

LIONS DISTRICT 14-N

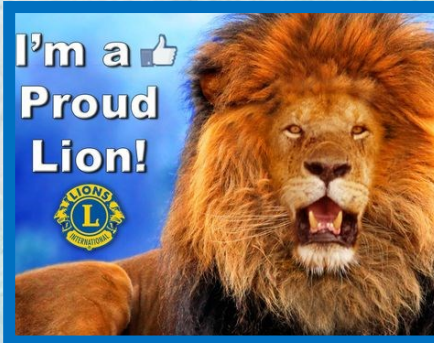
“GRAPEVINE”



2023



Patty Duke meets the real Helen Keller whilst filming the Miracle Worker in 1962. Patty won the Academy Award for Best Actress In A Supporting Role for brilliantly portraying Helen Keller in the film .



When a natural disaster strikes, we, as Lions, are ready to help. Right beside us is Lions Clubs International Foundation (LCIF), our global foundation. LCIF is mobilizing funds, including a US\$50,000 Major Catastrophe grant and a US\$10,000 Emergency grant to empower Lions in District 30-M, Mississippi to help their communities recover.



**BASKETS
NEEDED
FOR
SPRING CONVENTION**

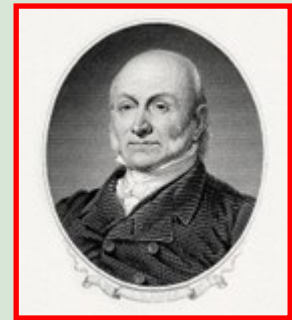


GAYLENE TOLAND
DISTRICT GOVERNOR



What is Leadership?

“If your actions inspire others to dream more, learn more, do more and become more, then you are a leader.” John Quincy Adams.



It is important to know what leadership is to meet your goals. A good leader is one who leads with passion, honesty, empathy, and dedication. But most importantly, a good leader leads by example. If members see the passion and the willingness to work alongside you to achieve goals, then it is easy for the members to be motivated and work with you.

Leadership is more than a position or title – it is a skill and mindset that anyone can develop.

Being a leader will still involve having a vision and plan for your club or district. It will also mean some qualities become more important. A leader never loses sight of the end goal. Leadership is looking at the big picture while setting short-term goals.

Apart from the ability to motivate and guide people, being a leader means you must have good communication skills with members in person and virtually. A good leader will build a team to help set goals, plan to achieve those goals and finally, and most importantly, communicate the goals and plans clearly and effectively. It does not mean that one person's success comes at the expense of another's but rather that everyone can benefit from a shared vision. Communication is a two-way process. Listening and being open minded is just as important as communicating your goals and plans.



Members need to feel part of the entire process. Effective leaders inspire and support their members and appreciate their hard work.

Leadership is not based on authority or power. It requires building trust, communication and collaboration with others, not commanding or controlling them. A good leader leads with kindness and empathy. He delegates and never undermines the abilities of the members. He is the glue that holds everything together. Leadership is a lifelong learning process – it requires feedback, reflection and continuous improvement to grow as a leader.

Now look at the members of your club. How many leaders do you see? During my visits I saw many potential leaders. Yes, there are natural born leaders but there are also leaders in your club that have learned to be a leader. We all need to encourage these members to take roles in our clubs and district that will build the skills to become a good leader. Training is available within the district and state to help members to become better leaders. Take advantage of it! Start by being a chair of a committee or becoming an officer.

We are still looking for a 2nd Vice Governor, so the opportunity could be yours for the taking. Enjoy being a Lion and help your club be successful. Your community is counting on you.

I am looking forward to seeing you at the Spring Rally. It is at **Shakespeare's Restaurant on April 15** (tax day). Have some fun with the games before dinner and maybe your club will win a prize!

Send your reservations to me before April 6th.

Together in Service,
DG Gaylene

BEE
THERE!!





Please email me if you would like to advertise your event here.

lindakay46@yahoo.com



BEE THERE!

UPCOMING EVENTS!

April 2023

- * April 15th—District Spring Convention at Shakespeare's Restaurant
- * April 15th—Little Beaver Fishing Derby (see flyer)
- * April 22nd—Little Beaver Trivial Night (see flyer)
- * April 27-30—Beacon Lodge Work Weekend

May 2023

- * May 18—Rochester/Beaver Handbag Happy Hour
- * May 18-21—PA Lions State Convention in Indiana, PA
- * May 27th—4th Cabinet Meeting at the Butler Blind Assoc.

June 2023

- * June 24th—Butler Lions Club 100th Anniversary

* July 2023

- * July 16th—Beacon Lodge Lions Appreciation Day

DISTRICT 14-N SPRING CONVENTION

**SHAKESPEARE'S RESTAURANT
1495 MERCER ROAD, ELLWOOD CITY, PA 16117**

APRIL 15, 2023

4:00 – 5:00 SOCIAL TIME WITH GAMES

darts, plinko board, corn hole, shooting game and more

WIN A PRIZE FOR YOUR CLUB!

5:00 DINNER

CHOICES

CHICKEN MARSALA

STUFFED PORK CHOP

HERB ENCRUSTED COD

(VEGETARIAN/VEGAN ENTREES CAN BE ACCOMMODATED)

COST - \$45

SPEAKER – LION PAT LINDNER OF THE LITTLE BEAVER CLUB

*Reservations using
separate sheet
before April 6 to
DG Gaylene Toland
PO Box 371
North Apollo, PA
15673*



50/50
Drawing

Basket
Raffle

Reservation Form



District 14-N's Spring Convention

April 15, 2023



Shakespeare's Restaurant and Pub
1495 Mercer Road, Ellwood City, 16117

Lions Club

Lion	Meal Choice #
Lion	Meal Choice #
Lion	Meal Choice #
Lion	Meal Choice #
Number attending @ \$45 each	Total

If possible, please send DG Gaylene one check for all those attending. Thank you.

Choose one meal for each person attending

	Number of each meal
#1 Chicken Marsala (pan seared chicken with lemon capers and white wine sauce)	
#2 Stuffed Pork Chop (roasted pork chop, bread dressing, natural gravy)	
#3 Herb Encrusted Cod (baked English style cod on a bed of sautéed spinach, roast red peppers, lemon butter drizzle)	
#4 Vegetarian/vegan entrée	

Send this form and checks to
DG Gaylene Toland, PO Box 371, North Apollo, PA 15673
before April 6.

A Family of Lions



Together We Serve

Gaylene Toland, District Governor

Home: 724-478-3007 Cell: 724-433-34-29

Email: gaylene.toland@gmail.com

Has your club given “The Heart of a Lion Award” yet? This award is given to volunteers in the community that have the “Heart” of a Lion, but are not members of your Lions Club. Contact PDG Tom Toland if you have just the volunteer in mind! Due to rising costs of materials, the price of the plaque is now \$18 which is due when plaques are ordered.

HEART OF A LION AWARD



PDG Tom Toland

724-478-3007



BUTLER LIONS PRESENT THE HEART OF A LION AWARD

LEFT TO RIGHT:

King Lion John Hertzog,

PDG Tom Toland,

Nick Bojalad, Lion Eric Cranmer,

Dave Krimm & Lion Bob Ogden



PDG Tom Toland presented the Heart of a Lion Award to Nick Bojalad Manager of Sharp Shopper in Butler for partnering with the Butler Club to sell hot dogs at his store as a fundraiser by donating the hot dogs, chips and drinks. The club presented him a check for \$100 for his charity of choice, and he immediately donated it to LEADER DOGS FOR THE BLIND!



PDG Tom Toland presented the Heart of a Lion Award also to Dave Krimm. He is part of Misfits on a Mission, volunteers from different churches who work to rebuild after a disaster. Most recently he helped with the Kentucky flood cleanup.



The Letters to the Editor section is meant to be a forum for any Lions to express their views on what is happening in our District, both positive and things that perhaps should change.



RECENTLY DG GAYLENE'S EMAIL WAS HACKED AND MANY OF US RECEIVED BOGUS EMAILS FROM HER.

Unfortunately, this is very common today, so you may want to read some suggestions below to help protect yourself.

Phishing Protection for Lions

At Lions Clubs International, we pride ourselves in service to others. Our efforts bring notoriety and respect from communities worldwide. Unfortunately, this notoriety can also attract individuals that misrepresent themselves in order to gain access to personal or financial information. When individuals use the internet or phone to commit this type of fraud it is commonly known as "phishing."

LCI systems are password protected for your safety, and restrict access to personal information including email addresses and phone numbers. Outside of our LCI systems, Club information is widely known in our local communities through the media or non-LCI websites, and it is quite easy to obtain. This visibility also increases the chance of being contacted by a phisher.

To protect yourself, your club, and the Association from phishing:

- As a general practice when receiving unsolicited emails, do not follow embedded links in emails, especially if there is any mention of updating credit card information, personal data, PIN numbers, or passwords. Delete these emails immediately.
- If you should be redirected to a website, verify that the URL address starts with https://. The single letter S after http indicates that it is a secure site, and is likely legitimate. If the URL is not secure, close your browser immediately.
- If contacted by another club member or the Association Headquarters via email, mobile text message or social media, and there is a request for financial assistance, wire transfer, etc. do not reply to the message. Contact the club member or Association staff separately via email, phone, or through the MyLCI Communications Center to validate that the request is legitimate.
- Always use virus protection software on your PC or MAC.
- Exercise caution when using public Wi-Fi systems in a coffee house, restaurant, or internet café. These public systems offer no protection from unauthorized fraudulent monitoring.
- Create strong passwords for your email, social media and other online accounts, and update your passwords often.
- Never store passwords, banking information, or credit card numbers in your email.

EDITORIAL HAPPENINGS

“You heard it through
the Grapevine...”

But did you?



OFFICERS FOR DISTRICT 14-N

LIONS YEAR 2022/2023

DISTRICT GOVERNOR:

GAYLENE TOLAND

FIRST VICE DISTRICT
GOVERNOR:

MARIA LOUDERMILK

SECOND VICE DISTRICT
GOVERNOR:

ELLIOTT HILTON

WEBSITES

LIONS PA 14-N:

<https://www.lionspa14n.org/>

LCI:

<https://www.lionsclubs.org>

LIONS OF PA FOUNDATION:

<https://lionsofpafoundation.org/>

BEACON LODGE:

<https://www.beaconlodge.org/>

WESTERN PA LIONS HEARING
FOUNDATION:

<https://wpalh.org/>

ENVISION BLIND SPORTS:

<https://www.envisionblindsports.org/>

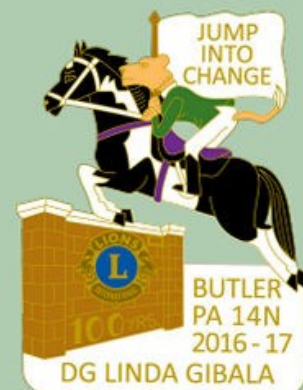
CONTACT EDITOR

PDG Linda Gibala

Home: 724-287-8037

Cell: 724-355-0570

Email lindakay46@yahoo.com



**District 14-N
Spring
Convention!**



April 15, 2023

Games, Prizes, Entertainment,

Basket Raffle, 50/50

Good Food, Good Friends, Good Times!



SAVE THE DATE!!

**BUTLER LIONS CLUB
100TH ANNIVERSARY
CELEBRATION!**

JOIN US FOR A ROARING FUN LUAU!

SATURDAY, JUNE 24, 2023

DOORS OPEN AT 4:30 PM - DINNER AT 6:00 PM

**TANGLEWOOD CENTER
10 AUSTIN AVENUE
LYNDORA, PA 16045**

***HULA OVER FOR SOME FUN!
SWIMSUITS AND TOWELS NOT REQUIRED!***

AUCTION BASKETS ARE BEING ACCEPTED





23rd ANNUAL



JACK WILSON

MEMORIAL FISHING DERBY

Sponsored by the Little Beaver Lions Club

Saturday, April 15, 2023

- Derby time is 8:00 AM to 3:00 PM
- Check in at the Polo Field Concession Stand in Darlington
- Derby will be held on the Little Beaver Creek
- Entry is \$5.00/per person, \$15.00/per family
- Age Groups:
 - 3 yrs.- 6 yrs.
 - 7 yrs. – 10 yrs.
 - 11 yrs. – 15 yrs.
 - 16 yrs. and older
- Youth Groups Welcome
- Prizes for Rainbow and Brown Trout in each age group
- Biggest Rainbow and Brown Trout on Fly Rod
- Prizes to be given away at 3:00 PM at Concession Stand

For more information or to preregister

Call 724-462-4288

or email: mlseiber@comcast.net

You may also register at the Polo Field the day of the event



NESHANNOCK LIONS CLUB PANCAKE & SAUSAGE BREAKFAST

Saturday, April 15th 8 am-11am
Hutchison Community Center
Pearson Park, New Castle
Adults \$8 - Kids under twelve \$5



Proceeds to benefit
local Lions charities

BUTLER LIONS CLUB HELPS LOCAL ELEMENTARY SCHOOL WITH WEEKEND BACKPACK PROGRAM



LEFT TO RIGHT: BARRY FLECKEN,
ERIC CRANMER, PDG LINDA GIBALA
AND JANET FLECKEN



THE BUTLER CLUB SUPPLIED THE
FOOD ITEMS AND RETIRED
TEACHER, KATHY CUPPS, AND
SUMMIT TWP. OFFICIALS HELPED
WITH THE PACKING.



LITTLE BEAVER LIONS CLUB
Invites you to enter

TRIVIA NIGHT
for
Family and Friends

SATURDAY, APRIL 22, 2023
New Galilie Community Center
606 Centennial Ave. 16141

Competition starts @ 7 pm
Doors open @ 6 pm

Limited menu available for purchase
BYOB
Teams entry fee \$100.⁰⁰

Teams limited to 10 members.
RSVP & limited tables available
First place team wins \$200.⁰⁰

For more information, contact
Melanie Todorich
412.874.9254



BBQ RIB DINNER



(ALL YOU CAN EAT: RIBS, BEANS
POTATOES, COLESLAW & DESSERT)



COST: \$22.00

Kids Meals: 5 & Under—Free

Age 6-12—\$8.00



DATES FOR 2023:

April 27th

May 25th

June 22nd

July 27th

August 24th

September 28th



**FOR LIONS'
CHARITIES**

5:00 to 7:00 p.m.

Penn-Glade Lions Club

150 Church Road, Penn Township

No reservations necessary

Bring a food bank donation for a chance to win a FREE DINNER
Indoor and Outdoor seating, Take-out available

Information: 724-991-0736

BYOB if you wish.



Beacon Lodge Work Weekend is April 27-30

If you are able to come to the
work weekend, please contact
PCC Brian McCarl.



*Together
We Can*

We are asking all clubs in District 14-N to have a Beacon Lodge Bin Meeting sometime before the second meeting in March. Each club will fill their bins with items from the Beacon Lodge Wish List. After you do, contact your Zone Chair or PDG Tom Toland so we can make arrangements to pick up your club's donations to the Wish List.

We DO NOT want the bin, just the contents.

BEACON LODGE WISH LIST

2023

OFFICE SUPPLIES:

- Color Copier Paper
- White Copier paper
- O8x14 white paper
- D Bright White Printer Paper
- D Envelopes: #10, 6x9, 9x12
- D Bubbled Envelopes 6x9, Sxl
- O3 prong Pocket Folders
- Sharpies - all sizes
- Small Paper Clips
- Banker Boxes
- D Dry Erase Markers

KITCHEN:

- Plastic Cold Cups: 5 oz & 9 oz
- D Hot Wax Coffee Cups: 9 & 10 oz
- Chinet Paper Plates: 9" or larger
- Napkins: dinner, picnic
- Original Dawn Dish Liquid
- Foil **Wrap: 18" x 500 ft**
- Plastic Food Wrap: 18" x 2000 ft
- Parchment Paper: sheets
- White Bar/Dish Cloths
- D Vinyl Kitchen Gloves (ALL sizes)

HOUSEKEEPING:

- Thick Paper Towels
- Clorox
- Disinfecting Spray Cleaner
- Disinfecting Floor Cleaners
- Disinfecting Wipes
- Magic Erasers
- White Vinegar
- O55-56 gal Trash Bags
- Toilet Plungers-heavy duty
- Toilet Brushes
- Zipper Vinyl Pillow Covers (standard)
- Zipper Vinyl Mattress Covers (twin)
- Long Twin Size Blankets No Wool
- Long Extendible Dusters
- Industrial Wet Mop Heads
- Vinyl Disposable Gloves: M, Lg, XL

MAINTENANCE:

- M, L, XL, XXL Black Nitrile Powder-Free Gloves
- LED Light Bulbs
- LED Flood Light Bulbs
- D Duracell/Energizer/Rayovac Batteries: (AAA, AA, C, D, 9V)
- Packs of Roller Covers: LG & SM
- Foaming Bee/Wasp Killer
- Ant Spray
- Garden Hose Nozzles
- Microfiber Cloths
- Long Neck Lighters
- Paint Brushes: 2", 3", 4"
- Knee Pads

INFIRMARY:

- Baby Wipes
- Sunscreen - Cream and Spray
- Bug Spray (OFF, etc.)
- D Bactine Spray
- Lanacane Spray
- Benadryl Spray
- Liquid Benadryl for children
- Calamine Lotion
- Hydrocortisone Cream
- Tylenol: adult & children
- Ibuprofen: adult & children
- D Imodium
- D Pepto-Bismol
- Saline Eye Drops
- Cold Relief Medications
- D Cough Drops
- Blood Pressure Cuff
- D Pulse Oximeter
- Exam Gloves: all sizes, latex free
- Sharps Containers
- Single Use Lancets
- Graduated Liquid Medicine Dispenser Cups
- First Aid Kits
- Large Disposable Bed Pads
- Shower Chairs

ACTIVITIES:

- Craft Jewelry
- Craft Beads, String
- Colored Paper
- Elmer's Glue Sticks
- Bingo Cards and Blotters
- Bingo Prizes**
- Stress Balls
- Weighted Stuffed Animals
- Massage Balls
- Twine
- Tie Dye
- White T-Shirts: Med, Lg, XL, 2XL
- White Socks: All Sizes Kids & Adult
- Chewable Sensory Necklaces
- Adult Sleeping Bags
- Smart Scissors & Skills Workbook
- Craft Kits for Children and Adults
- CrayonS/Markers/Pencils
- Sensory Color Illusions
- Slinkies
- Suncatchers
- Small Paint Kits and Brushes
- Play Doh
- Small Totes with lids

Gift Cards:

- Lowes
- Ace hardware
- True Value
- D Harbor Freight
- Walmart
- McDonald
- D Hoss's

FIRST VICE DISTRICT
GOVERNOR
MARIA LOUDERMILK



As we quickly move closer to the end of the current Lions Year, I was honored to be included in the Regional Lions Leadership Institute (RLLI) held in Harrisburg at the beginning of March. This three-day, intensive training session is designed to provide Lions in Pennsylvania a wide variety of leadership courses to help with understanding of functions from Club to District level.

The state training staff was outstanding in preparing and presenting thought-provoking and interesting materials to help almost forty Lions with topics from public speaking to diversity. Teamwork, building club and district goals and LCIF grants were also topics of instruction. I learned a lot, met some new Lions and built my confidence in leadership during this weekend. I was initially reticent about attending, but am so glad I went. I encourage our District 14-N Lions to consider attending this fantastic training next year and hope many will ask for this opportunity.



Attendees of RLLI and Maria receiving her certificate with
PDG Kerry McKnight



Marja.loudermilk@comcast.net

HOME: 724-774-1132

CELL: 724-683-0529



Elliott Hilton
2nd Vice District Governor



Dear Lions and Leos of District 14-N:

I hope that you all survived Daylight Savings Time! I attended the New Castle Lions Club's 100th Anniversary Dinner. It was a great event, with great food. Congratulations to the New Castle Club!

I am looking forward to seeing all of you at the Spring District Convention on Saturday, April 15 at Shakespeare's. DG Gaylene has lots of fun in store for all of us!

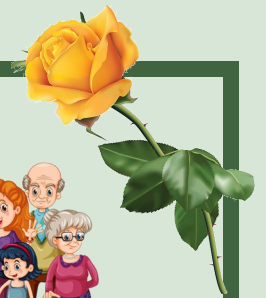
Keep up the good work with your club service projects, membership drives and reporting on My Lion!

We Serve,
Elliott J. Hilton
2nd Vice District Governor
District 14-N
(724) 944-2950
elliott.hilton@gmail.com

**zelenople Club stuffing Easter
eggs with candy**



What's Happening....
Family and Women's
Membership Development
PDG Linda Gibala
Chairperson



I am the chairperson for District 14-N's Family and Women's Membership Development. As such, I am constantly looking for ways to help our clubs recruit more women in Lions. As we know, recruitment at any level and especially keeping Lions interested is not easy today. Why is that? Here is my thought.

We need to first identify new community projects that are of interest to women, young Lions and Leos. You cannot ask women and young people to join if there are no projects or needs in the community already established. So I decided to start with my own club and brainstorm with the women, their friends, and daughters informally to see what their ideas are for community projects and what they want to do to help. Once projects are established, then we can ask friends and family to help—not to become Lions—just help. The more they help, perhaps the more they will want to belong. My club partners with one local elementary school to do weekend backpacks. It occurred to me that if these families need help with weekend food, then do they also need a little "extra" Easter goodies in those backpacks. We got the school's permission to add candy. I mentioned I was doing this to my daughter, and she immediately asked to go with me to buy these extras and help, and then some of her friends wanted to help also. I now plan to mention more projects to my friends, and see if they want to "help" with those also.

Maybe we need to ask our teenage daughters and sons what they feel are needs in the community. It certainly would give us a different perspective to think about. How about asking your daughter or son for a "night out" together to see what Lions are about.

I have always felt that clubs should accommodate the children of our younger members at our meetings by having an activity for them, so a babysitter would not be necessary for them. They could lead the Pledge of Allegiance or singing "America". Having them help with appropriate service projects would let them see how important "giving back" to the community is.

It has long been my thought that LEOS are great, but just how many end up becoming Lions? In my experience, I have not seen many. Perhaps if the clubs with LEO clubs could start to do more projects together and have some joint meetings, more learning could occur as to who Lions really are. Perhaps Lions could brainstorm with the LEOS what the needs in the community are, and then work together on the projects.

Times have changed, and we need to see how our communities have also. I intend to continue this "brainstorming" with the other clubs in my district, and then we plan to have a district women's workshop to combine ideas and to reinforce that they are all leaders!

YOURS IN PRESERVING LIONISM,

PDG Linda



In Memory



Samuel Morrison, age 86
2/26/2023,
Worthington Lions



Robert Donahue, age 95
9/23/2022
Clarion Lions



Gerald Dunstan, age 91,
2-1-2023
Baden Lions





6th ANNUAL HANDBAG HAPPY HOUR COMING SOON! TICKETS AVAILABLE NOW!

They make great Mother's Day Gifts! Only 250 tickets available.



HOSTED BY ROCHESTER-BEAVER LIONS CLUB

When: Thursday, May 18, 2022
Where: Rochester VFW Banquet Room, 179 Virginia Avenue, Rochester
Time: 5:00 to 9:00 P.M.
Drawing Begins @7:30 P.M.

One "Handbag Happy Hour" ticket gets you five (5) raffle tickets at the door to place in the designer bag of your choice. Additional tickets will be sold during the evening. Each beverage purchased until the time of the drawing @ 7:30 p.m. earns one additional raffle ticket. Your pre-purchased ticket must be presented at the door when you arrive.

Only 250 tickets are available.
Cost per person is \$25.00 which includes the buffet. Cash Bar!

Features:

Only 104 chances will be sold for the Wheelbarrow filled with spirits & gift certificates.
Basket Auction Raffle tickets for purchase.
"Second Chance" handbags for sale.
\$10 tickets sold for a chance to win a Trex 48" yacht bench fully decorated for spring.

Get your tickets from any of our members or send an email to rita.swesey@outlook.com to order tickets today. You can also message us on **Facebook!**

DISTRICT GOVERNOR'S CONTEST



REPORT
WHAT
YOU DO!

CLASS A

Butler	120,200
Rochester-Beaver	111,600
Little Beaver	47,500
Knox	31,400
Ford City	0

CLASS B

Riverside Area	96,500
Apollo Area	71,500
Kittanning	36,200
Chippewa Area	29,400
Rural Valley	27,000
Rimersburg	17,400
Elderton	13,900
New Bethlehem	10,700
Baden Economy	5,700
Penn-Glade	1,200
Beaver Co Central Valley	0
Cranberry Twp.	0
Hawthorn	0

CLASS C

Zelienople	31,400
Evans City	30,200
New Brighton	23,300
Volant	20,900
Ellwood City	14,300
Ambridge	11,400
Lawrence County	11,300
Slippery Rock	9,400
Leechburg-Gilpin	8,200
Laurel	4,100
Beaver Falls	0
Clarion	0
Mars Centennial	0
Neshannock	0
New Bedford	0
New Castle	0
Union Township	0
Wampum	0
Worthington	0



Drug Poster Contest



1st Place \$100: Michael Lewis
 Union Elementary
 Union Township Lions Club

2nd Place \$75: Laurel Baker
 Divine Redeemer School
 Ford City Lions Club

3rd Place \$50: Jackson Young
 South Buffalo Elementary
 Ford City Lions Club

4th Place \$25: Liam Donahue
 South Buffalo Elementary
 Ford City Lions Club



2023 District 14-N Drug Awareness Poster Contest Winners

1st Place \$100: Michael Lewis
Union Elementary
Union Township Lions Club

3rd Place \$50: Jackson Young
South Buffalo Elementary
Ford City Lions Club

2nd Place \$75: Laurel Baker
Divine Redeemer School
Ford City Lions Club

4th Place \$25: Liam Donahue
South Buffalo Elementary
Ford City Lions Club

Honorable Mentions
(\$10 each)

Beaver Falls Lions:
Aubrey Kotnik
Big Beaver Elementary

Rural Valley Lions Club:
Jaecyn Berry
Malia Dustin
Shannock Valley Elementary
Elanna Sherry
Dayton Elementary

Butler Lions Club:
Reagan Zanaglio
Isaac McCance
Summit Elementary

Thank you to the following poster contest
Lions Clubs participants:
Apollo Area
Beaver Falls
Butler
Clarion
Elderton
Ford City
Kittanning
Leechburg
Little Beaver
Rimersburg
Riverside
Rochester-Beaver
Rural Valley
Union Township

Clarion Lions:
Brooke Bingham
Brooklyn Kopp
Clarion Area Elementary
Alesia Morris
Immaculate Conception School

Ford City Lions:
Ella Conroy
South Buffalo Elementary
Maria Shirey
Thea Gourley
Buffalo Elementary

Little Beaver Lions:
Emory Tweed
Blackhawk Intermediate School

Riverside Lions:
Carly Robertson
Olivia Williams
Riverside Elementary

DRUGS KILL DREAMS

DISTRICT 14-N

NEW MEMBERS! WELCOME!



2022-2023

Club

New Member

Sponsor

February 2023

Beaver Falls	Dirk Goodwald	Mary Dean
Beaver Falls	Christian M. Thoma	Mary Dean
Beaver Falls	Deanna Thoma	Mary Dean
Ford City	Stephen Shiring, Jr.	Stephen Shiring
Little Beaver	Karen Bosworth	William Nelson

March 2023

Beaver Falls	ROB A. RUSNIC	Mary Dean
Beaver Falls	JANET L EILER	Mary Dean
Ford City	NATHAN R WATT	Brad Baillie
Riverside	KENDRA L GAGLIANO	Chip Campbell



Easter is here and I'm sure the chocolate-filled supermarket shelves are tempting. So here are some helpful diabetic tips. First, Easter only comes once a year, and a little chocolate at this time won't affect your long-term blood glucose control.

For children with diabetes it is important that they have a similar egg to their siblings and friends, so they don't feel left out. The key is to eat small amounts of the chocolate at a time. Watch out for items that contain extra sweets in them, and get something like an egg with a toy instead of solid chocolate.

Adults with diabetes may prefer an alternative Easter present such as flowers, fruit, a book, or a hollow non-chocolate egg filled with small special presents. Again, small portions spread throughout the Easter period is the best way to stay safe.

Diabetic Easter chocolate is not recommended. They are expensive and unnecessary. Diabetic chocolate contains fructose, sorbitol, or a similar sweetener which can have a laxative effect. Diabetic chocolate is also just as high in fat and calories as ordinary chocolate and can still raise blood glucose levels. So, as a diabetic we can still enjoy this sweet holiday, but just enjoy it in very small amounts, and check your blood sugar often.

**WE WILL BE ADDING SOME
DIABETIC RECIPES EACH MONTH!**

**IF YOU HAVE SOME THAT YOU
LIKE, PLEASE SEND THEM TO US,
SO THAT WE CAN PUBLISH THEM
ALSO!**

DIABETES

DIABETIC KORNER

Lion MaryAnn Fleeger

District Diabetes Coordinator

**Maryann is available to speak at
your club on Diabetes Awareness.**

She can be reached at:

Phone: 724-352-5075

Cell: 724-256-2856

Email: mafleeger@zoominternet.net



Meatloaf



Serves 4 | 1 1/2 Hours

Mix all ingredients well in a bowl. Transfer to a lightly coconut oil greased loaf pan, pack lightly. Bake 1 hour or until cooked through at 350 degrees F. Can top with a little ketchup, if desired. We like to serve with Mashed Cauliflower Tatoes (see recipe page 145).

Low Carb Plan Tip:
Avoid the healthy crackers and make sure to watch the ingredients in the sauces.

1 1/2 lbs grass-fed beef

1 organic egg

1 small onion (diced)

1/2 cup ketchup or tomato paste (no sugar)

2 tbsp Braggs liquid aminos

2 tsp worcestershire sauce

Salt, pepper, garlic powder (to taste)

Healthy cracker (finely crushed, optional - clean brands such as Simple Mills, Mary's Gone Crackers or Akmak crackers)

Coconut oil (for greasing)



WHAT'S HAPPENING IN DISTRICT 14-N?

All clubs in our district now have access to recently purchased Nebulas, screens, and cases to carry Nebula in. A Nebula is used to show powerpoints or pictures to accompany presentations and takes the place of the more bulky projectors. It is about the size of a coke can. I have pictured them below and a listing of where they are located in your county. If you need help in learning how to operate it, PDG Tom Toland or PDG Linda will be happy to show you.

REMINDER: All clubs also have access to Vision Screeners, so that you can screen children in your communities for vision problems. See below for a contact person in your county. For Butler County Clubs, your contact person is Lion Mike Winkler lionwink@zoominternet.net 724-0285-4304



Anker NEBULA Apollo, Wi-Fi Mini Projector, 200 ANSI Lumen Portable Projector, 6W Speaker, Movie Projector, 100 Inch Picture, 4Hr Video Playtime, Neat Projector, Home Entertainment—Watch Anywhere.



Where the Nebula and Vision Screeners are located in your county:

Armstrong: Apollo Club-DG Gaylene Toland gaylene.toland@gmail.com 724-478-3007

Beaver: Rochester-Beaver Club-Rita Swesey rita.swesey@outlook.com 724-312-3595

Butler: Butler Club-PDG Linda Gibala lindakay46@yahoo.com 724-287-8037

Clarion: Hawthorn Club-Michael Ferringer mlferringer172@gmail.com 814-590-7045

Lawrence: Ellwood City Club-Kathleen Pansera kap509@zoominternet.net 724-944-2161



We Serve

PA Lions Beacon Lodge Camp

“500 Club”



Dear Lions and Leos of District 14-N,

Send your “500” Club Donation!!! Help support through the “Beacon Lodge 500 Club”. This is an opportunity for each Lion and Leo to make a personal contribution to help with maintenance and repairs of Pennsylvania Lions Beacon Lodge Camp.

The “500 Club” is based on a \$5.00 donation per member per year.

The Lions and Leo Clubs in the state of Pennsylvania continue to embrace the Lions motto “We Serve”. We encourage all clubs to consider 100% participation in this important fundraiser.

We ask that you:

1. Make checks payable to: *Beacon Lodge 500 Club*
2. Mail checks to: PDG Thomas Toland
PO Box 371
North Apollo, PA 15673

Once again, we thank the Lions and Leo Clubs of District 14-N for your continued support of **PA Lions Beacon Lodge Camp**; helping make it one of the best special needs camps in America.

Yours in Lionism,

PDG Thomas Toland - Board member (724-787-1431)
ttoland@windstream.net

PCC Brian McCarl - Board member (724-312-3676)
brianmccarl68@gmail.com

District 14-N Lions,

We are at \$3000.00 of our goal of \$5000.00.

We are waiting on 22 more clubs for support.

***UPON REQUEST, WE WILL BE PLEASED TO PRESENT A BEACON LODGE PROGRAM AT YOUR CLUB.** *(Most of you are familiar with the camp, but new members need to be informed of the importance of this camp.)*



Together we can. Together we will. - IP Brian Sheehan

BEACON LODGE DONATIONS

Beacon Lodge Challenge 2022-2023

CLUB	Members	Check #	Date	Amount Donated
Ambridge	13			
Apollo Area	28			
Baden-Economy	28			
Beaver Cty Central Valley	19			
Beaver Falls	19			
Butler	66	2481	2-28-23	\$ 150. ⁰⁰
Chippewa Area	34			
Clarion	8			
Cranberry Twp. Area	34			
Elderton	26			
Ellwood City	22			
Evans City	20			
Ford City	58			
Hawthorn	25			
Hopewell Branch				
Kittanning	27			
Knox	48			
Laurel	13	#1077	2-23-23	\$1,000. ⁰⁰
Lawrence Co. Area	6			
Leechburg-Gilpin	20			
Little Beaver	47			\$ 2,250. ⁰⁰
Neshannock	19			
New Bedford	10			
New Bethlehem	28	#225	1-30-23	\$ 250. ⁰⁰
New Brighton	23			
New Castle	14	#1990	3-8-23	\$ 100. ⁰⁰
Penn Glade	24			
Rimersburg	25			
Riverside Area	36	#2022	2-8-23	\$ 250. ⁰⁰
Rochester-Beaver	77			\$ 200. ⁰⁰
Rural Valley	24			
Union Twp.	18			
Volant	20	#1321	12/15/22	\$ 200 DIRECT TO CAMP
Wampum Area	13			
Worthington	21			
Zelienople	12			\$ 100. ⁰⁰
Total				\$ 4,500. ⁰⁰

Save
the
Date



Celebrate Beacon Lodge's 75th Birthday & PA Lions Appreciation Day

Join us in celebrating our 75th birthday!
On July 16th we will be having a birthday party for Beacon
Lodge along with Pennsylvania Lions Appreciation Day.
We welcome ALL Lions and Leos.

You are most cordially invited to bring your families to Beacon
Lodge for this occasion.

We will be having a chicken BBQ and all the fixings. Lunch
will be served from 11:30 am until 12:30 pm.

The cost is \$10 per person.

Reservations are required and must be received by June 30, 2023.

Please make checks payable to Beacon Lodge with PLAD on
the memo line to purchase tickets.

Mail to:

PA Lions Beacon Lodge Camp

114 State Route 103 South Mount Union, Pa 17066

Schedule of Events

Starting at 9:00 AM:

Camp Slurp

50/50 Raffle Tickets

Basket Raffle

9:00—11:00 Mini Golf

10:00—11:00 Worship Service

11:00—1:30 Pin Traders

11:30 Introduction of IPDG's/

Invocation / Lunch

12:30 The Great Duck Race

1:30 Camper Entertainment

12:30—2:00 Camp Tours

12:30—2:30 Afternoon Activities & Games

3:00 Announcements/ Winners

3:30 End of the day / Benediction

Pin traders are invited! Please contact:

Annos Shatzer

11268 Alexander Ave.

Mount Union, Pa 17066

(814) 542-9654

ashatzer@verizon.net

Clubs planning to attend by bus are urged
to give us ample notice so that we may
have adequate parking arrangements.

PA Lions Beacon Lodge Camp
114 State Route 103 South
Mount Union, PA 17066
(814) 542-2511
office@BeaconLodge.org



Pennsylvania Lions Beacon Lodge Camp

Will hold its 20TH Annual

GREAT DUCK RACE

**Held at PA Lions Beacon Lodge
Camp on Lions Appreciation Day**

Sunday, July 16, 2023

Post Time 12:30

\$5.00 Donation

1st Place Prize--\$1,000
2nd Place--\$500.
3rd Place--\$250.00
4th Place--\$125.00
5th Place--\$125.00

**Don't hesitate to contact your Beacon Lodge Board Member
for tickets and information.**



ROCHESTER BEAVER

LIONS CLUB:

Thank You! from PCC Brian McCarl

Recently I visited the Rochester-Beaver Lions Club to induct two new members into their club. While I was there, they presented me with a \$5,000.00 donation towards our Annual PA Lions Beacon Lodge Special Needs Camp Charity Golf Outing. This is the largest club donation in the 7-year history of our tournament. Our goal this year is to raise \$50,000.00 to help offset our increased costs to operate the camp. I can't thank the Rochester-Beaver Lions enough!

District 14-N (Armstrong, Beaver, Butler, Clarion & Lawrence Counties) continue to lead the way in supporting this fund raiser.

Pictured (l to r): Lion Matt Dawson (Assistant Treasurer), Lion Rita Swesey (President) and PCC Brian McCarl.





LITTLE BEAVER LIONS

The Little Beaver Lions began a partnership with Northwestern Primary School (part of the Blackhawk School District) in 2007 with a program entitled Lion Listeners. Lion volunteers would assist students with their reading for 30 minutes at the beginning of the day. About 10 to 12 Lion volunteers would serve as reading mentors to kindergarten, first and second grades. We did not read to the students but assisted them in reading to us. Teachers would assign students on their needs, concentrating on those students who needed the most help. We later added a program of "Math Helpers" where we would play math games with selected fourth grade students who were behind. We have also helped with Grandparents Day and various other programs.

Read Across America week is celebrated March 2nd to March 6th and coincides with the birthday of Dr Seuss. In 2015 the Little Beaver Lions started a book program for Northwestern Primary by purchasing a Dr. Seuss book for each of the 328 students. This continued through 2017 when Northwestern Primary School merged with Blackhawk Intermediate School in Chippewa Township. We were not deterred and moved our program with them, adding third and fourth grades. Over nine years we have purchased and distributed over 8000 books. These are not books for the school library, they are to go home with the students.

Covid-19 put a pause to our in-school participation, but we have continued to participate in Read Across America with the purchase of books. This year we were able to re-enter the schools and the book program resumed with amazing enthusiasm. Students, teachers and administration welcomed us back with open arms. High fives and hugs were the order of the day and the Little Beaver Lion was more popular than ever. We had six separate presentations with books and treats for all of the students in Northwestern Primary, Blackhawk Intermediate, and Patterson Primary schools. We hope to restart the Lion Listener program next year.



Lions, Keith Householder, Erin Adams, Dave (Lion costume) Rimoldi
District Governor Gaylene Toland, Patrick Lindner & John Wakelee



LEADER DOGS FOR THE BLIND DONATIONS



Adam Fleeger and I recently gave a presentation on Leader Dogs for the Blind to the Neshannock Lions Club. The Neshannock Club then presented me with a check for \$500 for Leader Dogs for the Blind!

Ford City Lions Club once again generously presented me a check for \$1500 for Leader Dogs for the Blind at our District 14-N Cabinet Meeting.



Make a dream come true.
There's no doubt what our puppies want to be when they grow up, but they need your help. As a volunteer puppy raiser, you'll be the foundation a puppy needs to become a Leader Dog. And together, you'll help someone who is blind or visually impaired live a life of freedom, safety and happiness.

[Become A Puppy Raiser](#)



LEADER DOGS FOR THE BLIND IS SEARCHING FOR PUPPY RAISERS!

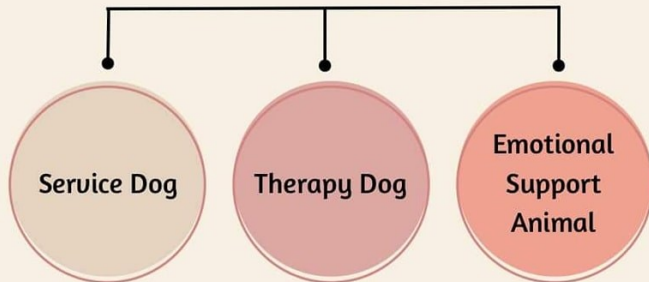
Raising a Future Leader Dog won't only change someone else's life. It will change yours.

Do you love dogs? Are you ready to make a real difference? If you said "yes" to both these questions, raising a Future Leader Dog may be the right opportunity for you. For more info go to this website:

<https://www.leaderdog.org/volunteer/raise-a-puppy/>



What is the difference?



Service Dog

Trained to perform specific tasks to assist just one person. Has very extensive training.

May live with owner, even if "No Pets" policy in place.

Needs to tolerate a wide variety of experiences, environments, people.

Allowed by federal law, ADA, to accompany handler in public establishments.

No certification.

Therapy Dog

Trained to bring comfort to those in a hospital, school, or other group care environments.

Provide emotional support and comfort to many people, other than just the owner/handler.

Needs to tolerate a wide variety of experiences, environments, people.

Certification recommended through a reputable organization for insurance purposes.

Emotional Support Animal

Not specifically trained. The primary function is to provide emotional support and comfort to the owner through their presence.

May live with owner, even if "No Pets" policy in place.

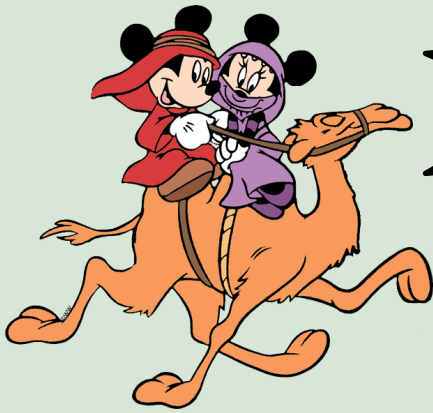
Needs documentation from a qualified health care professional.

Not allowed by federal law to accompany handler in public establishments.

No certification.

www.sitstaythrive.com





ON THE ROAD AGAIN?



Few People Realize How Much Amish History Is Preserved In The Small Town Of New Wilmington, Pennsylvania

Most people think of Lancaster when they think of the Amish, but we have one of the oldest Amish communities in the State in our District. It is a beautiful drive with lots to see. Be sure to stop in at the "Cheese House". They sell more than just cheese. You travel the many back roads, you can find two tack shops, furniture shops, and if you look hard enough, an Amish home that sells Amish donuts. They are the best!! There are several covered bridges in the area and Westminster College, but watch out for the horse and buggies that you must share the road with.

https://www.onlyinyourstate.com/pennsylvania/preserved-history-small-town-pa/?utm_medium=email&utm_source=pennsylvania&utm_campaign=newsletter&utm_content=nlimage1

