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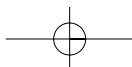
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POSTMASTERS: If unclaimed, return to MDA, 43 Alpha Mills Road, Mississauga, ON L5N 1H7

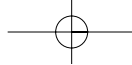
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Official publication of Lions Clubs International. Published by authority of the Board of Directors in 20 languages.

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President's Message

Innovative Leadership: A Key To Our Future

by **Dr. Tae-Sup Lee**
**The International Association
of Lions Clubs**

Whatever our specific objectives may be, whether at the club, district or international levels, the role played by effective and innovative leadership will be decisive in their attainment. It is imperative that Lion leaders be creative in their approach to their responsibilities and that they always remain open to new ideas. Through innovation, they will be in a position to generate and implement bold and unprecedented strategies to service activities, membership growth, fundraising and the entire spectrum of the involvement of Lions in their communities.

The leadership programs offered by Lions Clubs International have, in fact, proven to be innovative means to enable current and future Lion leaders to more fully understand the traditions and programs of this association and to develop the skills necessary in order to provide the very best direction in clubs and districts. The very successful District Governors-Elect Seminar, conducted in Denver, emphasized the crucial need for creativity and use of modern technology to meet the challenges to the "We Serve" spirit. The same theme is being used in this year's seven Lions Leadership Institutes and two MERL Chairpersons Seminars. I urge all Lions who would benefit from these courses of hands-on instruction to inquire when and where they will be held in their areas. If already conducted, it's not too early to plan to attend one next year. They are priceless tools guaranteed to strengthen the basic framework of this association.

In recognizing the absolute need to support local leadership training

programs, the association is continuing to offer the highly acclaimed and popular Regional Lions Leadership Institute and Multiple District Leadership Training grant programs. Funding these initiatives further enables multiple districts to work in cooperation with Lions Clubs International to offer Lions superb and culturally-adapted leadership training.

Lions are ...
leaders in
their own
communities
and the
world
community.

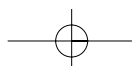
Every Lion can benefit from the Lions Learning Center that is accessed through the association's Web site. Here, state-of-the-art training techniques and technology are employed to make members better aware of our history and goals and to sharpen their own leadership capabilities. The center continues to expand in order to better identify the educational needs of Lions and to provide them with the very best services possible.

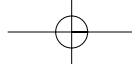


President Dr. Tae-Sup Lee

Lions are, of course, leaders in their own communities and the world community, but it is a position that must be analyzed continually for its effectiveness if we are to maintain our highly-respected stature in society. Therefore, it is vital that leadership training be a priority item on the agendas of every club and district because the future of Lions Clubs International depends on the knowledge, the vision and innovative skills of Lions now in office or chairing committees or who will occupy these positions in the years ahead. I assure you that quality leadership, at all levels, will be a determining factor in our quest to meet our ambitious goals for community and humanitarian service and in membership growth and retention.

I have always maintained that we must never waver in our resolve to develop and implement increasingly innovative ways to enhance our image. To ensure this, it is crucial that we accept our responsibilities as leaders in the voluntary sphere. Have no doubt that forward-looking, quality leadership will play a key role in making it possible for our entire membership to reach toward new horizons of service. Remember, in leadership development as in everything that relates to the progress and growth of Lions Clubs International, Innovation is the Gateway to Our Future.





Publicizing Your Story

#24 in a series of 26 articles

Written by Lion Dave Butters, President., St. Joseph Island Lions Club

Short Talk #24

Who? What? Where? When? Why?

These are the 5 W's of basic journalism. There is another question to be asked. How? If we spelled "how" backwards, we would have a sixth W-but who could pronounce it? These are questions known by most people who possess the ability to write an acceptable story, but they cannot be over-emphasized. Nor can any one of them be ignored if Lionism is to be properly publicized.

The "who" is easy. We are members of Lions International, recognized mainly because of our emphasis on Sight Conservation. We must construct a story around "who" is doing the work and "who" is the recipient of the service.

The other 5 W's follow naturally. "What" is the service or project. "Where" and "why" concern the location and the reason for the project. "When" sets the dates and the "how" indicates the means for financing or construction of the project.

The "who" is simple. It is the individual Lions Club. And the other 5 W's must be fully covered to successfully conduct the project. All details of the project are noted down and put in a workable format. Once this is accomplished the project gets under way. A good story must be constructed along similar lines.

It is relatively easy to construct a good story if one looks after the six W's. But - herein lies the rub - how does the media - print, radio and TV - look at the story in competition with the myriad of items available?

The well-prepared story needs a hook - someone or something that invokes interest beyond normal copy. Construct your news release around a well-known individual or group, an occurrence, a special need - anything out of the ordinary. And don't bury this hook half-way through the story. Hit the editor with the opening sentence and you have it made.

Continue your story with a personal touch including interviews with participants in the activity. This takes the publicity from the statistical arena into the personal one. It is the personal touch that provides the hook.

It is possible at this stage that photographs can be submitted for publication with the story. Try to get action photographs - a group of Lions discussing or planning the project; an action photo of a Lions work bee.

Perhaps the construction of a fishing deck in a local park by a club who then donates the deck to the community will get print. Yet the same story constructed around an individual - say a Lion of twenty years who spearheads the project and is well known in the community will produce a better story. Here is the spot for the head and shoulders photograph of the individual. Should the deck be completed for a fishing derby held annually for the blind or visually and physically impaired of the community, the "We Serve" slogan of Lions International is fulfilled and Sight First if further promoted. The derby itself provides excellent photographic possibilities and could interest radio and television coverage. "Who" at this point is the editor. Be it print, radio or TV, it is up to the editor where and when the story appears. The "who" of the story is the hook that catches the attention.

"How" does the club contact the media? Most of us have had contact with the media in some form, be it as reader, watcher or listener. And most of us live in communities served by a daily or weekly newspaper or both. Contact the editor and set up a working relationship.

The club's public relations officer should become acquainted with media sources so the information highway becomes a two-way street. Find out how many articles they will accept on the project. With well-prepared copy containing the six W's, the club should be able to get three items in print - the original story, the completion article, and a follow-up item on the use of the project by the community.

Be sure to type the story double-spaced, leaving an inch to an inch and one-half margin on each side for corrections.

Radio and television coverage is more difficult to attain because of the brevity of the item used. Again the hook comes into play. Here the "who" and the "how" concern the individual used as a hook to grab the media interest. Arrange for an interview with the individual. Provide the media with all pertinent details (including the original story) so the representative can work with the individual prior to air time and perhaps come up with questions we haven't considered.

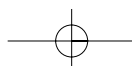
If the club has established good relations with the media, this might be a time to suggest live or remote coverage of the project. Here the Lions must remember the media needs time to plan for such production efforts. They may be able to put together an item for the evening newscasts providing the hook is an attention grabber.

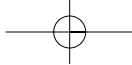
Remember that most radio and TV stations provide public service announcement sections that are available gratis. Some newspapers, particularly weeklies, also offer such community notice columns. News releases should be sent to all media sources so that interviews can be scheduled and the editors can schedule publication dates and gratis community calendar items at their discretion. An important consideration at this point is to give the sources plenty of time before your desired publication or air date.

Remember: Construct your story around an individual or particular need of the community. Utilize the story to sell Lionism. Slant the story to the personal side. Create a good nose for news. Construct and present your story properly.

Familiarize yourself with all working media outlets and become acquainted with them. Find out what is most acceptable to them. Cover all media sources with publicity. Create the best possible story which must include **Who? What? Where? When? Why? and How?**

Here's to good writing and good publicizing.





Le Message du Président

Leadership innovateur: une clé pour l'avenir

Par Dr. Tae-Sup Lee
président Association Internationale
des Clubs Lions

Un leadership innovateur et efficace jouera un rôle déterminant dans la réalisation de nos objectifs spécifiques, quels qu'ils soient, aux niveaux du club, du district ou international. Les leaders Lions doivent envisager leurs responsabilités d'une façon créatrice et être toujours ouverts aux idées nouvelles. L'innovation les aidera à susciter et à mettre en oeuvre des stratégies audacieuses et inédites, reliées aux activités de service, à la croissance de l'effectif, aux campagnes de financement et tous les secteurs d'engagement des Lions dans leurs communautés.

De fait, les programmes de leadership offerts par l'Internationale des clubs Lions ont fait leurs preuves en tant que moyens novateurs pour permettre aux leaders Lions présents et futurs de comprendre plus en détail les traditions et les programmes de cette association et de développer les compétences nécessaires afin de fournir la meilleure orientation possible aux clubs et aux districts. Les colloques des gouverneurs de districts élus, organisés à Denver, furent très profitables et ils accentuent le besoin fondamental d'être créatif et d'utiliser la technologie moderne pour relever les défis rattachés à l'esprit de "Nous Servons". Cette année, nous employons le même thème dans les sept instituts de leadership des Lions et dans les deux colloques MERL pour la présidence. J'exhorte tous les Lions qui pourraient bénéficier de ces cours de formation pratique à se renseigner afin de savoir quand et où ils seront offerts dans leurs régions. S'ils ont déjà eu lieu, il est temps de planifier pour les suivre l'an prochain. Ces outils d'une valeur inestimable vont assurément renforcer la structure de base de cette association.

L'association reconnaît qu'il existe un besoin impératif d'appuyer les programmes locaux de formation au leadership et elle continue à offrir le très populaire et très applaudi institut de leadership régional des Lions et les programmes subventionnés de formation au leadership des districts multiples. Le financement de ces initiatives habilite davantage les districts multiples à travailler en coopération avec l'Internationale des clubs Lions pour offrir aux Lions une formation de leadership incomparable, adaptée aux différentes cultures.

Les Lions
occupant une place
de leaders dans
leurs communautés
et dans la
communauté
mondiale.

Chaque Lion peut tirer parti du Centre d'apprentissage des Lions qui est accessible sur le site Web de l'association. Là, nous utilisons la fine pointe de la technologie et des techniques de formation pour informer les membres sur notre histoire et nos buts et pour affiner leurs propres aptitudes de leadership. Le centre s'agrandit sans cesse afin de mieux identifier les besoins éducationnels des Lions et leur fournir les meilleurs services possibles.

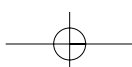
Bien sûr, les Lions occupant une place de leaders dans leurs



President Dr. Tae-Sup Lee

communautés et dans la communauté mondiale. Mais s'ils veulent maintenir ce statut très respecté dans la société, ils doivent continuellement faire le bilan de leur situation. Par conséquent, il est essentiel que la formation au leadership soit un point prioritaire dans les ordres du jour de chaque club et district car l'avenir de l'Internationale des clubs Lions dépend de la connaissance, de la vision et des aptitudes novatrices des Lions présentement en fonction, présidents de comités ou de ceux qui occuperont ces postes dans l'avenir. Je vous garantis qu'un leadership de qualité, à tous les niveaux, sera un facteur déterminant dans notre lutte pour atteindre les buts ambitieux du service communautaire et humanitaire ainsi que pour la croissance et le maintien de l'effectif.

J'ai toujours affirmé que nous ne devons jamais faiblir dans notre résolution de développer et de mettre en oeuvre des moyens toujours plus innovateurs pour améliorer notre image. Pour garantir notre réussite, il est primordial que nous prenions nos responsabilités de leaders dans la sphère du bénévolat. Soyez confiants qu'un leadership de qualité, tourné vers l'avenir, jouera un rôle-clé en habilitant tous nos membres à atteindre de nouveaux horizons de service. Souvenez-vous que, dans le développement du leadership comme dans tout ce qui se rapporte au progrès et à la croissance de l'Internationale des clubs Lions, l'innovation est la porte de l'avenir.



LCIF IN ACTION**LCIF Legacy Program - Support LCIF and Improve Your Financial Security****by Sandra Bedgood**

Many of us regularly support our church or synagogue, write checks to our favorite charities and automatically reach for the checkbook when local youths show up at the door selling candy or cookies. These are wonderful endeavors and should be supported. We give so much it's almost a reflex action done without thinking or planning. But Lions can maximize their generosity while also taking care of their own financial needs through **planned giving**.

LCIF offers a wide range of planned giving options. LCIF's Legacy Program is designed to allow Lions to make a charitable gift to the foundation while enhancing the economic security of themselves and loved ones.

Some of these giving options include bequests, charitable gift annuities and charitable trusts. These devices to support LCIF while helping yourself often include significant tax advantages.

Bequests

One of the most frequent methods of making a gift to LCIF is by a bequest. Your will, drafted properly and kept current, may be the most important legal document you possess. Through your will, you make certain that relatives, friends and favorite charities are remembered exactly how you decide during your lifetime.

By bequeathing a gift to LCIF through your will, you retain the full use of your assets to provide for today's necessities and future expenses such as medical and long-term care. Your bequest can be your final statement about what you believe to be important and worthwhile.

Charitable Gift Annuity

A Charitable Gift Annuity (CGA) is one of the simplest and most popular giving options among older donors. With a gift annuity, the donor

irrevocably transfers cash or securities to LCIF. In return, the donor will receive fixed guaranteed payments for life. The amount of the payments will depend on the number and ages of the beneficiaries. Many donors wish to provide income to two beneficiaries - usually a husband and wife. Upon the death of the first beneficiary, the payments continue for the lifetime of the survivor. The gift annuity rates for a Joint/Survivor Annuity are slightly lower than for a Single Life Annuity.

Benefits include:

- * The opportunity to transform non-income generating assets into an income stream
- * The ability to lock in a guaranteed rate of return for life
- * The creation of positive tax benefits with the initial gift and the ensuing income stream

Charitable Remainder Trust

A Charitable Remainder Trust is another effective way to benefit both a charity and you and your family. When a donor creates a Charitable Remainder Trust, he or she irrevocably transfers money, securities or other assets to a trust that will then pay him/her an income for life or for a period of years. If the donor chooses, the trust also may pay income to another beneficiary. At the death of the surviving beneficiary, the remaining principal in the trust reverts to LCIF.

A Charitable Remainder Trust is designed to meet the needs of the donor. The amount, frequency and length of the trust payments are all variables that the donor determines (with the assistance of a professional advisor), based on personal needs. Payments must be at least annual and at a rate of at least 5%. The selected rate is usually between 5% and 7%, and at least 10% of the original amount must eventually go to charity. The most favorable rate for the donor

will depend upon on the number of beneficiaries chosen and their ages. The donor then decides which type of CRT will work best.

There are two basic types of CRTs: the Charitable Remainder Annuity Trust and the Charitable Remainder Unitrust. These two trusts are distinguished primarily by the type of payments the donor receives. With a Charitable Remainder Annuity Trust, the payment is locked in at a percentage of the original value of the trust assets, producing a fixed sum of dollars for the duration of the trust. The annual payout never varies with an annuity trust.

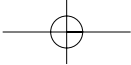
A Charitable Remainder Unitrust, however, has a variable payout, based on a fixed percentage of the fair market value of the trust assets as they are valued annually. Thus, if the value of the trust assets grows each year, so does the annual payment. With both types of trust, the income received is frequently taxed at a favorable rate.

Charitable Lead Trust

A Charitable Lead Trust operates under the same basic principals as a Charitable Remainder Trust—with one key exception. With a Lead Trust, LCIF receives its gift in the form of an annual income for a selected number of years. At the end of the designated period, the remainder of the assets are returned to the donor, his/her children or other designated beneficiary.

These and other giving options are available through the LCIF Legacy Program. For more information, please visit the LCIF Web site at www.lcif.org. Or call 630-571-5466, ext. 392 at the LCIF Development Office.

Editor's note: The information presented is not intended as legal, tax or investment advice. For such advice, please consult an attorney, tax professional or investment professional.



The Lions of District A-1
proudly present

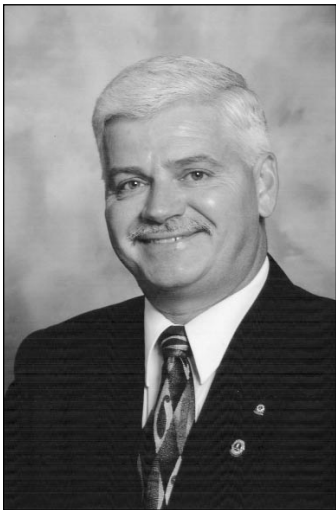


Mary Jane Gagnier, P.C.C.
International Director Candidate
2005 - 2007

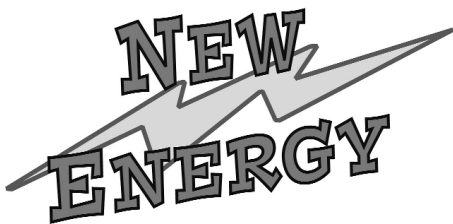
- Charter member Harrow Colchester South Lions Club
- 27 years Perfect Attendance
- District A-1 Governor 1998 -1999
- MD "A" Council Chair 1999 - 2000
- Promotion Chair 2000 -2002
- Representative for Ontario on the Lions International Public Relations Committee for Canada
- Ontario Director for the Lions Foundation of Canada
- Recipient of several distinguished service awards
- Married to PDG Rick Gagnier for 36 years, 2 adult children – Lion Ron & Christine
- Retired from National Bank of Canada

Proven Leadership

Proven Commitment



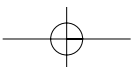
The A-3 Lion's Family
is proud to present
Lion Terry Graham, P.D.G
as our Candidate for
International Director 2005-2007

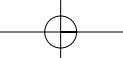


PDG Terry Graham has served his Community, District, and Multiple District with Honesty, Integrity, Ability and Energy. Lion Terry and Lion Jean are now ready to serve the Lion's Family of Multiple District "A" and Lions Clubs International as your International Director 2005 - 2007.



The Lions of A-3 ask you to vote **YES** to endorse
Lion Terry Graham
Candidate For International Director 2005 - 2007





“Grow with Gerber”

The Lions of District A-12 proudly present our candidate for the office of International Director 2005—2007...
Lion Yvette Gerber.



- G**enerous in spirit
- E**thical
- R**esponsible
- B**usy
- E**nthusiastic
- R**eputable

Coming soon to a city or town near you!



“Grandissez avec Gerber”

Les Lions de District A-12 sont fiers de vous présenter leur candidate pour le poste de Directrice Internationale 2005—2007...
Lion Yvette Gerber.

- G**énéreuse en esprit
- E**thique
- R**esponsable
- B**ien-pensant
- E**nthousiaste
- R**éfléchie

Bientôt dans une ville ou un village près de chez-vous!

Forever

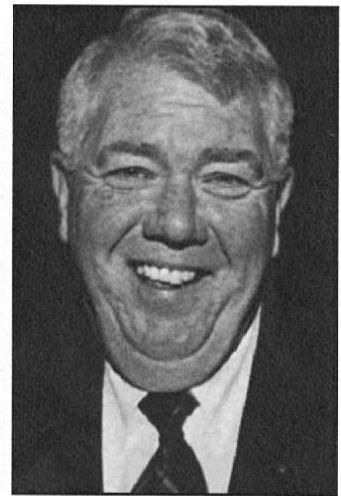
CARL

Young

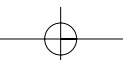
Candidate

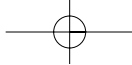
International

Director 2005-2007



“...Lion Carl Young has the experience, knowledge and ability necessary to best serve as International Director, 2005-2007...”





Lions Clubs Insurance Programmes

PROVIDING INSURANCE PROTECTION TO LIONS CLUBS FOR OVER TEN (10) YEARS

- * Club Property & Paraphernalia
- * Hold-up Insurance
- * Fidelity Bond for each member
- * Liability Insurance including Host Liquor Liability
- * Directors & Officers Liability Insurance

Let us send you complete information on our programmes
 Call 1-800-387-1627
 and ask for the
LIONS INSURANCE PROGRAMME MANAGER

Visit our website at
www.darlinginsurance.net

MDA Council Business Summary

Here are some highlights of our September 6, 2003 Council of Governors meeting which took place in MacTier Ont.

MDA Forum

Council cancelled the format of MDA Forum as a separate entity and will include a similar program with the MDA convention starting in 2005 with the possibility of a pilot in 2004.

Alternative Funding Model for MDA Programs

Council considered various models and has filed this issue without any further action

Office Transition

The changeover is almost complete. The office in Richmond Hill has been closed since August 29th. All services that were previously in place have remained. The new address is Lions Clubs International, Multiple District "A", P.O. Box 647, Ottawa ON K1C 3V9. Telephone 613 860 1001, fax 613 590 1212 and email secretary@mdalions.org

Use of Publicly Raised Funds

There have been many interpretations over time. The Governors decided to bring clarity on this issue through every available media in the Multiple.

Magazine Committee

Council accepted a recommendation that the Magazine committee re-design its presentation format.

Fundraising Permission Granted

- * MDA Program Lions-Quest
- * MDA Program Peace Poster Contest
- * MDA Program Sight First Lake Joseph Centre 50-50 Draw
- * MDA Program Effective Speaking Contest
- * MDA Program Friendship Arches Draw

- * Drs Lions Club Request for Monster Draw
- * The Canadian Diabetes Association,
- * Camp Huronda

Fundraising Permission Denied and Referred to Sub-Districts.

Participation Lodge

Sight First

Lake Joseph Holiday Centre The building fund contributions from Lions Clubs have reached \$523,577 with a total to date of \$947,634. Lake Jo/50-50 Winner declared to be the Chatham Lions Club. The Rockwood Lions Club won the free weekend at Lake Jo.

Diabetes: it was announced that the Lions will switch their support to the Residential Canvass for Diabetes with the demise of "Case for a Cure".

MDA Convention

Council was advised that the voting would begin at 7:00am on the Sunday of the Convention. There are 4 International Director candidates running for the International Director position of 2005-2007. They are PDG Lion Terry Graham, PDG Lion Mary Jane Gagnier, PDG Lion Yvette Gerber and PDG Lion Carl Young. The St Davids Lions Club submitted a convention bid for the 2006 MDA convention in the year 2006 which was approved by Council. The event will take place in Niagara Falls.

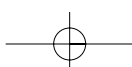
Windsor/Detroit LCI Convention

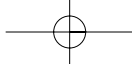
Mark your calendars. The convention will take place on July 5/9 2004. No Lions event has been planned for Windsor yet although a logo has been selected.

Did You Know

There are 38 Leo Clubs in MDA, an increase over last year.

Submitted by MDA Secretary John Proulx.





From the Council Chair



MD "A" Boasts Three in "TOP FIVE" Academy Awards of Lionism International Convention - Denver

The three categories and nominations were:

1 - Greatest Non-Lion Helping Hand by a Business or Corporation - Nestle Purina Pet Care

2 - Most Original and Unusual Service Project - Grief Kits for Children - A9
 3 - Club of the Year based on Building a Better Tomorrow Theme - Tiverton and District - A9

This was a really wonderful evening! The red carpet laid out! Food - excellent! Decorating - first-class! Entertainment - great! (Does anybody ever get tired of Bobby Vinton?) MCs

Brian Stevenson and CC Patti Hill (Alberta's own) - so professional. Every name from around the world was pronounced correctly and seemingly with ease. Well worth the cost. Heard a couple of Lions say they had probably spent \$100. US more foolishly before this! I am sure everyone from MD"A" that attended were as proud as I was to be there. The World was there and knew MD"A", Ontario, Canada was too!!

This is what was sent for number one. It is really surprising to see what Nestle Purina actually do to help us.

Nestle Purina PetCare

Lions Foundation of Canada train between 90 and 100 teams per year - 1 Special Person and 1 Special Dog - in three categories.

- 1 - Canine Vision Canada
- 2 - Hearing Ear
- 3 - Special Needs.

Nestle Purina PetCare donate the equivalent of approximately \$100,000 to the Foundation.

Where do they help?

- Many puppies are born at their facility. The puppies are given to foster homes for care and early training in socialization until they are about a year old. All food is provided for all puppies until they return to be trained.

- About 100 Lions Clubs across Canada host a Walk for Dog Guides - some in the fall and some in the spring - raising in '99 \$151,000, and now

\$450,000 expected this year. Nestle Purina PetCare provide for these Walks

- 1 - funding for promotion and educational material

- 2 -signage and flags for each walk

- 3 - Walk kits including water bowls and treats for the dogs, water bottles, pencils and items for prizes.

- There are more and better walks each year and our Foundation believes this sponsor is largely responsible.

- Lions Clubs get some excellent PR through this Walk. Often Foundation clients or trainers bring their dogs to schools etc to promote the Walk and very often our newspapers help promote the Walk by printing some excellent articles and pictures about the visit. Newspapers are always there to take pictures of the Walk, often including politicians, mayors and leaders in the Community.

- Nestle Purina PetCare sponsors the Veterinary Clinic at the Puppy Farm and Training Centre.

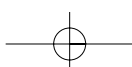
- Nestle Purina PetCare helps the Foundation Build a Better Tomorrow for about 100 people from all across Canada every Year. Their help assists Lions Clubs to raise the necessary money required to produce a team. \$6,000 to \$10,000 / team is required at no charge to the client.

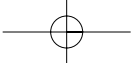
Lion Betty Jean Findley
 Council Chair

Anniversary Certificates - July 1, 2003 / June 30, 2004

District	Club	Anniversary Date	Year	A-5	Blind River	October 13-03	50
A-1	Dorchester	April 14-04	50		Little Current	November 03-03	65
	Ilderton & Dist	April 27-04	50		Powassan	October 17-03	65
	Parkhill	May 22-04	65		Temagami	February 17-04	50
	Tilbury	June 22-04	70				
	Strathroy	May 29-04	80	A-711	Woodbridge	March 23-04	50
					Leaside	January 24-04	65
A-2	Vittoria	October 09-03	50	A-9		-----	
	Long Point	August 22-03	65				
	Merritton	November 30-03	65	A-12	Burks Falls	October 22-03	65
	Port Dover	August 31-03	65		Sundridge	March 30-04	60
	Waterford	August 04-03	65	A-15	St Jacobs	September 10-03	50
	Beamsville	April 17-04	65		Ingersoll	December 14-03	65
A-3	Campbellford	July 23-03	50	A-16	Ajax	December 10-03	50
	Napanee	January 22-04	65		Markham	October 22-03	60
A-4	Alexandria	October 20-03	50		Aurora	April 12-04	60
	Perth	October 19-03	50				
	Brockville	March 23-04	65				
	Gananoque	March 7-04	65				

Total Certificates 30





The Knights of the Blind Lions/CNIB Partnership Program



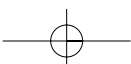
The Canadian
National
Institute
for the Blind
Ontario Division

CNIB & Central Manitoulin Lions



Bruce Mercer, President of the Central Manitoulin Lions Club (right), presents a cheque in the amount of \$1,000 to CNIB Northeastern District to help fund Sight Enhancement services. On hand to accept the donation were (left to right) Jane Hanley, Northeastern District Manager, Monique Pilkington, Manager of the CNIB's Eye Van Program, and Fran Cutler, immediate past chair of the CNIB's National Board of Directors.

Ms. Cutler was the guest speaker at this September 16th meeting of the Central Manitoulin Lions Club, which was also attended by members of the Gore Bay, Little Current and Manitowaning Lions Club. Ms Cutler thanked the "Knights of the Blind" for this generous donation and their ongoing support of the many important services being delivered by the CNIB.





Lions Clubs International Worldwide Induction Day Saturday, April 17, 2004

Lions Worldwide Induction Day is a great opportunity for existing and new members to come together and celebrate their membership as Lions. Since 1917, Lions have been serving communities worldwide. The need for new members continues as the demand for Lions' services increases. Worldwide Induction Day is truly an innovative way to provide increased public awareness of Lions clubs and to attract quality members to the world's largest service organization dedicated to serving others. This special event honors members of Lions Clubs International by inducting new members all around the world simultaneously.

Participation in Lions Worldwide Induction Day provides members with a positive and memorable experience. Lions who attend this enthusiastic event unite together in friendship, good fellowship and mutual understanding. Each member also receives a certificate from his/her district governor acknowledging participation in this worldwide occasion.

This event is also an ideal way for existing Lions to showcase their club and district activities to their communities. Press releases and public relations efforts highlighting club or district community projects and services can help to increase public knowledge about Lions Clubs International and its motto.

During the last Worldwide Induction Day held on April 12, 2003, District 24-A of Virginia conducted the ceremony during a district event. Many clubs joined together to celebrate the day with a luncheon, invited speaker and induction ceremony. Twenty-Seven clubs participated and 21 new members were inducted. Past District Governor and current Impact Leader Shirley D. Wilson reported that Lions Worldwide Induction Day was "a most positive and rewarding dedication/re-dedication experience for all participants."

District G-2 in Ecuador was another district that participated in Lions Worldwide Induction Day in April 2003. Past District Governor Martha Alava de Lanata reported that 17 clubs attended and 102 new members were inducted at this gala event!

"A most positive and rewarding dedication/re-dedication experience for all participants"

Start Planning Today!

By preparing early, your Lions Worldwide Induction Day can truly be a meaningful event for your members, prospective members, and your community. There are many ways you can publicize the event and encourage membership growth, depending on the style that best suits your club or district. However, here are a few ideas:

- * Recruit new members through the Year-Round Growth Membership Program, which recognizes the sponsor with certificate of sponsorship (yearroundgrowth@lionsclubs.org).
- * Publicize your club activities to the public to gain interest.
- * Create a club brochure.
- * Host an open house at your next meeting.
- * Invite a local radio station to broadcast information about your next activity or do a public service announcement.

The Lions Clubs International Worldwide Induction Day Club and

District Planning Guide is now available on the association's web site at www.lionsclubs.org. Choose the "Resources" tab and then access "Publications - New Clubs". The code for the Worldwide Induction Day Planning Guide is MK-61, and it is available in all languages. The guide is comprehensive and includes sample press releases, public relations tips and planning ideas.

For more information on Lions Worldwide Induction Day or to receive a guide by mail, contact your district governor or the New Clubs & Marketing Department at inductionday@lionsclubs.org, fax 630-571-1691 or call 630-571-5466 extension 522.

Save the date: Saturday, April 17, 2004 - Lions Worldwide Induction Day!

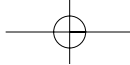
The Lions Worldwide Induction Day logo is now available for downloading! Take this opportunity to include it in your promotional materials.

Watch for more information in coming issues!

AI

2002 Citizen of the Year

Tom Jeffrey has been chosen as the Melbourne & District Lions Club Citizen of the Year for the year 2002. At the Lions annual BBQ in June, Tom was presented with a plaque to recognize his tremendous commitment to Melbourne and the surrounding area.



A2

Lions in Norfolk County know they are appreciated.

People are telling them just how much all the time.

Bill Lewis, CEO of Norfolk General Hospital, and J.J. Knott, project manager for the hospital's expansion project, took the time to tell local Lions just how much impact service work has on the community.

Local Lions were instrumental in raising money for a mammoth emergency room expansion and diagnostic equipment wing at Norfolk General, the only hospital serving Norfolk.

Lions rolled up their sleeves and raised a lot of money for the \$7 million drive. But many were also helpful in organizing the fundraising blitz that touched almost every one of the 62,000 Norfolk citizens.

Past District governor Don Daley headed up a committee to get service clubs to rally around the cause. An executive committee figured Daley could get about three-quarters of a million dollars from the various clubs throughout the county. Daley never stopped working until clubs had pledged \$864,000. Larry Dawson, a

vice-president with Simcoe Lions, chaired the communications committee. When he was done, everybody in Norfolk knew the hospital needed money.

Many other Lions served on the hospital board or fundraising committees to reach the goal.

Lewis and Knott showed up to thank Lions for their efforts of time.

They also had hearty thanks to the pledges by Norfolk Lions including clubs in Simcoe, Lynn Valley, Langton, Port Dover, Waterford, Courtland, Delhi, Long Point, St. Williams and Windham. Lions clubs accounted for more than half the pledges by service clubs in Norfolk.

And that's not counting the \$115,000 offered by Lions Club International Foundation.

Lewis and Knott showed the design of the new emergency facility and had a video update (filmed by Lion Jenn Shafto) for the membership at a Sept. 16 meeting for Simcoe Lions and representatives from other clubs in the are.



Lions-Quest Recognition Award

Alex Marconi, a grade 8 graduate of St. Ann School in Port Dalhousie, has consistently demonstrated the values espoused by Lions-Quest Canada.

Alex has made positive contributions to the school community through his exemplary attitude, leadership skills and involvements.

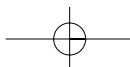
Presenting the Lions-Quest Recognition Award Trophy to student graduate Alex Marconi, is Lion Ken Bradley, Public Relations Chairman, Port Dalhousie Lions Club.

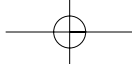


Ice Cream Hot Seller

Members of the Long Point Leo Club were selling ice cream bars and popsicles at the Port Rowan Bayfest Festival Aug. 29-30th at the docks. Great bunch of kids!

Left to right: Treasurer John Harrison, Bulletin Editor Nathan Cox, and President Cassy Harrison.





Leo Club Grows



May 27, 2003, Lions Potluck Dinner for Lions, Leos, families and PDG Lion Charlie Bradshaw inducted four new Leo members, along with a fifth at the following Leo Meeting. Also at the same meeting we had six Leos Harry Pollard, Josh Bartlett, Amanda Blackburn, Stephanie Bousfield, Michael Riovers and Jeff Rocheleau receive their Lions Young Leaders in Service Silver Seal awards for 50 or more community hours accomplished in one year.

Newly inducted members were from front, left to right - Leos Amanda Weaver, Jonathan Reid, Becca Donaldson and Kaitlyn Rivers along with their sponsors.

A2 Winner

The District A2 Effective Speaking Program, senior French competitor, Tasha Mahew, representing Merritton Lions came in second at the Multiple District A competition.

2003 Journey for Sight "The George Hostick Ride"



This ride was a tremendous success and achieved greater results than the prior year. Many thanks go to the participating volunteers, the riders and their sponsors, and the corporate donors for their generous cash, time and materials.

All proceeds are used for sight related assistance, such as Eye Care Niagara - equipment for the clinic at Hotel Dieu Hospital - dog guides for the blind - Lake Joseph summer camp for the blind - vision care needs for individuals - just to name a few.

Displaying a cheque for \$500.00 donated by Canadian Tire Corporation

is, front, left to right, Lion Glenn Connell, President Lions Eye Care Niagara Inc; Lioness Barbara Beskill, Grantham Club; Beamsville Lions Rita Morrisette, Secretary Lions Eye Care Niagara Inc; Merritton Lion Duncan Tolley, Charter Member Lions Eye Care Niagara Inc; Beamsville Lioness Mary Potter; Port Dalhousie Lion Ron Brenneman, Chairman Journey For Sight; Merritton Lion George Hostick, Co-Chairman and Founder of the Journey for Sight; in the background is Derek Mills, 1st Vice President, Port Dalhousie Legion Branch 350, a welcome guest at this occasion.

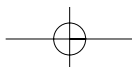
Long Point Lion's Collector's Envelope

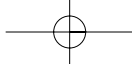
After 65 years of serving its Long Point-Walsingham-Port Rowan community, the Long Point Lions celebrated with a wonderful anniversary banquet at the Port Rowan Community Centre on Saturday, October 4th.

All 200 guests received a very special cachet featuring the special cancellation Canada Post created for the event, complete with the lighthouse symbol typifying the famous Long Point Lighthouse.

The envelope (or cachet) was created by Long Point Lion Bob McClelland, who is also a Director of the worldwide LISC (Lions International Stamp Club). It uses the recently released World Cycling stamp from Hamilton, Ontario as a tie-in to "Journey for Sight", one of the club's annual fundraisers.

Just over 200 of these cachets were made and are a collector's item. If any MDA members want one, please send \$6 (price includes all taxes) to Lion Bob McClelland, R.R.#3, Port Rowan, ON N0E 1M0. He will mail you a cachet. The offer is good while supplies last and all proceeds will go to the good works of the Long Point Lions Club.





“Affiliate” Trainers Bring Lions-Quest to Niagara District Schools

(Niagara Falls, ON) While most of us were enjoying the last few weeks of summer, Anna-Lisa Celli and Gail Hill were preparing to deliver Lions-Quest teacher workshops. In their roll as Affiliate Trainers for the Niagara Catholic District School Board Anna-Lisa and Gail donated their vacation time to prepare and deliver Lions-Quest to 85 teaching staff from nine Niagara District Schools.

As a result of a partnership established in 2002 between the Lions Clubs of A-2 and the NCDSB, Anna-Lisa and Gail trained for five days at L-Q Canada’s head office in Waterloo. Then, with the assistance of a L-Q National Trainer they delivered their first workshop to two St Catharines area schools. This year the pair brought the teacher training to life: according to Gail, as affiliates we were able to “integrate” the Lions-Quest program into our schools. We identified the fit between the objectives of our school board, the curriculum requirements and the classroom.

In a letter Lee Ann Forsythe-Sells, Superintendent of Education thanked the Lions Clubs of A-2 for their continued support. “The workshops once again were very successful and we are pleased to be building capacity with our staff to deliver the Lions-Quest program in our school system.” Special thanks were extended by Lee Ann to the Lions Clubs of Fonthill, Fort Erie and Stamford for directly supporting this year’s teacher training activity.



Mark Lefebvre, VP of St Alexander Elementary in Fonthill, ON thanks Affiliate Trainers Anna-Lisa Celli (L) and Gail Hill during the L-Q Affiliate Workshop “graduation” ceremony.

Submitted by:
D. Bradd Anderson,
A-2 Lions Clubs, Youth Outreach
905-353-0175



Q-Bear Arrives at Kate S. Durdan Public School



(Niagara Falls, ON) No, you aren’t seeing double! That’s the A-2 District Q-Bear in the foreground and the Grade 3 “KSD Kids” holding up the school’s very own Quinton.

Kate S. Durdan School was presented with a recently updated Q-Bear (Quinton) in recognition of their adoption of the Lions-Quest Program. It didn’t take long for the word to get around that Quinton had arrived. He had his photo taken with all of the staff (including the crossing guard and the schools liaison officer from the Niagara Regional Police). The resulting photos made it into a PowerPoint presentation that was viewed by the school and parents at the student of the month assembly.

A-2’s District Q-Bear resided at KSD for two weeks to acknowledge the schools L-Q efforts and was on hand for the September open house!

Raindrops Keep Falling On My Head

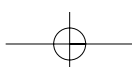


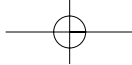
Shown in photo is Zone Chair, 32 W, Lion Beth Trottier, after the Walk for Guide Dogs; drenched, but happy with the day’s event.

“Raindrops Keep Falling On My Head” may well have been the marching song of the annual Selkirk Lions Walk-a-Dog-athon.

Our four-footed friends and their devoted owners braved a rather dismal day on Saturday May 31, 2002, to honour their pledges.

Through the day was wet, cold and dismal, our hearts were filled with joy as the people turned out and handed in their pledge sheets. Close to \$8000.00 was collected to aid the Lions Foundation, Canada, with their guide dog programmes.





INDOCHINA

Vietnam & Cambodia 2005



Included in the tour cost:

- Roundtrip airfare from Toronto-Vancouver-Hong Kong / Bangkok-Tokyo-Toronto Cathay Pacific
- All internal flights (Hong Kong to Hanoi, Hanoi to Hue, Hoi An to Ho Chi Minh City, Ho Chi Minh City to Siem Reap, Siem Reap to Bangkok)
- Fully escorted from Canada by Bill & Colleen Hutchinson
- Optional assistance to register for the convention with LCI as a group at the designated Canadian hotel
- Round trip transfers in Hong Kong to the designated Canadian hotel
- 11 breakfasts, 7 dinners, 6 lunches plus meals in flight
- Guided tour of Hanoi including visits to Ho Chi Minh mausoleum, Ho Chi Minh Museum, One-Pillar Pagoda and the Temple of Literature
- Afternoon Cyclo Tour of Hanoi's Old Quarter
- Water puppet show in Hanoi
- Cruise by private junk on Halong Bay with lunch on board
- Boat trip on the Perfume River to Linh Mu Pagoda and Minh Mang Tomb
- Visit to Imperial Citadel in Hue
- Coach transfer from Hue to Danang via Cloudy Pass with lunch en route
- Guided walking tour of Hoi An
- Afternoon bicycle ride in countryside in Hoi An
- Half-day sightseeing tour of Ho Chi Minh City (Saigon)
- Visit to Cu Chi Tunnels
- Tour of Cholon (China Town)
- Two day visit to Angkor Wat
- Boat trip on Chao Phay River in Bangkok
- Visit to Temple of Dawn, Grand Palace & Emerald Buddha Temple
- Tipping for guides - \$85.00 per person
- Pre-tour orientation meeting and post-tour reunion
- Tour Design diary

Cost Per Person - Canadian Dollars
 \$5169.00 Two to a room - Single supplement - plus \$840.00
 Airport departure taxes, Visa fees and tipping - \$297.00 per person

EARLY BOOKING BONUS
Free 3-piece set of High-end luggage per couple if booked by December 31, 2003

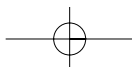
19 Days - June 25 - July 13, 2005

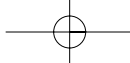
POST-CONVENTION TOUR



To book, call TOUR DESIGN, 1-888-923-9183 or fran@tourdesign.ca
www.tourdesign.ca

Ont. Reg. #500011108





A5

Fundraising Update! MD "A" Sensory Swimming Pool

W Ross MacDonald School

Campaign for the Sensory Swimming Pool is not well underway and MD "A" Lions are showing they are, for sure, "Knights of the Blind"! Response is fantastic and shows real support for our blind and deaf/blind students from across the Multiple at W Ross MacDonald.

As you know, the Ross MacDonald School serves blind and deaf/blind pupils from across Ontario and the Snoezelen Therapy Pool will be an addition to the existing pool facilities that will cost \$100,000.00. "It will add a unique therapeutic environment and be an exciting place of sensory stimulation for children to visit and spend time", according to Mr. Hodder, Superintendent. "It will be the first of its kind in Canada, and we deeply appreciate the Lions of MD "A" for their leadership and generosity."

Pictures shown how the existing pool area which is typical of most swimming pool installations with pale cream walls and brown deck tiles will be transformed into an area of colour, sound and visual effects, including, fish, underwater treasure, scuba divers, caves and seaweed. The low vision students will see and the blind students will touch and hear. It will be a new stimulating environment to promote communication, relaxation and exercise. According to psychologists of the Bloorville MacMillan Centre of Toronto, "Multi-sensory environments provide for children with severe disabilities to play in their own way."

We need your help! Lions Clubs who donate a minimum donation of \$250.00 will have their club names inscribed on the permanent Lions display which will be placed poolside to recognize Lions' Leadership in this project. Charity numbers will be provided, necessary for clubs reporting Bingo and Nevada fund donations.



Submitted by PDG Lion Jack Oatway, Fundraising Co-Chair, A-5 Teachers Lions Club



Please forward your donation to:
The W Ross MacDonald School, c/o
Patti Schonbacher, Lions of MD "A"
Therapy Swimming Pool, 350 Brant
Avenue, Brantford, ON N3T 3J9

Sheguiandah Lions Dog Walk - A Great Success!

Over 40 walkers showed up at the Centennial Museum of Sheguiandah and walked from the museum to the government dock and back. A nice sunny fall day made the day an enjoyable experience for all.

In addition to over \$2,500.00 of pledges turned in by walkers, a penny table raised an additional \$150.00 for a grant total of over \$2,700.00 which will be turned over to Lions Foundation of Canada for the training of Guide Dogs which are provided to eligible recipients at no charge. It costs \$10,000.00 to train a guide dog.

The Sheguiandah Lions Club also sold pop and hot dogs that proved to be very popular with all whom attended. As well, a new Mobile Pet Grooming business was on hand with her mobile pet grooming vehicle.

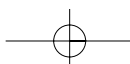
Submitted by Lion Frank Reynolds

A711

Tree dedicated to memory of Syd Holtrop

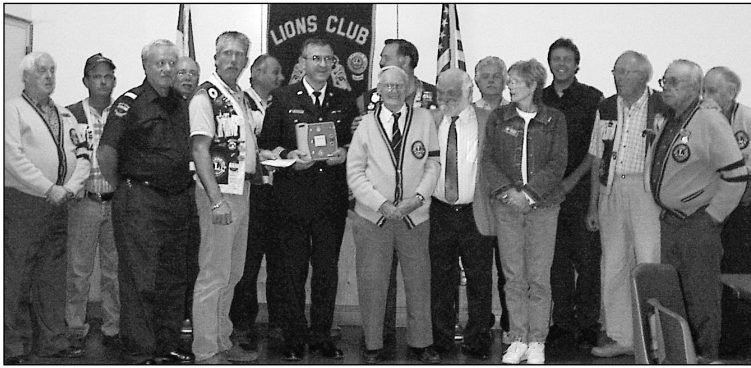
Mount Hope Lions, family and friends dedicated a tree to the memory of the late Lion Syd Holtrop on Sunday, September 28, 2003. The tree located at the north end of the village of Mount Hope, will be decorated with Christmas lights, one of Lion Syd's favourite activities with the Lions Club.

Submitted by
Lion Suzanne Gunby



A 711

\$5000 to Caledon Emergency Services



Club president Peter van Arnhem presents a \$5000 cheque to Caledon Fire Chief Boyd Finger with other members looking on. The Chief is holding the training version of the defibrillator.

At the October 7th dinner meeting the Caledon Lions Club presented a donation for \$5000 to Caledon Emergency Services. The Town of Caledon has the largest volunteer fire department in Canada. The fire department typically has the first responding vehicle on the scene of medical emergencies in the town. The minutes saved by equipping the response vehicles with defibrillators will greatly increase the chance of surviving a heart attack. The program under way at present will see a defibrillator placed in an emergency vehicle at each of the town's 9 fire halls. Each defibrillator costs approximately \$5000. Due to budgetary restraints, the Town is currently unable to expend the capital necessary to purchase the equipment, but will be able to provide the medical training required when the equipment has been purchased.

The Caledon Lions Club also turned this presentation into a membership session. In addition to inviting the fire chief for the cheque presentation, they invited several volunteer firefighters from a local fire hall and some prospective Club members from the community to join them for dinner at this meeting.
Submitted by Leyf Coleman

Dundas Lions Diabetes Fundraising



Pictured with Chris Bruder are current President Lion Al Pierce, Immediate Past President Bill Ebbers and Vice President Andrew Gregory.

The Dundas Lions Club in the past seventy two years has been proud to assist many groups and individuals with financial support. While the cheque to the Canadian Diabetes Association was for \$1,000.00, the recipient Chris Bruder was all smiles and only too happy to accept it. Chris is the son of Lion Kerry Bruder and he has for the past few years written to many Lions clubs and organizations for support of his ride in support of the Canadian Diabetes Association. This year the Dundas Lions supported Chris and his worthy cause with a cheque for \$1,000.00. Keep up the good work Chris.
Article submitted by Lion Doug Foster

Dundas Lioness Support Camps



Past President Sue Rodgers and a group of Lioness Members present cheques to Past District All Governor Len Coupland.

Who says that age slows one down? Don't tell that to any member of the Dundas Lioness Club. The Dundas Lioness Club has been serving the Dundas for over twenty five years and is still a strong and vital part of the community today. When the club was first started, many of the members were wives of Lions Club members. Current members are from a variety of backgrounds with a few older members still around who provide a positive link with the past.

Recently I had the opportunity to speak to Past President Sue Rodgers about the club and learned that they do much more than run their famous fish fry each spring in Dundas at the Dundas Lions Memorial Community Centre. Funds earned at the fish fry in 2003 were earmarked for Canine Vision Canada. Other fundraising projects allowed the Lioness club to present cheques to Camp Dorset (\$5,000.00), and Lake Joseph (\$2,000.00). This active group of ladies have been a great source of assistance to the Dundas Lions Club on many occasions and deserve to be recognized for their support of Dundas and the Lions community at large.

Submitted by
Lion Doug Foster

A12

Cross Border Volunteers



From left to right Lion Jim Clawson, recipient of award, Lion Fred LeFeure, Past Committee Chairperson for Pointe au Baril Lobsterfest, and Lion Jerry Rea, also recipient of award.

Pointe au Baril Lions held their 15th annual Lobsterfest. With over 100 volunteers it was the 3rd best year.

Two volunteers received an appreciation award for over 7 years of voluntary service to our club. The two Lions are from Ohio USA and while vacationing in Canada gave their services to our club. Lion Jim Clawson is from the Jeffersonville Ohio Lions Club and Lion Jerry Rea from NorthWestern Lions Club, also in Ohio. It shows when it comes to Lionism, there are no borders.

Award Winner

Jason Marrin of Britt was the 2003 Lion's Bursary Award winner, gaining the highest grade 12 average of any who was a graduate of Britt Public School.

Jason received his award from Lion Bert Reemeyer at the graduation ceremony held in Parry Sound.

This was one of the last tasks which Bert performed for the Britt Lions as he passed away on September 18th suffering a heart attack.

Bert was always keen to take part in any event held by the Lions but was particularly interested in working with children. He was a retired teacher and truly enjoyed having the chance to go back into the public school and cheer on at the science fairs, Christmas parties, sports and bike rodeos.

He will be missed.

Submitted by
Lion Val Jarvis, Britt Lions

Successful Run

The Point au Baril Lions Club held their 2nd annual Terry Fox Run. Over \$2,700.00 was raised for cancer research by the participants, who were provided with a free BBQ lunch after their run.

Submitted by
Lion Helen Lutscher

Bradford Lions know how to throw a party...

This year's Bradford Lions Mammoth Car Draw was not simply the Club's major fundraiser of the year. It was a "thank you" to the community, for 50 years of support for the annual Cadillac car draw.

Ticket prices were up - from \$80 to \$100 - but the club offered \$93,000.00 in prizes, including a second car, for the second-to-last ticket drawn from the bin.

The 1699th ticket in the elimination-style draw won a 2003

Many Years Between Them

On September 6th, 2003, at the CNIB Lake Joseph Holiday Centre, President Lion Marvin Cox and President Lioness Evelyn Cox, from the Sundridge Lions/Lioness Club, presented Ryan Chin with a cheque for \$1000.00. Present with Lion Marvin and Lioness Ev were A12 District Governor Kathy Daoust, A12 Vice District Governor Terry Mayhew and MDA Council Chair B J Finlay.

The cheque was being presented on behalf of Lion Vic Stenning (Charter Member) and Lion Sam Rennie of the Sundridge Lions Club who celebrated a milestone in Lionism on June 21, 2003. These two outstanding Lions represent 112 years of Lions service to the community of Sundridge. During the celebration to honour Lions Vic and Sam, Andy Mitchell, Member of Parliament for Muskoka/Parry Sound, presented each of them with a certificate marking their many years of dedication and commitment as Lions. Numerous family members, neighbours, friends and fellow Lions joined in the fun and fellowship.

Pontiac Sunfire, in candy-apple red, held by Mike and Sandy Heilemann. The 1700th ticket won the 2003 Cadillac Deville, held by Richard and Pat Read of London.

But that wasn't all. Ticket holders were treated to a roast beef buffet dinner, with music provided by a DJ, and live entertainment by Candice Silveira, Shania Twain tribute artist, and Terry Chisholme, who performed two shows. It was a great party!

Submitted by Lion Roger LeBlanc

A12

Swimming Lessons

The Dunchurch Lions provide free Red Cross swimming lessons each year at the Dunchurch Beach. This is the 30th year of providing the lessons with 60 to 75 children enrolled each year, costing the club about \$1,500.00 per year. This is money well spent with the potential of saving lives.

Pictures is Lion Ron Winger, Youth Chairman and Stephaine Atkinson, the swimming instructor, along with some of the children.



Awards

Fisherville Lions Recognize Outstanding Club Members

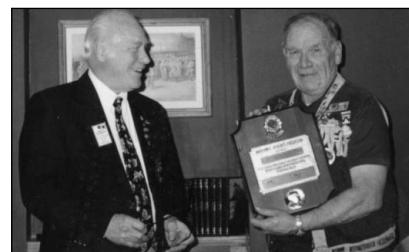


Left to right Lion Chief Walk Schaeffer, Lion Robert Diwell, Lion Ken Bartlett, and Lion Bill Clarke.

At their annual Ladies Night, the Fisherville District Lions Club recognized three of their members for outstanding service to the organization. Lions Robert Diwell,

who joined the club in March 1979, and Lion Ken Bartlett, who joined the club in February 1986, were the recipients of the Helen Keller Fellowship Award, and Lion Bill Clarke, who joined the club in October 1961 was the recipient of the Melvin Jones Fellowship Award.

Melvin Jones



Lion Dave Jacobi PDDG, receives the Melvin Jones Fellow Award from PDG Lion Bob Richardson at our May meeting in Walkerton.

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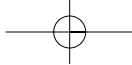
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From the landmark book *Grow Young* with HGH comes the most powerful, over-the-counter health supplement in the history of man. Human growth hormone was first discovered in 1920 and has long been thought by the medical community to be necessary only to stimulate the body to full adult size and therefore unnecessary past the age of 20. Recent studies, however, have overturned this notion completely, discovering instead that the natural decline of Human Growth Hormone (HGH), from ages 21 to 61 (the average age at which there is only a trace left in the body) and is the reason why the the body ages and fails to regenerate itself to its 25 year-old biological age.

Like a picked flower cut from the source, we gradually wilt physically and mentally and become vulnerable to a host of degenerative diseases, that we simply weren't susceptible to in our early adult years.

Modern medical science now regards aging as a disease that is treatable and preventable and that "aging", the disease, is actually a compilation of various diseases and pathologies, from everything, like a rise in blood glucose and pressure to diabetes, skin wrinkling and so on. All of these aging symptoms can be stopped and rolled back by maintaining Growth Hormone levels in the blood at the same levels HGH existed in the

blood when we were 25 years old.

Growth Hormone first synthesized in 1985 under the Reagan Orphan drug act, to treat dwarfism, was quickly recognized to stop aging in its tracks and reverse it to a remarkable degree. Since then, only the lucky and the rich have had access to it at the cost of \$20,000 US per year.

Many in hollywood's glamour sets, who never seem to age like you or I, have a special secret to tell, and even space pioneer and US Senator John Glen stays vital with HGH.

The next big breakthrough was to come in 1997 when the American Anti-aging Society, a group of doctors and scientists, developed an all-natural source product which would cause your own natural HGH to be released again and do all the remarkable things it did for you in your 20's. Now available to every adult for about the price of a coffee and donut a day.

GHR-15 is making its debut in Canada, just in time for the aging Baby Boomers and everyone else from age 30 to 90 who doesn't want to age but would rather stay young, beautiful and healthy all of the time.

The new HGH releasers are winning converts from the synthetic HGH users as well, since

GHR-15 is just as effective, is oral instead of self-injectable and is very affordable.

GHR-15 is a natural releaser, has no known side effects, unlike the synthetic version and has no known drug interactions. Progressive doctors admit that this is the direction medicine is seeking to go, to get the body to heal itself instead of employing drugs. GHR-15 is truly a revolutionary paradigm shift in medicine and, like any modern leapfrog advance, many others will be left in the dust holding their limited, or useless drugs and remedies.

It is now thought that HGH is so comprehensive in its healing and regenerative powers that it is today, where the computer industry was twenty years ago, that it will displace so many prescription and non-prescription drugs and health remedies that it is staggering to think of.

The president of BIE Health Products, the Canadian distributor, stated in a recent interview, "I've been waiting for these products since the 70's. We knew they would come, if only we could stay healthy and live long enough to see them! If you want to stay on top of your game, physically and mentally as you age, this product is a boon, especially for the highly skilled professionals who have made large investments in their education, and experience. Also with the state of the health care system in Canada which appears to be going into serious decline, it's more important than ever to take pro-active steps to safeguard your health. Continued use of GHR-15 will make a radical difference in your health, HGH is particularly helpful to the elderly who, given a choice, would rather stay independent in their own home, strong healthy and alert enough to manage their own affairs, exercise and stay involved in their communities. Frank, age 85 walks two miles a day, plays golf, belongs to a dance club for seniors, has a girl friend again and doesn't need Viagra, passed his drivers test and is hardly ever home when we call - GHR-15 delivers.

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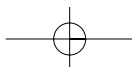
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A9

Walkerton Lion conquers Kilimanjaro

When Martha Msuya tells you she's going to do something, don't doubt her word.

The 57-year-old Walkerton resident, known for her dedication to the Walkerton Lions Club, showed a different type of commitment earlier this year when she conquered Mount Kilimanjaro - the roof of Africa.

A mother of three and grandmother of three, Martha spent six days in February climbing Kilimanjaro's Kibo peak (four days up, two down).

She said it had been her dream to climb the mountain since she lived there with her husband El, who hails from Tanzania, in the late 60s and early 70s.

Kilimanjaro loomed in the distance near their family home in Moshi. "I would always look out at the mountain from the window in the kitchen," she said. "I told El that one day I was going to climb that."

Her planning began in earnest in 1999 when she began training for the ordeal by walking around the dike in Walkerton and all over town.

"You have to get a doctor's approval and have the proper gear," Martha explained.

The challenge was booked and on Feb. 9 she took off with a guide, a cook and a porter, heading for Uhuru Peak some 29 kilometres away and 5,895 metres (19,340 feet) above sea level.

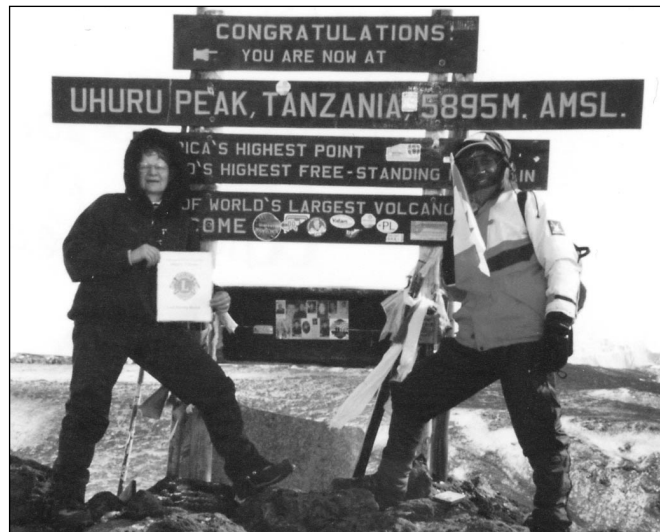
Along her journey she met other travellers, mostly younger, but some older, including a 68-year-old woman from Russia.

Many wouldn't get past the 15,000-foot level when AMS - Acute Mountain Sickness - kicks in.

She kept a diary of her experience. On Feb. 10 she wrote of the illness.

"About 15 minutes before arriving at Horombo Hut I started feeling dizzy, oozy, hands very cold and wet, trying to hold my two walking sticks. Tried warming my hands under my wings which did not help very much."

Martha said her guide, Nelson, cautioned her not to take the mountain medicine recommended by others.



Martha Msuya and her guide Nelson Mushi atop Mount Kilimanjaro's Uhuru peak, Africa's highest point. She climbed the mountain in February, fulfilling a life-long dream.

"(He said) it is better to climb with your natural body first," she wrote in her journal.

"Some turn around, they get too sick or get bad headaches," she said, adding that some even need to be carried down by stretcher. But Martha persevered.

"We're told to walk slow - it's not a race."

"At the 'Last Water sign' I knelt to drink straight from the stream. Alpine desert - there is nothing growing at all! Just stones, almost sand like."

Then came Feb. 13 - Martha's "hardest day of my life".

This part of the journal covered the sandy portion of the mountain - one of the world's largest volcanoes. Her journal described this final stage. "We started up that sandy mountain pushing for the summit in the dark with headlamps. It was 11:30pm."

Walking with about 50 others, the group "zig-zagged" up the side.

Although it was summer in Moshi, Martha's journey up the mountain had taken her to winter conditions.

Her guide points out horizontal streaks of light cresting over the earth as the sun began its own climb.

Most stop at Gillman's Point, two hours short of the summit, but Martha

wasn't about to stop even though it wasn't going to be easy.

The terrain became rugged and dangerous. "There were huge rocks and walls of ice everywhere," she said, adding at one point there was the volcano's crater on one side and 100-foot tall walls of ice on the other.

"I didn't think I was going to make it that last 200 metres," she recalled. "My legs were like jelly. They didn't belong to me."

But she dug down deep and with the help of Nelson, who had her place a hand in his belt and almost pulled her up the final few yards, she made it.

She reached the summit at 8am. Her dream was met.

"I had tears of joy," she said. After saying a few prayers of thanks, Martha took out a small Canadian flag and a small brick with the Lions International logo, her name and date and "Walkerton, Ontario, Canada" painted on it.

"I was representing Canada and the Lions club," Martha said.

She left them there, among a scattering of mementos and flags from other climbers and nations.

By John McPhee, Walkerton Herald Times Editor (Wed. June 25, 2003)

A3

\$300,000 donated to hospital

In addition to the \$300,000.00 pledge the Cobourg Lions and Lioness have made to the chemotherapy unit at the new Northumberland Hills Hospital, the club applied for an LCIF grant and was awarded the maximum of \$75,000.00 US or \$103,027.50 Cdn. This money will completely furnish the chemo unit in the new hospital. The ribbon cutting for the hospital is October 3rd, 2003, with the actual opening date of October 22nd, 2003.

The chemo unit has been named the Cobourg Lions and Lioness Chemotherapy Unit. A plaque will honour the Cobourg Lions/Lioness with a separate plaque honouring the LCIF donation.



Front row: PDG A3 Lion Rick Thibodeau, Brenda Weir - Program Manager NHCC, Brenda Bonner - Chemotherapy Charge Nurse, Joan Ross - NHCC Executive Director, A3 Cabinet Treasurer Lion Jim Lemoire.

Marmora Crowe Valley Lions Club

Events in 2003

- * Hosted A-3 Convention, Kingston. Chaired by PDG Russ Mitchell. 3 Prospectors had heads shaved assisting in raising over \$2,000 for Vision Quest. (picture - Russ Mitchell, Ian Halford, Walt Lowery, Vic Provost)

MAY

- * Marmora Crowe Valley Logo
- * Arranged Canada Day celebration including parade (picture) July 1st
- * Served Snofest Banquet - Feb. and worked admission gates.
- * Co-ordinated 2nd Year of Marmora Country Jamboree September 5,6,7
- * Looked after upkeep of Marmora Memorial Park. Built this waterfall in the Park. Work co-ordinated by the late Lion Brian Goodchild (died this year)

Also:

- held Shopping Spree (co-ordinated by the late Lion Arnie Shorts - died this year)
- worked Bingo at Marmora Fall Fair and worked admission gates
- Have weekly card parties
- Work weekly bingos (Wednesday afternoons)
- won A-3 Bulletin contest
- won A-3 Fun & Talent Night contest



Submitted by Lion Wilma Bush

A16



3 Year Project

The Fenelon Falls & District Lions Club has undertaken a 3 year \$10,000 project to furnish a hospital room in the new wing at Ross Memorial Hospital in Lindsay, Ontario.

On hand to make the first presentation were Lions Wally Downham, Joan Cox, President John Byrne, Doug Cox and John Bennett from the Ross Memorial Hospital Foundation.

A15

Lions welcome International President



BJ Finlay (left), Lions Council Chair; Jim Ryan (second from left), A15 District Governor; Art Woods (right centre), Past International President; Barry Brett (second from right), A5 District Governor; and Eric Buss (right), A6 District Governor welcome T.S. Lee (left centre), Lions Club International President, to Goderich during the weekend, August 9, 2003.

Winners Cruise



The winners of the New Hamburg Lions Club's Cash Calendar 1st early bird draw are shown enjoying a beautiful Sunday afternoon cruise and picnic on the Nith River. Lions Club president Bill Massel served as the captain on the cruise and Lioness Rita Klaassen and Lioness Carol Massel served a marvelous picnic lunch to the family of 11 that were the winners in the first of 374 draws that will be held in the next year. This project will support the new Lions Residence being built in New Hamburg to house developmentally challenged and handicapped adults. The New Hamburg Club already owns one residence and supports a training centre at present, along with having purchased a van for transportation of the training centre clients.

Lions Food A Success - Big Time!

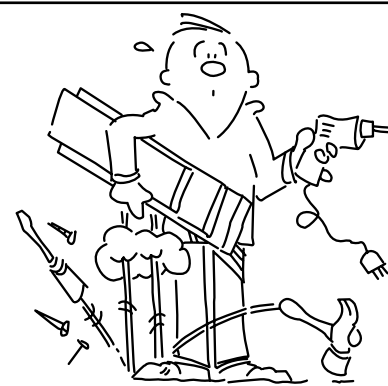
The tenth anniversary of "Canada's Outdoor Farm Show" proved to be a huge success for both the show organizers and the Lions Clubs of District A15.

This year, the Lions Clubs from Ayr ND, Innerkip, Ingersoll, Woodstock, Sweaburg, Thamesford, Drumbo, Hickson, and New Hamburg,



were joined by Lions from the recently chartered club in Plattsville. The addition of Plattsville brought the total available workforce up to over 250 Lions. However, with 14 fryer units, 3 grills and 2 BBQ's in operation during peak lunch time hours, and a full staff of up to 56 Lions on board to run the full operation, Plattsville Lions were a welcome addition.

Attendance for the three-day event this year was over 38,600, a record high. The hi-light of the food supply facility was the need to serve over 1100 meals at the Exhibitors BBQ on the Wednesday night, in 2 hours. This year's chairman, Lion Bob Cooper from the Ayr ND Club said it best when he commented "Don't you love it, when a plan comes together."



This Lion's club participates in

The Lions' Group Accidental Death & Dismemberment Insurance Plan

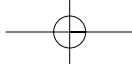
\$12.00 per member per year provides insurance for 24 hours a day 365 days a year while participating in club activities, with limits of \$100,000.00 Accidental Death, Dismemberment, Loss of Sight or Paralysis insurance; and \$300.00 Weekly Indemnity.

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 - Boardroom table 8' x 3-1/2' with 6 black leather armchairs & one executive tilter\$1200
- (All of the above items are grey melamine)
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 - Two metal guest chairs (light green leather)each \$25
 - Vantage telephone system with three beige desk phones\$450

Contact: Phone 613-860-1001, email secretary@mdalions.org

(Furniture is located in Toronto)

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