

# District 14-E Westmoreland County Newsletter



Monthly Newsletter Edition  
January | 2023

## District Governor's Message



Hello fellow Lions, this is my first opportunity to greet you in the new year. Hard to believe but here it is 2023 and we have another before us. First, let me wish all of you a happy and prosperous new year. Of course, it is customary to make new year's resolutions and perhaps you have already made some; the most popular seem to be to lose weight and get back in shape. January is probably the month which sees the most new gym memberships and the most treadmills and exercise bikes being purchased. Perhaps this is also a good time for our clubs to make a few resolutions.

Resolved, we will finally hold that membership event we have been talking about. We are tired of seeing our numbers drop and not a one of us is getting any younger. We truly need some new blood.

Resolved, we will take that internal audit of everything we are doing. We will determine what is working and what is not and we will spend our capital, financial and personal, on what is doing the most good. We will become more efficient and steward our resources.

Resolved, we will continue to support LCIF. That money is "green power," and a good deal of it comes back to Pennsylvania. Campaign 100 was a success, and we intend to continue to see the fund grow.

Resolved, we will support both Beacon Lodge and Leader Dog to the maximum extent possible. As Pennsylvania Lions Beacon Lodge is ours and we owe it our support. Leader Dog is right at the heart of our mission as Lions.

Resolved, we will take an active part in the work of our zone and the district at large. We will make it a priority to seed our club represented at zone and cabinet meetings as we are all part of a larger whole

Resolved, we will encourage those in whom we see the potential to move up and take leadership positions. We will send Lions to the RLLI.

Now it's a sad truth that by February many gym memberships are ignored and a lot of new exercise equipment is gathering dust, let's not let that happen with our resolutions. I look forward to seeing all of you again. God bless you all.

Tony

# 1<sup>st</sup> Vice District Governor Note

Fellow Lions,

HAPPY NEW YEAR!!

I am hoping you all had a wonderful Christmas, were able to stay warm, and rang in 2023 safe and sound, surrounded by your loved ones!

It is very hard to believe that half of our Lions Year is behind us and we are starting 2023 already. Our clubs have been very busy serving their communities and helping those in need. I am so very proud of all of you for your hard work and dedication!! Let's continue this into the new year.

We need to take a serious look at our membership in order to sustain our clubs/District—hold membership events, ask a friend to assist with a service project or place an article in the local newspaper—this will inform the community to all of the services and supports your clubs provide to your community. Be sure to include contact information and perhaps this will yield a few new members. We need to be open to new ideas for growth. For more information, please reach out to PDG Charlie McGrew, PID Cindy Gregg, or me for more information. The new year will bring new opportunities for all and we need to embrace and be open to trying something new!

Remember, January 13<sup>th</sup> is the birthday of our Lions Club Founder-Melvin Jones! LCIF wants us to show our “PRIDE” by taking part in the Melvin Jones Photo Contest. Take a picture of what you think it means to be a Lion and submit to LCIF. Rules can be found by searching LCIF Melvin Jones Photo Contest.

A few reminders for all:

1. District Duck Race tickets have been distributed. Please return all stubs and money to me as soon as possible so I can log the tickets and determine if any remain unsold—also pray for good weather in April for Race Day!! (309 Beechwood Rd, Greensburg, PA 15601).
2. Consider attending the Spring Leadership Symposium on February 12<sup>th</sup> as it is being held in our backyard at the Wagon Wheel! See flyer attached in the newsletter!
3. RLLI (Regional Lions Leadership Institute) will be held on March 10<sup>th</sup>-12<sup>th</sup> at the Red Lion in Harrisburg—See attached flyer in the newsletter!

I will be busy working on completing my District Governor Trainings in January & February. I will also be reaching out to all clubs very soon to schedule next year's District Governor visits and also to fill open positions for the District Cabinet. I hope you will consider trying something new and or continuing your current roles. Please know I am looking forward to working together with ALL of you in the upcoming year!!

Remember,  
Together We Can,  
1VDG Amy

1VDG Amy Thompkins, along with her husband and partner in service, PDG Chuck Thompkins, are pictured here, ringing the Salvation Army Bell for the Latrobe Lions Club.





# MD-14 Global Action Team Spring Leadership Symposium

## Presentations

PID Cindy Gregg- "*Putting the FUN in Service.*"

PDG Tom Gregg- "*Lion Ethics*"

PDG Kerry McKnight- "*Leadership Styles*"

PDG Tom Toland- "*Successful Fundraising*"

## \*2 LOCATIONS\*

**Saturday, February 11, 9 AM-3 PM**

**PA Lions State Office**

**949 East Park Drive, Harrisburg, PA 17111**

*Lunch available for a \$7.00 donation*

**\*OR\***

**Sunday, February 12, Noon-5 PM**

**Wagon Wheel Restaurant**

**6912 US 22, Greensburg, PA 15601**

*(Restaurant will not be open for food service-Lions meeting only)*

*Snacks will be available*

## **MD-14 LIONS FOOD DONATION SERVICE PROJECT**

**Harrisburg & Greensburg Locations**



Deliver your District's gift of non-perishable food items to either Symposium location. District with the most food items by weight chooses a local Food Pantry to receive donations.

**Register to Attend: Free & Open to all PA Lions**

**Email PDG Kerry at [klm52@aol.com](mailto:klm52@aol.com) or call (717)235-2790**

## DISTRICT 14-E “FLIGHT PLAN” for 2022-2023

### 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.**



Recently, an email was forwarded to all Zones in our District asking Presidents and Secretaries to share that information with the Treasurers and members of their clubs.

That letter has been posted below for your information.

**PLEASE!** Always be diligent and alert.

Good Evening Fellow Lions,

I have been asked by our Districts in the Western Region of the State to make all aware of a bank fraud situation that is occurring. So far there have been incidents in 14-B and 14-E. Club bank accounts are being hacked into and money is being stolen from the accounts. The authorities in these districts are investigating these losses. LCI legal is also being contacted concerning this disturbing loss of funds.

Please be extra vigilant concerning your clubs bank accounts and check the transactions being made in the account frequently. If you notice any transactions that should not be there contact your bank immediately and also the authorities. If there are any updates the State office will forward the information to you. This is all we know at this time.

Thank you for passing this information along to the clubs in your districts.

Deb Burkholder, Acting State Administrator

PA State Council of Lions Clubs

949 East Park Drive

Harrisburg, PA 17111

Office: 717.564.2586 \* Fax: 717.564.2880 \*\*Cell 717-816-4999

## WOMEN AND FAMILIES IN LIONS

We are about to embark on a New Year! This gives everyone the opportunity to forget mistakes and give yourself a mulligan, which is a do over in golf. The last two years has placed enormous stress on everyone, from loss of income, jobs, family members, food, and supply shortages, as well as inflation. We must move forward and work to make Two-thousand-twenty-three a year to count your blessings and another strive for kindness to others. The Lions is an organization with a mission; to provide a ray of hope for rebirth or renewal through global and local initiatives of service to others. This year we must focus on this mission, to work together regardless of differences, to accomplish good works to those who have been devastated by tornados, earthquakes, flooding, hunger, and fires, through our service projects to help return lives to normal.

The history of New Year's dates back thousands of years according to my research at [www.wilstar.com](http://www.wilstar.com). "Julius Caesar was the person who implanted the Julian calendar that January 1st become the common day for the New Year. According to this article, "New Year's Day is a Federal holiday in the United States and will be observed on January 1st, 2023, the first day of the New Year, following both the Gregorian and the Julian calendar. New Year's is often marked by fireworks, parades, and reflection upon the last year while looking ahead to a New Year of future possibilities." Most people celebrate the holiday in the company of loved ones, observing traditions meant to bring luck and success in the upcoming year. Typically, customs and traditions involve celebrating with champagne and a variety of different foods, with an opportunity to gain experience from the prior year and make positive changes in their life beginning on the first day of the year.

What resolution can you make as a family to celebrate the New Year? It is a time for reflection and putting goals into place to make the world a better place. Since most everyone will be sharing time with family, why not discuss what each and everyone can do to give someone hope, help, or encouragement for the New Year. Make a kindness plan, to put unkind words into check and count our blessings to be alive and well to enjoy all we have in this world. Till next time....

Mary Popovich  
West Newton Lions





# Global Action Team

A World of Support.

Happy New Year, Fellow Lions and Leos!

Helen Keller stated, "When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one, which has been opened for us."

What does this statement have to do with our Association and the New Year? Well, too often, we are so attached to the past, to what is most familiar, and sometimes we miss the opportunities that stand right in front of us.

Doors may close, and years come to an end, but there are always new opportunities.

Although not every plan is successful, and of course, during the past few years, we realized that we don't always have control over every situation. Still, we can control our attitude and our reaction to these "perceived" failures.

Yet, when a project seems to be "unsuccessful," most of us tend to focus our attention on the negative aspects, and are often frustrated and unwilling to try, again. Instead, we need to regroup, analyze the positive and negative aspects, brainstorm, and consider new ways to be successful.

Change is difficult because we don't like to step outside of our comfort zone to try new things. Consequently, some clubs have been doing the same projects and fundraisers for decades, with less success because we feel comfortable and don't want to relinquish those projects. If the projects continue to be successful, that's great! On the other hand, if the project seems to be waning, try something new, but keep in mind that it may take a few times to become successful. Think about all of the wonderful inventions that have come into our lives: computers, cell/Smart phones, microwaves, color televisions, new car and clothing styles, DVDs, individual coffee makers, online banking and shopping, and many more things. I'm sure that each of you was apprehensive when you started to learn to use or adapt to many of these items, but with practice, it got easier. That will happen with new projects, also.

In this new year, let each of us "open a new door" by inviting a potential member to attend one of your activities; by agreeing to serve in a leadership position in your club or the district, and by suggesting a new service project or fundraiser.

Let 2023 be the year that you and your club "open new doors." You may be surprised by what you can accomplish.

Best wishes for good health and much happiness in the New Year. As President Brian Sheehan says, "Together We Can" and "Together We Will." Thank you for all that you do to improve lives.

Yours in Friendship and Service,  
Cindy Gregg, Past International Director (2013-2015)

# START MAKING PLANS NOW!!!!



**4 MEALS**  
included  
with registration

**NO SHUTTLES NEEDED**  
all Forum hotels are connected  
in six city blocks

SEPT. 21-23, 2023

**OVER 80 SEMINARS**

**FREE PARKING**  
at The Row hotels



**ONE OF THE BEST LEARNING OPPORTUNITIES IN LIONISM**

**4 INSPIRATIONAL SPEAKERS**  
during meals

**EARLY REGISTRATION**  
ENDS MAY 31, 2023





**3 RESORTS ONE DESTINATION**

THE ROW Reno offers 24-hour entertainment with access to 25 restaurants, 25 bars and lounges, and several venues and nightspots all within an accessible range of world-class recreational destinations.



Visit [LionsForum.org](http://LionsForum.org)  
for more information



No. 0114	No. 0114
 	Pennsylvania Lions 75th Anniversary Celebration! Beacon Lodge Camp 20th Annual <b>GREAT DUCK RACE</b> Proceeds Benefit Camp Maintenance Date: July 16, 2023  1st Place - \$1,000 2nd - \$500      4th - \$125 3rd - \$250      5th - \$125 (Last Place Duck gets his \$5 donation back) Donation \$5.00      Post Time 12:30 pm
Name _____	
Address _____	
District 14- _____	
Phone _____	
Seller _____	
<b>GREAT DUCK RACE 7-16-23</b>	 

**Duck Race tickets are HERE! Contact PDG Carol Richardson or Lion Pat Cartwright to get tickets for your Club to sell!**

## Leadership

Lions,

I hope your Christmas was great. The weather is something, cold and colder. This upcoming year is going to be warmer and hopefully going to let us do some outside events. That being said, put your thinking caps on and let's get moving!

Leadership is what helps our clubs grow. Please think about what you or who would be a positive leader in your club and our District. I know that it's uncomfortable to step out of your shyness or comfort zone, but I know that some of you have it in you to do so. We are always looking for new Ideas, people and direction. Don't be shy...if you don't ask, you won't know. I will tell you that getting involved more will allow you to learn and understand more about the Lions organization. It will open new doors, roads, and friendships. Our District Lions are always willing to chat and help out when needed. I would like to see more of you Lions step up and out of shyness and be more involved. The best way of doing so is to Shadow one of the District members. The Shadowing program can be used at all levels...club and District both. If this is something you are interested in, please reach out to me and I will help you out!

RLLI (Regional Lions Leadership Institute) is also a great way to learn about the Lions and what you can do for Lions and what you can for Lions. Please, if you are interested in attending, let me or DG Tony know so you can get your registration paperwork completed and submitted. RLLI is awesome, and provides great teachers, lessons and new friendships!!

I want to wish all of you and your family a safe and Happy New Year!!

Yours In Service,

*PDG/GLT Chuck Thompkins*

**Sign Up Today - Space Is Limited!**



# RLLI

**REGIONAL LIONS LEADERSHIP INSTITUTE**



**March 10-12, 2023**

**Red Lion Hotel Harrisburg/Hershey**



**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

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

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

LAST CALL! Don't let this amazing opportunity pass you by!





# 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 \_\_\_\_\_

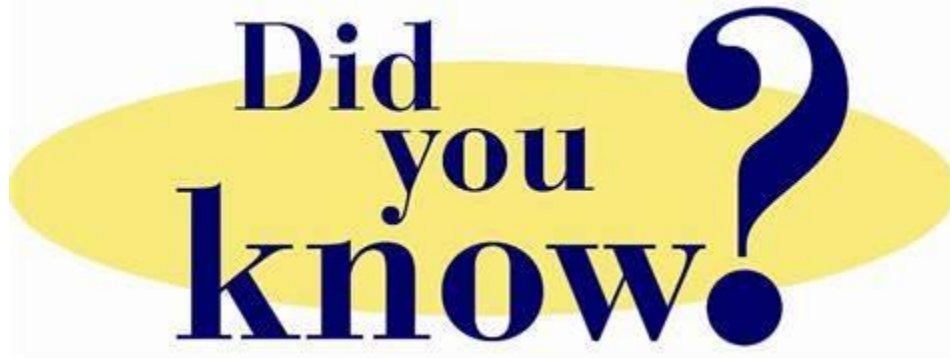
Offices Held Within Lions Club \_\_\_\_\_

Committee Positions Held Within Lions Club \_\_\_\_\_

Why is this institute of interest to you? \_\_\_\_\_

Candidate's Signature \_\_\_\_\_ Date \_\_\_\_\_

## Membership



### MEMBERSHIP CARDS INFORMATION

Club Officers can create a report and print membership cards for their members from the MyLCI site. The options allow them to select from printing either 8 or 10 cards per sheet, print either black and white or color cards, choose a good standing end date and select individual member's name(s). The report will then automatically format the cards for printing. All you will need to supply is standard business card stock, with either 8 or 10 cards per sheet and refer to the following instructions.

Each browser has its own settings to control how PDFs are opened from a web page. We recommend opening PDF documents outside of the browser window. To open PDF documents outside of your browser window, open and review the following instructions.

We will not automatically mail out membership cards to clubs that report online. If you prefer to have the blank membership cards mailed to you, please contact the Member Service Center at International Headquarters, 300 West 22ND Street, Oak Brook, Illinois 60523-8842. We ask that you include your name, club number, phone number and a complete shipping address where you would like the cards to be sent, along with the number of cards you will need.

For additional assistance, you can contact the Member Service Center at International Headquarters by email [memberservicecenter@lionsclubs.org](mailto:memberservicecenter@lionsclubs.org) fax: 630-706-9295 or phone at 630-203-3830.



# Celebrate Sponsorship with a Membership Key Award



Sponsoring new members is an accomplishment worth celebrating! That's why Lions Clubs International recognizes individual Lions who sponsor new members.

- Each of the 17 Membership Key Awards reflect the number of new members a Lion has sponsored.
- Recognition begins once a Lion has sponsored two members.
- Awards are automatically issued after the new members have remained Lions for a year and one day.

Share the tradition and encourage members in your district to invite their family, friends and coworkers to join Lions and help strengthen our organization.

## Eligibility

1. A new member must remain a Lion for a year and a day before the name may be used as credit toward a key.
2. The name of the new member and the sponsor must be reported via MyLCI, with the sponsor's member number and club number.
3. No sponsor shall receive more than one key of the same type.
4. Charter, transfer, and reinstated members cannot be used as credit for a key.
5. Only one sponsor per new member can receive credit for a key.
6. Requests for sponsor changes must be received by LCI Headquarters within 90 days of the new members' join date.
7. Key awards will be issued to a sponsor if the new member's club and the sponsor's club are in good standing.

## Service

### Lions Service New Year Resolutions

Happy New Year!! Julius Caesar declared January 1<sup>st</sup> as the year's opening date. He decided such because January was named after the Roman god Janus, the Roman god of all beginnings.

Janus was known as the god of transitions and dualities. He is portrayed with two faces – one facing the past and one facing the future. Lions, does this sound familiar? It should.



Our Lions Logo has two Lions faces. One facing left and the other right. The face looking left represents the past achievements that our Lions clubs have achieved. The one facing right looks toward our great future of Service.



Roman god Janus with two faces.



Our Lions Logo with two proud faces.

New Year's Resolutions are set to allow a person to continue a good practice, or to change something, accomplish a goal, or improve general behavior with the new beginning. Common resolutions include exercising more, eating better, losing weight, getting organized, learning a new skill, saving money, quitting smoking, spending more time with family and friends.

So, as we turn the page again from one year to the next it is time to look at our Service as Lions and to set our Service Resolutions.

I am going to suggest a list and you and your Clubs can build on them from there. You can set SMART goals to help you attain the goals the best fit you and your Lions Club.

Lions Service Resolution # 1 – Find new ways to Serve the Community.

If you are looking to improve in the New Year you need to find new ways to make an impact on the community that you and your Club Serves. You need to increase the value of you and your Lions Club to the community.

Lions Service Resolution # 2 – Carry on the Service you have already been doing.

You and your Lions Club has been making the community better for years. Just because we are turning the calendar page does not mean you should stop those things. Keep making the impact you have. Use this time as the opportunity to evaluate if the Service you are doing is indeed making the best impact that it can. Is your Service still relevant? What can you do to make it better?

Lions Service Resolution # 3 – Report Your Service

This is something you have heard me say before. Report the Service that you and you Lions Club has been doing. Lions International wants to hear about and know the Service that we have been doing as Lions. Take time to have your Service reported using MyLion.

#### Lions Service Resolution # 4 – Share Your Success

This resolution goes beyond the reporting that is part of Resolution # 3. Sharing your success includes sharing the story of what your Club is doing with the community. Post your projects on Facebook. Put pictures and information in local newspapers. Find ways to spread the word of what your Club has done and will do. Share this with people who are not part of our organization, and it might help grow your Club.

#### Lions Service Resolution #5 – Invite non-Lions to participate in your projects.

We need help doing what we do as Lions. That means bringing new members into our Clubs. Asking members to join our Clubs is great, but don't start there. Ask people to help with your projects. Find people who you know will want to help do what you are doing. While they are doing the project start to inform them of what else your Club does. Then when you make that impact on them you can ask them to join your Club. They might be waiting for you to ask by that time.

As I mentioned before these are only suggestions. You can build and change these resolutions as you and your Club best sees fit. Keep working hard to Serve your community and to find new ways to change people's lives. You will feel the impact too.

Happy New Year and as always, I can be reached out to for any questions or help you might need. I look forward to seeing you again this year. Happy 2023!

**Yours in Service,**

**PDG Lance H. Remic**

**Global Service Team Chairperson, District 14-E Contact me at: 724-309-6750 or [lremic@hotmail.com](mailto:lremic@hotmail.com)**





**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**

**KOB COMMITTEE MEETING NOTICE!**

**YOU DO NOT NEED TO BE A GOLFER TO VOLUNTEER!!!!**

**When:** Monday, January 23, 2023

**Where:** Kings Restaurant in Greensburg (by Home Depot on Rte 30)

**Time:** 6:30 PM

*Please let PDG Jason Mesher know you will be joining us so he knows how many will be attending and can make the proper seating reservation.*

**Phone: 724-255-3515    email: mesh\_dogg@hotmail.com**



**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!

- 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!**

## *“Lions Working Together As One”*

Pajamas needed



Sponsored by the

Mount Pleasant Township Lions Club

Sizes newborn to size 10 Male and Female

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



We will be collecting until February 2023 but any received by Christmas

would be a blessing.



Pajamas can be given to any Mt. Pleasant Twp. Lion.

For further information or drop off location contact: [dtinkey@zoominternet.net](mailto:dtinkey@zoominternet.net)

**Please keep the children warm with new**

**Footed pajamas**

**Wrap them in love this winter**



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



### **WE'VE GOT NUTS!**

**The Level Green Lions have some extra KOEZE nuts for immediate sale and delivery. Here is what they have left as of December 31, 2022.**

Remaining Koeze Nuts that are available for immediate delivery.

#### Colossal Cashews

- 3.....10oz boxes
- 1.....14oz gift tin

#### Mixed with Macadamias

- 3.....10oz boxes
- 7.....14oz gift tin
- 3.....20 oz decanters
- 1.....30 oz decanters

#### Classic Mixed Nuts

- 3.....10oz boxes
- 2.....20 oz decanters
- 2.....30 oz decanters

**If interested in purchasing, please reach out to Lion Ron Rometo: [rrr4wx@aol.com](mailto:rrr4wx@aol.com)**



## PROJECT IDEAS HUNGER

### LEARN

- Invite a community health professional to visit your club and educate members on the prevalence and impact of hunger in your community.

### ACT // BEGINNER

- Support your local food bank by donating time, equipment or food.
- Create a resource list of hunger related volunteer opportunities in your region to share with other clubs in your district.
- Use social media to raise awareness about childhood hunger in your community and to inspire others to become involved.
- Host a healthy eating event at your school, community center or place of worship. Invite a nutritionist as a keynote speaker.
- Deliver nutritious, prepared meals to elderly, disabled or ill community members.
- **Serve meals at a soup kitchen or homeless shelter.**
- Donate to organizations that provide micro-nutrient powders to malnourished children.
- Bring a variety of fruits and vegetables to an elementary school class. Explain to the students where the food comes from and encourage them to taste different types of produce.

### ACT // INTERMEDIATE

- Volunteer with a “gleaning group” to harvest unpicked fruits and vegetables at farms and orchards.
- Host a grocery store or market tour where a nutritionist gives participants tips on choosing healthy and nutritious groceries.
- **Collaborate with a food bank to organize a community food drive, focusing on collecting items most needed in your area.**
- Write a cookbook of inexpensive, healthy, easy-to-make recipes.
- Work with your local school to provide weekend take-home bags of nutritious snacks for children in need.
- Sponsor a cooking class for youth to learn basic cooking skills for healthy living.
- Create an online resource on planning and portioning meals to reduce household food waste.

### ACT // ADVANCED

- Conduct an assessment of food access in your community. Advocate to local government leaders for additional or improved options in areas of need.
- Support pregnant women and new mothers by ensuring there are comfortable, safe and clean areas for them to nurse in the community.
- Use your professional networks to connect food banks to food industry leaders interested in food recovery.
- Develop a program to provide underserved students with food during holiday times when school is not in session.
- Establish a community or school vegetable garden for residents in a food-insecure neighborhood.
- Establish a weekly produce stand in a food desert.
- Create a volunteer transportation program to help individuals and families get to and from grocery stores, food banks and soup kitchens.
- Develop an animal husbandry program where a few families receive a small stock of animals. A portion of the animals’ offspring will be given to neighboring families for sustainable growth of the program.







# DISTRICT 14-E ANNUAL BOWLING TOURNAMENT



HILLVIEW LANES

EAST PITTSBURGH STREET, GREENSBURG, PA

SUNDAY MARCH 19, 2023 - 1:00 P.M.

The 2022 District 14-E Bowling Tournament will be held at Hill View Lanes on East Pittsburgh Street in Greensburg on Sunday, March 19, 2023. This is a day of fun and fellowship for the Lions, Lionesses, Leos and friends of District 14-E. Registration will begin at 12:30 p.m. and bowling will start at 1:00 pm. Lunch will consist of pizza and drinks including water and pop. There will also be individual bags of chips and cookies. Clubs may submit multiple teams, each consisting of four bowlers per team. Individuals may also register and will be assigned to a team. All entries must include each bowler's name with bowling average.

**The cost is \$20.00, which includes three games of bowling and lunch. For those wishing only to bowl, the cost is \$10.00, and those not bowling but wanting to join us for lunch is \$10.00.**

**Please submit one reservation per team or individual prior to Saturday, March 4, 2023.**

NO RESERVATIONS -- NO BOWLING -- NO EATING!!!!

**Any questions please contact tournament chairpersons John or Alice Heasley at 724-836-1490 or trinjoal@yahoo.com**

**Make checks payable to District 14-E Lions and send with registration form to:**

John/Alice Heasley  
312 Beechwood Road  
Greensburg, PA 15601

(detach here, print info clearly, and mail form to above address)

Name of Lions Club \_\_\_\_\_

Contact Name and Phone # \_\_\_\_\_

Name of Bowler \_\_\_\_\_ Average \_\_\_\_\_

Name of Bowler \_\_\_\_\_ Average \_\_\_\_\_

Name of Bowler \_\_\_\_\_ Average \_\_\_\_\_

Name of Bowler \_\_\_\_\_ Average \_\_\_\_\_

# \_\_\_\_\_ **Bowling and eating @20.00 each** \_\_\_\_\_

# \_\_\_\_\_ **Bowling only @ \$10.00 each** \_\_\_\_\_

# \_\_\_\_\_ **Eating only @ \$10.00 each** \_\_\_\_\_

**Total amount enclosed \$** \_\_\_\_\_

## NEWSLETTER SUBMISSIONS INFO

PLEASE FORWARD ALL NEWSLETTER ITEMS NO LATER THAN the 27<sup>th</sup> OF EACH MONTH!!!!

Forward them to: Lisa Gismondi

Email: [lsgis67@gmail.com](mailto:lsgis67@gmail.com)

Not getting the newsletter in your

Make sure it didn't end up in your junk or spam folder!

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

**[News.lions14e@gmail.com](mailto:News.lions14e@gmail.com)**



On Facebook? Join the Global Lions Forum Group today! 17K members and growing!

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





# Christmas Around the World with the Lions

Lions Diabetes Board of Allegheny and Westmoreland Counties (LDBAW)





## We Lions know how to have a good time!

Here are some pictures from some holiday parties around the District including Lions from Lower Burrell, Mt Pleasant Township, and Slickville!



# Member Retention: Acknowledge Service

*By Zone Chair Lisa Gismondi*

We hear over and over again the topic of Membership. Not a newsletter is written without it being mentioned at least once. We all know it is so very important for our district to recruit new members. Equally important, however, that we must not lose sight of.... Is member retention! What is your club doing to retain it's members? How do you honor and thank your current membership? One way is through the Chevron award. This award recognizes your lion members for their dedicated years of service starting at 10 years through 75 years of service!



Charter Monarch Chevron



Monarch Chevron

Did you know there are two types of Chevron Awards? The Charter Monarch Chevron, available to founding club members only, and the Monarch Chevron. The awards are automatically sent to the District Governor whose responsibility is to make sure that members receive their awards.

Anniversaries are a reminder of the milestones in our lives. They give us the opportunity to celebrate, commemorate and reflect. They demonstrate the passage of time, and our commitment to someone or something – whether it is a loved one, job or membership in an organization.

During the Lower Burrell Lions Christmas celebration, 1VDG Amy had the honor of inducting one new member and recognizing several lions and presenting them with Chevron awards. From ten to over 30 years of service!

So be sure to honor and recognize your members' years of service! Reach out to your District Officers, GAT Members, or Zone Chairs for help in acquiring your Club's latest Chevron Awards. And then plan a special occasion to recognize your members! Or present the awards during one of your Club dinner meetings. Have someone from the Club or District present the awards – make it fun and make it memorable. Members will say it's not a big deal – but I'm here to tell ya: IT'S A BIG DEAL!





**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**



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

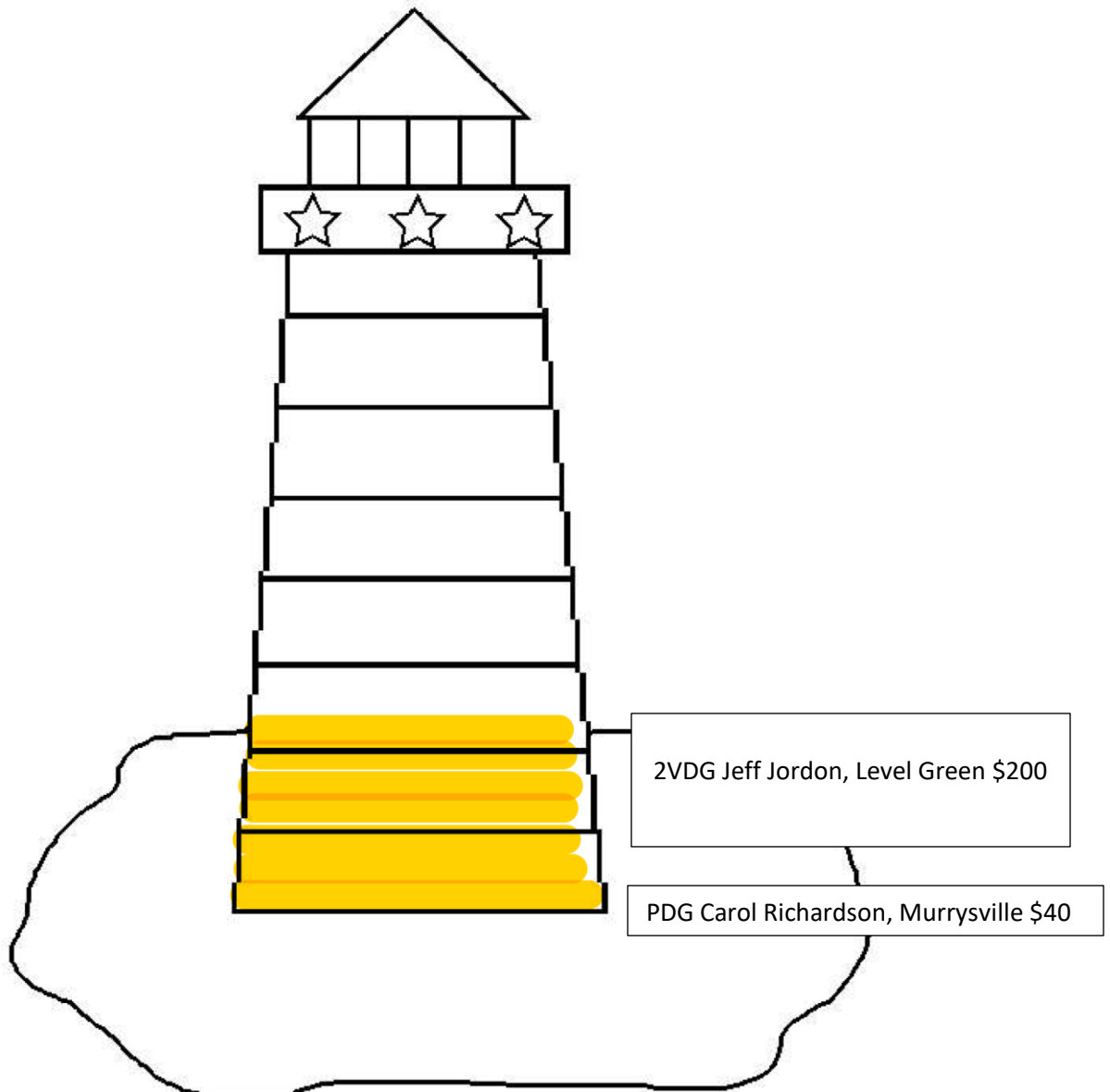




## BEACON LODGE FUNDRAISING FACEBOOK BIRTHDAY CHALLENGE!

How it works: Around your birthdate, Facebook will ask you if you'd like set up a fundraiser for your Birthday. SAY YES! Select PA Lions Beacon Lodge Camp as the Organization you are raising money for. Start out SMALL and choose a small goal like \$100. If you reach that goal, increase it a bit more. The money will go directly to Beacon Lodge! If you opt to run this campaign, please email Lion Lisa Gismond: [lsgis67@gmail.com](mailto:lsgis67@gmail.com) so that you may be recognized on our BEACON LODGE FUNDRAISER CHALLENGE and you'll be added to our GOAL METER!!! Come on District 14-E Can we get to \$500? \$1000? More?!?!?!?

(if you need help setting up a facebook fundraiser, feel free to reach out to Lisa)



## Fly Zones

**December 2022 – District 14E MMA reports as submitted to lions14e.org as of 4pm, 12/27/22**

### ZONE 1

**Chestnut Ridge** – 26 members. This month we hosted breakfast with Santa and it was a very successful fundraiser. We made our annual Christmas donations to the mount pleasant and ligonier salvation army as well as the Blackburn center and Union mission. Poinsettias were delivered to local widows and a fruit basket to a local blind family.

**Greensburg East Hempfield** – 12 members. Dec. 1, club Christmas meeting at Greensburg Country Club. Dec. 3, rang the Bell for the Salvation Army's Red Kettle program. Dec. 12-16, coordinated and executed the annual Bike Assembly program for the Toys for Tots program, 5 Lions Clubs participated in assembling, inspecting, and repairing over 130 bikes.

**Latrobe** – 14 members. Honored Student of the Month, donated \$300 toward a Christmas Party for Torrance State Hospital patients, took a family shopping for Christmas, caroled at a rest home, rang bell for Salvation Army.

### ZONE 2

**Rostraver Twp.** – 44 members. Made a donation to our local food bank for December. Donated to the Rostraver Light up night. Still collecting bags for benches.

**Youngwood** – 40 members. We provided popcorn for Youngwood's Santa in the Park. The club helped assemble bicycles for Toy for Tots. We raised funds for and provided Christmas Food Baskets for 22 families in the Youngwood area. A donation of \$100.00 was made to Larry's Lights. 6 members attended Christmas Around the World. No meetings were held in December.

### ZONE 3

**Vandergrift** – 27 members. We sponsored and participated in the 3 day Vandergrift Way Back When Christmas Festival Dec 3-5. The club also continued to sell raffle tickets and Brooms, collect used eyeglasses and loan out hospital equipment.

**Washington-Bell** – 12 members. Donated \$400 to the Westmoreland County Food Bank. Donated \$200.00 each to two families in financial difficulty. Held our annual Christmas dinner and donated toys to a local group collecting toys for children in our area. Continue to sell brooms and collect used eyeglasses.

### ZONE 4

**Bushy Run** – 35 members. No report.

**Level Green** – 36 members. Members participated in Light Up Level Green event with community. Members volunteered with the bike assembly project with Greensburg East Hempfield Lions. Wrapped up a successful Koeze nuts fundraiser campaign. Held a holiday gathering for multiple clubs including Bushy Run.

**Manor** – 15 members. "Adopted a family for Christmas" again this year. We bought each of the 4 children \$100 worth of clothes and toys. We gave the parents a \$100 gift card. All total, we spent \$500. Just 2 weeks from Christmas, we were told about another family in Manor that was having trouble buying gifts for her 5 children. Clothes, books, and make-up were bought and delivered with a \$200 gift card, all totaling \$250.

### Thank you to clubs who report regularly!

**Please note** that information submitted online to the [www.lions14e.org](http://www.lions14e.org) website populates this list and serves as information for District Cabinet. All information is due by the 27<sup>th</sup> of the month.

**Service reporting to LCI must be done separately on the MyLion website. If you need help with service reporting, please be in contact with your zone chair as soon as possible so that assistance can be arranged.**

***Service reporting to LCI is vital!***



## TOYS FOR TOTS! And Other Happenings in the District...



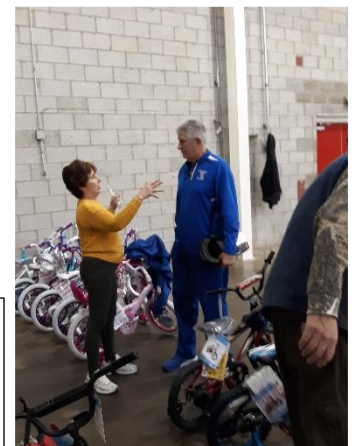
The Lions of District 14E are on Santa's Nice List after a successful return to the Toys for Tots Program. From Dec 12 to Dec 16 the Lions stepped in and operated the Bicycle Program.

Over five days Lions assembled, inspected, tested, and repaired more than 130 bikes, trikes, coasters, and scooters.

Each bike was ready to be ridden on Christmas morning, complete with a helmet.

Lions from Delmont, Youngwood, Mount Pleasant, Level Green and Greensburg East Hempfield worked the assembly area and assembled toys for distribution.

Toys for Tots celebrated its 75th Anniversary in 2022, and the local program is 27 years strong. The Lions partnered with the Marine Reserves to provide a tangible sign of hope for economically disadvantaged children at Christmas. The Marines are planning on our assistance next year, and we look forward to the opportunity to serve.



**That's a lot of  
bikes!!!!**



The Delmont Lions had a creative way of having their Charter Night Celebration. They held an evening of Service putting together bikes for Toys 4 Tots! And here is a Couple Xmas basket they put together! #WeServe



# 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](http://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](http://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](mailto:beth.slade@leaderdog.org) or 248.218.6421.**

FOLLOW THE LEADER  
  
[LeaderDog.org](http://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](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  
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

LIONS CLUB



Dear Lions and Leos,

Future Leader Dog Walter (*pictured right*) is one of the more than 400 puppies being raised right now across the U.S. to become the eyes and companion of someone who is blind. His puppy raiser, a Michigan Lion, will spend a year training Walter to be the best puppy he can be, taking him to new places, introducing him to all kinds of people and animals, and helping him to be calm and well behaved. Once Walter reaches adulthood, he will come back to Leader Dogs for the Blind for 4-5 months of formal training with a guide dog mobility instructor (GDMI) to become a highly skilled Leader Dog.

Symbolically sponsoring a puppy like Walter gives Lions a chance to impact two lives—the life of a Future Leader Dog and the life of someone who is blind or visually impaired. With a little teamwork, your club is asked to raise \$500 to offset the costs of raising one of these amazing puppies. In return, your club will receive a portrait and profile of your sponsored Future Leader Dog, an official sponsorship certificate and a matching plush puppy!

Be sure to post a picture of your club and plush puppy on social media to share the joy!

Thank you for helping Leader Dog serve people who are blind, visually impaired and DeafBlind in your communities. Together we serve!

Sincerely,

*Lion Sue Daniels*

Lion Sue Daniels  
President and CEO

P.S. Need an easy “non-event” fundraiser? Check out our Dollars for Dogs program. Actively engage your community in the fundraising process—perfect for small or large clubs!

Find out more at [LeaderDog.org](http://LeaderDog.org).



*“Caius lifts my spirit and improves my mental health. He is a wonderful dog. My Leader Dogs have helped me adapt to the world without my sight.”*  
~ Greg I



Empowering people who are blind or visually impaired with lifelong skills for safe and independent daily travel

888.777.5332 | 1039 S. Rochester Road, Rochester Hills, MI 48307-3115 | [LeaderDog.org](http://LeaderDog.org)



# 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

► **116**

Guide Dog clients served

► **90**

Clients received white cane training

► **5**

Clients who are deaf and blind received customized guide dog training in-home

► **18**

Teenagers gained leadership and travel skills

► **13**

Young adults gained travel, professional readiness and networking skills

► **188**

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

► **\$0**

Cost to client



"Having a Leader Dog provides opportunities that impact our work, education and social environments. Many clients will achieve not only independence but better job opportunities."  
-Mark H & LD Izzy



**LEADER DOGS**  
FOR THE BLIND

For more information or to sponsor, visit  
[LeaderDog.org/sponsor-a-puppy](http://LeaderDog.org/sponsor-a-puppy)

FOLLOW THE LEADER  
[LeaderDog.org](http://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!**



**LEADER DOGS**  
FOR THE BLIND



**Rusty**  
Michigan



**Walter**  
Michigan



**Caramello**  
Wisconsin



**JoJo**  
Michigan



**Portillo**  
Illinois



**Harlem**  
Michigan-Oaks 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*) Rusty Walter Caramello JoJo Portillo Harlem

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](http://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](http://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](http://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](http://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.

Supporting PA Lions "Care - For The Kids"™

Your Donation

Amount	Rate	Start	End
\$100	\$100	Start	End
\$200	\$200	Start	End
\$500	\$500	Start	End
\$1000	\$1000	Start	End

 **\$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](http://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
- Carpentry
- Painting
- Landscaping
- Roofing
- Access to construction equipment (please list on back of this form)
- Electrical
- Masonry
- Drywall
- General Volunteer
- Truck Driver (or can operate other equipment)

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)**



**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 <sup>st</sup> Vice District Governor	Amy Thompkins	Delmont	amoose309@yahoo.com	412-551-0327
2 <sup>nd</sup> 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**  
[tcatullo@hotmail.com](mailto:tcatullo@hotmail.com)  
**412.980.0941**

