Happy New Year WNY Lions!

2020 is finally upon us. Here’s to Renewed Hope, New Opportunities, New Adventures and New Ways to Give and Love.

As of December, I was able to visit 32 clubs. I am truly amazed at the attention and level of service our Lions Clubs provide in their communities. Thank you for your warm welcomes, and gifts; your hospitality is much appreciated. Please continue to submit articles, events, and service activities for publication to the local newspapers, as well as our own newsletter. There is no better person to toot your horn but you! The more you “toot”, the more the public and the district is aware of all the good Lions are doing.

Our membership marketing campaign is doing very well. In October we targeted a marketing campaign in Niagara Falls in hopes of opening a new club. This was extremely successful, as we will have a new club, The Niagara Falls Community Lions, on the books in February 2020. Charter night information will follow. We also ran a district wide social media campaign in November. The results were fabulous as over 10,000 unique accounts saw our message. This is very important in raising our brand awareness, while informing the public that we are accepting new members. We had some people interested in joining us and submitted their contact information. All were followed up upon and forwarded on to the closest respective club for follow up. Please, please, please follow up if you receive one of these leads. Invite them to your next service project, let them see firsthand what we do. Don’t give up on them if they do not respond right away, we are all busy and sometimes need that second invite or follow up.

My mission remains the same, to boost membership, but I cannot do it alone. No one knows your club like you do, you are the best people to bring in new members. Please contact me to schedule a meet and greet for your club, or zone. Send me your location recommendations. This is the only time we will have the marketing money, so let’s use it to our advantage before it expires! If you have a large event coming up that we can work a membership campaign around, please let me know asap so we can boost your event and club membership at the same time. We are offering social media training for the first time on February 1, 2020 at the West Seneca Library, 10am-12pm. Please bring your charged/updated, Wi-Fi or data enabled devices, whatever you are most comfortable using. We are also looking for volunteers who are social media comfortable to help one-on-one with other Lions while Lion Aaron is going through the program.

Is your club working on its 2020 Club Excellence Award? The Club Excellence form is included in this newsletter. Please print and bring to your next meeting to discuss where your club is at in completing the criteria required. This is something attainable by every club. Make it part of your clubs 2020 goals.

It was just announced that the 2022 Multiple District will be May 20-22 in NIAGARA FALLS, NY. PDG Dan Dunn, of West Seneca Lions, has volunteered to chair the big event. More details will follow as we go forward.

Remember “Some people live a lifetime wondering if they’ve made a difference in the world—LIONS do not have that problem”. Trust the service you are providing is making a difference to your community and to your fellow Lion. Thank you for your continued dedication and service to Lionism!

DG Regina Cecconi
SHERIDAN DRIVE LION Debbie Gajewski, a teacher at BOCES, took her class to the McKinley Mall for a visit to see Santa and have lunch on Wednesday 12/18/19. Thanks to the following Lions Clubs for providing the funding for the busses: AMHERST, CHEEK-TOWAGA, LANCASTER, SHERIDAN DR., S. BFLO/LACKAWANNA AND WEST SENeca. The S. BFlo/ Lackawanna Lions provided the funds for lunch and also provided a Santa (PDG Lion John Shaffer). The kids had a great afternoon.
2019-2020 CLUB EXCELLENCE AWARD APPLICATION

Club must be chartered prior to January 1 of the fiscal year to qualify.

Application Date

Club Number

Club Name

Member Number

2019-2020 Club President’s Name

2019-2020 Club President’s Email Address

1. MEMBERSHIP

☐ Achieved a Net Growth of: __________

☐ Chartered new Lions club, Leo Club or Club Branch:

Name of club, or branch: ____________________________

AND

☐ Supported member retention by increasing member satisfaction

Outline strategy: __________________________________________

*Based on June 30 cumulative membership report

2. SERVICE

☐ Started a new service project. Consider one of our Global Causes!

1. ________________________________________________________________________

2. ________________________________________________________________________

3. ________________________________________________________________________

AND

☐ Contributed to LCIF

3. ORGANIZATIONAL EXCELLENCE

☐ Club is in Good Standing: Not in Status Quo or Financial Suspension. District dues paid and no unpaid balance with LCIF greater than US$50 outstanding 90 days or more.

AND

☐ Key Officers participate in one or more of the following leadership training events:

☐ District

☐ International

☐ Multiple District

☐ Webinars

☐ Lions Learning Center

AND

☐ Improved club operations. Use the Club Quality Initiative to identify opportunities for improving your club.

Improvements include: ________________________________________________

4. MARKETING AND COMMUNICATION

☐ The club has publicized its service activities through local media or social media

Choose all that apply:

☐ Facebook

☐ Instagram

☐ Twitter

☐ Billboards

☐ Presentations to Groups

☐ Other

☐ Local Paper

☐ Radio

☐ Club Website

☐ Posted or Distributed Flyers

Date 2019-2020 District Governor’s Signature*

District

Member Number

Due by: August 31, 2020

Send to: clubexcellence@lionsclubs.org or fax to (630) 468-6828

Awards Mailed to: 2020-2021 District Governors

* If sent from district governor’s registered email, it qualifies as signature on applications submitted electronically.

Disqualified clubs have 12 months from original due date to request a review.

DA-CEA1.1N 2/2019
West Seneca
Lion Gene Hart
40 Years

West Seneca
Lion Richard Scott
40 Years

West Seneca
Lion Bill Grosstephan
10 Years
The Lancaster Lions and helpers prepared 72 baskets for the holidays, with the Lancaster High School Leos providing the muscles to carry the weight!

Wheatfield
Lion Walt Garrow
Robert J. Uplinger Award

Wheatfield
Lion Justin Higner
PR Award
Celebrate ABILITIES With...

Flame

SPREADING hope AND inspiration THROUGH THEIR MUSIC

SPECIAL GUEST - LOCAL RESIDENT
CLaire Costello

PRESENTED BY -

Tioga Downs Conference Center & Casino
2384 W. River Rd., Nichols, NY

Saturday, February 1st
2PM - 4:30PM

Tickets - $20

Order Tickets At www.LionsCB.org

Complimentary Tickets Are Available For Individuals With Special Needs Call 1-800-232-7060 To Reserve Yours

Thanks To Our Sponsors - This Program Is Funded In Part By Grants From:
• The Floyd "Vic" Hocker Youth Fund Of The Community Foundation For The Twin Tiers, Made Possible By Generous Donors Since 2003
• The United Way Of Tioga County
On December 10th, The Ellicottville/Franklinville Lions Club put together 60 gift bags for the shut-ins for Ellicottville, Franklinville, and West Valley. Gift bags were distributed by the Meals and Wheels Program. The Lions Club also presented checks to the Ellicottville and Franklinville Food Pantries. We are having our Community Silent Auction fundraiser at the Wingate by Wyndham Hotel Lobby in Ellicottville. Pictured left to right Lions Director Sheila Galager, 3rd.V.P. Ann Ploetz, P.Pres. Jim Williams, Dir Faye Williams, Pres. James Sterry, Past R.C. Christine Jozwiak, and Past Dist. Gov. James P. Jozwiak.

Amherst Lion Bob Wasson
30 Years a Lion

Amherst Lion Rick Niedermeyer
15 Years a Lion

Amherst Lion Ken Moses
30 Years a Lions
On May 27, 2019 The Town of Niagara Lions and Lioness again honored those members of our armed forces who sacrificed their lives protecting our freedom with a Memorial Day Ceremony. The ceremony was held at Veterans Memorial Community Park. Pictured is our guest speaker, John Doran, Manager of the Fashion Outlets of Niagara Falls.

On Saturday, May 18, 2019 The Town of Niagara Lions Club held their annual Bowling For Sight fundraiser at the Bowl A Drome Lanes in Niagara Falls. Sixty young bowlers from Niagara Falls Schools participated in bowling while enjoying the pizza and pop. Pictured are Lions Ange Onevelo and Boyd Clark with a winner of a raffle.

On Wednesday, May 8 The Town of Niagara and Wheatfield Lions Clubs held their annual Citizenship Awards Dinner and Ceremony. Twenty four fifth grade Niagara Wheatfield students were presented a good citizen certificate along with a corsage and American flag. Lion Bill Ross was the guest speaker. Pictured are Lions Walt Garrow, Phil Silliman and Bill Ross along with student recipients.

On Wednesday, May 22, 2019 The Town of Niagara Lions hosted the annual Citizenship Awards Dinner and Ceremony honoring 5th grade students in the Niagara Falls School System. Over 200 proud recipients parents, siblings, teachers and administrators attended. Board of Education member Earl Bass was the guest speaker. Pictured is speaker Earl Bass, and Lions Mike Hoplight and Bob Shively along with an award recipient.

The Town of Niagara Lions hosted a pancake breakfast on February 22, 2019. The breakfast was to raise money for the Boy Scout Troop 841 to purchase scout jackets. Each year the scouts assist the Lions on Veterans and Memorial Day. Over $2,000 was raised to purchase the jackets. Pictured are the scouts wearing their jackets at the November 11, 2019 Veterans Day Ceremony.

Each summer the Town of Niagara Lions Club staffs a food concession at the Monday Night Music Mania Concerts at Veterans Memorial Community Park. The members prepare hamburgers, hot dogs, Italian sausage, popcorn, candy, pizza, nachos /cheese and pop and water. The concession is a lot of work and entails 12 concerts. Everyone enjoys the great tribute bands and atmosphere. Pictured are Lion members at one of the concerts.

A summer would not be complete if the Town of Niagara Lions and the float "Braille Lion" did not participate in a summer parade. This year we participated in the Niagara Falls Memorial Day Parade, Canal Fest Parade, Youngstown 4th of July Parade, and the Peach Festival Parade. Pictured is "Braille Lion".

Lions Ange Onevelo, Karyn Jolley, Don Korman, and Al Kontrbecki again staffed the 10 mile water station for the Niagara Hospice Half Marathon. Runners travel from Lewiston to Youngstown ending at 4 Mile Creek State Park. Pictured are Lions Ange, Karyn, Don and Al.
Gasport
Lion Duane Hill
10 Years

Grand Island
Lion Paul Basssette
45 Years

Grand Island
Lion Anne Fahning
20 Years

Grand Island
Lion Richard Crawford
30 Years
Around Town with the District Governor

Town of Wheatfield Lions

Grand Island Lions

Buffalo Host Lions

West Seneca Lions

Bflo. Kensington Lions
The Holiday Season and the Concerns of and for Diabetics – Hidden sugars abound!

Indeed, we all enjoy the Holidays . . . but, for those of us living with diabetes it is a time for concern! All that food, the carbs and multiple sources of sugar . . . ! Briefly, consider these four foods which we don’t associate with “sweet” and you should consider options (eat small portions per meal or select options with less sugar or lower in carbohydrates). Please heed this advice by Dr. Ryan Shelton, N.M.D., and place these foods on your radar:

a. **Mashed potatoes**: sugar bombs waiting to go off – with butter, milk and the starch (plus the peels are generally removed (they provide some fiber to absorb the sugar); a better option is baked sweet potatoes and consuming some of the peel will offer you more fiber to slow down the sugar “rush” from the blood stream into your cells!

b. Don’t get fooled by the delicious **stuffing** – more savory than sweet! BUT, remember this holiday delicacy is made with bread! Oops! This serving becomes a problem because bread contains high quantities of sugar. In addition, most bread used is white rather than dark wheat bread. At least if dark wheat bread is used then the fiber quantity is increased which slows down sugar absorption from blood stream to individual cells.

c. **Cranberry sauce** is a tasty option to add unique flavor your turkey, BUT beware of the sugar content, which makes it a non-healthy choice. Make your own and don’t add sugar; a healthier choice - have another serving of vegetables instead.

d. **Eggnog**, while it is a delicious and tasty holiday treat, it contains a “hefty” hidden source of sugar. The other issue with eggnog is the fact that it’s made with milk, and milk is also a source of sugar in the diet. If you know the eggnog is made with unsweetened almond milk it may be okay to drink but regular eggnog should be avoided. Consider this alternative: dilute the eggnog with water or use 1% or 2% milk (50/50).

Happy Holidays  Lion Don Birdd, Diabetes Chairman
On Tuesday 12/17/19 the **Kenmore Lions Club** "Chorus" entertained the residents of Elderwood Assisted Living and Schofield Residence with Holiday Carols. Santa (Lion Jim Grimes) paid a visit along with Mrs. Santa (Lion Marietta LaFornara) read "Twas the Night Before Christmas". Many thanks to Mr. Tom Paladino who provided the musical accompaniment.

The Kenmore Lions Club enjoyed our annual Holiday Luncheon at the Olympic Restaurant. Santa paid a visit and distributed candy canes to our Lions and guests.

Kenmore East Leos Club and Mrs. Kelley Holtz, Advisor, working on Christmas Ornaments for Kenmore residents of Schofield Home (tea lights decorated with top hats and ear muffs)

Advisor Mrs Janine Galante and Leos making reindeer ornaments out of candy canes and pipe cleaners. These wonderful youth love doing service.
Every June the TOWN OF NIAGARA conducts a town clean up with volunteers. Lions Gunwant Sodhi, Anthony Restaino, Theresa White, Bob Shively and Al Kontrabecki collected 5 large bags of rubbish, muffler and tarp along Tuscarora Road in the town. Pictured are the participating Lions.

On October 6, 2019 The Town of Niagara Lions and Lioness Clubs hosted their annual Spaghetti Dinner and Basket Raffle at St. Vincent de Paul Parish Center. The Lions served over 400 spaghetti Dinners and the Lioness had approximately 140 baskets for the raffle. The event was very successful and everyone enjoyed the food and raffle. Pictured are some of the baskets for the raffle.

The Town of Niagara Lions and Lioness Clubs hosted their annual Veterans Day Ceremony at Veterans Memorial Community Park. All Veterans attending received an American Flag lapel pin and flag. Guest speaker was the State Assemblyman for the 145th District, Angelo J. Morinello. Angelo is also a Vietnam Combat Veteran. Following the ceremony the Lioness provide warm beverage and pastry. The weather was bitterly cold but nonetheless everyone braved the elements to honor our Veterans. Pictured on the left is our guest speaker Angelo Morinello.

On November 23, 2019, members of the Town of Niagara Lions Club hosted a pizza party and gift presentation Veterans on floor 9A at the VA Hospital in Buffalo. Lion Mike Hoplight, a longtime volunteer at the VA hospital arranged the event. Everyone enjoyed the socializing, pizza and gifts. Pictured are Lions Joan Dugan and Pat Finley with some of the gifts they prepared for the Veterans.

Each year The Town of Niagara Lions Club presents a $1,000 scholarship to a Town of Niagara student. This past May the Lee Cora/Cosmo Fratello Scholarship was awarded to Brianna Walker. Brianna will be attending the University at Buffalo. Over $50,000 in scholarships has been awarded to a town resident since its’ inception.

The Town of Niagara Lions Club along with the Wheatfield Lions Club maintain a medical device Loan Closet. As in previous years the loan closet receives many requests for assistance. This year the Town of Niagara has loaned/donated 2 lift chairs, 10 hospital beds, 5 walkers with seats, 7 shower chairs, 6 wheelchairs, 4 commodes, 2 transfer wheelchairs, 2 toilet seat extenders, 4 canes, 1 hoyer lift, 1 motorized wheelchair, and 3 scooters. We have also donated along with Wheatfield Lions 5 motorized wheelchairs and 3 scooters to H.E.R.D. (Helping Empower Returning and Disabled Veterans) from Cheektowaga. Recently both clubs donated over 40 excess walkers to Absolute Care in Gasport and over 20 to McAuley Seton Health Care. Further, the Town of Niagara Lions have provided 10 eye exams and eyeglasses and 4 hearing aids (through the FLRLHF) to individuals who otherwise were not financially capable to do so on their own. Pictured are Lions Ange Onevelo and Al Kontrabecki picking up and delivering a lift chair.
Cheektowaga
Lion Gerald Miller 45 Years

Cheektowaga
Lion Christine Stroh 10 Years

Cheektowaga
Lion Philip Coyle 30 Years

Cheektowaga PP Lion Donald Sondlak
Outstanding Club Leadership & Dedicated Service Award From President Sandra Barlow

Cheektowaga
Lion Jerry Stroh 35 Years
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<td>Barker &amp; Jamestown Lions Clubs Day at the Museum</td>
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<td>Kenmore Lions Club Pancake Breakfast</td>
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MARK YOUR CALENDARS:
May 20-22, 2022
The Multiple District 20 State Convention
Will be held in:
NIAGARA FALLS, NY
**Youngstown Lions Club** collected presents for children at their annual Christmas party. The gifts will be distributed by the Youngstown Civic Guild.

The **Wilson Lions** enjoyed a road trip to Toronto with Mirage Tours. They also held their annual Christmas Party at the Wilson House Inn with DG Regina on hand and PDG Claney Burkwit providing the music for the singalong. Items were collected for the Wilson Food Pantry.
DISTRICT 20N LIONS NEWSLETTER

We're On The Web!
www.20nlions.org

DNLN PUBLISHING DEADLINE IS THE 24TH OF EACH MONTH

Send To Dmuscocireil@gmail.com

We need someone to step in and take over the creating of the District Newsletter for the 2020-2021 year! I will be happy to help get you started but after 10 years I'm burned out! Thank you ~ Diane

Lions Day at the Museum
Saturday, January 25th, 2020

Bus tour and Lunch at the National Comedy Museum, includes the Lucy Desi Museum, Jamestown, New York

A Joint Club event hosted by the Barker and Jamestown Lions Clubs

Take the bus, meet us there or stay overnight at the Jamestown Doubletree. Hotel not included.

$80.00 per person, prepaid. Seating is limited. make checks payable to: Jeff Jarvis, 5088 Tonawanda Crk Rd, N Tonawanda, NY 14120

Contact: PDG Jeff Jarvis 716.536.3646 [phone or text]