

District 14-E Westmoreland County Newsletter



Monthly Newsletter Edition
November | 2022

District Governor's Message



Hello fellow lions!

My how time is flying. We've seen the beauty of nature's palette as the leaves turned their red, orange, and yellow; the trick-or-treaters have been to our doors, and we've turned the page of the calendar to another month and are looking forward to another holiday. Yes, in just a few weeks we will be celebrating Thanksgiving. For many of us it's a time to sit down to a big family dinner, reminisce, and then watch football. All well and good but let's remember the reason for the holiday is to give thanks. When we pause to consider how truly fortunate we are we realize we truly have been blessed.

Yes, blessed, and one of the truly great blessings we all share is service through lionism. It has been my great good fortune to now have visited most of the clubs in the district and I am overwhelmed by the experience. Our clubs are truly living up to the lions' motto, "We Serve." We are collecting glasses, doing eye-screenings, putting together backpacks, cleaning up highways, and doing dozens of other things to help others and it's a blessing to have been able to do all of it. And so, we give thanks simply for being lions.

So, let's all enjoy Thanksgiving. May all who are traveling for the day travel safely; may families gather and eat turkey and pumpkin pie; and may the day be a true time of spiritual renewal. And let's remember all for which we thankful. It will be with grateful spirits that we tackle the rest of this lions' year. I look forward to meeting with all of you again and if there is anything I can do just call. A happy Thanksgiving to all of you.

Tony

1st Vice District Governor Note

Hello Fellow Lions,

The month of November is upon us already and with it comes the Holiday Season. This year is moving by quickly and soon we will be welcoming a brand new year!

I want to take a moment and thank all of the clubs I have visited with DG Tony (we only have a few left). It was wonderful to see all of you and hear about the wonderful things you are doing for your community and those in need! I am so proud of all of you and have been honored to install your officers and induct new members! Speaking of new members, I hope to you many of you at the Mass induction Ceremony on November 2nd at Lakeview, as it will be an honor to celebrate the new members our District has gained during the past year!

November looks to be a very busy month for Lions, as it is Diabetes Awareness Month. The Lions Diabetes Board of Allegheny and Westmoreland Counties have several activities planned in order to increase awareness of Diabetes. On Sunday, November 6th, there will be a Strides Walk at Westmoreland Mall from 2p-4p. So, please share the information found in the newsletter with your club members and join us in walking to raise money for Diabetes. There is no cost, but the Board will be accepting donations. On Saturday, November 12th, there will be an informational symposium via zoom where there will be several speakers providing information on Diabetes including education, nutrition and medications just to name a few. Lastly, the Diabetes Board will be hosting their annual Christmas with the Lions event on Friday, December 2nd at the Lamplighter in Delmont. There will be a DJ (music and dancing), dinner, 50/50 Raffle, and a Basket Raffle. Please refer to the invitation also found in the newsletter. If you or your club is able to donate a basket for the raffle, please let me know as soon as possible—and remember, NO ALCOHOL is permitted in the baskets. For those who have already committed to donating a basket, please contact me for pick up or drop off arrangements. Since the event is in Westmoreland County this year, it would be fantastic if we had representation from all clubs!

With the Holiday Season approaching, please remember those in need. I know many clubs provide food and gifts for community families in need. Many clubs ring the Salvation Army Bell, provide gifts or sing carols at their local nursing facilities, assist with bicycle assembly for Toys for Tots, have pajama drives, coat drives, and blanket collections for those in need. Keep up the great work and service to those in need—You all make me very proud to be a Lion!

Another activity you can also do is to have a new book collection for the Pediatric Cancer patients at Hershey Medical Center. If your club does this, please get the books to me by December 7th so I can get them to Lion Ashley Grimm (PID Cindy & PDG Tom Gregg's daughter) as this has been an annual event to honor Baby Samuel. Last year, I, with the help of clubs from Zones 1 & 3, sent 2 HUGE boxes of books (over 500), and I was told that every child received at least one book! I will also be collecting books at my next Zone meeting (TBA), as well as the Club Support Meeting on November 15th.

Another event in November is my 2nd Club Support Meeting. It will be held at Hoss's in South Greensburg at 6:30pm. PDG Sam & PDG Chuck will be doing KidSight Vision Screening Training. Please let me know if you plan to attend. Using the vision screeners are a vital part of ensuring the vision of our children as if vision issues are discovered before age 7, most can be corrected. This is a wonderful opportunity for service as you club can partner with the local daycare centers or libraries and conduct vision screenings!

Hopefully I will get to see you all at one of the upcoming activities in November, but if not, I want to wish you all a very Happy Thanksgiving!

Remember...Together We Can,

1VDG Amy

Club Support Meeting

All lions are invited to attend the 2nd Club Support Session of this year.

The meeting will take place at Hoss's in Greensburg at 6:30pm on Tuesday, November 15th. The back room is reserved for us.

Please plan to attend as PDG Sam Snively will be providing Vision Screener Training for us that evening. If you have already been trained, please use this as a refresher course!

Please let 1VDG Amy know if you will be attending (412-551-0327 or amoose309@yahoo.com). Waitresses will be available to take orders if you so desire.



DISTRICT 14-E "FLIGHT PLAN" for 2022-2023

NOVEMBER

8: Latrobe

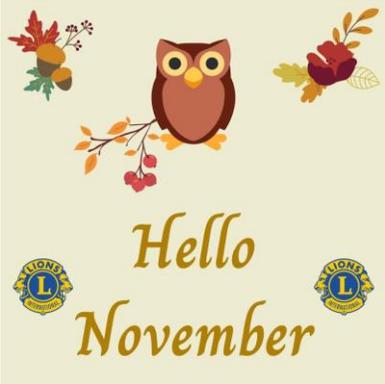
FEBRUARY

15: New Alexandria

APRIL

11: Lower Burrell

Please note: The above calendar is ever evolving and subject to change. If you have any questions or comments regarding a DG Visit listed above, please reach out to DG Tony Catullo.



WOMEN AND FAMILIES IN LIONS

Fall can be fickle, and it sure has been this way lately. Freezing temperatures one day and warm and sunny the next. With only a few days off to construct this newsletter, I also must decide, should I rake leaves or water the surviving plants? Open my mail or get this newsletter done. This is only a short glimpse into the daily decisions I must make. Now, more decisions. When do I decorate for Christmas, what will I make for Thanksgiving and is this the last year to fall back on time? One thing for sure, no matter what, time marches on and things constantly change!

As I am constructing this letter, I keep hearing Turkey will be hard to find and the cost of food has risen to all-time highs. I think I may be suffering from decision fatigue, especially when planning a meal. Will I be able to find the right turkey, how about canned pumpkin and spices, potatoes, and can I afford it? I realize every generation has problems they overcome, so it is time for some perspective. Can you imagine what it must have been like for the Pilgrims in learning new methods from the Native Americans? Historians believe the main dishes were prepared using traditional Native American spices and cooking methods.: “The Pilgrims did not have ovens and the Mayflower’s sugar supply had dwindled by the fall of 1621; therefore, the meal did not feature pies, cakes, or other desserts, which have become the hallmark of contemporary celebrations.” Here is my first perspective, ***you do not miss what you do not have!***

Looking back to the history of Thanksgiving, the colonists that landed at Plymouth Rock, survived a treacherous and uncomfortable crossing that lasted 66 days. The ones that survived stayed aboard ship because the winter weather was brutal. The colonists continued to suffer from disease and starvation, and only a handful of the original passengers survived to enjoy spring of the new home they created in Plymouth. A second perspective, ***we are lucky to be living in America, the land of opportunity!***

In early spring, Abenaki, a Native American greeted them in English. Just imagine their surprise, to find someone who looked different, but spoke their language. Two days later, he returned with another Native American named Squanto, who was a member of the Pawtuxet tribe. Squanto had been kidnapped by an English sea captain and sold into slavery, but eventually escaped to London and returned to his homeland on an exploratory expedition. He was instrumental in the survival of the colonists, who continued to suffer from malnutrition and illness. He taught them cultivation, how to fish and hunt, avoid poisonous plants, and harvest corn. In addition, he was instrumental in forming an alliance with the Wampanoag local tribe, which would endure more than 50 years of harmony between European colonists and native Americans. Here is my third perspective, ***be thankful for what you learn from others!***

In closing, these early settlers had lifesaving decisions to make, it sure puts things in perspective as to how minor some daily decisions can be that cause us stress! As a Lion member our organization centers around harmony and inclusion. We are an International Organization that embraces cultural differences. if you think back to this Historical Day, where two groups of people with diverse backgrounds came together to give thanks, it is no wonder it has become a national recognized holiday. Teach your children the importance of inclusion, harmony, and peace. Teach them to be thankful for their bounties, such as the Plymouth colonists and Wampanoag Native Americans did at their first Thanksgiving celebration in the colonies.

Resources: (Accessed web: 10-19-2021-<https://www.history.com/topics/thanksgiving/history-of-thanksgiving>)

Till next time....

Mary Popovich

West Newton Lions



Global Action Team

A World of Support.

Dear Lions and Leos,

I'm sure that you realize that this is Diabetes Awareness Month, but are you aware that there are approximately 537 million people in the world with diabetes, and that by the year 2045, that number could increase to as many as 783 million diabetics? That's why Lions International made diabetes one of our five global causes.

Although, Monday, November 14 is the actual date for World Diabetes Day, the Lions Diabetes Board of Allegheny (14-B) and Westmoreland Counties (14-E) have two major events planned for this month. The first is a Strides Walk on the upper floor of Westmoreland Mall on Sunday, November 6 from 2:00-4:00 pm. You may make as many laps as you want to get your exercise for the day. However, in the central court, our UPMC McKeesport and Excelsa Health Greensburg Diabetic Specialists will be there to answer questions and provide materials and information to take home or to share with your family and friends. This event is being sponsored by Excelsa Health

However, you definitely want to join our Virtual Diabetes Symposium on Saturday, November 12, from 9:00 am-noon. Dr. Sann Mon and Dr. Jyothi Gella will discuss the importance of nutrition, exercise, and understanding and managing this disease. Our two specialists, Carla DeJesus and Michele Axelson, will share information about their programs and how to get help. While these will provide a lot of information about the disease, I am really interested in hearing from nurse Mary Yochim and nine-year-old Rosie Baich who will share their personal experiences as a mother and a newly diagnosed Type 1 diabetic. Here is the link to join the Symposium:

<https://us02web.zoom.us/j/87185325170> You won't want to miss this important and interesting information.

Finally, please plan to join us on Friday, December 2 as we celebrate Christmas with the Lions at the Lamplighter. Additional details and the registration form are located in this newsletter. Please help us to raise funds to help supplement diabetic medications for those who cannot afford them.

As always, thank you for all that you do. As President Sheehan says, "Together We Can" and "Together We Will" conquer diabetes.

Yours in Service,

Cindy Gregg, PID and 2022 Lions Diabetes Board Chairperson

A Special Message from Ashley Grimm:

It's hard to believe it's this time of year again. A time when we should be celebrating our sweet Sam's fourth birthday instead of celebrating his memory. But celebrate we will, and we will do so by bringing joy to the kiddos at the Penn State Children's Hospital at the holidays. We are hosting the 4th annual Birthday Book Drive in Sam's Honor. If you'd like the list in print, please message me. If you'd prefer to explore options via an Amazon wish list, you can find the link here: <https://www.amazon.com/hz/wishlist/ls/31PFU3GCYKPPW...> **This year's deadline is Friday, December 9th**, and as a reminder, due to health and safety precautions, only new books will be accepted. Thank you for your generosity and support of Sam and our family! And I can't believe I'm saying this, but happy holidays!



Please Join Us

for the

4th Annual

Samuel Grimm Birthday Book Drive

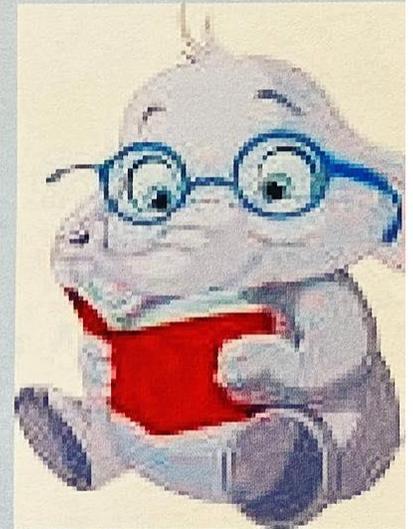
Benefiting the Kiddos at the
Penn State Children's Hospital

Deadline: Friday, December 9, 2022

Contact Ashley or Brian Grimm
For delivery or pick-up info!

For your convenience,

An Amazon WishList has been created:
https://www.amazon.com/hz/wishlist/ls/31PFU3GCYKPPW?ref=cm_sw_em_r_un_un_3qGF2XY4sEFEN



START MAKING PLANS NOW!!!!



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ENDS MAY 31, 2023



SEPT. 21-23, 2023



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Leadership

Hello Fellow Lions,

I can't believe that October is over. I hope all of you had a fun Halloween this year. Just out of curiosity how many trick or treaters did you have?

Well, our year is almost half way through. I hope that you all are keeping positive on the leadership roles in your clubs. We need to work together and find the diamonds in the rough.

Look at what you have done so far and what you can or will be doing in the upcoming months. There are community members out there that can be great lions but are just waiting to be asked to join your club.

One way to see what you can do as far as leadership is take a task on and set some goals. SMART goals. Specific, Measurable, Attainable, Realistic and Time based. Like I talked about in my governor year **OPEN UP FOR NEW IDEAS** and grow your clubs. I believe that there are certain activities that us lions really strive on because we are driven with the power from our hearts. Leading a club activity can be challenging but with the right direction you can get it done.



I want you all to think about what can make your club grow. We all are in this organization to do great things and to serve our community.

Until we chat again keep up the good work and STAY positive.

Be that Leader.

Yours in service,
PDG Chuck

Sign Up Today - Space Is Limited!

 **RLLI** 

REGIONAL LIONS LEADERSHIP INSTITUTE

 **March 10-12, 2023** 

Red Lion Hotel Harrisburg/Hershey

CONTACT INFORMATION

Contact Your District Governor
Or
PDG Kerry McKnight
md14glt-learn@yahoo.com

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

SUBJECTS

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

INSTRUCTORS

- IPID Larry Edwards
- PID Jim Cavallaro
- PID Cindy Gregg
- PDG Tom Gregg
- PDG Jason Long
- PDG Deb Burkholder
- PDG Kerry McKnight



MD-14 REGIONAL LIONS LEADERSHIP INSTITUTE

MARCH 10-12, 2023 Red Lion Hotel, Harrisburg, PA

CANDIDATE'S REGISTRATION FORM

Cost \$175.00 per Candidate (includes Institute, lodging and meals)

Checks should accompany this form and be made out to "PA State Council of Lions Clubs"

Mail to: Kerry McKnight, 6 Mulberry Lane, New Freedom, PA 17349

Questions to PDG Kerry McKnight at klm52@aol.com or 717-235-2790

(Past participants, District Governors, Past District Governors ineligible)

Application Submission Deadline Date: January 31, 2023- Maximum 40 attendees

Please type or print

First Name _____ Last Name _____

District Number _____ Member Number _____

Highest Lions Office Held _____ Current Lion's Title _____

Email** _____ Preferred Telephone # _____

****Will be used for ALL Communication regarding the institute – Please Type or Print CLEARLY!**

Address _____

City _____ State _____ Zip _____

Lions Club Name & Number _____ Month and Year Joined _____

Offices Held Within Lions Club _____

Committee Positions Held Within Lions Club _____

Why is this institute of interest to you? _____

_____ C

Candidate's Signature _____ Date _____

Membership

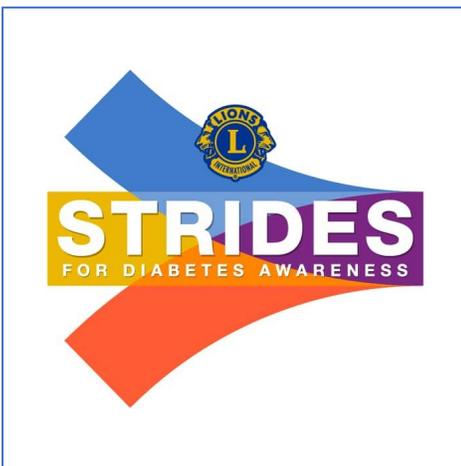
Orientation is a very important step to having new members serve your district, club, and community. Without having a basic knowledge, the member doesn't realize what an impact they can make. Personally, I was never given a formal orientation and I bet that most of you haven't either. Members, new and old, might not know what is new in the district, state, or international. One way to learn is to attend the district cabinet or your zone meetings. These meetings are open to every lion and a good place to see what other clubs are doing.

I am planning a new member zoom meeting for Wednesday, November 30th at 7pm. An invitation will be sent to all new, less than 3 years, members and all membership chairs. This will be a starting point to get members familiarized with lions and how we can serve with a purpose. If you would like to join this meeting, please e-mail, cimcgrew1@verizon.net, and I can add you to the list.

Thank you

PDG Charlie McGrew

14-E Membership Chair



Thanks to DG Kamal Gella, our **Strides Walk will be held, Sunday, November 6, from 2:00-4:00 pm at Westmoreland Mall** and is being **sponsored by Excela Health**. There is no charge to our walkers, but donations will be welcome. Our UPMC and Excela health specialists, Carla DeJesus and Michele Axelson will "man" the information table in the Center Court.

DG Kamal Gella is coordinating our **Virtual Diabetes Symposium on Saturday, November 12, 9:00-Noon**. Our speakers will include **Dr. Sann Mon**, who will address "Lifestyle Changes to Prevent and Reverse Chronic Diseases," as well as **Mary Yochim**, a Certified Diabetes Educator, who will explain the difference between Type 1 and Type 2 diabetes and then discuss the challenges of being a mom whose child has Type 1 diabetes. In addition, **Dr. Jyothi Gella** will be joining us from Seattle to discuss "Understanding Diabetes and How to Manage It." Likewise, our UPMC and Excela Health Specialists, Carla DeJesus and Michele Axelson will discuss their programs and how individuals can get help. Finally, we will have Lion Michele Matuch's 9-year-old granddaughter, Rosie Baich, share her experiences as a newly diagnosed child with diabetes.

Thanks for all that you do. Have a nice week.
Yours in Service and Friendship,
Cindy

***Note: Please see flyer later in this newsletter for additional information!**

Service

The Twenty Plus Club Update

I introduced the Twenty Plus Club with the start of this Lions Year. To remind everyone this is actually not a good group to be in but as our District's GST I need to work with you guys to correct. I am glad to say that several of the Clubs on this list previously have been paying attention to this article and have heard my pleas. I still need help from several of you. The list stood at 19 Clubs last month and now we are at 15 Clubs that have not reported Service in over 20 (really 24) months.

A couple of the Clubs still on this list were at Zone meetings that I was asked to speak at this month, so I was able to personally talk to them face to face making a request for action and offering help if needed. Next starts the emails and phone calls. If you recall, I am basing this list on the data that is sent from Lions International in a report called the Club Health Assessment for District 14-E. It gives the data on Club membership as well as a few other items.

One of these items are Club Officers that do not have an active email address. In other words, Lions International does not have an email address that is listed and working for several officers. Now in some cases maybe the Club does not have the officer, but in most cases I believe they are just not entered correctly or with a most up to date address. What I am suggesting here is that you ask your Club Secretary to check that your member email addresses are up to date with Lions International through MyLCI. Lions International sends out email that is officer specific sometimes. You are missing out on important Club information without your officer data entered correctly.

November is American Diabetes Month

During November the goal is to create an urgency about diabetes. This is achieved by creating an understanding about what the disease is through education. We are committed to helping others understand what the disease is by learning and sharing the risk factors. When properly educated we can all become advocates for diabetes by helping to transform the lives of people with or at risk of the disease.

Someone in the U.S. is diagnosed with diabetes every 21 seconds. Because of this the impact to diabetes management is staggering. Early detection is important with diabetes as it is with the treatment of all other ailments. Early detection can prevent stroke, vision impairment, and kidney disease. The American Diabetes Association's website has a self-test that you can take to see what your diabetes risk level is. The site also contains a lot of other information about the disease.

Since Vision is another core project of Lions, I am including a couple pages from the American Diabetes Association that talks about Common Diabetic Eye Diseases. It talks about things like Diabetic Retinopathy, Macular Edema, and Glaucoma. Take a read to see if any of this applies to you or someone you know.

The Lions Diabetes Board of Allegheny and Westmoreland Counties is a project that our Lions Clubs support. In conjunction with American Diabetes Month the Lions Diabetes Board is holding two events. The first is an event on Sunday, November 6th. From 2:00-4:00PM at the Westmoreland Mall will be a Strides Walk for Diabetes Awareness. The event is free to those who attend but donations for the cause are welcomed. The purpose is to provide information concerning diabetes and to inform the public of the Lions partnership with UPMC McKeesport and Excelsa Health Greensburg.

The second event is a Virtual Diabetes Symposium being held on Saturday, November 12th from 9:00AM until noon. The meeting is being held online on zoom at <https://us02web.zoom.us/j/87185325170>. This event is open to the public so please share the link with your friends, neighbors, and family who might be interested in learning more about diabetes.

If you participate in these or any other diabetes related projects during the month, make sure that your Club Secretary or GST are reporting your Service via myLion.

If you are looking for any ideas for what your Club can do relating to diabetes projects, check out the Lions International website or the American Diabetes Association's website. Both are great for resources. Then remember you do not have to do these projects alone. Look for ways to partner with other resources in your local community.

As always if you need help with something in your Club, Service related or otherwise, you can always reach out to me for help.

Yours in Service, PDG Lance H. Remic - Global Service Team Chairperson, District 14-E

Common Diabetic Eye Diseases

For those living with, or at risk for diabetes, an annual dilated eye exam is a simple and non-invasive way to detect or delay eye disease and vision loss caused by diabetes. The longer you have diabetes and the less controlled your blood sugar (blood glucose) levels are, the more likely you are to develop eye complications.

As part of a comprehensive eye exam, pupil dilation allows your eye doctor to see the entire retina. Early detection, timely treatment, and appropriate follow-up care with an eye doctor (optometrist or ophthalmologist) can reduce a person's risk for severe vision loss from diabetic eye disease by 95%.

Common diabetic eye diseases include:

Diabetic Retinopathy

Diabetic retinopathy is a general term for all retina conditions caused by diabetes. Symptoms may not always appear, but common symptoms include:

- Floaters
- Blurred vision
- Distorted vision
- Impaired colors
- Empty areas in your vision
- Vision loss

High blood sugar (blood glucose) levels can damage blood vessels in your retina (a thin layer of tissue lining the back of the eye). This can lead to a blockage of the blood vessels that nourish the retina. As your eye tries to grow new blood vessels, they do not properly develop and as a result, may swell and leak fluid.

Treatment

Your doctor will help you determine ways to improve your diabetes management. If diabetic retinopathy is mild or moderate, managing your blood sugar can often slow the progression of the problems. Other treatment options include eye injections, eyedrops, laser treatment or surgery.



Diabetic Macular Edema

Diabetic Macular Edema occurs when the tiny blood vessels in the retina leak fluid into the macula, which is where focusing occurs. As the macula swells with fluid, vision blurs and colors may appear washed out.

Treatment

Your doctor will help you determine ways to improve your diabetes management. Other treatment options include eye injections, eyedrops, laser treatment or surgery.

Continued >>

Common Diabetic Eye Diseases

Cataracts

A cataract causes the lens in your eye to become cloudy. Most cataracts are associated with normal changes in your eyes as you age. They are caused by the breakdown of proteins in the lens of your eye. You may experience cloudy or blurry vision, faded colors, halos around lights, difficulty seeing at night or double vision. Cataracts are more common and occur earlier in people with diabetes.

Treatment

Cataract surgery is needed to remove the clouded lens and replace it with a new, artificial lens.

Glaucoma

People living with diabetes are at higher risk to develop glaucoma. Glaucoma occurs when pressure builds up in the eye. This pressure pinches the blood vessels to the retina and optic nerve, damaging both and resulting in vision loss. You may experience, headaches, eye pain, watery or red eyes, halos or blurred vision.

Treatment

Your doctor will help you determine ways to improve your diabetes management. Other treatment options include eye injections, eyedrops, laser treatment or surgery.

Contact your eye doctor today to schedule your comprehensive eye exam. To learn more about eye health and find an eye care provider near you, visit eyehealth.diabetes.org



VISIONARY PARTNERS

NEWSLETTER SUBMISSIONS INFO

PLEASE FORWARD ALL NEWSLETTER ITEMS NO LATER THAN the 27th OF EACH MONTH!!!!

Forward them to: Lisa Gismondi

Email: lsgis67@gmail.com

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Be sure to put this email address in your contacts and/or designate the address as SAFE!

News.lions14e@gmail.com



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Do you enjoy Podcasts? Check out "The ROARING LION PODCAST" for SEASON THREE!

Paul's first guest is International President, Brian Sheehan!!!!



WHERE TO LISTEN



The PA Hunters Sharing the Harvest Program: Successfully Feeding the Hungry for over 30 Years

Since 1991 Hunters Sharing the Harvest venison donation program, (HSH) has coordinated the processing and distribution of donated deer meat and wild game from hunters and municipal herd reduction sources to hungry people throughout Pennsylvania. An average-sized deer will provide enough high protein, low fat meat for 200 meals. This sportspeople's-inspired community service outreach effectively channels hunter donated venison through a network of approved deer processors, food banks, and some local charitable provider organizations throughout Pennsylvania's urban and rural communities. HSH has evolved as a respected partner with deer management practices throughout the Commonwealth.

This unique concept of sharing, developed by Pennsylvania hunting interests, is the foundation of the program's annual deer season accomplishments. It is based on the cooperation of our dedicated volunteer county coordinators, board of directors, Legislators, state, and local agencies, in concert with our colleagues from the outdoor news media and our vitally important sponsors and benefactors. All these components work together with a common mission to maximize the best-utilization of a wildlife resource to help others needing food assistance.

How to Donate a Deer

Hunters can drop off a whole field-dressed deer at one of our participating [processors](#) found closest to where you live or hunt. There is no fee to donate a deer thanks to sponsorship support from the natural gas industry along with the PA Dept of Agriculture, PA Game Commission and yearly support from major corporate sponsors, business partners, sportsmen's clubs and thousands of individuals who provide much needed financial contributions each year.

When you donate a deer, all we ask is that you sign a deer donor receipt provided by the butcher so they will be reimbursed at the agreed to rate for processing the donated venison for the program. To find an HSH participating processor, please consult the by-county deer [processor page](#) for shop locations, or call our toll-free number for more information. That's it.

HSH may occasionally accept donated elk, moose and caribou meat if handled by a licensed and inspected meat processor. Please call **HSH toll-free** [\(866\)474-2141](tel:8664742141) to verify eligibility and for more details.

All meat donations will be acknowledged by a letter of thanks which will qualify for tax purposes. In addition, each hunter donor will receive an official HSH window decal.

All Pennsylvanians, whether they hunt or not, are urged to donate tax-deductible financial contributions to the HSH program to help meet the cost of processing deer for the program. Thank you

Westmoreland

Weimer's Custom Meats
Wade Weimer
559 Weimer Rd.
New Alexandria, PA 15670
[724.668.7062](tel:724.668.7062)

Westmoreland

Espey's Meat Market
Joe Espey Jr
319 Espey Meat Market Lane
Scottdale, PA 15683
[724.887.3226](tel:724.887.3226)



CABINET MEETING NOVEMBER 5, 2022 BEACON LODGE REPORT

The Board of Directors held a special meeting, as well as the regular meeting, at the Camp on September 24-25. Directors Carol and Pat were present, along with Board Secretary/Director-at-Large Lisa and Liaisons Chuck and Amy.

Due to the resignation of the Camp Coordinator, Lion Casey assumed the position of interim camp coordinator, in addition to her regular position as Director of Operations. At the Special Meeting, Directors reviewed and discussed the skills, qualifications, and duties of the Camp Coordinator in order to begin advertising to hire someone for that position before next camping season. Discussions were also held regarding qualifications, duties and salaries for the Unit Director, General Counselor, Housekeeper, Lead Maintenance Worker, Maintenance Worker, Seasonal Grounds Maintenance Worker, Kitchen Supervisor, Cook, Kitchen Helper, Nursing Supervisor and Director of Development. Also discussed was the possibility of changing the duration of some camps, campers in inappropriate sessions, and a possible children's diabetes camp.

The 2022 camping season was discussed, including issues with not having enough counselors and other staff. Several members of the Board volunteered to assist at several sessions. Our District only had 4 adult campers this year. Some long-time campers had to be refused because of the lack of counselors and the required counsel-to-camper ratio. If you might be interested in volunteering to assist at camp next year, be aware that you must have all the appropriate clearances, as well as CPR & First Aid certification. Volunteers will lead or assist with activities – no direct personal care will be required.

Project New Hope chairperson PDG Jan Adams reported that, although all 12 cabins were not filled for the sessions, 7 cabins were filled for each retreat in June and July, with 14 adults, 6 children and 1 service dog attending in June; 17 adults, 8 children and 1 service dog attending in July. Comments from attendees and presenters were very positive. There were 8 new families this year; however, no one from 14-E attended. It was learned that the Gary Sinise Foundation made a grant of \$350,000 to Leader Dogs to support service of veterans, defenders and first responders who are blind or visually impaired. This money will be used to sponsor 7 Leader Dogs over the next 2 years. The first 2 dogs were named Forrest and Jenny (from the movie "Forrest Gump"). Director Jonathan will be contacting this Foundation to try to obtain a grant for Project New Hope.

Did you know that there are 16,210 Lions in Pennsylvania? If every Lion contributed \$5.00 to the 500 Club, that would total over \$81,000 to help fund the Camp. It's not too late to send in your club's donation to the 500 Club.

The Duck Race at Lions Appreciation Day netted \$6,998. Thank you to the Lions of 14-E for selling all their tickets. The golf outing raised just over \$40,000 this year. Our District donated a total of \$2,100, including personal donations, as well as \$1,000 from the District. Thank you to all that donated or participated.

Remember that there are several ways to contribute to the Camp:

- Carl Shoemaker Award - \$500
- Brick walkway - \$100
- Adopt-a-Counselor - \$250 (if you can't afford a full campership, this will help offset the counselor's salary)
- Amazon Smile – sign up and a portion of every purchase will be donated to the Camp
- Birthday donations on Facebook (I did that this year and raised \$155)
- Wish List

Next year will be the Camp's 75th anniversary. Special festivities are planned for Lions Appreciation Day on July 16, 2023. Our District is considering planning a bus trip that day. More information will be available in the future.

As always, the Board members and Liaisons will be happy to visit your Club for a presentation.

Carol A. Richardson, PDG
District 14-E Board Member





THERE'S AN APP FOR THAT! : Did you know there is an LION Magazine App?!?!
Available for either iPhone or Android. (Just search for it in your Apple Store or Google Play)

DON'T FORGET TO TAG YOUR 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

#14EDGTONY

**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).





**The Vandergrift Lions Club
is a proud sponsor of
Vandergrift Back When
Holiday Extravaganza**

December 2nd-4th

Grant Avenue, Vandergrift, Pennsylvania

12th ANNUAL
WCSI WARM CLOTHING EVENT

Open to the Public

FREE CLOTHES



WHEN: November 11, 2022
12:00 pm – 3:00 pm

WHERE: United Presbyterian Church
601 5th Avenue
New Kensington PA 15068

(use back entrance in parking lot)

Come and Get the Clothing You Need to
Keep Warm This Winter!

*Many thanks to Our Supporters: Westmoreland Casemanagement and Supports, Inc.,
Penn State University – New Kensington Campus, The United Presbyterian Church,
and the Valley Points YMCAs of New Kensington and Kiski Valley*

Lions Club Famous Pancake Breakfast!



MT PLEASANT TOWNSHIP LIONS CLUB PANCAKE BREAKFAST

Our club, along with the Norvelt VFD, will hold an AYCE pancake breakfast on **Sunday, November 20, from 8:00 AM to 1:00 PM** at Roosevelt Hall. This is a community and family event to benefit our club and the firemen. Cost is \$7 for adults, \$3 for kids 6 to 12 and under 6 free. Menu includes: pancakes, Belgian waffles with strawberries and whipped cream, sausage and breakfast beverages.

MARK YOUR CALENDARS!!!! IT'S THAT TIME OF YEAR! PANCAKE BREAKFASTS!!!! GO OUT AND SUPPORT YOUR FELLOW LIONS' CLUBS! WE ARE ALL IN THIS TOGETHER!!!



Level Green Lions will be serving a delicious pancake and sausage breakfast on

Saturday November 12th from 7 AM to Noon.

Proceeds will benefit the Lions Club charities.

The event will be held at the Level Green Community Building at 123 Murrysville Road.

Tickets will be available at the door.

ALL YOU CAN EAT PANCAKES (BLUEBERRY OR PLAIN) WITH SAUSAGE & BEVERAGE, BUTTERMILK OR BUCKWHEAT ADULTS \$7.00 -- CHILDREN \$3.50;

Eat in or take out.

(Note: No inflation here-same price as last Spring!)



SAVE THE DATES!

Lions Diabetes Board of Allegheny and Westmoreland Counties

Strides Walk

Sunday, November 6

2:00-4:00 pm

Westmoreland Mall

Free; however, donations are welcomed

Purpose: To provide information concerning diabetes and to inform the public of our partnerships with UPMC McKeesport and Excelsa Health Greensburg

Lions Diabetes Board of Allegheny and Westmoreland Counties

Virtual Diabetes Symposium

Saturday, November 12

9:00 am-Noon

Open to the Public

Join Zoom Meeting

<https://us02web.zoom.us/j/87185325170>

Meeting ID: 871 8532 5170

One tap mobile

+13017158592,,87185325170# US (Washington DC)

+13092053325,,87185325170# US

Dial Up +1 301 715 8592 Eastern US

Just a thought!

Why not consider making this event your "Club Christmas Party" Get Together!
An excellent idea for those smaller clubs who don't have enough members to have a fancier sit
down dinner for the holidays! The more the merrier! And you will be helping to support a
wonderful cause!!!



Christmas Around the World with the Lions

Lions Diabetes Board of Allegheny and Westmoreland Counties (LDBAW)

FRIDAY, DECEMBER 2, 2022

THE LAMPLIGHTER RESTAURANT

6566 STATE ROUTE 22, DELMONT

6:00 P.M. – 11:00 P.M.

Wine & Charcuteries* Plated Meal * Homemade Cookies

* Basket Auction * 50/50 Drawing

And

DANCING

Name: _____ Telephone Number: _____

_____ Boneless Stuffed Chicken Breast

_____ Vegetarian

_____ Grilled Raspberry Salmon

_____ Gluten Free

No. of Tickets _____ @ \$35 each/\$60 couple TOTAL: _____

Please mail Form and Check (\$35 per person/\$60 couple)

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

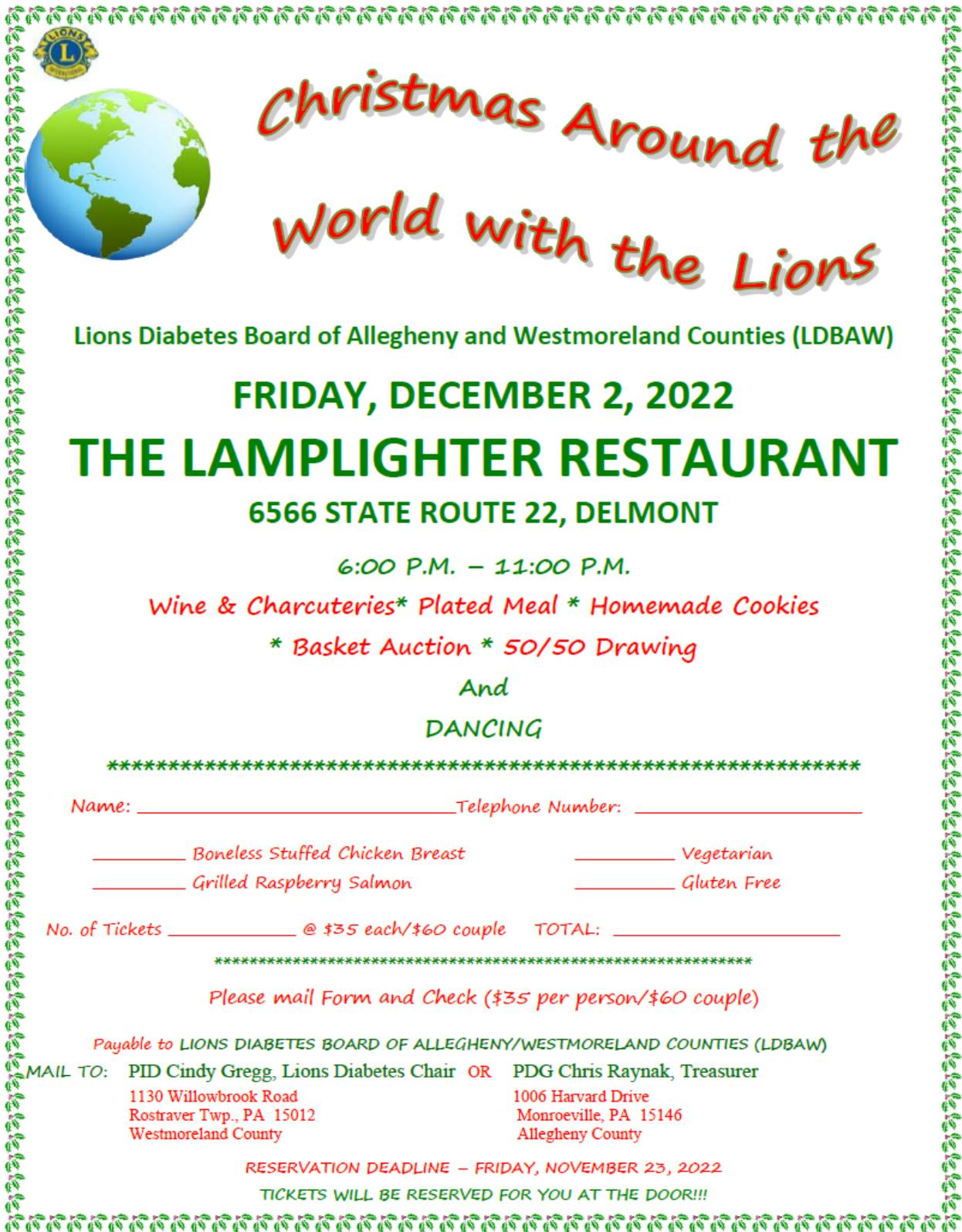
MAIL TO: PID Cindy Gregg, Lions Diabetes Chair OR PDG Chris Raynak, Treasurer

1130 Willowbrook Road
Rostraver Twp., PA 15012
Westmoreland County

1006 Harvard Drive
Monroeville, PA 15146
Allegheny County

RESERVATION DEADLINE – FRIDAY, NOVEMBER 23, 2022

TICKETS WILL BE RESERVED FOR YOU AT THE DOOR!!!



Christmas Baskets

Baskets are needed for the Basket Raffle for the Diabetes Christmas with the Lions which will be held at the Lamplighter in Delmont on Friday, December 2nd.

If you would like to donate a basket for the event, please contact 1VDG Amy Thompkins at amoose309@yahoo.com or 412-551-0327.

Remember, NO ALCOHOL is permitted to be in the baskets!!

Thanks in advance for your support!!



Fly Zones

Due to a technical error, the activity report portion of the October MMR reports were lost and unrecoverable, therefore, we will not be highlighting what all the clubs have been up to this month. Instead, please enjoy this collage of pictures from around the district! (note: this issue did not have an impact on data that was submitted separately to LCI)





- Slickville member Induction
- New Florence DG Visit
- Moneesson's 74th Charter night
- Lions Lunchable Food Drive
- Mt Pleasant DG Visit
- East Huntington Twp DG Visit
- Level Green/Trafford DG Visit
- West Newton DG Visit
- Delmont Apple Festival
- Delmont Guest Speaker
- Zone 3 Meeting
- Chestnut Ridge packed 75 bags for Trunk or Treat!

Other Happenings in MD-14 Pennsylvania!



PID Howard Hudson speaking at the State Council Meeting. Entertainment by The Dorals. 3 Lions from D-14-E attended the Fall Leadership Symposium held at the Cambria Count Association for the Blind and Handicapped In Johnstown last month.



Meet Millie the Future Leader Dog!

Western Pennsylvania Lions Hearing Foundation Fellowship Application

The Western Pennsylvania Lions Hearing Foundation Fellowship and Contributing Membership Programs

Both of the following programs have been established to help provide funding to support the projects of the Western PA Lions Hearing Foundation. Our goal is to continue our mission of providing assistance for adults and children through the purchase of audiology devices that will improve hearing for those who are hearing impaired.

The Western Pennsylvania Lions Hearing Foundation Fellowship Program

The Western Pennsylvania Lions Hearing Foundation Fellowship has been established to help provide funding to continue to provide 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 (pictured here) 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 Western Pennsylvania Lions Hearing Foundation Contributing Membership



You can show your support for the Western PA Lions Hearing Foundation by becoming a contributing member. A \$10.00 purchase provides the pin seen here.

Check out the Western PA Lions Hearing Foundation website at www.wpalhf.org or contact one of your District Board Members for more information.

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

Or

Lisgis67@msn.com



The Western Pennsylvania Lions Hearing Foundation Fellowship has been established to help provide funding to continue to provide 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 (shown above) and plaque (below) 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.



Lions Districts Supported by the Western Pennsylvania Lions Hearing Foundation:

- 14-B – Allegheny
- 14-E – Westmoreland
- 14-F – Crawford, Erie, Forest, Mercer, McKean, Venango, and Warren
- 14-J – Cambria, Cameron, Clearfield, Elk, Indiana, and Jefferson
- 14-L – Bedford, Blair, Fulton, Huntingdon, and Mifflin
- 14-M – Fayette, Greene, Somerset, and Washington
- 14-N – Armstrong, Beaver, Butler, Clarion, and Lawrence

The Lions Clubs within the above counties are able to take referrals for auditory devices (hearing aids). If you have a need or your club has an individual, please contact the Board Member from your respective County/Lions District to start the application process.

For more information about the Western Pennsylvania Lions Hearing Foundation visit the Web site at:

www.wpalhf.org

OUR MISSION

To provide assistance for adults and children through the purchase of audiology devices that will improve hearing for those who are hearing impaired.

Western Pennsylvania Lions Hearing Foundation



FELLOWSHIP APPLICATION



LEADER DOGS GIVE SO MUCH TOGETHER, YOU AND YOUR CUSTOMERS CAN DO THE SAME.



Leader Dogs for the Blind is proud of our 80-year partnership with Lions clubs. To keep this legacy going, so that we may serve more people in our community, Leader Dog and Lions have joined together to celebrate Leader Dog Dollars for Dogs. It's an easy and low-cost way for businesses of all sizes to help improve the lives of those who are blind or visually impaired while increasing employee engagement with every customer.

Here's just a sample of what donations like these help us to accomplish each year, despite zero funding from state and federal governments:

- 1,095,000** DAYS OF INDEPENDENCE
- 200** LEADER DOGS MATCHED WITH CLIENTS
- 100** CLIENTS PROVIDED WITH WHITE CANE TRAINING
- \$0** COST PASSED ON TO OUR CLIENTS

HOW IT WORKS

Cashiers ask patrons to donate at checkout. Customers choose a donation of \$1, \$5, or \$20 then sign a Leader Dogs for the Blind dog tag for store display. Please send the final donation to Leader Dog with the attached form. Thank you and your customers for empowering others!

To get involved, contact Beth Slade, Director of Philanthropy for Lions Engagement, beth.slade@leaderdog.org or 248.218.6421.

FOLLOW THE LEADER

LeaderDog.org



Good Evening Club Presidents and Secretaries!

Leader Dogs for the Blind has a great new and easy fundraiser. It's As Easy As 1,2,3....

We have all gone to stores or restaurants and seen the March of Dimes balloons. Leader Dog has a similiar fundraiser called Dollars for Dogs - Non-Event Fundraiser!

How It Works:

Cashiers ask patrons to donate at checkout. Customers choose a donation of \$1, \$5 or \$20 then sign a Leader Dogs for the Blind dog tag for the store or restaurant to display. The business can raise any amount to help with the continued support to Leader Dog but if they raise \$500 they get the chance to sponsor a future Leader Dog in training.

This past May at the State Convention, as the MD 14 Leader Dog Coordinator, I challenged the Lions of Pennsylvania to take on this challenge to raise our great state to number 1 or 2 (Michigan home of the Leader Dog school... is always number 1). What a great way to put Leader Dog back on the map in Pennsylvania, have local communities/business learn about Leader Dog and a great non-event fundraiser for your club to participate in.

I know many of the clubs meet at restaurants or maybe your place of employment would like to help with this non - event fundraiser. It takes just one kit to change to Make a Huge impact in the life of someone who is blind or visually impaired.

We already have a few clubs within our district participating and I appreciate their support and thank them for taking on this challenge. But how great would it be if every club in 14 E could have a business participate.

I have attached some information and a video to help you learn more about the program. If your club is interested in learning more about Leader Dogs for the Blind please let me know and I can come out to your club for a meeting.

Instructional Video:

https://leaderdogsfortheblind918.sharepoint.com/sites/Philanthropy-LDFB/_layouts/15/stream.aspx?id=%2Fsites%2FPhilanthropy%2DLDFB%2FShared%20Documents%2FGeneral%2FDevelopment%20Folders%2FLions%2FDollars%20for%20Dogs%20Campaign%2FDollars%20for%20Dogs%20Overview%20%2Emp4&ga=1

If your club wants to participate in this non-event fundraiser please contact me and I can give you a kit.

If you have any questions or need additional information, please do not hesitate to contact me via email or phone 724.984.7644.

Remember in the heart of every Leader Dog lies the heart of a Lion
Yours in friendship and Lionism,

Amanda K. Remic
District 14 LDB Chairperson
MD14 LDB Coordinator
Slickville Lions

Leader Dogs For the Blind

Email Amanda Remic:
akbrant@atlanticbb.net for
 more information
 You can see full sized articles
 by click on block inside the
 email!

LEADER DOGS FOR THE BLIND DOLLARS FOR DOGS



IT'S AS EASY AS 1,2,3

Help us reach our goal of sponsoring a Future Leader Dog.

1. Choose your donation amount: \$1, \$5, \$20
2. Add your name (or your pet's name) to the dog tag
3. Make a huge impact in the life of someone who is blind or visually impaired



LEADER DOGS FOR THE BLIND DOLLARS FOR DOGS

IT'S AS EASY AS 1,2,3

Help us reach our goal of sponsoring a Future Leader Dog.

1. Choose your donation amount: \$1, \$5, \$20
2. Add your name (or your pet's name) to the dog tag
3. Make a huge impact in the life of someone who is blind or visually impaired

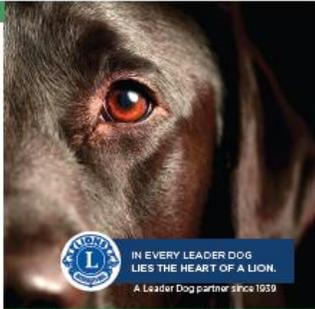


Sponsor a hero. Be a hero.



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 have been critically important during the pandemic. LAST YEAR, we were able to safely provide:**

- ▶ **500,000+**
Days of safe and independent daily travel
- ▶ **97**
Guide Dog clients served (48 by home delivery)
- ▶ **68**
Clients received white cane training
- ▶ **4**
Clients who are deaf and blind received customized guide dog training in-home
- ▶ **22**
Teenagers gained leadership and travel skills
- ▶ **17**
Young adults gained travel, professional readiness and networking skills
- ▶ **109**
Clients and O&M pro's viewed virtual learning videos
- ▶ **\$0**
Cost to client



"Leader Dog Kane is bringing back a part of life I thought was lost... confidence, independence. I can step out into public knowing I have eyes with me and a partner." -Vanessa P & LD Kane
 A Leader Dog partner since 1959



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!**



Lucky
Michigan



Snickers
Wisconsin



Bear
Michigan



Unique
Michigan-Ionia Correctional



Jaxx
Michigan-Baraga Correctional

YES! I would like to sponsor a puppy!

Name (Required) _____

Mailing Address _____

City _____ State _____ Zip _____

Contact Email Address _____ Phone (____) _____

Sponsoring (Please circle ONE puppy) Lucky Snickers Bear Unique Jaxx

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

FOUR DIAMONDS
Conquering Childhood Cancer

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

FOUR DIAMONDS
Conquering Childhood Cancer

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."
- 2 Select your donation amount**
Choose "Monthly," enter your Lions Club name, fill out your contact and payment information.
- 3 Help conquer childhood cancer**
Here are some of the ways your recurring gift can help kids fighting cancer.

MAKE A DONATION

Supporting PA Lions "Care - For The Kids"™

Your Donation

Monthly Amount	\$100	\$50	\$15
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

 **\$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.
  **\$300/month** funds a private hospital room for a child and their family.

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!

Four Diamonds 2021-2022

PA Lions- Care for the Kids

\$32,110.85

Thanks to your efforts, Four Diamonds provides world-class care and life-saving research to kids fighting cancer.

Here are some examples of how your fundraising dollars are making an impact:

-  **918 hours** of music therapy for patients to play instruments, sing and listen to or create music to alleviate pain and express feelings (\$35/hour)
-  **214 hours** of Child Life services to help children cope with their treatment through play therapy and distraction techniques (\$150/hour)
-  **161 days** for a clinical nutritionist to provide information and resources to help keep a child as healthy as possible and help reduce side effects of therapy (\$200/day)
-  **32 days** for a team of dedicated social workers to support families with the adjustment from diagnosis, through treatment and into survivorship (\$1,000/day)
-  **30 hours** of ongoing research, which focuses on finding better, safer treatments and cures for childhood cancer (\$1,080/hour)
-  **7 months** to maintain essential research equipment at the Four Diamonds Pediatric Cancer Research Center (\$4,500/month)

FOUR DIAMONDS
Conquering Childhood Cancer

Give your hands to serve and your hearts to love.

Volunteers Needed

DISTRICT 14-E LIONS
COMMUNITY SERVICE VOLUNTEER FORM

No Experience Needed! Please consider giving some of your time to help those in need!

Lions have had a long history of serving their community in times of need. District 14-E is proud to continue that long standing tradition by putting together a team of Lions willing to share their skills to help our neighbors during difficult times. Whether it is helping to clean up and rebuild after a natural disaster (flooding, tornado's etc.) or just helping a person in need, we want to be ready to lend a hand. Please fill out this form if you would be willing to help us with a project or two. **You do not have to have a specialized skill, to be part of this program** but if you do have experience in any of these areas or access to equipment please let us know.

Club Name _____ Contact Person _____

Lion's Name _____

Address _____

Home Phone _____ Cell Phone _____

Email _____

I am interested in volunteering. I have experience in the following:

Plumbing Electrical
 Carpentry Masonry
 Painting Drywall
 Landscaping General Volunteer
 Roofing Truck Driver (or can operate other equipment)

Access to construction equipment (please list on back of this form)

Please return this form to your club contact person. Thank you for your willingness to serve
Lion Cedric Stopansky (contact me at 724-831-8107)



**SAVE THE DATE!
SATURDAY
JULY 22, 2023**

PDG Jason M. Mesher
724.255.3515
mesh_dogg@hotmail.com

**KNIGHTS
OF THE
BLIND
OPEN**

DISTRICT 14-E

**50TH
ANNIVERSARY!!!**

**GLENGARRY GOLF
LINKS**



**VOLUNTEERS &
SPONSORS NEEDED!**

Next year is our 50th Anniversary of the Annual District 14-E Knights of the Blind Open! We want this to be the BEST EVENT yet! But we need YOUR help and your ideas! The more money we can raise during the year the more we will be able to do!

Please come join our committee. We meet once a month starting after the holidays. YOU DO NOT NEED TO BE A GOLFER TO HELP! We have a registration table, 50/50, baskets raffles, skill prizes and a whole lot more! But we need lions like you to help us make this event a success! Reach out to PDG Jason if you would like to help!

**HOW YOUR CLUB
CAN HELP!**

- SPONSOR A TEAM
- TEE SIGNS
- CART SIGNS
- PROGRAM ADS
- DONATE BASKETS

• **COME OUT AND
HELP FOR THE
DAY! IT'S EASY
AND FUN!!!!**

**THANK YOU
FOR YOUR
SUPPORT!**

The KOB Golf Committee will be getting back together starting after the holidays, in January. YOU DO NOT NEED TO BE A GOLFER TO VOLUNTEER!!!! Make it YOUR New Year's resolution for 2023 to volunteer at least ONE D 14-E Event!!! This committee meets just once a month and the event is a lot of fun! (even for the NON Golfer!!!)



2022-2023 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, 2023 to receive credit for 2022-2023 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 Tony before the deadline.

More Banner Passing, Chestnut Ridge Annual Corn Roast and New Alexandria Lions

District 14-E Flight Crew:

DISTRICT 14-E CABINET – 2022-2023

District Governor	Tony Catullo	Rostraver Twp	tcatullo@hotmail.com	412-980-0941
1 st Vice District Governor	Amy Thompkins	Delmont	amoose309@yahoo.com	412-551-0327
2 nd Vice District Governor	Jeff Jordan	Level Green	Jeffreybob14e@gmail.com	412-418-3646
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 Charlie McGrew	Sewickley	Cjmcgrew1@verizon.net	724-446-2546
Service	PDG Lance Remic	Slickville	lremic@hotmail.com	724-309-6750

Zone Chairpersons

Zone 1	Amy Thompkins	Delmont	amoose309@yahoo.com	412-551-0327
Zone 2	Jeff Jordan	Level Green	jeffreybob@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



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.com
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>

Tony Catullo, District Governor
District 14-E
Pennsylvania, USA 2022-2023
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