



# From the Desk of 1st VDG Linda Walsh

Dear Lions,

Spring is right around the corner and the Lions Foundation at Albany, NY, Inc. have begun their Bunny Sales. This is one of their major fund raisers for the year, so please sell the bunnies or buy them for your friends and family members.

Are you a Knight of the Blind? If not, why not consider being one or giving one to a club member. Members of the Foundation will be making visitations to your club to explain KOB's and show a brief video. As a member you will receive a pin and plaque, and have your name appear on the board at the Eye Institute in Albany.

Just a gentle reminder to club secretaries to send in your new slate of officers ASAP so I can begin putting the new directory together.

I will be attending the 3rd Council meeting in Syracuse at the end of February and will attend District Governor Leadership School in March in Binghamton.

Plans are coming together for the State Convention. Be sure to get your reservation in soon, especially the meal plan, as it fills up fast. Please note that the Saturday night Gala will have a "tailgate" theme so you don't have to dress up. Please visit the hospitality room on Friday night.

I recently inducted two new members into the Gloversville Lions Club. I feel that they will become great Lions because of their enthusiasm.

Special thanks to PDG Lettie for putting together our 3rd Cabinet Meeting. We had the pleasure of meeting the two candidates for Directors. We will vote for our choice at the State Convention.

Clubs! ARE YOU CAUGHT UP ON YOUR DUES? If not, send them in ASAP.

Have a nice St. Patrick's Day March 17th.

Yours in Lionism,

VDG Linda

[Editor's note: VDG Linda wrote that Lion Fran Mezza

was very appreciative of the cards, and that her family was overwhelmed with the outpouring of well wishes she received. Lion Fran passed away February 28, 2012.]

## Gloversville Lions Club

By VDG Linda Walsh

The Gloversville Lions Club welcomed two new members in the first two months of 2012. VDG Linda Walsh inducted new member Ron Blum, Esq. in January, and sponsored and inducted new member Jack McCarthy of Canada Lake, in February at Patricia's, into the Gloversville Lions Club.



*Above Front: VDG Linda Walsh and president Mark Ford. Back left to right: Past President Jim Handy, member Sam Zimmerman, new member Ron Blum and Past President Norma Cozzalino.*

*Below: President Mark Ford, new member Jack McCarthy, VDG Linda Walsh.*



**GLOVERSVILLE Lions Club**  
**P. O. Box 8, Gloversville, NY 12078**  
**[gloversvillelionsclub@gmail.com](mailto:gloversvillelionsclub@gmail.com)**



**Alone we can do so little;  
together we can do so much.**

*~ Helen Keller*

# Glens Falls Lions Club

By King Lion Sandie Clark

Glens Falls Lions are selling Bunnies for \$5.00 each. Contact Lion Phil Jessen at the Glens Falls Association for the Blind, 144 Ridge Street, Glens Falls, NY 12801, (518) 792-3421 for purchase, or any Glens Falls Lion.

*Lion Scott and Karen Rager were presented Knights of the Blind plaques by PDG Dick Nason, at the February 14th Lunch meeting at the Queensbury Hotel.*



## SAVE THE DATE!

For our 9th Annual Golf Tournament at Airway Meadows, Saturday, June 2, 2012. Shotgun start is at 1:30 pm, Registration at 12:45 pm; \$400 1st Place Team, plus prizes and raffles; \$85/per person; Soda/Beer/Hotdog at the Turn; Steak/Chicken Barbecue following the tournament. Sponsor a Hole/Tee for \$100!

For more information contact Lion Scott Rager at rager@roadrunner.com or Lion Jim Clark at jimclarksgm@verizon.net.

Check out our new website: [www.glensfallsions.org](http://www.glensfallsions.org).

**GLENS FALLS Lions Club**  
P.O. Box 528, Glens Falls, NY 12801  
[www.glensfallsions.org](http://www.glensfallsions.org)  
email contact on website



[www.facebook.com/#!/pages/Glens-Falls-Lions-Club/299180695661](http://www.facebook.com/#!/pages/Glens-Falls-Lions-Club/299180695661)

# Granville Lions Club

By King Lion Marianne Lynch

February has come and gone; could a real spring be far away? Our furniture sales are just around the corner! Look for the new furniture team schedule with the April Newsletter.

At our first dinner meeting in February, VDG Steve presented an informative video and talk about The Lions Eye Institute in Albany. The Lions Eye Institute provides

specialized eye treatment for area residents. Steve and I serve as trustees on the board for the Lions Foundation at Albany. Our second dinner meeting was well attended by both Lions and Rotary. Lion Dave Williams spoke about the progress and current events at the Granville PBA Youth Center. If you are on Facebook you may "like" them and check out events there. The PBA once again thanked the Lions for their support and donations in the past.

Since its inception in 1952, the Sight Society of Northeastern New York, Inc. (Lions Eye Bank at Albany) has helped tens of thousands of people restore their vision. It is estimated that 2,000 people will lose their sight this month. Your help is greatly needed. The ceaseless efforts of the Sight Society of Northeastern New York and Lions clubs have made it possible for some sight impaired individuals to see again. March is "Eye Donor Month" more details on how to become an eye donor can be found at [www.lionseyebankalbany.org/](http://www.lionseyebankalbany.org/).

**GRANVILLE Lions Club**  
P.O. Box 4, Granville, NY 12832  
[www.GranvilleLions.org](http://www.GranvilleLions.org)



[www.facebook.com/pages/Granville-LionsClub/169389293132493?sk=wall](http://www.facebook.com/pages/Granville-LionsClub/169389293132493?sk=wall)

## 2<sup>nd</sup> ANNUAL CRAFT FAIR

Hosted by the Galway Lioness Club



**Saturday March 31<sup>st</sup>**  
**10 - 4**

**Free Admission**  
**Galway High School**  
**5317 Sacandaga Rd (Rt 147)**  
**Galway, NY 12074**

# Mechanicville-Stillwater Lions Club

by Lion Ray Martin

## **SAVE THE DATES**

**MARCH 10  
6:00 -11:00 pm**

### **70th Anniversary Banquet**

The Century House Restaurant, Rte #9, Latham, NY  
Keynote speaker, Hon. Anthony Paradiso PDG (20-K2)  
\$35 per person. Discounted hotel rooms available.  
Invitations will be sent out soon.  
Seating is limited, RSVP quickly.

**May 18  
All Day**

### **Lion Frank Izzo Memorial Golf Tournament & Banquet**

Put together a four-some; or just come for the Banquet.  
Prizes, raffles, lunch provided; Ford for a hole-in-one.  
Classic Mechanicville Golf Club Proceeds to benefit our  
Signature Activities: Sight & Hearing, Youth,  
and Food Programs

**July 14  
Family Day Raffle**

More info about the prizes coming soon

**For more info on the  
MECHANICVILLE-STILLWATER Lions Club,  
contact:  
King Lion Kim Dumar  
kdumar@nycap.rr.com**

**Guiding Eyes for the Blind  
www.guidingeyes.org/**

**Northeastern Association for the Blind at Albany  
www.naba-vision.org/**

**Association for the Hearing Impaired  
www.afthi.org/**

**Central Association for the Blind and Visually Impaired  
www.cabvi.org/**

**Lions Eye Bank at Albany  
www.lionseyebankalbany.org/**

**The Lions International Pin Trading Club** is proud to announce a Youth Scholarship of \$2,500 for a graduating senior who is the child or grandchild of a Lion or a member of a Leo Club. The most important aspect of the Youth Scholarship Program is to help a young person pursue his/her education and follow their dreams.

The LITPC takes great pride in fulfilling the motto of Lions Clubs International, "WE SERVE". During the SightFirst II Campaign, the pin traders contributed \$144,000 to LCIF. Our Scholarship Program is another example of the pin traders' slogan, "Lions First".

Selection of the scholarship recipient will be based on academic achievement, an essay stating the student's goals, a statement of reason(s) for applying and an overview of work, community and school service, and letters of recommendation. Applications and supporting documentation are to be completed and submitted to the pin trading club scholarship chairman named below by March 1, 2012.



We encourage all graduating seniors who are the children/grandchildren of Lions members or who are members themselves of Leo Clubs to participate in our Scholarship Program. **Application @ [www.litpc.org/](http://www.litpc.org/)**



Once again, the Glens Falls Lions Club is participating in the Great Escape/Splashwater Kingdom's "Coasters for a Cause" Fundraiser.

**COST of TICKET  
\$22.50**

(a \$27.50 off of the main gate admission price!)

**VALID DATES**  
May 19 & 20, May 25 - 28, May 30 - June 3,  
June 6 -10, & June 13 - 17

**UPGRADE POSSIBILITIES**  
~ A special "C'mon Back!" ticket to revisit the park any day during the 2012 season for just \$20, plus tax  
~ Opportunity to upgrade to a season pass for only an additional \$34.99, plus tax

Tickets will be available AFTER March 7,  
but you can pre-order now!


**Our club will receive \$5.00 for every ticket sold!**

Pre-order forms are available on our FB page  
and our Website,  
email me for more information  
at [karen@deuxflutes.com](mailto:karen@deuxflutes.com)


The Lions of District 20 K-1  
Proudly Present

PDG Robert M. Libin, Esq.  
**FOR**  
**INTERNATIONAL DIRECTOR**

A Lion with  
"A Passion for Service"



**VOTE PDG ROBERT M. LIBIN**  
FOR  
**INTERNATIONAL DIRECTOR**



**MAY 20TH, 2012**

63-52 Saunders Street  
Rogo Park, N.Y. 11374  
Tel: 718-897-2700 - Fax: 718-897-2703

E-mail: RMLibin@Lions4Libin.com  
Mobile: 718-974-1574  
www.Lions4Libin.com

## Diabetes Protect Your Heart: Make Wise Food Choices

By PDG Dick Ralston



**D**id you know that Type 2 diabetes and heart disease share common risk factors? In many cases both Type 2 diabetes and heart disease can be prevented by making small lifestyle changes.

Try making two or three of these smart food choices to protect your heart and prevent Type 2 diabetes.

### Foods To Include In Your Diet

- ❖ **Eat more whole grains.**  
Try to eat whole grain versions of bread, cereal, crackers, pasta. And other whole grains at least half the time.
- ❖ **Eat more vegetables and fruit.**  
Eat at least one vegetable or a salad at lunch and dinner. Snack on raw vegetables.

- ❖ **Choose heart healthy fats.**  
Choose the kind of fat that can help lower your cholesterol. But keep in mind that all fats are high in calories. If your trying to lose weight, you'll want to keep servings small.
- ❖ **Eat more fish.**
- ❖ **Eat foods with omega-3 fats.**

### Foods To Cut Back On

- ❖ **Cut back on foods with saturated fat.**
- ❖ **Cut back on foods with trans fat.**
- ❖ **Cut back on high-cholesterol foods.**
- ❖ **Cook using low-fat methods.** Use heart-healthy fats.
- ❖ **Cut back on calories if you need to lose weight.**
- ❖ **Cut back on salt (sodium).**

### Exercise

- ❖ **Get advice from experts on how to fit exercise into your everyday life.**

## Schuylerville Lions Club

by Lion Larry Alheim

*District Governor Richard Quick, Lion Dave Cummings, King Lion Pres. Russ Hanson, and Lion Ronall Myers attending the Feb. Lions Meeting.*



*Schuylerville Lions being visited by District Governor Richard Quick.*



*King Lion Pres. Russ Hanson exchanging pins with visiting District Governor S Richard Quick at our Feb 1, 2012 meeting.*



### REMINDER TO SAVE THE DATE

The Schuylerville Lions Club celebrates their 50th Anniversary on June 9, 2012 at the American Legion on Clancy St. in Schuylerville. Appetizers 6:00 pm to 7:00 pm  
Dinner 7:15 pm.

**SCHUYLERVILLE Lions Club**  
**King Lion Russell Hanson**  
**russellahanson@gmail.com**

# Lions Eye Institute

By Lion Sheila Nason

The Lions Eye Institute (LEI) has spent \$37,764 since July 2011 to pay for care for patients without insurance or the means to cover their medical expenses. This money helped 15 patients. Of the 15, five were treated for cornea issues, four for glaucoma, two for cataracts, one for retina issues, one for low vision, and two for miscellaneous problems. With other expenses such as support for research and education programs, total expenses during that time were \$43,000.

Costs continue to rise as more and more people need help in the current economy, said Lion John McDonald, LEI president. Since 2004, the LEI has helped 44 patients as a cost of \$117,791. A total of \$87,000 has been spent in the last year and a half, counting patient care and other expenses. At the current rate, the LEI will be broke in two years, Lion John said.

At the February board meeting, the LEI discussed such strategies as putting a cap on the amount that can be spent on one patient.

Efforts to increase funding also continue. The Lion's Foundation at Albany, Inc., chaired by PDG Dick Nason, is responsible for funding the LEI.

The sale of chocolate Easter bunnies is under way, but Lion Mary Fleming, chairman of the bunny committee, said orders are down by 866 bunnies from last year, possibly because dark chocolate bunnies are not available this year.

The second major source of funding for the Foundation is the Knights of the Blind program. Members of the Foundation and LEI boards are visiting clubs throughout Districts 20-O, 20-Y2, and 20-W, which jointly sponsor the LEI, to explain the work done at the Eye Institute and to urge more Lions to become Knights of the Blind. At its last cabinet meeting, District 20-Y2 voted to donate \$1,000 to the foundation for two Knights of the Blind who will be named later.

Four new Knight of the Blind (KOB) awards have been announced in 2012. The newest to be honored are Lion Bernard Wood of the Schuylerville Lions and Lions Scott and Karen Rager of the Glens Falls Lions. In addition, the MD20 NY and Bermuda Foundation presented a KOB award in memory of Brian Smith, the son of PDG Milledge (Smitty) R. Smith of the South Jefferson Lions Club.

In 2011, KOB Awards went to Lion L. Clifford Van Wagner, Saratoga Springs Lions; Lions Stuart S. and Ilene J. Wizwer, Town of Fallsburg Lions; Lions John N. Imperato and David E. Maier, Rhinebeck Lions; Lion Charles Leoni, Duane Lions; Lions Marianne and Stephen Lynch, Granville Lions; Lion David Hodgkins, Guilderland Lions; Lion Frances V. Mezza, Gloversville Lions; Lion Anita LeBelle; and Lion Joseph Grono, Town of Greenfield Lions.

**LIONS EYE INSTITUTE  
1220 New Scotland Road  
Slingerlands, NY 12159**

**PDG Wilfred Roehe  
Board Chair, LEI and Foundation  
8 Skyview Drive  
Poughkeepsie, NY 12603  
Home: (845) 471-5366 ~ Cell: (914) 474-4495  
whroehe@verizon.net**

**Lions Foundation at Albany, NY, Inc.  
PDG Dick Nason, President  
10 E. Notre Dame St.  
Glens Falls, NY 12801  
Home: (518) 793-6551 ~ Cell: (518) 744-1710  
snason@nycap.rr.com**

**Lions Eye Institute at Albany, NY, Inc.  
Lion John McDonald, President  
P. O. Box 91, Galway, NY 12074  
Home: (518) 882-6148  
mcdonald@nysefc.org  
jmcdonald33@nycap.rr.com**

**“Through Their Eyes —  
The Gift of Sight”  
2012 Calendar**



For more information call:  
Lions Eye Bank at Albany  
[www.lionseyebankalbany.org](http://www.lionseyebankalbany.org)

**\$8.00 Per Calendar / No Tax Due  
Shipping Included**

Make checks payable to:  
Lions Eye Bank at Albany  
6 Executive Park Drive, Albany, NY 12203

# Saratoga Lions Club

By Sheila Riley

Members of the Saratoga Springs Lions Club have been as busy as beavers since the first of the year and there are no plans to slow down.

Gliding Stars, an ice skating program for physically challenged youths, continues to grow. The program is financially sponsored by the Saratoga Springs Lions Club. Members of the Lions Club, as well as members of its Leos Club, also provide on-ice and off-ice assistance every Saturday at the Weibel Ice Rink. This year's grand finale show will be on April 7.

February brought two public casino nights, one in conjunction with the city's annual Bartender's Ball. Funds raised by these gaming events will be used to support community programs. The Saratoga Springs Lions Club owns the gaming equipment and has its own stable of wheelers and dealers and can be hired to run private events for other organizations.

On Saturday, March 24, at 7 pm, Saratoga Springs Lions, Leos, friends and family will attend the face-off between the Adirondack Phantoms and the Springfield Falcons hockey teams at the Glens Falls Civic Center. During the intermission, members of the Gliding Stars and their Lions/Leos partners will take to the ice to show off the special equipment they use, which is provided by the Saratoga Springs Lions Club. 150 tickets have been reserved. Contact Lion Rick Reeves, [rmreeves1@aol.com](mailto:rmreeves1@aol.com), to order yours.

"Night at the Brewseum," on Friday, March 30, will feature 25 varieties of craft beers; reds and whites from three local wineries, and hors d'oeuvres catered by Maestro's of Saratoga Springs. The event, co-sponsored by the Saratoga Springs Lions Club and the NYS Military Museum as a fun fundraiser, will be held from 6 to 9 pm at the museum on Lake Avenue, a few blocks east of Broadway in Saratoga Springs. Tickets are \$25 per person if purchased in advance and \$30 per person if purchased at the door. For active military personnel, tickets are \$20 in advance and \$20 at the door. Tickets can be purchased online at [www.SaratogaLions.com](http://www.SaratogaLions.com) or at the NYS Military Museum or from any Saratoga Springs Lion. You must be 21 or older to attend; photo ID will be required.

The annual Duathlon to benefit the Saratoga Springs Lions Foundation will be held on Sunday, May. 27. This year's 5K Run, 30K Bike Ride, 5K Run, will be based at Saratoga



## NORTHVILLE/SACANDAGA LIONS CLUB

# Annual Raffle

to Benefit Sight, Hearing  
and Diabetes Projects

1st Prize: Kindle Fire

2nd Prize: \$100.00

3rd Prize: \$50.00

Tickets

\$1.00 or 6 for \$5.00



**Drawings April 4th, 2012**

For Tickets Call or email PDG Dick Ralston

518-25-8417

[rralston001@nycap.rr.com](mailto:rralston001@nycap.rr.com)

Casino and Racing. For online registration, go to [www.SaratogaLions.com/duathlon](http://www.SaratogaLions.com/duathlon). This year's raffle prizes are a \$4,000 Serotta bicycle, \$800 Southwest Airlines tickets, a \$500 Mirror Lake Inn package including a one-night stay for two plus a round of golf at the Whiteface Club, and a \$600 iPad 2 or iPad 3 (if available). Raffle tickets may be purchased from any member of the Saratoga Springs Lions Club either before or on the day of the Duathlon.

**SARATOGA Lions Club**

P. O. Box 166, Saratoga Springs, NY 12866

(518) 212-7752

[SaratogaSpringsLions@nycap.rr.com](mailto:SaratogaSpringsLions@nycap.rr.com)

[www.saratogalions.com](http://www.saratogalions.com)

## Northeast Pin Swap XXIV

**August 15-16-17, 2012**

BPO Elks Lodge #2110,

4400 Sweden Walker Road, Brockport, N.Y. 14420

See the Event Schedule and Registration Form  
on the 20Y2 website.

[20y2lions.org/Dates/Lions%20Pin%20Swap.pdf](http://20y2lions.org/Dates/Lions%20Pin%20Swap.pdf)

# Freedom Guide Dogs for the Blind

**Thursday, April 12, 2012**

## 20th Anniversary Banquet Dinner

Join us at Daniele's, New Hartford, to celebrate

20 years of guide dogs, amazing clients, volunteers and the wonderful people who started the whole thing!

Great food, great people, silent auction and raffle. Tickets for sale NOW for \$30 each!

50% of your ticket purchase goes toward Freedom's mission!

Donate an Auction Item! Sponsor an Ad!

Contact Nicole White,

[nicole@freedomguidedogs.org](mailto:nicole@freedomguidedogs.org),

for more information.

Freedom offers educational presentations to your group, church or school. The presentations can be 10-20 minutes followed by a question & answer period and guide dog demonstration.

**Check the website for updates!**

[www.freedomguidedogs.org](http://www.freedomguidedogs.org)

## ATTENTION DISTRICT 20Y2 LIONS CLUBS

Please take a look below to see the status of your Club info with Webmaster Lion Jerry Gordon.

If your Club is listed in the Far Left Column... BRAVO!  
If it is listed in any of the other three... PLEASE, PLEASE, PLEASE get your updated information to Lion Jerry SOON!!!

[jerrygordon@juno.com](mailto:jerrygordon@juno.com)

Status of club info on the 20-Y2 web site ([20Y2Lions.org/clubs.htm](http://20Y2Lions.org/clubs.htm)) as of November 16, 2011

Clubs with 2011-2012 info	Clubs with 2010-2011 info	Clubs with 2009-2010 info	Clubs with NO info
Albany & Troy	Bethlehem	Waterford	Ams'dam Lionettes
Amsterdam	Duane		Gloversville Aux.
Ballston Spa	Ft Edward		Utica Auxiliary
Broadalbin/Perth	Galway Leos		
Cambridge	New Hartford		
Cent Mohawk Vall	Scotia/Glenville		Clinton Leos
Clinton	Speculator		Duanesburg Leos
Deerfield			Herkimer Leos
Fonda/Fultonville			Saratoga Leos
Galway			Shenendehowa Leos
Galway Lioness			
Glens Falls			
Gloversville			
Granville			
Granville Leos			
Granville Lioness			
Greenfield			
Greenwich			
Hadley/Luzerne			
Hadley/Luzerne Lioness			
Herkimer			
Holland Patent			
Hoosick			
Johnstown			
Mech'ville/Stillwater			
N Hartford Lioness			
N Y Mills/White			
Northville/Sac			
Ravena			
Richmondville/Cobl			
Saratoga Springs			
Sauquoit Valley			
Schuylerville			
Utica			
Wright/SchoVal			
35	7	1	8
68.6%	13.7%	2.0%	15.7%

If your club is listed in the 11-12 column, congratulations! Your cyber-rep is on the ball. If you're in the 10-11 column, that's not too bad, but it's time to update your info. If you're in the 09-10 column, your cyber-rep hasn't responded to any of my 3 (or more, every year) requests for updated information. Contact me at [jerrygordon@juno.com](mailto:jerrygordon@juno.com) or 235-8232 and I'll tell you who your cyber-rep is. If you're in the right-most column, shame on you! Contact me to learn how to fix this situation. You can see your club's info at [20Y2Lions.org/clubs.htm](http://20Y2Lions.org/clubs.htm)

## Club Web Sites

If your club does NOT have one, visit

[20y2Lions.org/ClubWebSites.htm](http://20y2Lions.org/ClubWebSites.htm)

to learn how your club can easily and inexpensively set up and maintain a web presence.

If your club DOES have one, please keep it up to date.

There's nothing more discouraging to a visitor, than to find out your "Upcoming Events" happened 6 months ago.

The link above has some useful suggestions for maintaining your site's content.

If you need any help, contact Lion Jerry Gordon, 20Y2 web master, at [jerrygordon@juno.com](mailto:jerrygordon@juno.com) or (518) 235-8232.

**Don't forget to check out the  
Lions International Site  
for FREE resource material!**

[www.lionsclubs.org/EN/member-center/resources/index.php](http://www.lionsclubs.org/EN/member-center/resources/index.php)

**VOTE PCC DR. STEVEN TREMAROLI FOR INTERNATIONAL DIRECTOR  
MAY 20, 2012**

**MD 20 STATE CONVENTION - SYRACUSE**

**PLEDGING TO SERVE LIONISM WITH EXPERIENCE AND PASSION**

### EXPERIENCE

LION MEMBER - 30 YEARS

LIFE MEMBER

ZONE AND REGION CHAIR

DISTRICT GOVERNOR 2005 - 2006

COUNCIL CHAIRMAN 2006 - 2007

VICE PRESIDENT OF THE NY &  
BERMUDA LIONS FOUNDATION

1<sup>st</sup> VICE PRESIDENT MD-20  
PDG ORGANIZATION

CHAIRMAN MD-20 LONG RANGE  
PLANNING COMMITTEE

LIONS EYE BANK FOR LONG ISLAND  
BOARD MEMBER 12 YEARS  
PAST CHAIRMAN

LIONS SEE PROGRAM  
GRANT ADMINISTRATOR

### PASSION

25 STATE CONVENTIONS

31 DISTRICT FALL CONFERENCES

6 INTERNATIONAL CONVENTIONS

8 LIONS DAY AT THE UN

PROCURED CORNEAL TISSUE FOR  
THE LIONS EYE BANK FOR 5 YEARS



VISIT OUR WEB SITE  
[DRT4ID.COM](http://DRT4ID.COM)



DISTRICT Y2 CAMPAIGN REPRESENTATIVES:  
PDG ED STANO 518-893-7150  
PDG JOE JARVIS 518-893-7528