Lion of District N-1...
Lions, you have created a monster. I started out 3 years ago as 2nd Vice District Governor, a shy, reluctant speaker, a lion who didn't especially like visits. Now, I am still shy, but I will speak willingly on any occasion, even if not invited to. My wife doesn't recognize the new me, I haven't been home long enough to be recognized. I look forward to renewing that friendship in the coming months this summer.

Club Excellence Process: This will be the salvation for many lions clubs. Each club that is interested should apply to the district GMT coordinator (PDG George Mitton) to have their request reviewed. A copy of the application is available on the LCI website. [http://www.lionsclubs.org/EN/common/pdfs/CEP_Request_Resources.pdf](http://www.lionsclubs.org/EN/common/pdfs/CEP_Request_Resources.pdf)

A brief overview of the program is re-printed below.

THE CLUB EXCELLENCE PROCESS (CEP) OVERVIEW

Program Overview

The Club Excellence Process (CEP) is a workshop program dedicated to club improvement. A club that decides to participate in the CEP will be guided by a facilitator through four steps of approximately an hour each. A participating club will examine their community's needs, analyze their membership experience, use resources and develop action plans.

Each Lion attending a CEP Workshop will be completing several assignments under the guidance of a facilitator. Two of these assignments are the Community Needs Assessment and the How Are Your Ratings? survey. Clubs may be asked by their facilitator to complete these assignments before, during, or after the workshop. The program consists of four steps that are approximately an hour each. The program can be delivered in one, two, or four sessions. Each workshop session can be held at a club meeting, club retreat or other gathering. The entire process should take no longer than 4 months.

From DG Gerard.......

Lions Club Activities

Upcoming events

District N-1 Annual Convention

Do Your Part 2012

Hearing & Speech

MD N Annual Convention

Elections
Step 2: What Makes an Excellent Club?
(75-90 minutes)

Determine the characteristics of an excellent club
Identify the stumbling blocks that prevent us from excellence
Analyze ways to improve club effectiveness
Complete the How Are Your Ratings? Survey
Review the Community Needs Assessment

Step 3: How Can We Determine Our Needs?
(45-60 minutes)

Review the How Are Your Ratings? results
Locate resources available to achieve excellence
Set goals

Step 4: What Can We Do Next?
(45-60 minutes)

Create action plans

52nd CHARTER NIGHT
MARCH 17, 2012
Come one and all

HELP US CELEBRATE OUR 52 CHARTER NIGHT
MARCH 17, (THE ORIGIONAL CHARTER DATE) of THE RIVERVIEW LIONS CLUB
FOR FURTHER INFORMATION PLEASE CONTACT KL Brennan Beaumont 386-7942 or Email beaumont_woodworking@ROGERS.COM
OR
Lion Gerry Forsythe 386-8625 or E-mail gerfor@nbnet.nb.ca
We would appreciate a count no later than March 10
Whereas this is St Patrick’s Day, we thought the following meal would be Appropriate
Juice
Corn beef & cabbage
Desert
Tea & coffee (Other refreshments available) Etc

COST $5.00 PERSON

Speakout 2011—it is time to get to your schools and arrange your contacts and timelines for the School level speaking contests so the teachers can work it into their schedules after winter exams.

Portage Residents—Don’t forget to budget for your contribution to the Lion Ron Evans Bursary fund for this year

“Helping to Serve”

Zone 11 & 12 Diabetic Bingo
April 28, 2012
St. Mary's Entertainment Centre
Early Birds 12:00pm
Regular Bingo 6:00pm
Bingo passes available
Early Birds—$10.00
Regular Games—$16.00

In 2011 we raised $9,030.00 for the Diabetic camp and were able to present this amount to the Lions Cavalcade. We would love to make it $10,000.00 this year and with all your help it is possible. This is a project of ALL LIONS IN ZONES 11 & 12
Contact Lion Richard Buchanan
Nashwaaksis Lion Club
Riverview Lions Club active in their community

Riverview Lions Reach New Milestone in their Donation level to the Friends of the Moncton Hospital

The Riverview Lions Club, represented by King Lion Brennan Beaumont, is presented a plaque, from the Friends of the Moncton Hospital, for reaching donations at the partner level ($25000 - $49000). The presentation was made by Hélène Ouellette the “Planned Giving Officer” with the Friends. Donations to the Friends go toward their mission of “raising funds to help the Moncton Hospital deliver excellent healthcare and promote wellness to meet the needs of our communities.” Picture L to R - King Lion Brennan

The Riverview Lions, represented by King Lion Brennan Beaumont and Lion Norm Mawhinney recently met with Dr. Daniel Cormier and Dr. Gilles Cormier to officially thank them and recognize their donation of surplus ophthalmology equipment to the Riverview Club. This equipment will be sent to third world countries in support of the “Lions common vision, throughout the world, to fight blindness and provide vision care for all.” Picture L to R - King Lion Brennan Beaumont, Dr. Daniel Cormier, Dr. Gilles Cormier and Lion Norm Mawhinney

Riverview Lions receive a generous donation of equipment from Dieppe Ophthalmologists, Dr. Daniel Cormier and Dr. Gilles Cormier

The Riverview Library made a great backdrop for the Riverview Lions Club, represented by King Lion Brennan Beaumont, to present a cheque to Library Director, Lynn Cormier on behalf of the Riverview Public Library. The donation will go toward the purchase of adult and children’s print collections in the Riverview library. The Riverview Public Library provides many great activities and services in the community which now also include the availability of many e-books and audio books. Picture L to R - King Lion Brennan Beaumont and Lynn Cormier

Riverview Lions continue their support of the Riverview Public Library

Kensington Lions support their community

By making the following donations

- $125.00 to the Prince County Hospital Foundation,
- $50.00 to the East Prince Music Festival,
- $25.00 to the Autism Society of P.E.I.,
- $400.00 to Kensington Intermediate-Senior High School to go towards the breakfast program
- $400.00 to Queen Elizabeth Elementary School to go towards new playground equipment.

These last two donations were made possible by the support that was received by the Lions Club from the community for the Lions Memory Tree at Christmas time.

Photo

Queen Elizabeth Elementary School (QES) Donation Front L-R: Bev Semple-Chairperson Lions Christmas Tree Memory Project presents a cheque to students Justin Yeo and Stephen Dyment. Back L-R: Rodney MacArthur-Principal QES, Lion Wilfred Gillis, Kim Cruizer-Member of the QES Playground Equipment Fund and Lions members Eva & Doug Perry.
I’d like to take this opportunity to thank the Parkdale Sherwood Lions Club, for the incredible donation to Ronald McDonald House® Atlantic Canada. Seeing you come through the front door yesterday is like having family visit – only with some really awesome gifts at the same time! It is easy to see how passionate you are about helping families with sick children. The great work that the Lions Club does to support so many different organizations and people like the families of the young baseball players who lost their lives in Alberta, is truly inspiring. Thanks so much for everything your Lions Club does.

We’ve posted a picture on our Facebook page and invite you to ‘like’ and share with your Lions Club members, work colleagues, friends and any partners that you feel might bring awareness or support to Ronald McDonald House.

https://www.facebook.com/pages/Ronald-McDonald-House-Atlantic-Canada/240136195999517

Warm Regards,
Joanne

Dear Friends,

Thank you for your generous donation to Ronald McDonald House® Atlantic Canada. We are honoured that the Parkdale Sherwood Lions Club continues to be so supportive of the families staying at our House. Your incredible donation of playpens, TV’s and DVD players will offer much rest and relaxation for them. During 2011, we had over 1050 families stay with us while their child receives treatment. With those numbers, you can imagine just how often playpens are used in our bedrooms!

As you know, Ronald McDonald House® prides itself on being a home away from home for families. It’s that peace of mind that allows them to rest and focus on their children during challenging times. We are able to provide care and support to families because of organizations like yours who generously give to the House.

This month we are celebrating our five year anniversary of building Canada’s first Ronald McDonald Family Room® right in the IWK Health Centre. Our Family Room Program gives us the added ability to bring what we do at the House right into the hospital. This 2000 square foot mini House allows all families in the hospital, whether from out of town or the Halifax area, to have a place to rejuvenate or grab a snack while being just steps from their child’s bedside. This past June we expanded the Family Room Program to The Moncton Hospital and continue to get incredible feedback as to how much the families appreciate this space. When time and space allows, this would be a great program to bring to Prince Edward Island.

It was great to have Paul deliver these items right to our doorstep. We are so grateful for this continued support and are happy to say we’ve posted a picture on our Facebook page regarding the great work Parkdale Sherwood Lions Club does for the House. Paul has the ‘link’ to our page, so please feel free to share our Facebook site by ‘liking’ or becoming a member. Also, our doors at Ronald McDonald House® are always open if any members would like to come for a tour.

Thank you so much for helping us give sick children what they need most… their families.

Warmest Regards,
Shauna MacLennan    Linda Thibault
Executive Director   House Manager
Lions Fun Curling Bonspiel

Where: Harvey Curling Rink
When: March 24, 2012
Cost: $80.00 per team
Hosted by: Burtts Corner Lions Club

Each team will play 3 four end games, (Total Points) beginning at 9am, your cost includes your curling, coffee & snacks in morning, lunch and a Roast Beef dinner and prizes at the end of the day.
If you wish to come just for the day and not curl there will be a charge of $7:00 for lunch and dinner

Lets get together and have a LIONS Fun filled day

For more info or book a team contact Kevin Guiggey

Home 363-3833
Work 444-8777
e-mail: keving@targetts.ca

Reserve the date
New Maryland Lions Club
First ever
"LADIES NIGHT OUT"
May 12th at the New Maryland Centre
Meet and Greet 6 pm
Details on Meal/Entertainment etc. to follow
Co-ordinator...Lion Karen...488-3000
DISTRICT N - 1
ANNUAL OFFICERS SCHOOL & SUB-DISTRICT CONVENTION HOST
CLUB: ST. ELEANORS LIONS
DATES: APRIL 27, 28, 29, 2012
HOSPITALITY
BOOK RESERVATION FORM

Name: ________________________________ Spouses First Name

Mailing Address: ____________________ Phone: ________________________________

Are you attending Officers Training? Please indicate class ______________________

No. of Hospitality Books Required: ____________

Payment Enclosed @ $55.00 per book: ____________

NOTE THAT ALL HOSPITALITY BOOKS MUST BE RESERVED IN ADVANCE USING
THIS FORM- ALSO. THAT ALL FORMS, TOGETHER WITH PAYMENT, MUST BE
POSTMARKED ON OR BEFORE APRIL 15th, 2012. THERE WILL BE NO BOOKS
AVAILABLE AFTER THAT DATE!

Please make your cheque or money order payable to:
St. Eleanors Lions District Convention (2012)
Mail - c/o Vivian MacLean, 66 East Dr., Summerside, P.E.I. C1N4E4
E-mail: smmaclean@pei.eastlmk.ca

YOUR HOSPITALITY BOOK WILL INCLUDE ADMISSION TO THE FOLLOWING FUNCTIONS:
1. FRI. APR. 27: "MEET 'N GREET" - St. Eleanors Lions Hall 7:00 p.m.
   Entertainment!!! Refreshments!!! FREE SHUTTLE SERVICE FRIDAY EVENING ONLY
   PHONE#436-9380 FOR SHUTTLE
2. SAT. APR. 28 BANQUET - Sumerside Legion, Notre Dame St., Summerside.
   Social Hour 6-6:45  Banquet 6:45 p.m.
3. SUN. APR. 29: LUNCH. (ST. ELEANORS LIONS HALL)

Hospitality Books may be picked up at the St. Eleanors Lions Hall on Friday evening or on Saturday
morning @ Causeway Bay Hotel 8:15 -9:00am
MOTEL RESERVATIONS: Please note that each individual is responsible to make their own reservations
directly with the motel. MAKE YOUR RESERVATION EARLY!!

WE ARE REALLY LOOKING FORWARD TO THIS WEEKEND AND WILL TRY OUR BEST
TO MAKE IT FULL OF FELLOWSHIP, FRIENDSHIP, FOOD,, AND FUN!!!
ACCOMMODATION INFORMATION

SUB-DISTRICT CONVENTION

Summerside PEI

APRIL 27, 28, & 29, 2012

ROOM RATES PER NIGHT ARE AS FOLLOWS:

**CAUSEWAY BAY LINKLETTER HOTEL**
311 Market Street Summerside, P.E.I. C1N 1K8
(902)436-2157 (800)565-7829
$89 + TAXES

**THE LOYALIST COUNTRY INN**
195 Harbour Drive Summerside, P.E.I. C1N 5R1
(902)436-3333 (800)361-2668
$89. + TAXES  Suites $119 + taxes

Deadline for room reservations is 14th April 2012.

Mention Lions Convention!!!

Reservations are your own individual responsibility****

For any additional information about the convention you are welcome to contact:

Convention Chairman Lion Gary Gaudet (902)436-5582

E-mail: goodygaudet33@hotmail.com
New information has been posted about the Do Your Part! Halifax 2012 National Conference on Positive Youth Development - the only national gathering devoted to all aspects of Positive Youth Development in Canada!

Visit our website to view a complete list of Learning Sessions, our latest updates for Keynote Presenters, to register online and for information about the Pre-Conference Training designed specifically for Police Services.

**Our conference goals include:**
* **Connecting** Canadians of all ages involved in strengths based youth development
* **Investigating** how communities can improve and enhance themselves through social development, awareness and engagement
* **Educating** and exciting participants about what is available to support your Positive Youth Development efforts through Asset Building, Youth Entrepreneurship, Community Development, Youth Engagement and other effective approaches.

Click on [www.lionsquest.ca](http://www.lionsquest.ca) for more information and updates!

**Keynote in the Spotlight ...**
**Hannah Taylor of the Ladybug Foundation**

After a life-changing encounter with a homeless person when she was only 5 years old, Hannah is Canada's youngest advocate for the homeless. Braced with the simple truth "Everybody should have a home. No one should have to eat from a garbage can", Hannah has raised both awareness and money, speaking to many thousands of people across Canada and the world.

[Read more here](http://www.lionsquest.ca) - and join us to hear Hannah share her story!

**Early Bird Registration Deadline is March 1st**

Register today to get the best rate! All of the information can be found online at [www.lionsquest.ca](http://www.lionsquest.ca) or you can register now by clicking on the link below.

[Register Now!](http://www.lionsquest.ca/section.asp?catid=139&subid=172&pageid=139)
Seniors with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing, a study by Johns Hopkins and National Institute on Aging researchers suggests. The findings, the researchers say, could lead to new ways to combat dementia, a condition that affects millions of people worldwide and carries heavy societal burdens. Although the reason for the link between the two conditions is unknown, the investigators suggest that a common pathology may underlie both or that the strain of decoding sounds over the years may overwhelm the brains of people with hearing loss, leaving them more vulnerable to dementia. They also speculate that hearing loss could lead to dementia by making individuals more socially isolated, a known risk factor for dementia and other cognitive disorders. Whatever the cause, the scientists report, their finding may offer a starting point for interventions — even as simple as hearing aids — that could delay or prevent dementia by improving patients’ hearing. “Researchers have looked at what affects hearing loss, but few have looked at how hearing loss affects cognitive brain function,” says study leader Frank Lin, M.D., Ph.D., assistant professor in the Division of Otolaryngology at Johns Hopkins University School of Medicine. “There hasn’t been much crosstalk between otologists and geriatricians, so it’s been unclear whether hearing loss and dementia are related.” To make the connection, Lin and his colleagues used data from the Baltimore Longitudinal Study on Aging (BLSA). The BLSA, initiated by the National Institute on Aging in 1958, has tracked various health factors in thousands of men and women over decades. The new study, published in the February Archives of Neurology, focused on 639 people whose hearing and cognitive abilities were tested as part of the BLSA between 1990 and 1994. While about a quarter of the volunteers had some hearing loss at the start of the study, none had dementia. These volunteers were then closely followed with repeat examinations every one to two years, and by 2008, 38 of them had developed dementia. The researchers found that study participants with hearing loss at the beginning of the study were significantly more likely to develop dementia by the end. Compared with volunteers with normal hearing, those with mild, moderate, and severe hearing loss had twofold, threefold, and fivefold, respectively, the risk of developing dementia over time. The more hearing loss they had, the higher their likelihood of developing the memory-robbing disease. Even after the researchers took into account other factors that are associated with risk of dementia, including diabetes, high blood pressure, age, sex and race, Lin explains, hearing loss and dementia were still strongly connected. A lot of people ignore hearing loss because it’s such a slow and insidious process as we age,” Lin says. “Even if people feel as if they are not affected, we’re showing that it may well be a more serious problem.”

The research was supported by the intramural research program of the National Institute on Aging. For more information, go to:

http://www.hopkinsmedicine.org/otolaryngology/our_team/faculty/lin_frank.html
http://www.hopkinsmedicine.org/otolaryngology/
http://www.grc.nia.nih.gov/branches/blsa/blsanew.htm

You hear What You Eat: 5 Foods That Can Prevent Hearing Loss…and Hearing AIDS

Sources: Audicus Hearing Aids, Healthy100, Healthyhearing, HearingAids.com

There are myriads of ways to maintain healthy hearing. Protecting your ears from hazardous noise exposure and keeping ear infections at bay are certainly fundamental. However, a healthy lifestyle with plenty of exercise and a balanced diet can do its fair share to prevent or delay hearing loss. We looked at how “what you eat”, can ultimately impact “how well you hear.” Keep an eye on the following ingredients next time you serve yourself that grand meal:

**Omega 3 Fats and Vitamin D**

The high levels of omega 3 fats and Vitamin D generally found in fish, such as salmon, tuna, trout or sardines, can have highly positive effects on hearing loss. Studies have shown that adults who ate fish twice a week had a 42% lower chance of facing age-related hearing loss than non-fish eaters. The main reason, researchers claim, is that Omega 3 fats strengthen the blood vessels in our ear’s sensory system. Fish is your ear’s friend; stack up on it.

**Anti-oxidants and Folic Acid**  A regular intake of antioxidants, especially in the form of folic acid commonly found in spinach, asparagus, beans, broccoli, eggs, liver or nuts, can reduce the risk of hearing loss by up to 20%. Antioxidants reduce the number of free radicals that swirl through your body and which can otherwise damage the nerve tissue in your inner ears. Heed your mom’s words: eat your veggies!

**Magnesium**  Magnesium, commonly found in bananas, potatoes, artichokes or broccoli, has been shown to provide additional protection against noise induced hearing loss. Eating a strand of 5 bananas a day doesn’t give you the excuse to crank up that iPod volume though.

**Zinc**  You can increase your inner ear’s resistance to the boon of age related hearing loss by keeping a healthy dose of Zinc. This can be found in dark chocolate or oysters, among many.

**Vitamin C, E and Glutathione**  Similar to antioxidants, Vitamin C/E can keep free radicals in check and strengthen your overall immune system, thus reducing the risk of ear infections. The source is easy to find: vegetables (e.g. oranges) and fruits (e.g. bell peppers).

**Eat Better, Prevent Hearing Loss**  The above ingredients are the staple of any healthy diet, which can increase the chances of your health staying tip-top for many years to come. If you want to learn more about our ears, or how to prevent hearing loss or need a bit of help with our hearing aids, just reach out to us. In the meantime, eat healthy and you’ll hear better!
Multiple District N Convention
Antigonish, Nova Scotia
May 18 ~ 20, 2012
CONFERENCE REGISTRATION
Registration and Meeting .... $5.00
Banquet only. .... $35.00
Meet and Greet. ...... $15.00
Conference book Complete..... .. $55.00
Also Available Buffet Breakfast........ 7:30 am - 8:30 am Cost $10.00 (Minimum 50 people for Dining Hall to be open)
Also Available Lunch Buffet 12:00 noon - 1:00 pm Cost $12.00 (Minimum 50 people for Dining Hall to be open)

Registration
Name: _______________________________________
Position: ___________________________________
Lion _____ Lioness _______ Leo ________
Address: ___________________________________
Phone: ____________________________
Town/City: ______________________________
Postal Code: _______________________
E-Mail address: __________________________
Hospitality Book: _______________________

(Please to remember to include the Cheque with the Registration form.)
Mail responses to: Antigonish Lions Club Box 1692,
Antigonish, N.S. B2G 2M5
Attention Lion Roger

Note:
The PDGA will be holding a Breakfast Meeting at 7:30am Saturday May 18, at the Dinning Hall. (the PDG'S will be included in the Minimum 50 people required). Please indicate if you will be attending. Yes ___  No ___

Thanks, Antigonish Lions Club
MULTIPLE DISTRICT N

ANNUAL CONVENTION
Hosted by DISTRICT N-2
St. Francis Xavier University

Lions Club 2012
May 18th – 20th, 2012

<table>
<thead>
<tr>
<th>Accommodation Type</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Bedroom Apartment (single night)</td>
<td>$145.00+HST</td>
</tr>
<tr>
<td>Single Suite (Governors Hall)</td>
<td>$85.00+HST</td>
</tr>
</tbody>
</table>

Policies
Credit card required for all bookings
Check in 3:00 pm. Check out is 10:00 am
All residences are smoke free. Cleaning fees will apply if smoking takes place in your room.
Charge for lost keys; $20 for swipe keys and $40 for standard keys
Persons under 18 must be accompanied by an adult

Cancellation Policy
A full nights rate + taxes will be deducted for each room/apt./suite if notice as follows is not provided:
- 48 hours or more in advance for bookings of less than 5 rooms/apts./suites
- 14 days or more in advance for bookings of 5-15 rooms/apts./suites
- 60 days or more in advance for bookings of more than 15 rooms/apts./suites

What is included in an Apartment?
- 4 Bedrooms each with a single bed
- 2 Full private baths
- Full kitchen & Living room
- Wireless internet

What is included in a Single Suite?
- Double bed
- Full private bath
- Fridge, microwave, coffee maker, and TV
- Air conditioning, individual controls
- Wireless internet

Other on campus Amenities:
Free Parking including Motor Coach, free gym and pool access, Laundermats, accessible campus.

Contact information:
902-867-2855
1-877-STAY-AT-X (782-9289)
Email: stay@stfx.ca
From the Editor

Send me your articles, events and pictures.

Lion Susan Sangster

sangster@nbnet.nb.ca

East Royalty baby Lion Peggy Aitken decided to retire with a bang as a new member was inducted. Peggy thought she should go out in style and she certainly did, balloons and all.

ELECTION 2012

Elections for District offices (e.g. Zone Chairs, DG, VDG) is in April and the deadline for filing to the Elections Chair is in a few more days. Please remember that nominations for Zone Chairpersons are to resolved, if possible, at the last Zone Meeting of the year. To date, I have documentation on one such completion and anxiously look forward to others. It would be wonderful if all of the Zone Chair positions for 2012-13 were resolved before the District Convention. Let’s see if we can make that happen. As for candidates for District Governor, 1st Vice Governor and 2nd Vice Governor, we (CST Beverley Semple and myself) need completed nomination documentation at least 30 days prior to the District Convention. I look forward to the arrival of those documents as well.

If you have any questions or concerns please call me at (506) 832-3827 or by email to smithdon@nbnet.nb.ca or dsmith@sussexcorner.com

Don Smith, District Elections Chairman