



District A-3 Newsletter

DECEMBER 2023
ISSUE # 2

Message from District Governor Frank Hewitt

Lions, partners, and Leos of District A3,

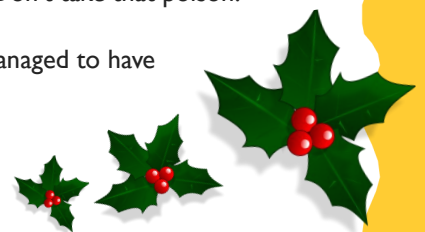
While many of us share in the wonderful feelings that we get this time of year, I would like to ask you all to keep in your thoughts those members that can't share this special feeling. Please remember those that may be going through health issues or those that may be feeling the financial pinch of this time of year and make that extra special effort to reach out and let them know that someone cares about them.

I would like to pass along a few words as my gift to you:

- ▶ Keep a healthy life, without great physical effort. Do moderate exercise, eat well, and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor.
- ▶ The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together.
- ▶ Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.
- ▶ Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbour and remember: "A man is not old as long as he has intelligence and affection."
- ▶ Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dentist and the dermatologist, and keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.
- ▶ Respect the younger generation and their opinions. They may not have the same ideas as you, but they are the future and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today. Never use the phrase: "In my time." Your time is now. As long as you're alive, you are part of this time.
- ▶ Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you feel older and harder to be around.
- ▶ Try to go. Get out of the house, meet people you haven't seen in a while, and experience something new (or something old). The important thing is to leave the house from time to time. Go to museums, go walk through a park. Get out there.
- ▶ Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are.
- ▶ Pains and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of life.
- ▶ If you've been offended by someone – forgive them. If you've offended someone - apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget, and move on with your life.
- ▶ Laugh. Laugh away your worries. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, and never get to experience a full life.



Merry Christmas, Happy Kwanzaa, or Happy Hanukkah my valued friends,
District Governor Lion Frank Hewitt



IN MEMORIUM



Sincere condolences to the families of Lions we have lost since the October newsletter. We are forever grateful for their years of service.

Lion Angus Thompson
Madoc Lions Club

Lion Dean Thaxter
Newcastle Lions Club

PDG Earl Oliver
Norwood Lions Club

Lion Ron Scott
Norwood Lions Club

Lion Don Snider
Norwood Lions Club

Lion Robert Gaffney
Tamworth & District Lions Club

Lion Don Goodberry
Verona Lions Club

 *Save this date*
**Trenton
Lions Club
85th Charter
Anniversary**

*Saturday May 4th,
2024*

*Trenton Lions Hall
77 Campbell Street
Trenton*

Details to Follow



We Serve



PDG CHRISTMAS GATHERING 2023

On Sunday, December 3rd some of District A3's Past District Governors and spouses gathered at the Trenton Lions Hall to celebrate the season. Past Council Chair Mark and Lion Connie Kelso were this year's hosts for this annual event.

Fun fellowship and some good food, thanks to the great cooks in the group, were enjoyed by all. We shared stories of how impressed we continue to be with the work of our A3 Lions along with our own experiences this past year.

Some members of the group were not able to attend this year due to ongoing health issues or the onslaught of wintery conditions and some are away enjoying the sunny south. Everyone who could not make it was missed and the group sends get well wishes to those in need.

The next informal gathering of the District PDGs will be on July 28th with a time and location yet to be determined.

On behalf of all the PDGs I would like to offer our very best wishes to all the Lions of District A3 this Holiday Season.

Merry Christmas, Happy Hanukkah, Happy Kwanzaa, Happy Holidays and all the very best for 2024.

Lion Mark Kelso
PCC MDA, A3 Honourary Committee Chair



"The holiday season is a perfect time to reflect on our blessings and seek ways to make life better for those around us."

HAPPENINGS AROUND OUR DISTRICT

LIONS OF CANADA FUND FOR LCIF

Dear Lions of District A3,

As 2023 draws to a close, I would like to thank the Lions of our District for their continued support of the Lions of Canada Fund for LCIF.

The needs in our communities always seem to be magnified this special time of year and our Lions have responded magnificently, rising to fill the gaps for those facing hardship as they try to provide a joyous Christmas for everyone. Foodbanks, toy drives, Stockings for Seniors, community Christmas dinners and so many other projects shine the spotlight directly on our Lions Clubs, their members and our Association.

With all of these demands on our resources it is understandable that our Lions are very careful as to how we share our resources.

This year we have seen unprecedented humanitarian crises, a new climate disaster almost weekly and continued global food insecurity.

I would like to ask each and everyone of you to consider a donation to the Lions of Canada Fund for LCIF. The work of our Lions Clubs is supported by our Foundation and that work doesn't slow down in this festive season.



All donations of \$20.00 CDN or more are eligible for an income tax receipt and it has never been easier to make your donation.

Visit the Lions of Canada for LCIF website if you wish to donate online.

If you prefer regular mail, send your cheque payable to "Lions of Canada for LCIF", c/o Lion Stan Durward, 50 Southern Court, P.O. Box 38, Sunderland ON L0C 1H0. Remember to indicate with a note what club and district you are with.

No donation is too small and every donation makes a huge difference. If you ARE doing what you can, you ARE doing enough.



Thank you for your consideration and have a very MERRY CHRISTMAS and a prosperous NEW YEAR.

Lion Don Radnor
A3 LCIF Chair

District A-3 Convention 2024

Celebrating 50 magical years



April 12th, 13th and 14th, 2024
Best Western Plus – Cobourg ON

To register for the Convention, obtain a registration form from your club secretary or check online, available on the District website). Or you may wish to contact Lion Albert, Convention Chair to have one sent via regular mail.

The Weekend Package is \$110.00 and includes your Registration, the Governor's Gala on Saturday night, and both Saturday and Sunday Breakfasts.

Please note: In order to attend any convention function, including the Friday Night Official Opening and the Hospitality Room, you must first be registered.

Individual costs are:

- ... Business Registration Only - \$25.00
- ... Saturday Buffet Breakfast Only - \$25.00
- ... Governor's Gala Only - \$60.00
- ... Sunday Buffet Breakfast Only - \$25.00

More information will be sent to clubs in January.

Lion Albert Munneke,
District A3 Convention Chair (705) 930-5744
a3convention2024@gmail.com

HOTEL ROOM RESERVATION INFORMATION

Best Western Plus Cobourg Inn & Convention Centre

930 Burnham St., Cobourg ON K9A 2X9
(905) 372-2105

You are responsible for booking your own Hotel room. Please advise the hotel that you are with the Lions Convention. There are a certain amount of rooms available, so get yours booked early.



*"May Peace be your gift this
Holiday Season and your
Blessing all year through."*

HAPPENINGS AROUND OUR DISTRICT

BRIGHTON LIONS CLUB

On October 26, 2023, the Brighton Lions Club arranged and paid for a full hour of music by the local band, 'Time Out'.



Our audience...the residents and staff of Maplewood Nursing Home.

The Lions and residents, clapped, sang and danced to a lot of great tunes. The residents and staff enjoyed themselves so much, that a 'return' visit is arranged again by Lions for December.

Submitted by: Lion Jane Keeler



COBOURG LAKESHORE LIONS CLUB

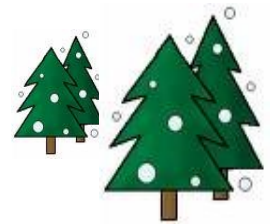
Cobourg Lakeshore Lions Club delivering "Stockings for Seniors". A wonderful cause for our seniors who are alone during the holidays.

Submitted by: Lion Christine Bayer



T' IS THE SEASON ... OLE' SUPERSTITIONS

- ♦ To have good health throughout the next year, eat an apple on Christmas Eve.
- ♦ Wearing new shoes on Christmas Day will bring bad luck.
- ♦ Place family shoes side by side on Christmas Eve to avoid a quarreling family.
- ♦ Eat plum pudding on Christmas and avoid losing a friend before next Christmas.
- ♦ A blowing wind on Christmas Day brings good luck.



HAPPENINGS AROUND OUR DISTRICT

KEENE LIONS CLUB

Santa stopped by Keene on December 9th to participate in the Santa Claus parade hosted by the Keene Lions. There were 23 entries, including 2 bands. Children from the village were then invited to the Lions Den to meet Santa and get a treat while their parents got coffee, hot chocolate and Timbits. Perfect weather and a great crowd!

Submitted by: Keene Lions Club



BRIGHTON LIONS CLUB

The Brighton Lions Club has been busy donating to our local youth groups. Just recently, the parents' committee from Smithfield P. S. were presented with a cheque for \$1178.00, to go towards a fundraising project for new playground equipment. * monies raised for Smithfield P.S. was done so by our club selling food at Music in the Park. Our local figure skating and hockey teams received \$1,000.00 each for March Carnival and tournaments, etc.

Submitted by: Lion Jane Keeler

HAPPENINGS AROUND OUR DISTRICT

COBOURG LIONS CLUB

Another successful breakfast with Santa started bright and early on November 19th. The Lions were up before the crack of dawn to start the griddles. We opened the doors at 9 am and served over 250 people a hearty breakfast of eggs, sausage and pancakes. The Clauses and Melvin the Lion were on hand to have their photos taken with many happy, smiling kids (and adults!). We also took in an enormous amount of donations for Fare Share food bank, as well as cash contributions.

Thank you, Cobourg!



Cobourg held this year's annual Santa Claus parade on December 2nd. The parade started at 6 pm and the downtown core was lit up with sparkling lights, twinkling snow and lots of Christmas cheer. With over 80 floats participating, it was a night to remember. Not to mention Old St. Nick himself in a beautiful sleigh, pulled by eight golden reindeer.

The theme this year was classic Christmas characters and the Lions' truck was covered with the likes of Rudolph, Frosty, the Grinch and Peanuts. Melvin the Lion kept warm by waving to the spectators lining the streets. Businesses stayed open late, cookies were eaten, and donations were collected for Fare Share food bank. Thank you, Cobourg!

Submitted by: Lion Julie Speares, Social Media Coordinator

FRANKFORT LIONS CLUB

We hold our Christmas Share programme from November 1st to December 22nd. Registration was till December 13th and Fill the Boat with our wonderful Firemen was December 2nd with support from the community giving a tremendous amount of food donations.

The baskets will be given out on December 22nd when our hearts will be full to see the grateful smiling faces!

Submitted by: Lions Angie and Lesa



Fill The Boat... With the Firemen are Lions June, Heather, Bonnie, Angie, Jana, and Harold. Photographer Lion Lesa



HAPPENINGS AROUND OUR DISTRICT

AMHERSTVIEW LIONS CLUB

Loyalist Township Assists With the Parade:

How about this? Recently the Amherstview Lions hosted the Amherstview Lions Santa Claus Parade. Santa was overjoyed and reminded the Lions to thank Loyalist Township for the assistance with planning the parade.

Those plans included the route, the road closure permit, and a meeting with Fire Chief Fred Stephenson, and the OPP Constable Scott Woodburn as well as Jesse Grawley of Loyalist Township's Public Works and Curtis Newman of the Loyalist Township Roads Department. The Parade would not have taken place safely without the essential aid from Loyalist Township and the Amherstview Lions are grateful.



November 25th ~ Hot Chocolate at Fairfield Park

Can you guess? How many cups of hot chocolate did the Amherstview Lions serve? *Pic right:* Tracey and Amherstview Lions Past President Bill Matier, Anne Aubin, President Tom Houston, and Second Vice President Lion Guy Aubin served deliciously smooth hot chocolate. Under the direction of Lion Bill Matier, they used 20 gallons of water to prepare the luscious hot chocolate. But how many cups of hot chocolate did they serve on a cold afternoon in November? They served 500 cups of very enjoyable hot chocolate that afternoon.

Submitted by: Lion Barb Johnson, Club Secretary



LAKEFIELD & DISTRICT LIONS CLUB



Nick Campbell, from Curve Lake was the lucky winner of the Lakefield & District Lions Club \$10,000 Summer Raffle!



Lakefield & District Lions Club float
Annual Christmas Parade
November 19th, 2023

Submitted by: Region 10 Chair Nancy Lane



HAPPENINGS AROUND OUR DISTRICT

BATH & DISTRICT LIONS CLUB



Our member, Lion Helen transferred in from Sharbot Lake Lions. Since then, Helen has become a valuable contributor in a number of projects and events. One of her endeavors is chairing the Medical Equipment Committee. With the assistance of hubby, Lion Andy, they have built up the Medical and Mobility Equipment program with an inventory of items including wheelchairs, walkers, electric reclining chair, braces and other items. All of these are lent out on a temporary basis. Helen created various forms that borrowers sign which satisfies various legalities. The committee has become so successful that even the local pharmacy refers people to her.

GOODSTART program



weekdays parent volunteers fill in.

The funds for this comes from our participation in staffing a Bingo Hall overseen by the Ontario Lottery & Gaming Corp. Lions 4 weeks/month, assist the hall staff in operating the bingo with the club receiving money in recognition.

Bath & District Lions have created their GoodStart program. This service augments the nutrition program at Bath Public School. The club provides food supplies up to \$500.00 month, with Lions Joanne and Rod Irwin do the shopping. Every Monday and Friday starting at 7:30, Lions Joanne and Andy Vandesande & other Lions who can drop in, prepare 90 egg McMuffins, wrapping them in foil. When children arrive at school they can pickup one giving them a good start to the day. There is no means test, any child can have one. Down the road is a plan to alternate and do pancakes once a month with Lions Joanne and Rod having already acquired 90 sets of bowl, plate, knife and fork. The other

Submitted by: Lion Iain Maciver

LIONS FOUNDATION OF CANADA DOG GUIDES

2023 marks the 40th anniversary of Lions Foundation of Canada Dog Guides (LFCDG). Since 1983, the foundation has become an industry leader and has matched more than 3,000 Dog Guides with Canadians, making a difference in the daily lives of those living with disabilities.

LFCDG would not be where they are today if it were not for Lions clubs across Canada. As the demand for Dog Guides continues to increase, we send grateful thanks to supporters... our dedicated staff and Board members, our Lions clubs, our donors and our volunteers. Here's to the next 40 years!

If you wish to make a donation, please consider doing so by March 1st, 2024, and your gift will then be included in a special announcement at the launch of The Difference campaign. For more info, check: thedifference@dogguides.com



[Excerpt taken from LFCDG newsletter]

HAPPENINGS AROUND OUR DISTRICT

NEWBURGH-CAMDEN LIONS CLUB

[From Press Release Fall 2023]

Newburgh-Camden Lions Club supports school nutrition...again!
The Lions Club has done it again!

A generous donation of \$6500 was made by the Newburgh-Camden Lions Club to the Food Sharing Project to support access to nutritious food at school. This is the second generous gift from the community service organization this year to support healthy food at school.



"Along with a donation of \$6000 back in April, these two donations will support a year of fresh, healthy food being provided to Centreville and Newburgh Public Schools," says Andy Mills, Executive Director of The Food Sharing Project. Mills was joined by Lions Club members, staff and students at Centreville Public School on September 20 to receive the donation.

The Food Sharing Project is the charity which provides nutritious food to the schools for in-school meals and snacks. Each week, over \$20,000 of food is delivered to the doors of 88 schools across Kingston, Frontenac, and Lennox & Addington, at no charge to the schools.

"Young people are our future, and it is important that we give them all the tools they need to succeed," says Newburgh-Camden Lions Club Past-President Vic Smith, "and healthy food is the most basic thing they need to get through the day, and do well at school, and beyond." The Newburgh-Camden Lions Club is a small rural chapter of the international organization and runs activities and raises funds to improve well-being and strengthen communities. The money raised was earmarked for the food programs at Newburgh and Centreville Public Schools, which operate within the chapter's jurisdiction.

Peter Mouncey, Principal at Centreville and Newburgh Public Schools, applauds this three-way partnership between his schools, the Food Sharing Project and the Newburgh-Camden chapter of the Lions Club. "Having their daily nutritional needs met means that students have healthy bodies and active minds," says Mouncey.

Submitted by Lion Mary Ann Smith

FRANKFURT LIONS CLUB

Our annual Christmas donation to Mr. Ed Newberry of the Kinsmen Club for children's toys.

Pictured right: Lion Lesa and Mr. Ed Newberry.

Submitted by: Lion Angie Perrier



NORWOOD LIONS CLUB

Recently the Norwood Lions made a \$20,000 donation to the new Medical Centre to sponsor the reception area.



HAPPENINGS AROUND OUR

NORWOOD LIONS CLUB

November 2nd, 2023—Zone Chair Sue Pearce visited the Norwood Lions Club on her official visit and inducted two new Lions into the Norwood Club. She was assisted by four members of her home club (Havelock Lions Club).

A hearty welcome to our new Lions Don McLaughlin (sponsor Lion Doug White), and Lion Trevor Hickey (sponsor Lion Doug Pearcy).

A Missing Lion ceremony was also conducted that evening by Lion Alex Davidson and PDG Earl Oliver, in memory of recently deceased Lion Dave Marshall.



EAST PETERBOROUGH LIONS CLUB



During the East Peterborough Lions Club “Breakfast with Santa” – District A-3 Vision Chair and Region 10 Chair Lion Nancy did Vision Screening for some of the children that attended. She screened 25 children with only 2 of them needing referrals.

Submitted by: DG Frank

HO HO HO...

T'IS THE SEASON



Christmas is a time when everybody wants his past forgotten and his present remembered.

Why is Christmas just like a day at the office?
You do all the work and the fat guy with the suit gets all the credit.

Christmas is a race to see which gives out first...
your money or your feet!

Anyone who believes that men are the equal of women has never seen a man trying to wrap a Christmas present!

HAPPENINGS AROUND OUR DISTRICT

REINDEER TRIVIA

Santa's reindeer first appeared in 1821 in a children's poem, 'Old Santeclaus with Much Delight', published in New York. And the names of Santa's reindeer were introduced in a 1823 poem, entitled 'A Visit from St. Nicholas' by Clement Clark Moore and later became even more popular by classic holiday specials on TV.



However, Rudolph was first mentioned 100 years after the other reindeer! In fact, our jolly, red-nosed friend did not make his debut until 1939, when he stole hearts with a poem published in a company newsletter by Robert L. May and has since found a place in people's hearts worldwide each festive season!

Donner and Blitzen weren't always called that... you may not know that their names have undergone an exciting transformation. Originally, they were referred to as Dunder and Blixem, which means thunder and lightning in Dutch.

Reindeer noses genuinely can be red... it's more common for reindeer to have a red nose than the song suggests. Reindeer have an extraordinarily high number of blood vessels in their nostrils, allowing them to regulate their temperature by bringing the blood close to the surface when they are overheating – this helps them to cool down. It also gives them an



1 for \$5

1 for \$5

PEC LIONS

CELEBRATING 50 YEARS OF SERVICE TO
PRINCE EDWARD COUNTY

50/50 RAFFLE!

~~~~~

DRAW: TUESDAY, JUNE 11, 2024  
AT OUR 50TH ANNIVERSARY EVENT IN WELLINGTON PARK  
(DO NOT NEED TO BE THERE TO WIN)

~~~~~

HOWTO PURCHASE:

By phone: 613-654-2800 or via E-transfer to peclionsclub@gmail.com
(include full name, phone number and email)

Once payment is received, we will email you a copy of your ticket(s).

~~~~~

ONLY 2,000 TICKETS TO BE SOLD - IF ALL TICKETS ARE SOLD YOU COULD WIN \$5,000!

LICENSE #M857928

50-50 Raffle proceeds will go to  
Lions Foundation of Canada Dog Guides,  
The Difference Campaign

### NEXT DISTRICT A-3 NEWSLETTER

Distribution Date: **March 2024** (to be advised)

Submission Deadline: **Early March**

Submissions to: Lion Karen, Newsletter Editor

Email: [kchristopher@emailx.ca](mailto:kchristopher@emailx.ca)



In the New Year, may your right hand be stretched out in friendship and never in want. May peace and plenty be the first to lift the latch on your door... and happiness be guided to your home by the candle of Christmas.

Lion Karen, Editor

### DATES TO REMEMBER

#### DISTRICT CABINET MEETINGS

- \* February 10th, 2024—Bowmanville
- \* June 22nd, 2024—East Peterborough

#### MD 'A' CONVENTION

Sharing the Vision  
May 31st—June 2nd, 2024 St. Catharines ON

#### DISTRICT A3 CONVENTION

Celebrating 50 Magical Years  
April 12th—14th, 2024 Cobourg ON

#### LIONS INTERNATIONAL CONVENTION

June 21st-25th, 2024 Melbourne, Australia

#### USA/CANADA FORUM

September 5th-7th, 2024 Louisville, Kentucky USA