

DISTRICT 14-E WESTMORELAND COUNTY NEWSLETTER



Monthly Newsletter Edition
NOVEMBER | 2023

District Governor's Message



Fellow Lions,

November is here already!! The time is moving by quickly—we are now five months into our Lions Year! Our clubs have been very busy serving our communities and fundraising.

I want to give a HUGE thank you to the individual Lions and Clubs that have made monetary donations and book donations to the District Wide Book Drive for Pediatric Cancer Patients and families at Hershey Medical Center. For those that have not yet donated and still want to, please contact me as soon as possible. I am extremely pleased with the support for this project and will have final numbers for the December Newsletter which will include the amount of the grant request to the Lions of PA Foundation for the purchase of Nintendo Switch Game Systems and Games! I am overwhelmed with joy at

the generosity of you all!!

I have planned to label and pack the books on Saturday, November 18th at 1pm at Trinity United Church of Christ in Delmont (39 E Pittsburgh St). Those who want to help label & pack, please plan to arrive at 1pm---and remember, many hands make quick work—and be sure to have your club report this time as service!!

Speaking of Service, with the Holidays coming swiftly, please remember those in need—hold a food drive, help at the Food Bank, ring the bell for the Salvation Army, help with Toys 4 Tots, or make donations, give away food boxes to those in need. There are many in need and we as Lions are here to “SERVE” those in need. The other important part of service is REPORTING IT!! If your Club Secretary or Club Service Chair are unable or unsure of how to enter the service to MyLion, please reach out to me so I can help you—I will provide a one-on-one training with you! We are well below our reporting goal, and I would like to see the percentage of clubs reporting increase to help our Clubs, District, State and Lions International.

District Duck Race Tickets are ready and most have been distributed so clubs can begin selling them. This project is very important as it raises funds for Beacon Lodge Camp! The Camp is our responsibility and is in dire need of our help and support.

I would also like to thank everyone for welcoming 1VDG Jeff & 2VDG Lisa, PDG Chuck and me to their clubs for the District Governor visits. We have really enjoyed seeing everyone—getting to know new members—catching up with existing members, and we have all been well fed in the process!! My Club visits are winding down, BUT, that isn't the end...if you have a project or need help with something else, please call me! I am more that glad to lend a hand!!

Thank you to all who attended the District Halloween Party! All who attended had a good time, enjoyed some games, a few laughs and were able to enjoy each other's company! A special thanks to Lions Marybeth Cobough & Nancy Johnson from Level Green Lions for helping with set up, clean up & for bringing spider bread, veggies, dip, chips and salsa! And another special thanks to Lion Denise Poole for making 2 desserts and for putting together the witch hat cookies!!

One last thing---Thank you to all Veterans—Your Service to our Country for our Freedoms Is priceless!!

Wishes for a Happy Thanksgiving with family and friends!

Changing the World through Transformation, Change & Rebirth,

DG Amy

“Service is what life is all about. Great acts are made up of small deeds. Goodness is the only investment that never fails. As we serve others, we are working on ourselves—every act, every word, every gesture of genuine compassion naturally nourishes our own hearts as well”



First Vice District Governor Note

Greetings fellow Lions, LEOs, and Friends!

TIME is everyone's most valuable asset. I appreciate everyone who takes the time to be there - for your club, for the district, for Lions in general. With the troubles in our world, it is a real privilege to be able to have Lions friends, activities, and service projects to hold onto, and to be able to be part of something that makes the world at least a little bit better.

Did you know?

There are three Lions Clubs in Israel. Raanana Pninat – Hasharon, Beer Sheva Negev Friendship, and Arad. While their service projects are most often recorded in Hebrew, Google Translate shows that they engage in service projects for the blind and vision impaired, as well as other Lions Club service priorities. LCI has not yet issued any specific content related to the Israel war crisis as of this writing of this note. LCI relief efforts continue in Ukraine.

Coming up: Thursday, November 30 – Club Support Meeting

Club Officers and all Lions are invited to attend a Club Support Meeting on Thursday, November 30, at 6:30pm. This meeting will also serve as a Zone meeting for Zones 2 and 4. The meeting will be held at my home club in Level Green, and it has a firm end time of 8:00pm. Light refreshments will be available.

The featured topic will be Leadership, and a small service project will tentatively be included in the session.

The Level Green Lions Building is at 123 Murrysville Road, Trafford, PA 15085. It would be great to have representation from your club! Please RSVP so that refreshments can be planned. Drop me a note if you're coming. If you can't make it, ask a fellow member to come and participate.



Stay safe out there, and have a great November!

Thanks,

1VDG Jeff Jordan
Jeffreybob14e@gmail.com

Second Vice District Governor Message

Dear Fellow Lions:

Happy November! Holy Lion! Where did the time go?!?!?!?!?!?

November is the time of year that we like to reflect and remind ourselves how grateful we are and to give thanks by counting our blessings, big or small. This year, I decided to do something a little different. If you follow me on Facebook you will see that I have been counting my LIONS Blessings! I have challenged myself to wear my Lions' Pin EVERY. SINGLE. DAY! Do you wear your pin outside of Lion events? If not, I have to ask...

WHY NOT?

A couple years ago, I went Christmas Tree shopping with Lion Bob Gerstel of the Bushy Run Lions. We were going out to buy a Christmas tree for the Club. When we met up to go on our adventure, he had his Lions Gear on AND his Lion's Pin. I immediately noticed and exclaimed, "Look at you in your Lion Gear! And you are wearing your pin!" He replied, "Of course I am! I try to wear my pin wherever I go. I love being a lion and I am proud to be one. We should all be wearing our pin!"

I reflect on his response often. And he is right on the money! I noticed it right away and I am a Lion. Think about this:

- Imagine how many NON LIONS probably see his pin every time he was out and about.
- What do you think would happen if we ALL started wearing our pins daily?
 - Do you think people would start to notice? I mean, there are over 700 people in Westmoreland County alone who are LIONS. Imagine if "THE PIN" started showing up all over the place?
 - Could we "go viral"?????

It reminds me of a second story, when I was on my way up to Beacon Lodge with PDG Carol Richardson earlier this year. We always make a Sheetz run in Ebensburg and she had her Lion's gear on and the cashier noticed and guess what... it started a CONVERSATION!

So I know the month just started, but I want to challenge all of you : WEAR THE PIN! Don't go anywhere without it! I know you might not be able to wear your shirt everyday – but you can wear your pin! Let's start getting noticed around here! Let's start a CONSERVATION!

My upcoming Zone meeting next month will be focusing on "The Conversation", aka the elevator speech! I know sometimes when someone asks us "What is a Lion?" we get tongue-tied and don't know what to say – I know I sure do. Stay tuned for what the Lions of Zone 3 come up with! (hint: it's a mad mad world! 😊)

RE-MEMBER.... Membership starts with "R"....
How are you *Recruiting*Retaining*Re-energizing*Re-inventing????
KEEP UP THE GREAT WORK!!!!

Changing the World begins with each one of us!
Peace & Love & WEAR YOUR PIN!
2VDG Lion Lisa G.

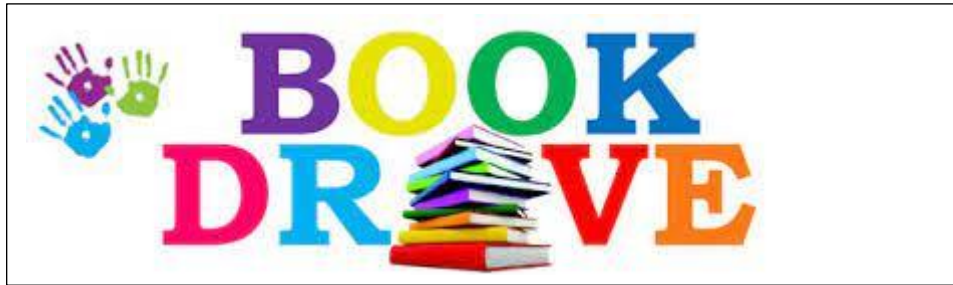


DISTRICT 14-E 2023-2024 GOALS Report Card

How this works: Status is set to GREY out the gate. Each month we will evaluate our progress and the Status will change from Gray - Red- Orange -Yellow- Green. And watch our Caterpillars change to Butterflies!

	GOAL	Status	Transformation - Change - Rebirth
1	Increase Club Officer Training to 20% - <i>Result: 33+ Lions attended Club Officer Training in August!</i>	100%	
2	Appoint ONE new Zone Chair <i>Some lions have shown some interest and conversations are taking place.</i>	0	
3	Start ONE new Club Branch with at least 5 charter members. <i>We have been brainstorming some ideas that we will be putting in motion</i>	0	
4	Attain positive membership growth by net ONE. <i>WAY TO GO!!!! LET'S KEEP IT POSITIVE!!! (as of end of October 2023)</i>	+3	
5	Increase Club service reporting to 50% <i>Only 24% of our clubs reported their service. (update not available at this time)</i>	0	
6	Increase LCIF individual donors to 3% <i>Clubs are encouraged to appoint an LCIF coordinator.</i>	0	
7	District-wide Service Project – District 14-E Book Drive (see announcement)	We are almost there!	

District 14-E Lions Book Drive



District 14-E will be having a Book Drive for Pediatric Cancer patients at Hershey Medical Center in time for Christmas!

WANTED: New books for children and adults up to age 35. Or you can send money for books to be purchased. Please include a receipt for the books as I plan to apply for a matching grant from the Lions of PA Foundation to purchase Ninetendo Switch Systems and games to send to Hershey for Easter!!

WHEN: Books or money can be given to DG Amy prior to November 1st.

WHAT: After books are purchased and received, there will be a labeling and packing party on November 18th as all books will have a label placed in them to note they are from District 14-E in memory of Samuel Grimm before they are shipped off to Ashley Grimm & the Hershey Medical Center to be distributed for Christmas.

WHY: Because books can give the children and parents some much needed relief from their situations, and more importantly, because

WE CARE and WE SERVE!!





Please Join the Lions Diabetes Board of Allegheny and Westmoreland Counties

for a

Strides Walk

Sunday, November 12, 2023

2 pm - 4 pm Monroeville Mall

For a \$25 donation, made payable to LDBAW, you will receive a tee shirt with our new logo and a bag of Diabetic information.

The proceeds from this walk will provide financial assistance to patients with diabetes within Allegheny and Westmoreland Counties who cannot afford prescriptions or generic medications. It will also provide diabetes self-awareness education on the negative effects of this illness to help better manage their disease.

REGISTRATION

NAME _____

Phone or Email _____

Shirt Size ___ Small ___ Medium ___ Large

___ XLarge ___ XXL Large Amount enclosed _____

Please include \$25 donation, made payable to LDBAW, and send to:

Cindy Gregg, LDBAW Chairperson
1130 Willowbrook Road
Rostraver Township, PA 15012

Deadline: October 28, 2023



Christmas with the Lions

Lions Diabetes Board of Allegheny and Westmoreland Counties (LDBAW)

SATURDAY, DECEMBER 2, 2023

GEORGETOWN CENTRE

526 East Bruceton Road, Pittsburgh, PA 15236

6:00 P.M. – 11:00 P.M.

Wine & Light Hors D'Oeuvres* Plated Meal * Homemade Cookies

*** Basket Auction * 50/50 Drawing**

and

DANCING to BOOGIE DOWN ENTERTAINMENT

Name: _____ Telephone Number: _____

_____ Boneless Stuffed Chicken Breast

_____ Vegetarian

_____ Roast Sirloin of Beef

_____ Baked Scrod Georgetown

_____ Gluten Free

No. of Tickets _____ @ \$40/person TOTAL: _____

Please mail Form and Check (\$40 per person/\$75 couple)

Payable to **LIONS DIABETES BOARD OF ALLEGHENY/WESTMORELAND COUNTIES (LDBAW)**

MAIL TO: PID Cindy Gregg, Lions Diabetes Chair

OR Marty Griffith, Vice Chair

1130 Willowbrook Road

301 Virginia Avenue

Rostraver Twp., PA 15012

Pittsburgh, PA 15211

Westmoreland County (14-E)

Allegheny County (14-B)

RESERVATION DEADLINE – FRIDAY, NOVEMBER 20, 2023

TICKETS WILL BE RESERVED AT THE DOOR!!!



Dear Fellow Lions,

Your donations to Lions Clubs International Foundation (LCIF) are helping to “Change the World.” By the end of the first quarter of this Lions’ year, 14-E raised a total of \$4,456, which is a \$703.75 increase over the same period last year. This is 23.5% of our annual goal of \$18,954. Since most clubs donate to LCIF during the final quarter of the fiscal year, we are close to being on target to achieving our goal.

By donating to Lions Clubs International’s Disaster Relief Fund, you are helping to ensure that families who are coping with major disasters get the help they need, because your funds enable us to respond quickly during these difficult times.

Likewise, Lions Quest is educating more than 16 million youth in 100 countries around the globe to help students develop positive attitudes and respect and to provide information for them to make better choices and to stay off drugs. While many school district don’t seem to have time in their busy day, Lions Quest is being applied in after school programs and private schools. Can you think of an area that could benefit from this program?

In addition, the Choose Kindness Project, in collaboration with Lions Quest, is expanding the antibullying resources to help children feel safe. After all, 33% of teens report being bullied, particularly on social media, causing 20% of them to skip school. Furthermore, 66% of students fear violence at school and in their community. So, this program is greatly needed to help create kinder communities, and it is being utilized in such places as Milwaukee and Louisiana.

Finally, have you purchased your square? At this point, our district has sold 47 LCIF squares. When all 100 squares are sold, one lucky Lion will become a Melvin Jones Fellowship, or progress to a new level of recognition. Remember, “You have to play to win.”

Your donations, whether it’s \$5, \$10, or more, are being used to “Change the World.” Thank you for making a difference because EVERY dollar goes to help those in need.

Yours in Service and Friendship,

Cindy Gregg, 2023-2024 14-E LCIF coordinator



Dear Lions and Leos,

Lions International is on a Mission to Grow. It's not for us to brag that we are the largest service organization in the world. Instead, it's to help us meet the ever growing needs of our communities.

Besides having more hands to provide service, it will increase our visibility and expand our impact. It will help to provide more opportunities for personal and professional growth, and it will provide more human resources to make us stronger at every level of our association.

As Lions, we need to be accountable and realize **that WE are the key** to our success and the success of Mission 1.5 by

Staying focused.

Making growth a priority.

Engaging our members so that they continue to be Lions.

Collaborating with each other to gain new ideas and to achieve our club's goals.

Communicating often, particularly with those who are not attending meetings.

Recognizing everyone's achievements and acknowledging those who make it happen!

Congratulations to these clubs who have increased their membership this year: Allegheny Township, Bushy Run, Delmont (+5), Lower Burrell, New Florence (+4), Rostraver Township (+2), Trafford (+2), and Vandergrift.

Are you helping to grow your club? Do you accept the challenge to grow? Together, we can achieve more as we continue to "Change our communities and the World."

Thank you for all that you do.

Yours in Service and Friendship,

Cindy Gregg, Area 1-D Global Action Team coordinator (Ohio, Pennsylvania, Virginia, and West Virginia)

TRANSFORMATION

Dear Fellow Lions,

Where does the time go? I hope you all enjoyed Halloween this year. Thanksgiving is almost here, and what a great Holiday for some service projects on Hunger.

As the year is winding down, we as Lions need to start planning for next year. Like DG Amy's theme, Transformation, Change and Rebirth. During the fall and winter months we need to think about what our needs and weaknesses are and start changing our ways. With the Holidays that are coming up, this is a great way to start asking others if they would like to help out with a project or activity. Getting new faces into your Clubs will open doors of opportunity for your Club to grow and transform into a bigger, brighter Club, as well as finding new leaders. It's time to get the stale water out and fresh water in. I know it's hard to take that first step, but coming out of your comfort zone is the first step of heading in the right direction. Yes, don't feel bad about people telling you No. Keep trying and keep asking!

Find out what your community needs, and run with that. It is also important to know your members—what their strengths and preferences are is a huge advantage when planning events, projects, and fundraisers. Remember, if you don't ask, you won't know, and you might be missing out on an important piece of the puzzle. Find out what people like to do and use that as a guideline to pull new members in. Just give it a shot! The District and Lions International is counting on YOU! No new members, clubs closing, district's falling below numbers will eventually mean no Lions Clubs, and we cannot have that happen!

One last word of advice, Ask, ask again, and grow—we all need to grow in order to find our future leaders!!

PDG/GLT Chuck



Sign Up Today - Space Is Limited!



RLLI



REGIONAL LIONS LEADERSHIP INSTITUTE



March 8-10, 2024

Red Lion Hotel Harrisburg/Hershey



SUBJECTS

- **Lions Fundamentals**
- **Team Work**
- **Diversity**
- **Public Speaking**
- **Time Management**
- **Personal Mission Statement**
- **Member Motivation**
- **Goal Setting**

INSTRUCTORS

- **PID Cindy Gregg**
- **PDG Tom Gregg**
- **PDG Jason Long**
- **PDG John Mallonee**
- **PDG Dick Sware**
- **PID James Cavallaro**
- **PDG Kerry McKnight**

*Contact Your District Governor
Or*

*PDG Kerry McKnight
md14glt-learn@yahoo.com*

*Space Is Limited!
\$175 Per Lion
Meals & Rooms Included*

GLOBAL MEMBERSHIP TEAM – **BRING SOMEONE**

DISTRCT 14-E MEMBERSHIP

704 Members

District Membership stands at **704 Lions**. I congratulated Trafford last month for bringing in a new member and they did it again this month. Lion Joy Clontz does so much for the Manor Lions Club and she's accepted the charge to Bring Someone by bringing in another new member. DG Amy Thompkins sponsored a husband/wife combo into the Delmont Lions.

Are you looking for Someone to Bring?

The following Clubs increased membership during October:

Chestnut Ridge	+1
Delmont	+2
Manor	+1
Trafford	+1



BRING SOMEONE

Bring Someone is the idea of bringing in new Members, orienting Members in what Lionism is about, and constantly engaging Lions so that they feel a sense of satisfaction through Service and Leadership so that their Membership is retained.

Bring Someone – Mass Induction.



District 14-E celebrated its 75th annual Mass Induction on Wednesday, November 1st at Lakeview in Greensburg, PA. New Members from the last Lions Year were welcomed into the District Lions in a unique ceremony. Lions are usually inducted as Members in their home Clubs, but the District Mass Induction Ceremony lets new Lions know they are part of something more than their local Club.

As is tradition, the District invites the seated MD-14 Council Chairperson to Mass Induction as the keynote speaker. This year's CC is Dr. Linda Zaneski. She talked to the Lions (new and seasoned) about "passion." What is it that causes the emotional response we have as Lions. She encouraged new Lions to find that passion but also encouraged tenured Lions to rekindle that passion.

Bring Someone – Mission 1.5.

Keep in mind that Mission 1.5 is the goal of Lions International to reach 1.5 Million Members Worldwide by July 2027 so that we can better meet the growing needs of our communities and serve more people than ever before.

Bring Someone – 30 Second Elevator Speech Revisited

Last month I mentioned the 30 Second Elevator Speech – what you'd say about Lions to a person if in an elevator for a short trip up or down the floors of a building. At the recent Cabinet meeting of District 14-E it was mentioned that the Elevator Speech is an outdated method to use. It was mentioned that we should use testimonials instead. Testimonials of the impact of our Lions Service on other people and on ourselves. Testimonials give the passion we have as Lions.

Regardless of what you call it, you need to mentally prepare something to say to sell what Lions is about. You may only get one chance when you try to sell Lions to someone, and you need to bring your best effort when you do that.



VDG Lisa Gismondi will be holding a Zone Meeting in early December, and we will work together to develop these testimonials.

Bring Someone – Who are Lions?

It starts with the basis of who we are. Lions are groups of service minded individuals that are interested in improving the community. Lions volunteer for projects that impact the community to make these improvements. We are not just local but global. We have the support, at several levels, of the Lions International organizational structure. Together we make a difference.

Use your understanding of Lions to help you recruit new members. As you work to recruit new members you need to continue your growth as a member. There are so many projects that Lions are part of. Work to learn what they are and to see if they interest you. Constantly work to learn what you are as a Lion.

Lions Orientation needs to happen for new members but is a continual learning. Our organization is always changing, and we need to work to understand how our Clubs fit into the changing communities that we call home.

Questions and Answers

Q: What does Council Chair Dr. Linda Zaneski want us to find as Lions?

A: Passion. She encouraged new Lions to find what makes them passionate to be Lions but also that people who have been Lions for years need to find new ways to regain that passion.

Q: What is important to not only new members, but also to members who have been around for a long time?

A: Member Orientation. There is so much for a new Lion to learn but Lions is always changing and long-term members need to continue to learn as well.

Q: What did you look forward to all month long?

A: You wanted to see this month's installment of **The Mooch** (part of my Membership Team).





New Members!

Welcome to the New Members of District 14-E

Name:

**Charles Kesler
Amy Hubble
Hugh Hubble
Alicia Dallago
Jaime Peticca**

Club:

**Chestnut Ridge
Delmont
Delmont
Manor
Trafford**

Sponsor:

**Joy Brady
Amy Thompkins
Amy Thompkins
Joy Clontz
Casey Kilroy**

In Memory of our Departed Lions... (as reported October 2023)

God does not seem to be concerned about the size of the talent he has given us in life, or about the grandeur of the service that we are able to offer him. He cares about the faithfulness of our service. He values the little things that are done lovingly and consistently in his name. Any service offered from a sympathetic and compassionate heart matters most.

When the heart is right and one's dedication is complete, God's response is always the same: "Well done, good and faithful servant." It is not the size of the gift or task that matters, but the size of the heart of the giver.

In memory of the one who has served with us and has been taken from us. At such a time, wealth and reputation, power and intellect are no longer of great importance. It is the lifetime of service that we honor, time spent in giving rather than receiving. In these moments we echo the words of our Lord, "Well done, good and faithful servant."



*Earl Neal - West Newton Lions Club -
59 Year Member*

*Philip Sherbondy - West Newton Lions Club -
10 Year Member*

**Please send information of your Club's departed Lions to District 14-E GMT,
PDG Lance Remic (lremic@hotmail.com) to have the included in this list.**

REBIRTH

Benefits of volunteering: Volunteering is good for your mind and body.

Volunteering provides many benefits to both mental and physical health.

- Volunteering increases self-confidence.
- Volunteering can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.
- Volunteering combats depression.

Reducing the risk of depression is another important benefit of volunteering. A key risk factor for depression is social isolation. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against stress and depression when you're going through challenging times. Working with pets and other animals has also been shown to improve mood and reduce stress and anxiety.

- Volunteering helps you stay physically healthy.

Volunteering is good for your health at any age, but it's especially beneficial in older adults. Studies have found that those who volunteer have a lower mortality rate than those who do not, even when considering factors like the health of the participants. Volunteering has also been shown to lessen symptoms of chronic pain or heart disease.

District 14 E

Current LCI Fiscal Year July 1, 2023 - June 30, 2024

Activity Level

All

District Activities

Clubs

59,013

People Served

175

Service Activities Completed

8,661

Volunteer Hours

\$92,088

Funds Donated(USD)

\$56,036

Funds Raised(USD)

Reported activities may not immediately be reflected in the metrics. [Details](#)
Some metrics are capped. Please [click here](#) to see which metrics are impacted.

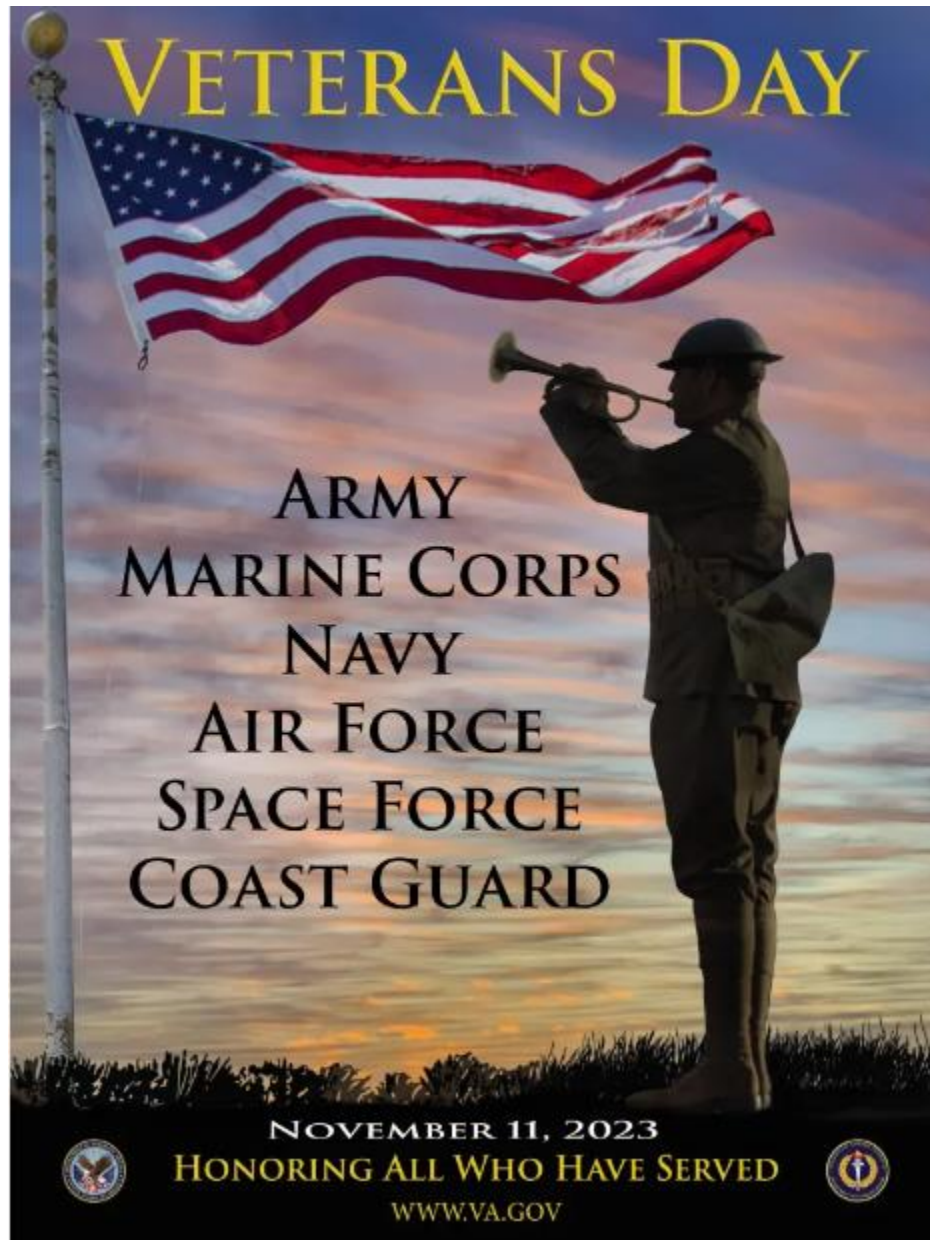
Thank you and Happy Veteran's and Thanksgiving,

PDG Charlie McGrew

GST -14 E

Veterans Day is intended to thank and honor all those who served honorably in the military – living and dead – whether in wartime or peace. In fact, Veterans Day is largely intended to thank living Veterans for their service, to acknowledge that their contributions to our national security are appreciated, and to underscore the fact that all those who served - not only those who died - have sacrificed and done their duty.

On October 7, 2016, President Obama signed the Veterans Day Moment of Silence Act. The law requires that the President issue a proclamation calling on the people of the United States to observe a two-minute national moment of silence on Veterans Day at 2:11 p.m. Eastern standard time.



Lions Club Service Calendar



You are invited to use this calendar to help plan and share service activities with your club. Edit the inspirational ideas below to make this tool work for you, your club and your community.

July	August	September
July 1 begins a new Lions Year! Start your Service Journey and share the resources in the Service Toolkit with your club.	August 12 is <i>International Youth Day</i> . Visit our Youth webpage for service ideas, including the LCIF Lions Quest program.	The second week in September is time to #CelebrateCommunity and serve with a Kiwanis, Optimist or Rotary club in your area.
October	November	December
The second Thursday in October is <i>World Sight Day</i> . Start on our Vision webpage to find service ideas, planning tools and LCIF grant opportunities.	November 14 is <i>World Diabetes Day</i> . Visit our Diabetes webpage to learn how your club can help fight this global epidemic.	December 5 is <i>International Leo Day</i> . Partner with your Leo club on a service project or start a new Leo club.
January	February	March
Sponsor a Peace Poster and Peace Essay contest inspire youths' visions of peace. Kits go on sale January 15.	February 15 is <i>Childhood Cancer Day</i> . Our Childhood Cancer webpage includes service ideas and LCIF grant opportunities to help affected families.	Lions Day with the United Nations was first held in March 1978. Plan an advocacy activity to help make positive change.
April	May	June
April 22 is <i>Earth Day</i> . Find service ideas and LCIF grant opportunities to protect and restore the environment on our Environment webpage .	May 28 is <i>World Hunger Day</i> . Our Hunger webpage provides ideas on how your club can help and LCIF grant opportunities to magnify your service.	LCIF's first Disaster Relief grant was awarded in June 1972. Hold an LCIF fundraiser or check the LCIF Grants Toolkit to extend this legacy of service.



DIABETES AWARENESS MONTH





LIONS RAISE AWARENESS OF DIABETES SYMPTOMS



14 November

WORLD DIABETES DAY




LIONS RAISE AWARENESS OF DIABETES SYMPTOMS



**CABINET MEETING
NOVEMBER 4, 2023
BEACON LODGE REPORT**

Submitted by: PDG Carol Richardson

The July Board of Directors meeting was held at the Camp on September 23 with both 14-E Director PDG Carol and Board Secretary 2nd VDG Lisa in attendance, along with other Board members, both in person and virtually, and Council Chair Dr. Linda Zaneski.

Executive Director Lion Jonathan reported on the 2023 camping season, noting that there was a slight increase in the number of campers from the previous year. PLAD was attended by 100 more Lions than average. Fundraising activities were successful, with the basket raffle, duck race and golf outing raising over \$62,000. However, the Camp continues to operate at a significant deficit and now stands at almost \$300,000 in the red for this fiscal year. Money had to be taken from the investment account to cover the deficit. If this continues, the Camp will become insolvent in two years.

Maintenance Supervisor Jeff reported on projects completed July-September and discussed upcoming projects needed in both the adult and children's camps, as well as the pool and other miscellaneous maintenance.

The Camp celebrated its 75th anniversary this year with a gala event in September. PIP Clem Kusiak, as well as two State Representatives, were in attendance. The Representatives issued a citation in celebration of the Camp's anniversary.

The Project New Hope sessions were well attended, providing a camping experience for 17 veterans, 17 spouses and 24 children. We need to promote this activity to our disabled veterans – it's FREE for the veteran and his/her family – and we have had NO veterans from Westmoreland County attend. Please reach out to your local VFW, American Legion, and other veterans' organizations to educate them on this program.

Several fundraising ideas were discussed, and board members were encouraged to promote them within their Districts. Camp donations from our District are not very encouraging: we sponsored 6 campers, donated \$1,010 to the 500 Club, and donated \$2,200 to the golf outing. I don't have District figures on bricks purchased or Carl Shoemaker Fellowships presented.

The playground project has been temporarily put "on hold" because fundraising for this project has not been as expected. The intent was to raise \$250,000 – which hasn't happened. New officers were elected, with all taking office on October 1.

Remember Lions – this is YOUR camp (PA LIONS CAMP BEACON LODGE) and you should support it as much as possible by donating, purchasing a brick for a deserving member, supporting the 500 Club, presenting a Shoemaker Fellowship, visiting and promoting the facility. The 14-E Directors and Liaisons will be happy to visit your club to provide more information about the Camp.



On Thursday, November 5th, the Lions Diabetes Board of Allegheny and Westmoreland Counties held their Quarterly Board Meeting at the Firepit Woodfired Grill in Irwin, PA. The Board discussed several topics and are planning many upcoming events!

The events that the LDBAW have are a means of fundraising and so your participation and support is very important and much appreciated. How can you help? Here are the upcoming events happening in November/December and a couple "Save the Dates" that you need to get on your calendars!

Upcoming events:

- On **Sunday, November 12th**, we will be lacing up our kicks for our **Annual Strides Walk** taking place at the Monroeville Mall. The registration form is in this newsletter and although the deadline is passed, we will gladly accept late submissions! The walk will take place from 2-4PM. Please meet us on the ground floor at the center of the Mall. Or come find us doing our laps if you can't get there at right at 2PM! There will be information materials at the registration table. Looking forward to seeing you! Come out and get your steps in for the day!
- **Saturday, December 2nd** District 14-B will be hosting the annual **Christmas with the Lions 2023**. This wonderful event will be held at the Georgetown Centre. We have a minimum quest requirement that we need to meet and so your attendance to this event will mean the world to us! Come out for just dinner or stay the whole evening. VDG Jeff Jordon, aka Basket Man, is requesting club/individual basket donations for our Basket Raffle. Please contact VDG Jeff by email: jeffreybob14e@gmail.com or phone (412) 418-3646.
- Some future events include **March Madness** and an **Auction** to take place in June 2024. Stayed tuned for further information and updates. We are in need of auction items to make this event a success. If you or your club are able to donate things like golf packages, sporting event tickets, bikes, trips, restaurant certificates, tickets to sporting events, etc., your donation would be greatly appreciated!

During the meeting, Carla DeJesus from UPMC McKessport reported that the LDBAW has served 46 patients to-date (calendar year) for a total of \$4,384. Michele Axelson, from Excelsa Health, reported that the LDBAW has served, to-date, 4 patients for a total of 1,991.95 (also calendar year).

Because of the decline in services needed at these two hospitals, the LDBAW is looking into expanding their services to UPMC East in Monroeville, PA. This is a great fit as this hospital serves both counties due to its location.

The next Board meeting is scheduled for February 8, 2024 @ 6:30Pm.

I spy with my little eye....



Pictures and write up courtesy of UPMC Children's Hospital of Pittsburgh facebook page.



Back in October, Pittsburgh Steelers Cam Heyward kicked off his annual Kindness Week with UPMC Children's Hospital of Pittsburgh. Cam, his brother Connor, and Joe Manganiello joined patients and families in the Atrium for games, crafts, and tons of fun!

What's the big deal? Well, if you look closely on the back of this yellow buggy, you will see a plaque tucked in the upper right corner that says "Donated by the Lions, Lionesses, and Leos of Multiple District 14. A few years ago, Clubs donated money to put these buggies into hospitals. They are used to transport kids through the hospital. IV bags, for example, can be hooked up to these little vehicles so small children are able to get around.

Thank you PDG Carol Richardson for sharing this!

If you spy something Lions out in the community, on facebook, or on-line, send your story and pictures to your District 14-E Newsletter editor (that would be me!) lisgis67@gmail.com.

Women and Families

If you have been on a recent drive, you have noticed the beautiful golden, orange, and brown hues of the fall foliage and how quickly the weather is changing. I always love this time of year for the beauty of the landscape, but most of all knowing that Thanksgiving is just around the corner. I remember waking up and smelling the array of mired pleasant odors that made your mouth water. This always gave me the motivation needed to get out of bed and head for the kitchen for a sample! My grandmother always began her prep the night before by letting her grandchildren cube the bread, cut the celery and onions, or mix up the batch of brownies or fudge with her careful oversight. These are the memories that are etched in my mind that I am glad I experienced and have carried on in my own family.

Traditions help strengthen families. I continued to use my grandmother's mashed potato pan, till it became thin and unusable, but retired to my collection of sentimental cooking utensils she used. I am lucky, because I am happy that I learned how to prepare things from scratch and prepare a table that is fit for a king. Not only were holidays great at my grandmother's house, but the traditional Sunday dinners with family, or the birthday meals for each of us kids, with the pink cake platter and a homemade angel food cake, with candles and ice cream.

As you begin to prepare for your holiday meal, you can produce an idea to involve your children or grandchildren in the process. I can promise you, the more senses involved in a project the stronger the learning experience will be. If you have any collectibles from your grandparents, take time to explain what they were used for or what you remember about them. It is a wonderful way to honor and remember them at a time when we should be grateful for all the blessings we have received. Children love learning about things that do not require electronics or pull out an old recipe and have them read and make it. Technology has improved many things, but I am sure it is hard to feel thankful when it crashes, or you do not have instant access.

In closing, my message is to be thankful for the little simple things that we sometimes lose sight of. Take time to teach your children things from the past and let them teach you things that are not familiar to you. This is a great tool to strengthen family bonds and do not forget to give the electronic leashes a rest during this widely celebrated family tradition.

Till next time.....

Mary Popovich



Conquering Cancer Fundraising Board

- Sell one or more squares on the board ranging from \$1 to \$25.
- Cross off a square once it has been purchased.
- When each square on the board is sold you will have raised \$325!

\$1	\$2	\$3	\$4	\$5
\$6	\$7	\$8	\$9	\$10
\$11	\$12	\$13	\$14	\$15
\$16	\$17	\$18	\$19	\$20
\$21	\$22	\$23	\$24	\$25



Here are a couple easy ideas on how YOUR club can raise money “FOR THE KIDS” to help conquer cancer!

- On the left: BLOCK Challenge. Have members buy a block! Cross off the block once it is bought – raise \$325!
- Below: Now that fall is here, sell coffee, hot chocolate, tea, or hot cider at your next club meeting! Proceeds can go to PA Lions Cares – For the Kids Campaign





2023 Toys for Tots Bike Program

SAVE THE DATES!

We are getting geared up for another great week of bicycle building and some Quality Control TESTERS! 🤖

Tentatively speaking:

**This year we will be building bikes at the following address:
1572 Roserytown Road
Greensburg, PA**

(the former Spreadshirt Warehouse over by the Goodwill Store and 84 Lumber)

The Dates tentatively will be:

Monday, December 11: evening shift 6-8PM

Tuesday, December 12: day shift 1-4PM evening shift 6-8PM

Wednesday, December 13: day shift 1-4 PM evening shift 6-8PM

Thursday, December 14: day shift 1-4PM evening shift 6-8PM

Friday, December 15: day shift 1-4PM

Subject to change: Watch for more announcements in future newsletters!

CLUB HAPPENINGS! Please support your District's Clubs



The Chestnut Ridge Lions ordered an excess number of brooms from O-Cedar in order to meet the minimum order requirements. Therefore, if there are any Lions Clubs out there in need of household broom, please contact Ellen Brade @ (724) 493-8488.

They have household broom and heavy duty brooms with metal band. The brooms come in packs of 6 and have the Lions Clubs material covering the head of the broom.



Level Green Lions PANCAKE BREAKFAST

Sat. Nov. 11, 2023 - 7am – noon

Level Green Lions Community Building
123 Murrysville Road

All you can eat **buttermilk** or **buckwheat** pancakes
(with or without blueberries)
with sausage & beverage. **Adults \$8, Kids \$4**

★ **Veterans eat free** ★

Eat-In or Take-Out Available

Proceeds benefit Lions Club charities and our community

The Murrysville Lions are selling Freckled Moose Butter Braided Pastries! **Each options is only \$15** Reach out to any Murrysville Lion to place your order or contact Faith Cano 724.325.5678.

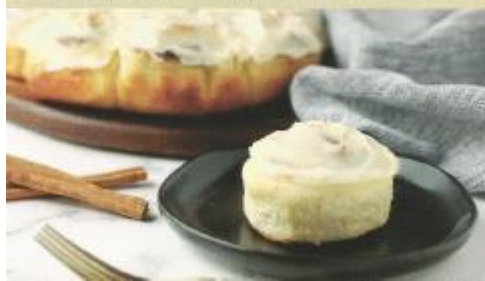
Orders must be received by November 12. Delivery expected on November 20(time and place to be announced.) As these are frozen, they can be held for Thanksgiving, Christmas, New Year's or beyond. Anyone who has received these before knows they not only taste good but make the house smell good during the rising and baking process. This is one of our best fund raisers and may not be offered again before next Fall. --Dave Grace.



All Butter Braid Pastries are frozen, hand-braided pastries filled with a variety of mouthwatering fillings

Each 22 oz. Pastry Makes 11 Servings.

- Four Cheese & Herb (Marinara Sauce)
- Apple (Icing Pack)
- Bavarian Crème (Chocolate Icing Pack)
- Blueberry & Cream Cheese (Icing Pack)
- Cherry (Icing Pack)
- Cinnamon (Icing Pack)
- Raspberry (Icing Pack)
- Strawberry & Cream Cheese (Icing Pack)
- Caramel Rolls (Caramel Sauce)
- Cinnamon Rolls (Cream Cheese Icing)



Joyful TRADITIONS™

Five Delicious Cake Roll Flavors with Crème or Cream Cheese Filling

- Pumpkin Cake Roll (Cream Cheese Filling)
- Red Velvet Cake Roll (Cream Cheese Filling)
- Strawberry Cheesecake Cake Roll (Cream Cheese Filling)
- Chocolate Crème Cake Roll (Cream Filling)
- Lemon Crème Cake Roll (Cream Filling)

Simply Set Out, Slice & Serve!

Thank You For Your Support!



info@freckledmoose.com
www.freckledmoose.com

Murrysville Lions Club Fall Fundraiser!



“Lions Working Together As One”

Pajamas needed



*Sponsored by the
Mount Pleasant Township Lions Club*

Sizes newborn to size 10 Male and Female

Pajamas will meet the needs of children in our area and will be distributed by the WIC Program

We will be collecting until January 2024 but any received by Christmas would be a blessing.

Pajamas can be given to any Mt. Pleasant Twp. Lion.
For further information or drop off location contact:
dtinke@zoominternet.net



**Please keep the children warm with
new**



Footed pajamas

Wrap them in love this winter

We would like to thank everyone who helped make this project a success in the past.





SECRET SANTA MISSION

Do you accept the challenge?

Hey fellow Lions!

We have an opportunity to partner with Angels DaSkys, a small organization in Plum, PA who provides support to those in need while encouraging the community to pay it forward.

One of their signature events is playing Secret Santa to families in need and they have a family from Jeannette, PA who needs help.

Zone 3 will be spear-heading Mission Secret Santa as our Service Project to coincide with our second Zone meeting of the year, but this is a BIG ask and so we are inviting the other Zones to join us in this unique way of giving back to a family right here in our District!

In fact, VDG Jeff has agreed to make this part of his Club Support Meeting at the end of the month because we need many Lion ELVES to help us!

A link will be shared soon (watch your emails) with the Christmas Wish List! You and/or your club can sign up for as many gifts as you would like to purchase, or you can donate gift cards and we will have some Elves shop on your behalf!

This will be a quick project and so watch for the link, bring gifts or gift cards to the upcoming Club Support meeting, or contact me at lsgis67@gmail.com | 724-454-3653 to make arrangements for gift pickup. (Please do not wrap gift) .

Thank you in advance for your support!



Level Green Lions are nuts about KOEZE NUTS!

The Level Green Lions will be selling nuts in both November AND December! See deadlines below. Please reach out to the number below if you have any questions.

Level Green Lions
Premium Koeze Nut Sale, 2023
"you deserve the best"

Call 724-309-2000 to order or for full discounted price list
Order by November 6th for Thanksgiving
Order by December 11th for Christmas



30 oz. in glass decanter
Colossal Cashews.....\$44.75
Mixed Nuts with Macadamias...\$44.00
Classic Mixed Nuts.....\$42.75



14 oz gift tin
Colossal Cashews.....\$24.25
Mixed Nuts with Macadamias.....\$23.75
Classic Mixed Nuts.....\$22.50



20 oz. in glass decanter
Colossal Cashews.....\$32.25
Mixed Nuts with Macadamias.....\$32.00
Classic Mixed Nuts.....\$31.00



10 oz. box
Colossal Cashews.....\$18.75
Mixed Nuts with Macadamias.....\$17.75
Classic Mixed Nuts.....\$16.75

And ask about our other chocolate and candy products, such as:

Other Nut Products: Pistachios, Pecans, Almonds, Peanuts, Peanut Butter, etc.

Turtles: Chocolate Carmel Pecans, Milk and Dark Chocolate Cashews, Chocolate Peanut Butter Clusters, etc.

Chocolate Dipped Dried: Cherries, Resins, Blueberries, Almonds, Toffee Dark Chocolate Sea Salt Cashews. etc.

Plus Koeze's wide array of Gift Boxes containing multiple Koeze products.

How Our Clubs are helping our Communities to make the world a better place.....

ZONE 1

CHESTNUT RIDGE – 27 members, including new member Zane Keslar. This month we hosted DG Amy along with PDG Chuck and Zone Chair Jeff at our meeting where we installed officers and committed to the goals of the district. We donated to the book drive. We also welcomed new member Zane Keslar and planned our fall fundraisers which will include an apple dumpling sale October 14th

GREENSBURG EAST HEMPFIELD - 9 members - Regular dinner meeting, hosted the District Governor and Cabinet. Remediated gardens at St Clair Park and Lynch Field, laid plans for Spring cleanup. Scheduled Road Clean up via PennDOT, a 25 + year commitment. Arranged for Toys for Tots program and Salvation Army /Red Kettle event.

LATROBE-DERRY – 20 members. Honored Student of the Month, Planned Halloween candy event at Derry, distributed Calendar tickets (fund raiser) weeded mini gardens and cleaned them out for this year, food bank.

MT. PLEASANT TOWNSHIP – 47 members. Held monthly sub and pepperoni rolls sale October 14th.

NEW FLORENCE – 22 members. Hosted District Governor visit.

ZONE 2

ROSTRAVER TWP - 45 members - Held our BBQ again an early sellout. Held our 70th anniversary on Oct 15th. Donated snacks to Rostraver Twp Halloween night. Members attended Club Support Meeting and DG Amy's Halloween gathering.

SEWICKLEY AREA – 9 members. One member attended/presented at Club Support Meeting.

YOUNGWOOD – 38 members. Donated a \$50.00 ad to the Youngwood Knight of Columbus. Held a joint BINGO with the Slickville Lions Club netting the Youngwood Club \$6,845.00. Recycled 132 pair of eyeglasses. Members attended DG Amy's Halloween gathering.

YUKON – 25 members. Selling Nov. food tickets, monthly tickets, trunk or treat held on Oct. 28th. Members attended DG Amy's Halloween gathering.

ZONE 3

ALLEGHENY TWP - 10 members. Continued with Meals-On-Wheels, held club meeting, did annual road cleanup, collecting for book drive.

ARNOLD – 11 members. Nothing to report at this time.

DELMONT - 39 members including new members Hugh and Amy Hubble, sponsored by Amy Thompkins. 5 club members assisted with Lions Lunchables twice in October. 16 attended October club meeting & fleece blankets were packaged along with a book for Westmoreland Hospital (now called Independence Health). Club sold brooms, hot dogs, drinks and pork sandwiches at the annual Delmont Apple & Arts Festival on October 7th & 8th. 3 members attended the Club Support/Zone 3 meeting. 2 members attended the Zone 1 meeting. 2 members attended the Care-a-Van meeting. 4 members attended the District Halloween Party.

LOWER BURRELL – 27 members. Collected books for DG Amy's book drive for Hershey Medical Center. Discussed Thanksgiving baskets for less fortunate families in the community. Member attended DG Amy's Halloween gathering. Some flag poles need to be replaced. Aluminum versus wood has been considered. Several members will work to clean out club shed and take medical equipment to a church in Tarentum that is collecting such items. Also noted a date of December 5 for club Christmas party. Continue to sell brooms and collect eye glasses.

MURRYSVILLE – 18 members. Held 2 dinner meetings; 1 member attended the fundraising bingo for West. Co. Blind Association; sorted items, packed and delivered Manna bags to the Welcome Home Shelter; participated in Trick or Treat on the Trail - distributed snacks to 500 registered children; KL Dave attended Rostraver's 70th anniversary celebration; members attended a wrap-up meeting for the car show; members attended DG Amy's Halloween gathering; taking orders for pastries for Thanksgiving.

SLICKVILLE – 38 members. Club hosted DG Amy, PDG Chuck, 2VDG Lisa, and 1VDG Jeff at club meeting.

VANDERGRIFT - 26 members. The club continues to collect and loan out used hospital equipment, collect used eyeglasses, and sell Lions Brooms. We are sponsoring The Vandergrift Back When Holiday Extravaganza again this year and will be setting up during the festival Dec 1-3.

WASHINGTON-BELL – 12 members. Donated \$120.00 to DG Amy's book project. Donated \$200.00 to the Westmoreland County Food Bank. Accepting names for holiday food baskets. Planning Highway Clean-Up for November. Collecting plastic bags for a free Trex park bench. Continued selling brooms and collecting used eyeglasses.

ZONE 4

BUSHY RUN – 37 members. No report.

LEVEL GREEN – 37 members. Aluminum can and used eyeglasses collections, building rentals. Members volunteered for Meals on Wheels. Board meeting and general meeting held. Members attended activity night at Level Green Elementary School to promote membership. Hosted Club Support Meeting and DG Amy's Halloween gathering at our site. Preparing for Sat. November 11 pancake breakfast.

MANOR – 15 members. Sold brooms and collected eyeglasses. Provided Drug Test Kits to drug awareness group/library. Assisted with drug awareness group/police drug takeback. Provided candy for Manor Recreation Board Halloween party. Held a food drive.

TRAFFORD – 6 members, including new member Jaime Peticca. Planning for recruitment and participation in Trafford Holiday event.

Thank you to those clubs reporting. A reminder – you must submit your activities and service reports to LCI. This is separate from your submission to the District Newsletter through the www.lions14e.org website. If you have any questions about reporting your club's service to LCI, please contact your zone chair as soon as possible.

"If it isn't reported, it didn't happen...."

Hearing and Deaf Services

With the Holiday Season upon us, this can be a hard time for those that are hard of hearing. When the family or large groups are together ones with hearing problems can feel left out or sitting recluse in the middle of the group. If you notice a family member or friend a little off and not hearing you as well as in the past, don't ignore them or think of them as not understanding you, sometimes it's a pride thing, others it's total stubbornness.

Many times, hearing aides are very expensive and not covered by most insurances. This puts them out of reach for people that cannot justify the cost or afford them. I recent years the technology advancements have made packaging much smaller and built in features, such as Bluetooth an option.

The best cost savings factors in recent years have been the over the counter and self-set-up hearing devices. Bring the costs drastically down. People that could not afford the \$2000-\$5000 cost may be better understanding of \$300-\$1000 cost.

So when that family member or friend is having a hard time this holiday season hearing you. They may have some new options that weren't available in the past to help them.

Yours in Lionism

Robert Yaszak

Vandergrift Lions



Look at me

Turn your face
towards the person
with hearing loss so
they can see your lip
movements.



Speak clearly

Not too slowly,
and use normal lip
movements, facial
expressions and
gestures.



Don't shout

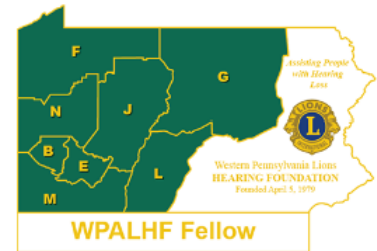
Keep your
voice down:
it's uncomfortable
for a hearing aid
user if you shout.

Western Pennsylvania Lions Hearing Foundation Fellowship Application

Offering Support Through The Fellowship Program

The Western Pennsylvania Lions Hearing Foundation Fellowship has been established to help provide funding for the continuance of providing hearing aids for individuals in need. By naming a person a WPLHF Fellow your contribution goes toward helping those with hearing challenges be able to once again hear and communicate with the world around them.

For a \$250.00 donation the recipient of the fellowship will receive a lapel pin and plaque indicating them as a fellow. The recipient of this award need not be a Lion. Anyone who supports the process of improving hearing can be honored with this award.



The application can be found in the Newsletter Email. Just scroll down and find the block that says “Western PA Lions Hearing Foundation Fellowship Application” and click on it.

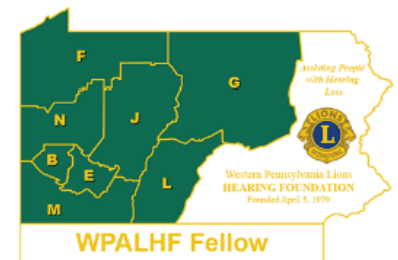
If you wish for a copy to be emailed to you, please reach out to PDG Lance Remic or myself at the following emails:

Lremic@hotmail.com | lisgis67@gmail.com

Offering Support Through A Donation

Financial support from contributors, like you, is the Foundation's only source of funds. Your contribution can help ensure that there will be adequate funding to continue providing service for deaf and hard of hearing individuals. The Foundation will also accept donated hearing aids.

If you, your Lions Club or organization would like a presentation or if you are interested in making a donation contact the chairperson (director) in your Lions District.



District 14-E Lions Facebook Page

facebook



Like Us on Facebook – [District 14 E Lions](#)

[District 14-E Lions](#) - The Official Facebook Page of District 14-E

Send your information to Amanda or Lance Remic for your Club's activities to be posted to the District's Facebook page. We want to show all that is being done by Lions of District 14-E.

Send info advertising your upcoming events or share photos of the events that have taken place to show the fun and success your Club had.

Email your info to akbrant@atlanticbb.net (Amanda) or lremic@hotmail.com (Lance)
Or text your info to 724-984-7644 (Amanda) or 724-309-6750 (Lance).



Don't forget to tag us on your photos and posts on Social Media!

Use the following hashtags on
Twitter, Instagram (IG), Facebook (FB)
or whatever other social media outlet
that uses "hashtags". Hashtags are a
way of grouping like posts.

[#district14eweserve](#)

[#district14elions](#)

[#14EDGAmY](#)

Scan this QR Code to check out the District 14E Website!

What is a QR Code?



QR codes are 2D barcodes which contain any kind of information that can redirect scanners to online information. This QR Code, when scanned, will take you to the District 14E website. Try it out!

(you will need to have a QR Reader app on your phone)



PLEASE TAKE NOTE!

CANCELLATION NOTICE

In case you were wondering, due to scheduling conflicts, the Mt Pleasant Lions will not be hosting a Pancake Breakfast this fall.

They are trying to reschedule something in the Spring. In the meantime, please help this club by supporting other activities they sponsor during the year!!!!

November Suicide Awareness

Here we go again into the holiday months of the year. As I have said in the past suicide numbers do decline during this part of the year as people tend to have more family, friends and places to take up their time. Not that that means it doesn't happen this time of the year.

Just last week I was talking to a family friend and she reminded me it has been 3 years since her husband took his life. I couldn't believe that time had gone that fast since the news of his passing. She proceeded to tell me that every year is hard and things don't stop her from wondering why. They had such a good life together, kids, grandkids, a long loving marriage. She told me a story on the phone that he had purchased the first hunting rifle for the oldest grandson and was so proud of that moment. Now this year the next grandson was ready to start hunting and she said she would have to buy that rifle. It's those things that she said that hit her the most. Things he should have been there to do. She will make the best of it and she will continue to live each day as she can for herself, her kids and grandkids. But she said she will never stop wondering why.

We went on to talk about other things that we had going on in our lives and health issues. But my friend is one of the strongest women I know. Suicide hurts the loved ones, family, and friends.

Today we may know someone struggling with mental illness, please talk to them, reach out and get them the help they need. Don't wait till it's too late.

Suicide Hot Line number is 988 from your cell phone.
Support or Referral Helpline 1-855-284-2494

In Lionism,
Amy Yasczak

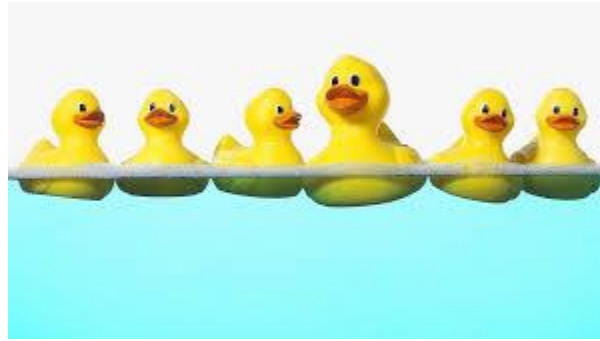
National FRC Mental Health Promotion Project

MENTAL HEALTH TIPS TO SURVIVE CHRISTMAS

- REACH OUT**
Christmas is a time of joy and togetherness, but it can also be the darkest and hardest time of the year. If you find yourself feeling overwhelmed, don't be afraid to ask for help. We know you are not alone. You seem to be strong, you may feel positively toward Christmas, and a loved one may be there to help you. It could be your partner, family member, or a close friend. Be open to help. There is always someone out there who is willing to help you and help you find the help you need.
- BUDGET**
Christmas time can be a very expensive time of year. People often feel under pressure to buy presents, attend events, and spend more money than they can afford. When a Christmas budget factor is the difficult thing, such as family, friends, and gifts to give, know you will be okay.
- BE MINDFUL OF ALCOHOL CONSUMPTION**
Christmas can be a time of overindulgence in food and alcohol. Socializing is often based around a wine and the pub. Alcohol, although it makes some activities relaxed, drinking in moderation can lead to overindulgence. If you cannot take a break of indulgence, avoid it as much as possible. Try to be mindful of the amount you are drinking and be aware of how you may feel the following day.
- SLEEP**
The Christmas season can be hectic, meaning our sleep pattern can be thrown out of sync. We cannot function effectively without sleep. It helps to relax and restore our physical and mental health. Getting sleep disturbance can lead to fatigue, irritability, and difficulty concentrating. Try to be mindful of the amount of sleep you are getting and try to get a good night's sleep the night before.
- NOURISH YOUR BODY**
When it comes to mental health, what you eat can make a difference to how you feel. A diet rich in fruits, vegetables, whole grains, and omega-3 fatty acids can help improve your mental health. Drinking alcohol from time to time can be healthy, but it is important to be mindful of how much you are drinking. Keeping the energy up in the winter months can be a challenge, so try to eat well and stay hydrated.
- BE MINDFUL**
Mindfulness is a simple practice that can help you stay present in the moment and reduce stress. It is a form of meditation that can help you stay focused on the present and not worry about the future.
- EXERCISE**
Being physically active can help you feel better, reduce stress, and improve your mood. Keeping active can help you feel better and help you stay present in the moment. Try to get some exercise, even if it is just a walk or a run. Get outside, breathe in some fresh air, and feel better.
- HAVE COMPASSION FOR YOURSELF AND OTHERS**
Be kind to yourself and others. The Christmas season can be a time of stress and pressure. Try to be gentle with yourself and others. Remember that everyone is struggling in their own way. Reach out to them, and they may reach out to you. You could be the one reason they do not feel alone.

Logos for National FRC, NAMI, TUSLA, and other organizations are visible at the bottom.

District 14-E Duck Race



District 14-E will be having its 3rd Annual Duck Race to raise funds for PA Lions Beacon Lodge Camp. The camp operates in the summer for those with special needs and also offers sessions for veterans and their families.

We will be selling 1000 tickets for \$5 each. Lion Jonathan Carver, from Beacon Lodge will be bringing 1000 ducks on Sunday April 21st to Yukon Lions Park and we will have our own race. There will be 4 prizes; 1st place (\$500), 2nd place (\$300), 3rd place (\$195), and last place (\$5). The remaining proceeds will be donated to the camp to assist with their financial needs for updates and maintenance that is needed to keep the camp functioning.

Tickets have been distributed to all clubs in the District. We need everyone's support in making this a successful event.

Please contact DG Amy Thompkins to return your ticket stubs and money for your club's tickets (412-551-0327 or amoose309@yahoo.com). Please try to have the stubs and money turned in by April 1st!



Sponsor a hero. Be a hero.



Throughout our history, thousands of amazing donors worldwide have helped us empower people who are blind or visually impaired with lifelong skills for safe and independent daily travel. Now you have the opportunity to show your support in a new way, through a **Symbolic Puppy Sponsorship**. For \$500, you'll receive a picture, a profile and an official certificate of your sponsored Future Leader Dog.

Leader Dog services are critically important. LAST YEAR, we were able to safely provide:

▶ **500,000+**

Days of safe and independent daily travel

▶ **123**

Guide Dog clients served

▶ **149**

Clients received white cane training

▶ **3**

Clients who are deaf and blind received customized guide dog training

▶ **18**

Teenagers gained leadership and travel skills

▶ **287**

Current and potential clients received a visit from a field services guide dog mobility instructor

▶ **336**

Clients and O&M pro's viewed virtual learning videos

▶ **\$0**

Cost to client



IN EVERY LEADER DOG
LIES THE HEART OF A LION.

A Leader Dog partner since 1939.

"Leader Dog does a great job training these dogs to be faithful, supportive leaders and companions. Leader Dog Hanna is truly my hero, and so are all those who were involved in helping her become a Leader Dog." -Laura & LD Hanna



LEADER DOGS
FOR THE BLIND

For more information or to sponsor, visit
LeaderDog.org/sponsor-a-puppy

FOLLOW THE LEADER
LeaderDog.org

1039 S. Rochester Rd | Rochester Hills, MI 48307-3115

PUPPY SPONSORSHIP

A \$500 donation allows you to choose from a select group of puppies to symbolically sponsor and receive:

- ▶ A portrait of your sponsored Future Leader Dog suitable for framing
- ▶ Four wallet-size photos to share
- ▶ A profile of your Future Leader Dog with fun information such as personality traits, favorite toys and more
- ▶ An official sponsorship certificate
- ▶ **Each sponsorship comes with a matching plush puppy!**



Juno
Michigan



Toffee
Wisconsin



Raider
Michigan-Bellamy Creek CF



Mali
Michigan



Brandy
Illinois

YES! I would like to sponsor a puppy!

Name (Required) _____

Mailing Address _____

City _____ State _____ Zip _____

Contact Email Address _____ Phone (____) _____

Sponsoring (*please circle ONE puppy*) Juno Toffee Raider Mali Brandy

Please make check payable to "Leader Dogs for the Blind" with "Puppy Sponsorship" in the memo.
Mail to: Leader Dogs for the Blind, 1039 S. Rochester Rd, Rochester Hills, MI 48307-3115
You can also sponsor a puppy online at LeaderDog.org/sponsor-a-puppy



- Raised by volunteer Lion puppy raisers

Some Pictures from around the District:

Mass Induction Ceremony 2023:






Here are some pictures from DG visits to New Florence, Slickville, and West Newton.



Also included is a picture from the Zone 1 Meeting and the New Florence Back Pack Project.





Pennsylvania Lions CARE
 FOR THE KIDS™
A Four Diamonds Program Conquering Childhood Cancer

JOIN US IN THE FIGHT TO CONQUER CHILDHOOD CANCER!



- 

1 VISIT OUR FUNDRAISING PAGE
 Visit FourDiamonds.org/PALions and look for the state of Pennsylvania towards the bottom of the page.
- 

2 CLICK ON YOUR DISTRICT
 Click on your district/county and make a donation or create a fundraising page for your club.
- 


3 CREATE A FUNDRAISING PAGE
 Click "Join our Team" and then click "Continue to Next Step". Enter a fundraising goal, select if you would like to make a donation and fill in the other required information. Then click "Continue to Confirmation".
- 

4 RAISE FUNDS TO CONQUER CHILDHOOD CANCER
 Your fundraising page is now set up and you can begin fundraising for your Lions Club and help Four Diamonds Conquer Childhood Cancer.


 **Personalize Your Page**
 **Connect to Twitter**
 **Connect to Facebook**
 **Send Donor Invites**

FourDiamonds.org/PALions


Please note that these flyers can be found by clicking on the appropriate box found in the Newsletter Email. This is being done to minimize space taken up with repeat articles and to help make the newsletter more manageable in size!


Pennsylvania Lions CARE
 FOR THE KIDS™
A Four Diamonds Program Conquering Childhood Cancer

How to set up Your Recurring Gift

- 

1 Visit our fundraising page
 Visit FourDiamonds.org/PALions and scroll down and click "Make a Donation."

[MAKE A DONATION](#)
- 

2 Select your donation amount
 Choose "Monthly," enter your Lions Club name, fill out your contact and payment information.

Supporting PA Lions "Care - For The Kids"™


Your Donation

Donation Amount	\$1,000	\$500	\$250
	500	100	200


One Time Monthly


Search for Name:


Supporter Email:


1. You'll get a confirmation page. 2. Make a donation in small increments.
- 

3 Help conquer childhood cancer
 Here are some of the ways your recurring gift can help kids fighting cancer.

 - 

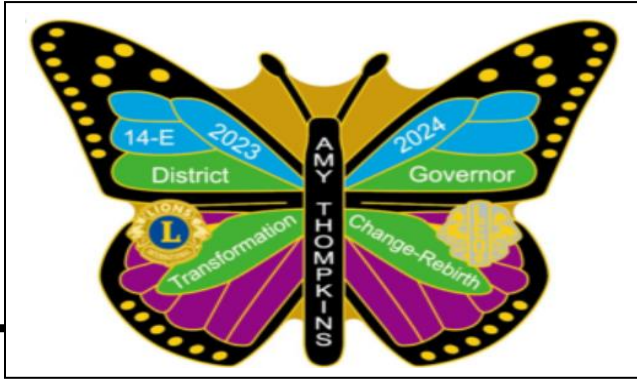
\$10/ month funds one day of art therapy.
 - 

\$25/ month provides one day of care and support from our chaplain, who helps guide the spiritual needs of patients and their families.
 - 

\$100/ month funds one week of child life support for Four Diamonds' outpatient clinic.
 - 

\$200/ month funds a private hospital room for a child and their family.

FourDiamonds.org/PALions



2023-2024 DISTRICT 14-E PROJECTS DONATION FORM

CLUB _____	DATE _____
Beacon Lodge Camp for the Blind	\$ _____
Care-A-Van	\$ _____
Diabetes	\$ _____
Disaster Relief Team Fund	\$ _____
Eye Research	\$ _____
Pediatric Cancer	\$ _____
Leader Dogs for the Blind	\$ _____
Lions Clubs International Foundation (LCIF)	\$ _____
Lions of Pennsylvania Foundation	\$ _____
PA Lions Hearing Research Foundation	\$ _____
Western PA Lions Hearing Foundation	\$ _____
Westmoreland County Blind Association	\$ _____
Westmoreland County Deaf Services	\$ _____
TOTAL DONATION:	\$ _____

Please note: If your club has not already submitted donations, they must be received by May 1, 2024 to receive credit for 2023-2024 Lions Year. Donation check should be made out to District 14-E Lions and this form should accompany the check. Please mail check to Cabinet Treasurer, PDG Robert Mesher, 441 Gallitin Road, Belle Vernon, PA 15012. If necessary check can be given to District Governor Amy before the deadline.

District 14-E Change Agents:



DISTRICT 14-E CABINET – 2023-2024

District Governor	Amy Thompkins	Delmont	amoose309@yahoo.com	412-551-0327
1st Vice District Governor	Jeff Jordan	Level Green	Jeffreybob14e@gmail.com	412-418-3646
2 nd Vice District Governor	Lisa Gismondi	Delmont	Lisgis67@gmail.com	724-454-3653
District Secretary	Kara Knode	New Alexandria	kpurvis77@yahoo.com	724-689-5560
District Treasurer	Robert Mesher	Rostraver Twp	robertmesher@comcast.net	724-323-5458

District Global Action Team (GAT) Coordinators

Leadership	PDG Chuck Thompkins	Delmont	chuckt@yahoo.com	724-989-8250
Membership	PDG Lance Remic	Slickville	lremic@hotmail.com	724-309-6750
Service	PDG Charlie McGrew	Sewickley	Cjmcgrew1@verizon.net	724-446-2546

Zone Chairpersons

Zone 1	Amy Thompkins	Delmont	amoose309@yahoo.com	412-551-0327
Zone 2	Jeff Jordan	Level Green	Jeffreybob14e@gmail.com	412-418-3646
Zone 3	Lisa Gismondi	Delmont	Lisgis67@gmail.com	724-454-3653
Zone 4	Jeff Jordan	Level Green	Jeffreybob14e@gmail.com	412-418-3646

Communications

Communication/Publicity	John Russo	Norwin	apdjr@aol.com	724-864-3844
Website	Jeff Jordan	Level Green	Jeffreybob14e@gmail.com	412-418-3646
Newsletter	Lisa Gismondi	Delmont	lisgis67@gmail.com	724-454-3653
District Admin (Club Reporting Support)	Denise Poole	Norwin	dypoole@comcast.net	724-787-6183
Social Media	Amanda/Lance Remic	Slickville	akbrant@atlanticbb.net / lremic@hotmail.com	724-984-7644 724-468-4626



*Transformation
Change -Rebirth*

IMPORTANT WEB ADDRESSES

District 14-E Lions.....www.lions14E.org
Leader Dogs for the Blind.....www.leaderdog.org
Lions Clubs International.....www.lionsclubs.org
PA Lions Beacon Lodge Camp.....www.beaconlodge.org
PA State Council of Lions Clubs.....www.palions.org
Lions of PA Foundation.....www.lionsofpafoundation.org
Western PA Lions Hearing Foundation.....www.wpalhf.org

Like us on Facebook: District 14-E Lions

Please consider a Personal Contribution to either of these two charities
to supplement Club Donations. Thank You!

<https://fourdiamonds.donordrive.com/index.cfm?fuseaction=cms.page&id=1175>

<https://www.lionsclubs.org/en/donate>



AMY THOMPkins, DISTRICT GOVERNOR
DISTRICT 14-E
PENNSYLVANIA, USA 2023-2024
AMOOSE309@YAHOO.COM
412.551.0327