



In this Issue...

- Mid-Winter Conference2
- Lion Around CT4
- Leos Are Achievers.....5
- Low Vision Center Reopens.....6
- Pediatric Eye Screenings7
- VIP Tournament10
- Zone Reports12
- New Braille Trail.....13
- Low Vision Report.....14
- Harwinton Lions14
- Membership Strategies.....15
- Food Project - May 1716
- Low Vision Dinner.....17
- Leadership17
- Hartford St. Lucians18
- Cut Your Diabetes Risk19
- Carbon Monoxide20
- Inspiration20

Spirit

Half Way Home!

District Governor Dan DiVirgilio

Happy New Half Year to go. Yes, we all had a fun and exciting start to our year, and things continue to heat up. Most of your cabinet's action plans are well on their way to completion, and I am guessing that your club's plans are, too. With five full months to July, we all can change someone's life for the better. Here are a few glimpses of the work we have done so far this Lion's year:

Pediatric Eye Screening has hit an all-time high and new doors are opening throughout this year and beyond.

Our District raised \$10,000 for the American School for the Deaf – enough to name a new classroom after Lions District 23B. We are working on our second classroom. A plaque will be unveiled later this spring for all to see.

I have heard many new great stories and am looking forward to more. You and your fellow Lions have been completing the District University Courses.

We will hand out certificates at our spring Governors breakfasts. 16 Lions graduated from the new Guiding Lions classes. If you are looking for a spring class, please contact your Zone Chair.

During the week of February 16 – 22, PCC Jim Canon will be here to help us recruit new members for new and existing clubs. We want as many Club Membership chairs to come and participate in the



Tina Rafala shows DG Dan DiVirgilio learns how the blind encounter the world at last November's cabinet meeting.

membership seminar on Monday, February 17. Your Zone Chair will give you details. We want you to bring that training back to your clubs and local communities.

I continue to speak about being "Touched by a Lion." If you would like me to speak to your club or to your local community, please let your Zone Chair or cabinet secretary Carol know. They will help schedule my visit. Our Lion Membership is what we are here for. Let's get the message out and continue to build strong, inspired clubs.

May the Force be with you.



**Learn how your club can change children's lives
with a pediatric eye screening.
See page 7**

District Officers

Dan DiVirgilio
District Governor

Mike Wilcox
First Vice District Governor

Steve Daigle
Second Vice District Governor

Carol Kearns
Secretary

Harry Schuh
Treasurer

Mike Wilcox & Steve Daigle
Zone 1 Chairs

Jim Trompeter
Zone 2 Chair

Josh Cohen
Zone 3 Chair

Winston Barnaby
Zone 4 Chair

Tina Rafala
Zone 5 Chair

Tim Hilliker
Immediate Past
District Governor

Mid-Winter Conference Agenda

Friday, February 7

1:00 pm – 8:00 pm	Registration
8:00 pm	Party in the Ballroom
Post-Party	Hospitality

Saturday, February 8

7:00 am – 9:00 am	Breakfast on own
8:00 am	Registration
8:00 am – 5:00 pm	Vendors/Info tables
8:30 - 11:50	Seminars
8:45 am – 3:00 pm	LEOs Mid-Winter Conference
Noon	Luncheon - Keynote Speaker Lieutenant Governor Nancy Wyman
2:30 p.m.	Business Meeting "Parade of Checks" Vice District Governor Nominations
5:30 pm - 6:30 pm	Photos
5:45 pm - 6:45 pm	Cocktail Reception
6:45 pm - 10 pm	Banquet - Keynote Speaker LCI First Vice President Joe Preston
Post-Banquet	Hospitality

Sunday, February 9

8:00 am -10:00 am	Breakfast and Q&A with LCI First Vice President Joe Preston

Cromwell, CT - February 7-9

Mid-Winter Conference - Learn, Laugh & Link with Lions Around Connecticut

By Bob Bessel

Why do I go to the Mid-Winter Conference every year? Because it is the single best place to learn and link with Lions from all over Connecticut.

Saturday morning is seminar time, and I can't think of a better venue for learning about Lions. Admission is just \$10, and the content is superb every year.

Friday night is pure fun. Lots of laughs. Lots of opportunities to meet other Lions. Your \$10 admission gets you into this event as well.

Saturday Lunch always inspires Lions. This year's keynote address will be given by Lieutenant Governor Nancy Wyman. Talk about prestige! We're Lions! There is a separate \$33 charge for this event.

Saturday's banquet shouldn't be missed. This year we have the honor of hearing Lions First Vice President, Joe Preston. In July, Joe will become our next Lions president. There is no better opportunity to hear what's in store for next year. There is a separate \$56 charge for this event.

Sunday morning we host a breakfast with Joe Preston and he intends to answer your questions about Lions, our goals and plans, how we can further strengthen this great organization. Talk about connecting with the top - this is it! There is a separate \$17 charge for this event.



Keynote addresses by Lt. Governor Nancy Wyman and Lions First Vice President, Joe Preston deliver the firepower at this year's Mid-Winter Conference.

Important Dates

January 22

Reserve your Room at discounted rates:

Crowne Plaza Hotel

100 Berlin Road

Cromwell, CT 06416

Click [here](#) to reserve your room on-line or call **1-860-635-2000**.

January 28

Registrations must be received by Lion Joan Eaton, Registration Chair. Send your registration form to:

Lion Joan Eaton

83 Providence Street

Taftville, CT 06380

(860) 204-0194

seaton04@snet.net



Harry and Carol on the set of "Lion Around CT with Carol and Harry," a show viewed by thousands in 27 communities on public access TV.

Lion Around CT with Carol and Harry

By Cabinet Secretary Carol Kearns and Cabinet Treasurer Harry Schuh

We are having a great time traveling around District 23B recording on location and producing shows that illustrate what we do as Lions to change people's lives! We highlight the many diverse and exciting events that Lions are involved in district-wide.

"Lion Around CT with Carol and Harry" is currently broadcast on 3 community access franchises in western and northwestern CT. Charter Community Access CTV13 in Winsted, Cablevision in Litchfield, and Charter Western in New Milford collectively reach an audience of several thousand viewers in 27 communities.

On March 5th we will celebrate our one-year anniversary. We have created 38 half-hour shows plus a one-hour separate special, "Harwinton's Hometown Holiday Celebration," since embarking on our "television careers" in 2013.

You are cordially invited to appear as studio guests on our show or to help us document and publicize your Lions events on-site!

Mid-Winter Conference/State Convention ADBOOK - Help Us Keep Costs Down!

By Ken Tucker, Past Council Chair

Thank you for your support last year. Your ads in the Mid-Winter Conference/State Convention Agenda Booklet helped us reduce registration fees. That's how more Lions can afford to attend these great events. **Let's do it again this year!**

Please consider advertising your business, good wishes from your club, upcoming activities, putting in a business card, or anything else you can think of to constructively use the different size spaces available for the book.

The size / cost of the ads this year will remain the same as last year:

Full Page Ads	\$100
Special Full Pages	\$200
<i>(Inside Front Page, Inside & Outside Back Cover)</i>	
Half Page Ads	\$75
Quarter Page / Business Card	\$50

ADBOOK SUBMISSION FORM

If you are outside our viewing area, you can view our last five shows:

- Go to www.ctv13.net
- Click on Watch VOD at the bottom left of the screen
- Type the word Lion in the box to the left of the Search button
- Click on Search

Please contact us if you are interested in distributing our DVD in your local cable access franchise. Contact us at:
carolkearns@charter.net
hschuh@charter.net
(860) 485-9018



First Vice District Governor Mike Wilcox hobnobs with Channel 3 News Anchor Irene O'Connor at the CLERF fundraiser. Look - he's smiling!

Leos Are Achievers

Leos Have Dreams

This year has brought many changes to Leos in District 23B.

Many Leo Clubs have not only had new Liaisons but new Advisors and some have had to find new locations to hold their meetings due to changes in school policies.

With these new policies Leos are finding new ways in which to make their dreams of giving more service to their communities come true. This is possible because we have the best Advisors, Liaisons and Lions Clubs supporting them in their efforts. Thank you.

We are preparing for the Mid Winter Conference being held at the Crown Plaza in Cromwall on Saturday, February 8 from 9 a.m. to 3 p.m. Saturday is a day for Leo's from District A and C to join District B for the day, sharing ideas, learning skills in leadership.

Jennifer Buckley from the Connecticut Association of Schools and 20 plus of her students will be conducting Leadership seminars for the Leos. There will be activities taking place all day so the Leos can socialize and learn from one another.

We will be recognizing the winner in the Leo Pin Design Contest. That Leo will receive a certificate and gift and the new pin, which is our 3rd, will be given out to all Leos, Advisors and Liaisons who register for this event.

Cost is \$20 for breakfast snacks and lunch. The new pin can be purchased by others for \$5.00 each.

Our International President Barry Palmer has suggested that Lions and Leos promote "Family and Friends" month. The month suggested is April. This event is a time for clubs to invite family and friends to their clubs so they can learn more about what their clubs are doing. The suggested date is April 4th....It is going to be called "The Lunch Relay" Day. The Leos, Lions and their families and friends will be together to share a meal

"World Lunch Relay"

This is a good way to promote membership and fun. Let's see how many Lions and Leos Clubs will try it. Please let me know.

A reminder to submit your "Leo of the Year" application to LCI before April 1, 2014.

Leo Kimberly Nguyen from Newington is willing to set up a "Leo Web Site" Just for Leos, Leos submit all articles "it's Leos writing for Leos" Leos can use their imagination, be creative and write their feelings and express their thoughts. It could be lots of fun. Sharing words about their Leo club, spreading the words about all the good deeds that they do and are doing. It could be awesome.... It can be part of a Leo club's dream.... to be shared by all Leos????

Submit articles Leos feel would be of interest to other Leos in our District and in Connecticut. Even a poetry corner or stories about how Leos have touched the lives of people Suggested fun raisers etc... the list could go on and on.

Please contact Lion Bob Christsen or myself Lion Blanche Sewell to find out how to contact her.

If you have questions about the Leo Club program the best place to turn to is go to the LCI website "Leo Zone."

Hope to see you all at Mid Winter District 23 B Leo chairman Lion Blanche Sewell



The Bristol Press

Lion's Low Vision Center Reopens

By JUSTIN MUSZYNSKI, BRISTOL PRESS STAFF WRITER

Bristol Hospital and the Lion's Club celebrated the grand reopening of the Lion's Low Vision Center Monday, December 9 after it had closed briefly for renovations.

The center, which has been around for about five years, provides people who suffer from severe vision loss with the tools and lifestyle advice to help them lead a normal life.

"We have a lot of programs that make people better, but this is one that makes people's lives better that isn't offered everywhere," said Kurt Barwis, president and CEO of Bristol Hospital and Health Care Group Inc. at the ribbon-cutting ceremony. "This wouldn't be possible without the great partnership that we have with the Lion's Club."

Some of the improvements to the vision center include painting, new carpeting and better lighting.

"This is going to be a great asset to us," said Steven Diagle, president of Lion's Low Vision Center board of directors. "We missed it in the short time that it was gone."

Ways that the center can assist those with low vision vary greatly. It can be anywhere from a device that magnifies books or magazines onto a screen to a system that uses raised bumps to signify different heat levels on an oven. The LLVC also offers home visits to accommodate all of its patients.

"I once brought one of the magnifying devices to a woman who had a stack of Christmas cards next to her that she was just waiting to read," said Everett Lyons, past president of the LLVC board of directors. "We can't cure low vision unfortunately, but we're here to help you cope with it."

The center also offers advice that can enhance a person's lifestyle by simply informing them of devices that are out there that can be used, such as a talking watch or a calculator that's about five times larger than the average one. Reasons why one would develop low vision differ. Certain

conditions known to cause it include glaucoma, diabetic retinopathy, cataracts and others.

"There's a lot of people that are excited about us reopening," said Elizabeth Warner, director of rehab services.

Patients that use the center are treated by an occupational therapist with advanced certification in vision therapy.

The LLVC is located within Bristol Hospital's Rehab Dynamics Building at 975 Farmington Ave.



MARK YOUR CALENDARS!



District Governor's Award Breakfast

Sunday, April 27, 2014

Zones 3 & 4

Maneeley's, 65 Rye Street, South Windsor, CT
Coffee at 8:00 A.M. Buffet Breakfast at 8:30 A.M.

Cost: \$20.00 per person

Time for each club to honor its **Outstanding Lion!**

More to come!

Lion Eileen Driscoll

Home 860-568-7305

672 Forest Street

Cell 860-978-6033

East Hartford, CT 06118

Work 860-291-7404

Email: Epda23@aol.com

Pediatric Eye Screening – Strengthening Our Performance

Marty Sandshaw, LEHP Chairman

We have had a number of successes with our pediatric eye screening project. So far this year, we have screened 1,210 children and 128 children have been referred to eye care facilities. The Bloomfield Lions Club screened 268 children during their 5-day program.

Our adult eye screening program was active at the Veteran's Stand Down in September where we screened 168 Veterans. We were involved in the very successful Free Hartford Dental Clinic, where we screened 68. We held screenings at the Simpson-Waverly School Health Fair in Hartford, New Britain Homeless Connect, Waterbury Homeless Connect as well as Plymouth (Terryville) and Windsor Locks. In all, we screened 442 adults.

We continue to improve our screening processes. Recently in Thomaston, as we screened preschool children, we also found that this school serves infants and toddlers and that our older screener could not screen these smaller children. We want to return in the spring to screen those smaller children using a 'screen in place' method that enables these small children to be screened in their own classroom, just one at a time.

The idea behind the 'screen in place' method is to set up our screening in the hallway or adjacent room. The screening volunteer will enter the daycare room to screen one infant/toddler at a time. The volunteer returns to the area where the



From left to right: Burlington Lion Wayne Frombach, Joni's Learning Center Director Kelly Marston, LEHP Chair Dan Uitti, Harwinton Lions Carol Kearns and Harry Schuh. Seated is Harwinton Lion Jim Keith.

screening is printed and processed. If the children are disturbed by the screening volunteer's presence, we substitute a 'happier' volunteer.

Our goal in the months ahead is to develop the capacity to screen 60 - 80 children in just one hour. To do this, we have created a 'Fair Protocol' for use at indoor environments of Connecticut's larger Agricultural Fairs. Our first test of this protocol will be on Saturday, January 11 at the Torrington Kindergarten Preparedness event. As a part of this test, we will 'TIME'

our work. This goal is to prevent a line from forming by processing and screening children quickly.

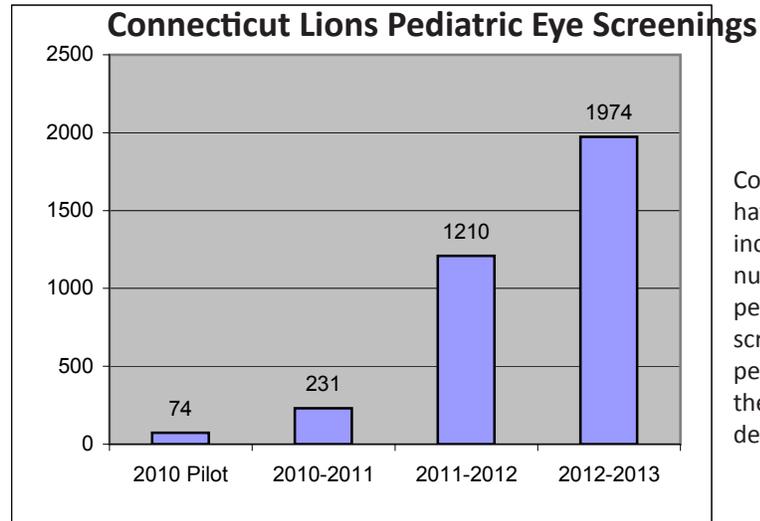
I have also been working with Lion Dr. Steve Polezonis to check out the new Retina Camera at the New Britain Lions Clinic. The camera is easy to use and has some terrific features what will enhance our screenings when an eye care professional is present.

We Changed a Life!

By Lion Barbara Sherman, East Windsor

Last year East Windsor Lions Club conducted a pediatric eye screening at the local elementary school and also at a large daycare centers. Since in our town there are children who did not participate in any program, we also opened up the lunchtime to invite parents or guardians to bring in their children to be screened. A grandmother brought in her first grandson, a three year old boy. We screened him and he did not pass so we did it again, and again and again.

Any "failed" screening result is printed out. With the school children, the school nurse sends the child home with the printout recommending that the parent take the child to an eye doctor for a full exam. But when you bring in the public, they are across the table from you. If there is a 'failure', the recommendation is that the child be seen by a professional. You are face to face, saying there is something wrong with their child. I found that very difficult to do.



Connecticut Lions have dramatically increased the number of pediatric eye screenings performed since the program debuted in 2010.

Three weeks later, I came home and heard my answer machine message from that grandmother. She said, "Thank you, thank you, thank you. We took Billie to the eye doctor who couldn't believe how Billie had been functioning with his eyesight so bad. The doctor praised the program saying that Billie's condition normally wouldn't have been discovered for 3 more years when he was in first grade. This is 3 years he would have had of not seeing well and not learning. Thank you, thank you, thank you!

and they had seen almost an immediate change in his behavior and abilities. The free eye screening changed his life by correcting his vision earlier than if there had not been a screening. But my life was changed as well.

I called the grandmother back, she was someone I knew personally. She offered to tell everyone the results and how happy the family was for what the Lions Club did by offering the free screening. Her grandson was fitted for glasses

I kept that message on my answer machine for several months, it was a pick me up when I was tired, to know that our work had made a difference. I knew we had to do this screening again and we did just finish with a newer, quicker and more accurate screener. If there is a neighboring club doing a screening, stop in and watch the process. It is simple, it can be done with a minimum of help and it works!!!!

Annual Plainville Lions Club Fall Pancake Breakfast!



Sunday, April 6th from 8 AM to 12 Noon, at Our Lady of Mercy Parish Center in Plainville, CT

Ticket prices:
Children 6 & under are free,
All others are \$6.

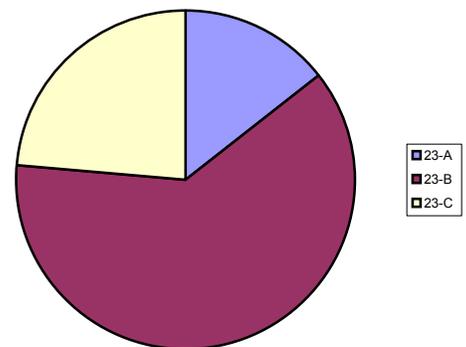
Rocky the Rock Cats' Mascot will be appearing...

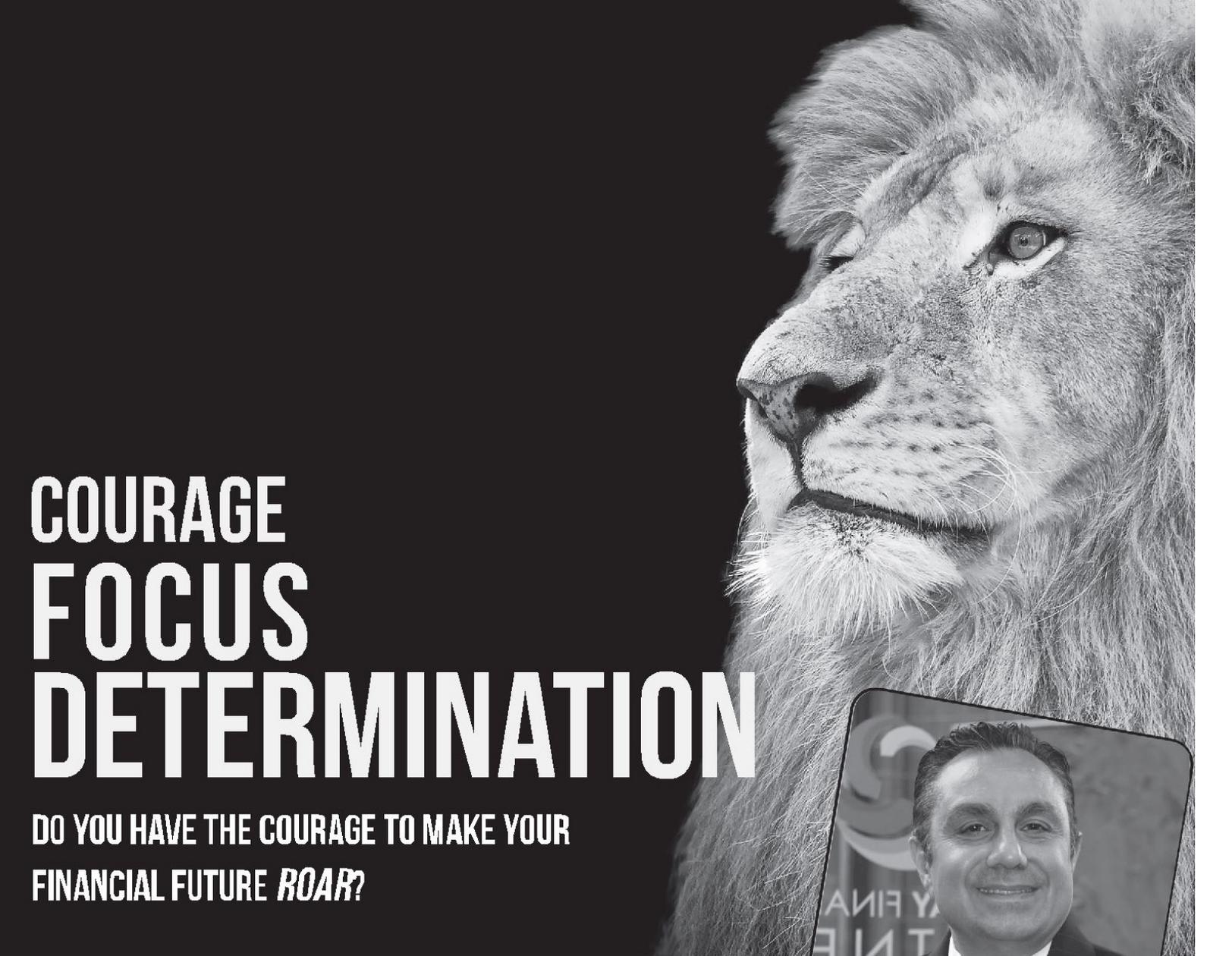
Contacts for further info:
Michael Blanchard:
860-628-8326
Brenda Tella 860-747-9402
Or any members of the Plainville Lions.

Connecticut Lions Pediatric Eye Screenings, 2012-13

Last year, District 23B screened nearly twice as many children as Districts 23A and 23B combined.

District 23A 286
District 23B 1,220
District 23C..... 468





COURAGE FOCUS DETERMINATION

DO YOU HAVE THE COURAGE TO MAKE YOUR
FINANCIAL FUTURE *ROAR?*



AS A LIONS CLUB LEADER I HAVE HELPED 186 MILLION
CHILDREN FIND THEIR COURAGE, STRENGTH AND FOCUS
by preserving and improving their eyesight.

AS A FINANCIAL ADVISOR I HAVE HELPED MY CLIENTS
DETERMINE AND STRENGTHEN their vision for retirement.

LET ME HELP YOU FIND YOUR ROAR!

Sia Dowlatshahi, CLU

860-652-4360 ext 240
sia@mygfpartner.com
www.mygfpartner.com



Get in Touch Now!
860-652-4360 ext 240

A LEO's Speech at Visually Impaired Persons (VIP) Appreciation Night

At the recent VIP Appreciation Night dinner, Emilee Hamilton, sophomore and Leo club member at Manteo High School, read her paper about the VIP Fishing Tournament:

"This year was my first year attending the VIP Fishing Tournament. My original intention for joining the Wildlife Club was to be able to miss an entire day of school and spend it on the pier. I had little idea of what I was actually signing myself up for. The VIP Fishing Tournament was the most amazing experience. I highly recommend it to any high school student, even if it's on their own time.

Being able to work hands on and connect with the VIPs was uplifting. Not only did I get to fish and help serve the VIPs, but I got the chance to make many friends up and down the pier. This year, I did not get assigned my own VIP, which upset me at first. I later realized it was a positive thing. Instead of connecting with just one person, I got to meet many of the VIPs and learn about them. After a long day of hard work, my friends and I decided it wasn't enough and that we had to go to the dinner and dance held later that evening.

Working with the visually impaired is a different ballgame than most. I had to learn how to lead a person and how to set food in front of them by telling them where their meat is located like on a clock. I also had to learn how to describe what things look like which is much harder than I expected.



This year's tournament provided a day of fresh air, fun and pride for the 400-500 visually impaired contestants.

One thing I learned about the visually impaired is that they seem to not care what anyone thinks about them and are completely themselves. I learned this at the dance. When the dance started, it was so touching to see all the people get up and move to the music like no one was watching. It took me a minute to get out of my comfort zone and dance because I was nervous of all the people around, regardless of whether they could see me or not. Once I began to dance, I began to forget about everyone who was watching me.

I got to meet so many wonderful people through this experience. I even made an effort to stay in touch with a few of them who impacted my life. One of them was Mr. Dawson Hart. Dawson is from Hickory and was also participating in the VIP fishing tournament for the first time with his dog, Riley. Dawson and I quickly made

friends because of his outgoing personality.

Dawson and many others made a lasting impact on me that I will remember for the rest of my life. I learned so much from the visually impaired that I will carry with me wherever I go. Working with the visually impaired inspired me to join the Leo club. This opportunity has not only reminded me of my passion for fishing, but inspired my passion for helping people.

I wish that I could better put into words what exactly I got from this experience, but that is a task I cannot successfully fulfill. What I experienced cannot be put into words. What I got from this VIP Fishing Tournament was something I cannot describe to you because it is bigger than words itself. But I can assure you that you will find me out fishing on the pier again next year and all the years to come.

VIP Fishing Results

By Charley Satkowski

VIPs from eight states and two provinces in Canada enjoyed ideal weather during the 31st annual VIP Fishing Tournament. This three day event attracted 490 participants. It was sponsored by the First Flight, Manteo, Nags Head, Wanchese, Columbia, Plymouth, Currituck, and Lower Currituck Lions Clubs.

This event is more than another day of fishing. It has everything to do with people. It involves fellowship, recreation, empowerment, and educational programs designed for independent living. Some participants have been coming here for years. Others, it was their first time. All agree that the friendships developed during the event become lifelong friends.

Participants fished from four ocean piers and two head boats, with the assistance of over 250 volunteers. Volunteers were mainly Lions, students from Manteo and First Flight High School, and students from the Albemarle School of Nursing. The event started on Monday and ended with an awards banquet Wednesday night. This event is now the world's largest fishing tournament and service project for the visually impaired.

The National VIP Tournament attracted visually impaired fishing enthusiasts from Alabama, Canada, Connecticut, Illinois, Kentucky, North Carolina, Rhode Island, South Carolina, and Virginia competed in the National VIP Tournament. Despite the valiant efforts of Encole from Bridgeport, Connecticut, she couldn't stop James from Rhode Island from winning the national title. Rhode Island, once again, captured the New England Regional VIP Championship. Encole caught the second largest fish in the National event.

Massachusetts Lions have announced they are sponsoring their first VIP Fishing Tournament on June 21, 2014. Connecticut is planning for our sixth annual VIP Fishing Tournaments. We appreciate your past support and are looking forward to more clubs to get involved. Please contact Charley Satkowski, 860.828.1427 or Satkowski@sbclbal.net for information.



Fish, smiles and awards were the results of this year's VIP fishing tournament. Our own Bob Christianson stands next to the winners, on the far right.

Reflections from the 2013 NC VIP Fishing Tournament

Tim's wife said, "This tournament has changed my husband. After he lost his sight, he became depressed. Now, he spends half his year planning on coming to the VIP experience and spends the rest of the year looking forward to returning." It has made a difference!

Linda asked, "God, why have I lost my sight?" Then she said, "He answered me with an invitation to the VIP Fishing Tournament. I love to fish. I would not have won my beautiful trophy if I was sighted. God does has a plan for all of us."

Leos from Manteo High School and First Flight High School, and members of the Manteo High School Wildlife Club, assisted VIPs with fishing during the day and returned at night to serve dinner and to dance with VIPs. They are learning the motto, "We Serve" first hand.

Wanda, who lost her sight at 30, owns and operates a farm in Alabama. After catching 2.5 ounces more fish than a

fellow VIP from Alabama, she proclaimed herself the SEC VIP Regional VIP Fishing Tournament Champion, and lite a victory cigar. When asked how chores get done on her farm, she said, "Little elves come out and work all night."

Five young women from the Manteo High School's Wildlife Club, assigned to Janette's Pier, spent three hours cutting bait for our VIPs.

Why am I here? Four hundred to five hundred blind people flinging fishing hooks and bait around? Sounds dangerous, perhaps I can borrow my husband's motorcycle helmet.

Mike said he enjoyed the fishing, but the big draw for him is the fellowship.

Roosevelt said, "For us, the event is a home coming!"



Jim Trompeter

I want thank the club presidents in Zone 2 for taking the time to attend our first two Zone Meeting sessions. The discussions at both meetings I felt were very informative and each club was able to find out some of the needs and concerns of their neighboring clubs and the exchange of ideas as to how each club dealt with various situations, I felt was insightful.

Our third Zone meeting held on November 18, gave us the opportunity to meet clubs from a different area. Our meeting not only included our own clubs from the Litchfield Hills but also clubs from the cities of Hartford and New Britain.

Watertown held its annual Christmas Tree Sale. Burlington, Harwinton, Thomaston and Woodbury will be involved in Pediatric Eye Screenings over the next 3 months.

The theme of District Governor Dan's year is "Changing People's Lives. Each of our clubs does that each day, week or month through their fund raisers, club activities and numerous acts of kindness.

This theme was demonstrated this past month by two clubs in our Zone. A resident in the town of Litchfield had a child stricken with a rare disease of the blood and bone. Insurance would not cover the necessary treatments and a family member had to give up his job to provide a bone marrow transplant. The family was placed in a dire financial position. The Lions of Litchfield sprang into action



This scene from the Open House for District 23A's Low Vision Center in Waterbury will be repeated in February when District 23B conducts its own Open House.

and within one month organized a fundraising dinner and raised over \$20,000.

Down the road in Burlington, contracts were waiting to be signed to build a handicap accessible playground, unfortunately the funds available were not enough to be able move the project forward. Any further delays would result in a significant

cost increase. The Lions of Burlington CT stepped forward and now the project will be completed in a very cost effective manner.

Yes that's what we do, we change peoples' lives, one person at a time, not only in Litchfield and Burlington but in towns and cities throughout our State, Country and the World.



New Melvin Jones Fellows in Enfield

During 2nd VDG Steve Daigle's visit to the Enfield Lions Club, Lions Ralph Fiore and Terry McCuin were presented with Melvin Jones awards by their club. Steve was honored to pin Lion Ralph during the ceremony. Congratulations Lion Ralph and Lion Terry!



East Hartford
Glastonbury
Greater Hartford Host
G. Hartford West Indian
Hartford Diversity
Hartford Evening
Hartford Multi-National
Hartford St. Lucian
Marlborough
Trinity College

Winston Barnaby

The final Zone 4 meeting for 2013 was a combined meeting with Zones 2 and Zone 5. This meeting was held at Nuchie's in Bristol on November 18. We had 8 members from Zone 4 clubs in attendance – and we wish we had more! The meeting took the format of a fun night with games and a trivia format. Dan DiVirgilio put on a blindfold to experience the meeting without sight. We all learned a lot about Dan's ability to "see" without actually seeing!

In November, the Greater Hartford West Indian Lions had their annual awards banquet at Birch Meadow in Bloomfield. This event was well attended and proceeds will be presented to various Lions charities. This club also hosted their annual Christmas Party at the West Indian Social Club. This particular event was collaboration with the Hartford Multi-National Lions Club. A number of unwrapped toys were collected for the Mayor of Hartford's Christmas Party for Hartford kids. Canned foods were collected for a City Food Bank.

The Hartford St. Lucian Club had to postpone their first annual National Day Gala due to adverse weather in December. The makeup date was January 4 at The Gallery in Glastonbury.

The Hartford Board of Education has given permission to the Lions the start Eye Screening in the City's schools starting in January. The Central Connecticut University Naylor Magnet School will be the first school to be screened.



The East Hartford Lions Club held their annual French Toast Breakfast on November 2, 2013 at the Moose Lodge in East Hartford, Connecticut. East Hartford Lions President Dino Toce washes dishes and Lion French Toast Chair Jill Gauthier gets ready to dry after the successful event.

New Hartford Lions' Braille Trail

Judy Stewart and Kevin Osborne, members of the New Hartford Lions Club, attended the dedication of the new Braille Trail at White Memorial Conservation Center in Litchfield on Sunday, November 3, 2013.

The trail is designed so that the blind and sight impaired can enjoy being in a forest surrounded by nature. There are stations along the way, each with a bronze plaque written in Braille, describing the plants and wildlife in the area. Each plaque was donated by a local organization or individual. The New Hartford Lions Club donated the first plaque on the trail.

The trail itself is dedicated to Jenny Kate Lyon, another New Hartford resident. Jenny Kate, blind from birth, began a project at age 14 to translate the White Memorial Museum's written materials into Braille. These materials and this special trail benefit all blind and sight impaired individuals who visit the center.



UPCOMING ORIENTATION EVENT

SAVE THE DATE: Announcing a Lions Orientation for new members or any member wishing to refresh their knowledge of Lionism. We will get more information out to the clubs, including location and time, in the near future. Stay tuned!



Low Vision Center Report

by Steven Daigle, 2nd VDP and LLVC President

Every 23B Lion is a member of the 23B Lions Low Vision Center. The therapists at our three low vision centers have proudly served the citizens of our District for over 20 years, providing counseling and assistive devices. Thanks to their service, over 10,000 individuals with low vision have been able to remain independent. The devices and aids are provided at no cost to the client. These services could not be provided without the generous support of our Lions. Below are several ways you can help serve the needs of the visually impaired in your community by contributing to the Low Vision Center.

We are pleased to announce our 2014 fundraising incentive, "23 for 23B." How does it work? For each *individual Lion* who makes a \$23 donation to the 23B Lions Low Vision Center, your club will get credit. The club with the **highest** percentage of individual members contributing and attending the Spring Dinner will be eligible to award one Ambassador of Sight. Please stop by our table at the Mid-Winter Conference for more information about this exciting new campaign.

You can also support the Low Vision Centers by contributing to the 2014 Wall of Honor. For a \$100 donation, you can place your name or the name of someone you would like to recognize or memorialize on the Wall of Honor plaque, which is prominently displayed in the New Britain Lions Low Vision Center. Your donation could also be the perfect birthday or anniversary gift for that special someone, or perhaps a Mother's or Father's Day gift. Again, information will be available at our table at the Mid-Winter Conference.

Finally, congratulations to the South Windsor Lions Club, which had the highest percentage of its members attend the Fall meeting. The club received half of the raffle proceeds from the event, as a credit toward a future Ambassador of Sight award.

As always, thank you for your continued support of our 23B Lions Low Vision Centers.

SAVE THE DATE: The Lions Low Vision Spring Dinner will be held Friday, May 9 at Nuchie's Restaurant in Bristol. More details to follow.

Harwinton Lions Serve at Senior Center

By Cabinet Secretary Carol Kearns and Cabinet Treasurer Harry Schuh

For the past several years, Harwinton Lions have served the Christmas Dinner to area seniors at the Harwinton Senior Center. Typically 80 - 100 seniors attend this annual Christmas Dinner, which is a full-course turkey dinner with all the fixings plus apple pie à la mode. Kudos to Scarpelli's in Torrington which caters the dinner.

Following the Christmas dinner, we have entertainment - this year featuring the multi-talented Bennett Family from Cheshire. The family includes 6 girls, 3 boys, mom and dad. All play several musical instruments including keyboard, trombone, trumpet, flute, clarinet, accordion, bells, cello, and violin. They also provide the vocals. Everyone had a great time, including the Harwinton Lions!

Harwinton Lions continue to work closely with Senior Center Director, Sharlene Copeland. Past projects include relocating and building a new smaller office for Sharlene and converting her former office into an Activity Center for the seniors. Sharlene named this new Activity Center the Lions Den!

As 2012-2013 District 23B Environment Co-Chairs, we also included the Harwinton Senior Center as a site for one of the 500 trees planted in District 23B - an Oriental Japanese Maple. First Selectman and Harwinton Lion Michael Criss dedicated this tree on April 19, 2012 in honor of Arbor Day. The Harwinton Seniors were proud and excited to participate in this event and now have a beautiful tree to view over the coming years. They also enjoyed having their picture taken and published in the local newspaper!



The Greater Hartford West Indian Lions Club celebrated its members at a special meeting this fall.

Membership Strategies - Moving Beyond the Active Member

By Mike Wilcox, First Vice District Governor

At a recent Leadership meeting, we heard that some clubs are dropping members for non-attendance. While members are expected to attend all meetings, it isn't a requirement. In fact, there are several membership options that may be more appropriate for members who miss meetings.

The following should explain the various membership classes approved by Lions International:

Active

A member entitled to all rights and privileges and subject to all obligations which membership in the Lions Club confers or implies. They can vote and hold office, and they are expected to attend meetings and to pay all dues.

Member at Large

A member of the club who has moved or changed jobs or because of health can't attend meetings, but wishes to retain membership. The club's board of directors may approve and review every six months. The member can't vote or hold office and is required to pay all dues.

Privileged

A member of the club for 15 or more years, who, because of illness, advanced age or other reasons approved by the board, must relinquish active status. Privileged members must pay all dues, may vote but cannot hold office.

Life

Members of a club who have maintained continuous Active membership as Lions for 20 or more years and have rendered outstanding service to their club, community or this association. They are at least 70 years of age or who are critically ill. The cost currently is \$650, this will waive all International dues but a club may require local and dist dues. Life Members may vote and hold office.

Affiliate Member

A quality individual of the community who is unable to meet the requirements of Active, but wishes to support the club. An Affiliate Member may vote locally but not at a district or International meeting. S/he must pay all dues, but cannot hold office.

Associate

A member who belongs to a different club but works or resides in the community served by this club. Associate members

may vote on club matters, but can't hold office. S/he pays local dues; all other dues will be paid to the primary club.

Honorary

An individual not a member of the conferring Lions club, who has performed outstanding service for the community. The club pays entrance fees and all other dues for an honorary member, however they shall not be entitled to the privileges of active membership.

Family Membership Program

This program provides families with the opportunity to join a Lions club, under a special family dues concession. It is for existing members, as well as new

members who wish to invite other family members to join. They must be of majority age and all live in the same household, and be under the age of 26. Exception: if the member is away at school, or in the military. The first member pays full dues to International and a maximum of four other members pay half dues to International. No other local or district dues are discounted. Family members have all the rights and privileges of an active member.

Before taking action, we recommend that you consult with your Club Membership Chair or our District Chair to better understand our membership options.



New Hartford Lions Club Presents

An Evening of **Rock n' Roll** with
**Burt Teague &
Tim McDonald Band**

MARCH 9, 2014 • 5:00 PM - 9:00 PM

LaTrattoria Restaurant
Albany Turnpike (Route 44, Canton, CT)



**Supporting Our
Local Community Service Work:
Preventing Blindness
Controlling Diabetes & Youth Programs**

Cash Bar / Food **\$20.00 per person**
Silent Auction **\$25.00 at the Door**

For Tickets Call 860-489-1599

Food Project Update - New Event Scheduled for May 17

by Lion Dave Hudon, Canton



Nine Lions Clubs plus 13 other community organizations came together for one day last spring to pack 63,000 meals.

We are down to our last dozen or so boxes of the Lentil Food mix that we packaged last April. Deliveries went quickly for a while then slowed through the summer months but picked up again as the weather turned chilly. Many of the food banks we delivered to early on received second and even third deliveries, as well as several first time pantries receiving some of the boxes of food that you helped pack.

Here's where we are today -

- 24 Food Pantries and Soup Kitchens in 17 towns have received food from the Feeding Children Everywhere event the Lion's Clubs organized.
- 202 boxes have been delivered and if you recall from my earlier emails, that represents 58,176 meals.

- The number of lives that have been touched by your generosity is astounding!

Here are the towns served: Avon, Burlington, Canton, Cheshire, East Granby, Farmington, Hartford, Harwinton, New Hartford, Shelton, Simsbury, Southington, Terryville, Thomaston, Torrington, Unionville and Winsted. If your town is not listed above and you know of a food pantry that could use a few boxes of food, please email me and I will try to deliver to them. There are others that we tried to deliver to, but could either never make the connection or get to them when they were open.

Good news - planning for another Feeding Children Everywhere event has begun again!!! We are counting on your participation once again and hopefully you can bring a few more donors and food packers along with you.

We have tentatively scheduled May 17, 2014 as our next event - probably at the Canton High School again. We are hopeful that those in officer positions at the Lions clubs that came last April can come again and also budget some donations or hold one of your fundraising events to help sponsor the next FCE packing day. We packed over 63,000 meals last time and really want to hit 100,000 meals this time. Can we count on you?

It costs just 25¢ per meal. We raised over \$15,800 last time and would like to raise \$25,000 this time!!! Donations can go through your local Lions Club or be sent directly to Canton Lions Club - or made payable to Feeding Children Everywhere - note on your check "Lion's FCE Event 2014."

Thank you again for your help - Let me know if we will see you in May.

Low Vision Dinner

By Steven Daigle, 2nd VDG and LLVC President

Thank you to all who attended the 23B Lions Low Vision Fall Dinner Meeting on Friday, November 22 at the Gallery in Glastonbury. We had a good showing for a Friday night dinner. A delicious buffet dinner and great fellowship was enjoyed by all. Special thanks to our own Lion Dr. Stephen Polezonis, PCC, for his insightful presentation on low vision, its causes and effects.

We appreciate those clubs who presented donations to the Low Vision Center at Friday's dinner. These funds will help to further the good works of the Centers in New Britain, Bristol and Torrington. Any clubs wishing to make their donation to the Low Vision Center can forward their checks to me at 27 Matthews Street, Terryville, CT 06786.

Last, but certainly not least, the Club with the highest percentage of members attending Friday's dinner was the EAST WINDSOR LIONS CLUB. Our Treasurer, PDG Marianne Bannan, has credited \$125, representing one-half of our raffle proceeds for the evening, to the East Windsor Lions Club, to be used towards an Ambassador of Sight award. Congratulations!

Again, thank you all for your continued support of the 23B Lions Low Vision Center. Happy Thanksgiving to you all!



Lions filled the American School for the Deaf's new cafeteria for a dinner, tour and parade of checks. District 23B has donated funds for one classroom and is working on the second.

Leadership is Active in the District

By Ev Lyons, GLT

A number of important activities are coming-up in District 23B and all Lions need to be aware of leadership training opportunities. Here is a short list of coming attractions:

District New Lion Orientation:

Save the date of February 19 for all newly-inducted Lions and their sponsors to attend an orientation program explaining the many facets of being a Lion. This is a great evening of both information and camaraderie over pizza and Lion facts. Stay tuned for more details.

Guiding Lion Training

Come one, come all to our second Guiding Lion training session on April 5. This half-day workshop will give you all you need to be certified by LCI as a Guiding Lion to serve both new and existing clubs. The workshop will be held at the CT Association of Schools, 30 Realth Drive in Cheshire from 8 am to 1 pm. Presenters will be DG Dan DiVirgilio and GLT Ev Lyons.

Officer Training

May 10 will be the date of our annual club officer training session for all incoming presidents, treasurers, secretaries and membership chairs. The morning session will be held at the ITBD Center on Main Street in New Britain and promises to be a great introduction to our new officers for a successful Lions Year. Further details to come.

District 23B Lions University

We already have our first graduating class, but there is time to join by contacting Lion Ev (lyonsev50@gmail.com) if you would like to partake of the five courses chosen to introduce you to Lions leadership. Each course can be taken online from LCI in the comfort of your armchair as long as you have Internet access! Graduates will be recognized at the Governor's Breakfasts in the spring.

Hartford Saint Lucian Lions Roar into 2014



Leaders of Hartford's Saint Lucian Lions Club pose among the many donations ready to ship to Saint Lucia, Saint Vincent and Dominica which were ravaged by Storm Santa

Only a few weeks into the New Year (2014), and the Hartford Saint Lucian Lions Club has embarked upon a whole new range of activities, and high level work on a global scale.

The Hartford Saint Lucian Lions National Day Signature Gala, scheduled for December 14, 2013 to raise funds towards eradicating childhood diabetes in Saint Lucia, was rescheduled to a snow date of January 4, 2014, one day after another snow storm. The event was sponsored by the University of Connecticut Health Center, Dr. Pramod Srivastava of UCHC and the Saint Lucia Consulate of New York.

Despite the weather conditions, the success of the event was as a result of determined members and distinguished attendees such as Awardee Recipient Dr. Cato T. Laurencin M.D., Ph.D., District Governor (23-B) Donato DiVirgilio, PDG Tim Hilliker, District Membership Chair Robert Clark, Women's and Children Chair Nora Clark, Zone 4 Chair Winston Barnaby, and supporting presidents and members of clubs such as the sponsoring club Greater Hartford West Indian Lions, Diversity Lions and Bloomfield Lions.

The club presented the 2013 Hartford Saint Lucian Lions Club Award of Excellence to Dr. Cato T. Laurencin M.D., Ph.D. of the University of Connecticut Health Center.

Dr. Laurencin, who was born of Saint Lucian decent, was selected for the award as he exemplifies professionalism and distinction that conveys the character and legacy we aim to stand for. In keeping with our goal to enlist individuals who create positive influences, Dr. Laurencin is an inspiration to our community especially the imminent generation. Dr. Laurencin who was chaperoned by his family, challenged the Hartford Saint Lucian Lions to a fundraiser geared towards assisting prospective students with a focus on Science Studies with which he would assist.

For more information on this incentive, please contact the club at lionshsl@gmail.com or 860-269-LION. The proceeds raised at the event will be used to purchase Diabetic supplies which is part of Phase One in the goal to eradicate childhood diabetes in Saint Lucia.

The Gala highlighted some of the Saint Lucian cultural dances and also brought awareness to Storm Santa, a trough which affected the islands of Saint Lucia, Saint Vincent and Dominica on Christmas Eve, claiming the lives of at least fifteen civilians.

The Hartford Saint Lucian Lions orchestrated a Recovery Relief project collecting over 10,000 items packed in five tall commercial boxes and two large barrels. Items collected included apparel and shoes for all ages, diapers, cleaning supplies, food, off the shelf medication, toiletries, wheel chairs, walkers, crutches and school supplies. The box containing only school supplies was specifically addressed to the Canaries Primary School, which faced severe damage from the storm.

Other forms of contributions received included free transportation from Hartford to New York by Lawrence Shipping of Hartford, the Saint Lucia House of New York assisted with providing an avenue for free shipping to the island of Saint Lucia, and the Pitons Lions Club in Saint Lucia undertaking the task of receiving and distribution to the affected victims. Donations for Saint Vincent were given to Saint Vincent native Lion Maggie Gardner a Hartford Saint Lucian Lions club member, who coordinated distribution to the victims there.

The significant contribution to the recovery efforts, played an important role in highlighting the interdependence of lions and communities. The Hartford Saint Lucian Lions would like to say a heartfelt thank you to everyone who supported these events, aimed to change the lives of people in need.

HELP!

Graphic Designers
Journalists
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The District Spirit needs YOU!
Call Bob Bessel at 860.324.8267

CUT YOUR DIABETES RISK

MAYO CLINIC

Hit the Weights

Upping your lean muscle mass could lower your insulin resistance and drop your odds of developing prediabetes, according to a new study in *The Journal of Clinical Endocrinology & Metabolism*. Researchers found that for every 10 percent increase in muscle mass, people's prediabetes risk fell by 12 percent. Build three days of resistance training into your weekly fitness plan, says Sheri Colberg-Ochs, Ph.D., a professor of exercise science at Old Dominion University. And aim for at least two and a half hours a week of glucose-burning cardio activity such as running, cycling, or swimming.

Score Enough Sleep

Long-term sleep deprivation may amp up the body's insulin resistance, especially in people genetically predisposed to diabetes. A preliminary University of Chicago study found that those who regularly snoozed fewer than six hours a night were at the highest risk. Try to get at least seven hours of shut-eye each evening.

Fiber Up

The rough stuff isn't just good for digestion—it also curbs post-meal sugar spikes by slowing down the flow of glucose into the bloodstream. So when you crave something sweet, opt for fiber-rich fruit such as raspberries or pears. And consider adding brown rice to your diet: Eating two or more servings a week lowers diabetes risk by 11 percent, says an *Archives of Internal Medicine* study.

Chill Out

Chronic stress is a risk factor for many major diseases, including diabetes. "When your body senses stress, it releases hormones that increase blood sugar," says Colberg-Ochs. That rush is beneficial in a pinch but dangerous long-term. Regularly practicing deep breathing or meditation, listening to calming music, or getting massages can quell stress hormones and help lower overall blood sugar, she says.

Try these proven relaxers:

- Start your day with yoga, meditation, or a walk.
- Take three deep, slow breaths before answering the phone, starting the car, serving the kids lunch, or any other activity.
- Reclaim your Sundays as a day of rest or fun with your family, relaxing, worship, etc. Try to avoid spending the whole day on obligatory errands such as mowing the lawn, grocery shopping, or catching up on work.

Embrace the Omegas

The omega-3 fatty acids found in foods like oily fish (wild salmon, sardines) can help improve insulin sensitivity. Nosh on at least one serving of such seafood a week.

Do the D

The "sunshine vitamin" may be a key factor in the fight against diabetes. A review published in *The Journal of Clinical Endocrinology & Metabolism* found that people with high vitamin-D levels were less likely to develop type 2. Swallow 1,000 to 2,000 IU a day through dairy foods, fatty fish, or supplements.

Spice Things Up

Cinnamon may be an ace at lowering blood sugar levels, says research in the *Journal of the American Board of Family Medicine*. Rich in nutrients called polyphenols, the sweet spice may help insulin do its job more effectively. Sprinkle some into your morning joe or mix it into an oatmeal snack.

Are you at risk for type 2 diabetes? To find out, answer these 10 questions:

1. Do you have a diabetic mother? 13 points if yes
2. Do you have a diabetic father? 8 points if yes
3. Do you have hypertension? 11 points if yes
4. Are you African American? 6 points if yes
5. Are you age 55 to 64? 5 points if yes

6. Were you ever a smoker? 4 points if yes

7. What is your waist circumference in inches?

- Less than 32 inches = 0 points
- 32 to less than 35 inches = 10 points
- 35 to less than 38 inches = 20 points
- 38 to less than 41 inches = 26 points
- 41 inches or greater = 35 points

8. What is your height in inches?

- Less than 62 inches = 8 points
- 62 to less than 63 inches = 6 points
- 63 to less than 64½ inches = 3 points
- 64½ inches or more = 0 points

9. What is your resting pulse rate in beats per minute? (To find out, count the beats while sitting quietly for 60 seconds.)

- 73 bpm or less = 0 points
- Greater than 73 bpm = 5 points

10. What is your weight in pounds?

- Less than 160 = 0 points
- Greater than 160 = 5 points

Add up your total score:

20 points or less: You have about a 5 percent risk of acquiring type 2 diabetes in the next 10 years.

21–32 points: You have about a 9 percent risk of acquiring type 2 diabetes in the next 10 years.

33–42 points: you have about a 16 percent risk of acquiring type 2 diabetes in the next 10 years.

43–54 points: You have about a 25 percent risk of acquiring type 2 diabetes in the next 10 years.

Greater than 55 points: You have about a 33 percent risk of acquiring type 2 diabetes in the next 10 years.

Silent Killer - Carbon Monoxide

Tips to Stay Safe

by Robert Norton Jr
Alert / Cert & Cert Training FEMA

Often called the silent killer, carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel can be sources of carbon monoxide.

CO alarms should be installed in a central location outside each sleeping area and on every level of the home and in other locations where required by applicable laws, codes or standards. For the best protection, interconnect all CO alarms throughout the home. When one sounds, they all sound.

- * Follow the manufacturer's instructions for placement and mounting height.
- * Choose a CO alarm that has the label of a recognized testing laboratory.
- * Call your local fire department's non-emergency number to find out what number to call if the CO alarm sounds.
- * Test CO alarms at least once a month; replace them according to the manufacturer's instructions.
- * If the audible trouble signal sounds, check for low batteries. If the battery is low, replace it. If it still sounds, call the fire department.
- * If the CO alarm sounds, immediately move to a fresh air location outdoors or by an open window or door. Make sure everyone inside the home is accounted for. Call for help from a fresh air location and stay there until emergency personnel.
- * If you need to warm a vehicle, remove it from the garage immediately after starting it. Do not run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not covered with snow.
- * During and after a snowstorm, make sure vents for the dryer, furnace, stove, and fireplace are clear of snow build-up.
- * A generator should be used in a well-ventilated location outdoors away from windows, doors and vent openings.
- * Gas or charcoal grills can produce CO — only use outside.

INSPIRATION

By Leo Kimberly Nguyen, Newington

Inspiration can come from just about anywhere. It can be really big or really small; some even close to home. My eighth grade English teacher, Mrs. Pearce, was someone who inspired me with her energy everyday in the classroom. I always loved to read, but Mrs. Pearce made reading seem even more exciting and fun. Even if I was having a bad day, going to English was one of the highlights of my day. Graduating from middle school and going onto high school, I missed having Mrs. Pearce as my English teacher. She was someone who was proud of her students' accomplishments and pushed them to achieve 110 percent; it worked for me.

Then, one day, I found out that Mrs. Pearce had breast cancer. I was devastated. I could not and would not accept how an amazing woman like her could have cancer. The world just wasn't fair, at least to me. The Martin Kellogg Middle School LEOs and Student Council organized a walk for her. I was definitely there, planning to go back to my old middle school and help in any way I could.

It was a little while since I had seen Mrs. Pearce, and, honestly, I was nervous the day I came to the walk. Had she changed? Had I changed? But no; when I gave Mrs. Pearce a good long hug, nothing had really changed since I left middle school. Yes, Mrs. Pearce was undergoing treatment, but she was still all smiles, fighting a disease (and I hope the disease knows that it messed with the wrong person). I was still, and always would be, her student.

Mrs. Pearce is a role model to me. Her dedication, love, and fighting spirit inspire me. You grow up and live your life, but there will always be people who inspire you.

Who is your role model? How does that person inspire you?

As of right now, Mrs. Pearce is doing very well and is still teaching while undergoing treatment.



Windsor Locks Lions Annual Wine Tasting

February 7, 2014

Time: 7:00 – 9:00 p.m.

KNIGHTS OF COLUMBUS HALL

332 Elm Street, Windsor Locks, CT



Special Guest



Entertainment
Our Annual Wine Tasting
(Just In Time For Valentine's Day)
Wine Tasting
Silent Auction
Tea Cup Auction

This year, please join our special guest emcee, Scot Haney, WFSB Channel 3's wake-up weatherman and also co-host of WFSB's Better Connecticut! A portion of the event's proceeds will be donated to the Channel 3 Kids Camp.

Please join us for our yearly wine tasting to benefit our community charities. We will again have "butler" passed hors d'oeuvres as well as our famous cheese table to help you pair with the new wines.

Wines Provided By

Bert's Spirit Shoppe

329 Ella Grasso Turnpike
Windsor Locks

Tickets \$30 p/p

Please call to reserve tickets.



Tickets available at door

FOR TICKETS CONTACT

Cindy Cooper 860-627-9777 or Pat King 860-627-0857

Or Any Windsor Locks Lion



District 23B Lions University Alumni Growing

A growing list of district Lions have taken advantage of the District 23B Lions University offering. There is still time to enroll and complete your "coursework" to be recognized at the DG's Breakfasts this spring.

Participation is painless and simple. Go to the LCI website and click on the Members Section. Look for the Leadership section and there you will find the courses listed.

Enrolling requires your member number which your club secretary should have and if you have a pop-up blocker, it needs to be disabled for the time you are in the website.

Only five courses are required for your university certificate:

- Introduction to Lions Leadership
- Member Motivation
- Conflict Resolution
- Public Speaking
- Goal Setting

Questions???? Contact GLT Ev Lyons (lyonsev50@gmail.com) for further information.



Recently Certified Guiding Lions

Lions Club International recently granted Certified Guiding Lions status to the following Lions in District 23B. All attended the fall Guiding Lion training. Congratulations to.....

Miritica Aldave—Hartford Multi-National Lions
 Winsome Barnaby—Greater Hartford West Indian Lions
 Winston Barnaby—Greater Hartford West Indian Lions
 Joshua Cohen—Windsor Lions
 PDG George Cooper—Windsor Locks Lions
 Marcolina Garcia—Hartford Multi-National Lions
 Carol Kearns—Harwinton Lions
 Howard Lang—Terryville Lions
 Brian Luba—Terryville Lions
 Rebecca Lyman—Terryville Lions
 Maureen LaFland—Terryville Lions
 Tina Rafala—New Britain Lions
 Harry Schuh—Harwinton Lions

The spring Guiding Lions training will be held on Saturday, April 5, 2014. LEO liaisons will be expected to enroll in this Guiding Lion training session. Please contact GLT Ev Lyons (lyonsev50@gmail.com) for details and registration.

Social Media Loves Your Club

By Kimberly Nguyen

With all the social media available these days, there are more ways than ever to put your club out there! Use it to your advantage...the more you can reach out to your audience the better. This does not only apply to LEO Clubs either...Lions can use these as well! The point of social media is to bring out the best in your club. All of these social media platforms have icons that you can incorporate into signs, flyers, t-shirts, ect, letting others know where else they can go to find out about you.

Here is a list of some of my favorites (listed in no particular preference):

1. Facebook

This platform has gotten so much acclaim and definitely reaches out to a larger audience. Create a page for your club and post all the happenings that have been going on! All your info will go out onto a newsfeed, alerting others to your good deeds and upcoming events.

2. Twitter

Send out short snippets of your club's world. In my opinion, this is even simpler than Facebook because notifications come up instantly. The fact that twitter limits the amount of words you can use keeps your information short, sweet, and interesting. Hashtags are a great way to add fun to your tweet! How about: #theleology

3. Pinterest

A picture is worth a thousand words and that's certainly true for this site. Pin pictures that pertain to your club and even upload your own pictures of what your club has done. Your picture showcase really reflects your clubs interest and personalities.

4. Google Circles

This is definitely more intimate, more suited to maybe just within the club. It is similar to Facebook in that you can still share, but it is only in your "circle." This can definitely be expanded to those interested in your club because they will get direct information on what's going on.

5. Remind 101

This is a text message reminder where one person can do a mass text to all individuals. I envision this as a tool to send event information to those who "subscribe" to this texting number. It is fast, direct, and no internet required to receive and text.

