with what they are doing or plan to do in the future to protect our environment.



By: *PID Al LaVine, Chairman, International Understanding*

International...It's our last name. Yet, how many Lions are involved with any aspect of our international affiliation?

What follows are a few suggestions which offer an opportunity to share a little part of the culture and rich heritage from 190 countries of Lionism.

-Make visiting a Lions Club part of your itinerary when traveling abroad. (Your club secretary has a current Lions directory.) Then, share your experience with your club.

-Bring a visitor (Lion or otherwise) from another country to your club's meeting.

-Involve your club with the Lions Youth Exchange Program. Details are available from Oakbrook.

-Correspond with an overseas Lions Club as part of the International Club Twining Program.

-“Missions of Mercy” in different countries can use professional and volunteer help. If interested, contact Robert Cywinski in Oakbrook.

-Send a club representative to Lions Day with the United Nations. Details are available from your District Governor.

-Purchase a set of mini-flags of all the nations of Lionism. Displaying the flags at your meetings will be a constant reminder of our international aspect.

-Write to Lions Clubs International and ask for a copy of “Projects International”.

-Attend a Lions International Convention. Trade pins, make new friends, enjoy the color

and excitement of Lions parading in their native garb. Plan now to attend the next convention on home turf...New Orleans in 2006.

-Select a member of your club to as Lions International Understanding Chair to implement these and other global activities.

What you have just read is a small sample of the projects that will demonstrate to your members that the world of Lionism doesn't end at your city limits.

By: *PDG Ted Zager, District Director, MD20 PDG Association*

The President of the PDG Organization will present one award in each District of MD20 at the MD20 Lions Convention in Rochester. All Club Presidents have been mailed an application for a nominee for the PDG Leadership Award for District 20-O. The nomination form is to be returned to PDG Ted Zager no later than December 20th, PO Box 430, Port Ewen, NY 12466.



Goshen Lions Susan Fast, Kathy Pardo, Cecile Ayres and Pres. Manny Pardo worked hard to beautify the entrance to the village for Goshen in Bloom. The efforts of everyone involved in this venture paid off as Goshen won 1st place in its population division.



November 19th was a special day for the Hearing Impaired in Ulster County when the Infrared Hearing System was dedicated at UPAC in Kingston, made possible by the New York State and Bermuda Foundation of MD 20 Lions, the Kingston Lions Club Foundation, The Lions Clubs of Saugerties, Town of Esopus, Town of Ulster, Kingston, Hurley, Highland, Kerhonkson, Marlboro-Milton, New Paltz, Rondout Valley and the Lioness Club of Ellenville.

Pictured left to right: Cosmo Sasso, President, Saugerties Lions Club; Doris Lamon, member, Ellenville Lioness; Sylvia Kalopolitis, member, Ellenville Lioness; Rev. John Capen, District 20-O Hearing Chairman; Dino Sumerano, President, Hurley Lions Club (holding plaque); and PDG Glynn Meggison, trustee, New York State and Bermuda Foundation of MD 20 Lions.



The Middletown Lion stored in the basement of a Goshen Lion, gets a ride during the float parade, one of the events



at the Otisville Country Fair, sponsored by the Otisville Lions.



Greenwood Lake Members at their Appreciation Dinner October 20th....at their Fall Festa Dance on November 6th.



Hyde Park members prepare for the Pig Roast in October.



Lumberland Lion President Brenda Blair with Lion Linda Thorfinnson



Lion PID Al Brandel and SC Joyce Maier



Welcome to the Convention



HC Rev John Capen with ID Ross Thorfinnson, Jr.



Getting Ready for Convention..with the goody bags
Lion PCC John Wargo, Lion Melanie Wargo, Lion David Maier, PDG Ted Zager and Lion Diane Budd



PID Ross w/Lion Melanie Wargo recipient of the International President's Certificate of Appreciation



SC Joyce, Lion Linda Thorfinnson and PDG Ted Zager at the Dinner the evening before Convention.



The Dinner - PCC John and Lion Melanie Wargo, DG Ed and Lion Diane Budd, PID Ross and Linda Thorfinnson, PDG Ted Zager, Lion Helen Roeder, IPDG Bill Fitzgerald, SC Joyce and Lion David Maier



Who's Who In District 20-O

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Sight Chair Joyce Maier (*Lion David*)

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Hearing Chair Rev. John E. Capen (*Beatrice*)

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Cabinet Treasurer Bruce B.

Rohner (*Cathy*)

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Cabinet Secretary Dina Zager

(*PDG Ted*)

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Tid-Bits From Your Newsletter Editor

The next issue of the State Magazine which will come out in February 2005. Any articles or photos for the magazine are due into me by December 30th.

A note to those secretaries who do not send in Membership Reports....note that is what your club's dues are based on. If you do not send in a membership report to Lions International, you may be paying dues for people no longer in your club who will continue to receive The Lion and the State Magazine; those who are new



Leo Emily Thompson, Leo Lauren Fitzgerald and DG Ed Budd

members if they are not reported lose out on receiving these publications. Therefore, make sure you get your Monthly Membership Reports into International, the District Governor and your Region and Zone Chairs every month.

This is also how you are billed by the District for your District Dues. I make mention of this since a few clubs did not pay their full amounts for their District Dues.

Please note that Cabinet Treasurer Bruce Rohner will be (if not already) be sending out reminder notices for District Dues to those who have yet to pay. **Happy**

Thanksgiving to All!



DG ED and PID Ross present CS Dina Zager with the International President's Certificate of Appreciation

Lion Dina Zager, Editor
District 20-O Newsletter
PO Box 430
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