

District A-16 Governor's Newsletter

June 2022

From District Governor Barry MacDonald

“We serve with love and compassion in the communities around the world. The selfless giving of our time and effort is precisely what makes Lions so special. When we give, we expect nothing in return. Yet we gain so much. Our service offers hope and connection in the face of great need and also extends an invitation to the world to join us. We embrace the joy that comes with SERVICE FROM THE HEART.”

These are words from our International President, Douglas X. Alexander as they appeared in the first LION Magazine, July 2021. His message for the year was ***Service From The Heart!*** He believes that Lions helping others is more than *WHAT* we do, it's *WHO WE ARE!*

I've spoken these words at the beginning of every Club I've had the opportunity to visit this year and I added “I think it is very important for us as Lions to remember, as we emerge from COVID, our Communities will need our support more than ever before!”

As I enter the final weeks and days of my term as District Governor, I think back on all the things I wanted to do. So many things, so little time! Some I succeeded at; others, for one reason or another, I found it very difficult to accomplish.

Who knew COVID would be with us for two years? However, COVID is not an excuse – it presented a challenge. And did we as Lions take that challenge and run with it. We had in-person meetings canceled only to have them virtually. Several Lions were happy about this; me included, as we got to wear shorts or sweatpants instead of dress pants. And the savings on gas.....

I am so proud of how our District – Clubs and Members – has responded to the challenges this year to reach out and support your Communities. Think of how many people you have all touched and helped. As of today, based upon MyLION, our District has served 124,904 People! WOW, that is incredible. If you divide that by the number of Members we have in our District, that's 114 people each Lion in A-16 has served. Can you imagine what that number would be if every Club reported on MyLION?



**District Governor
Barry MacDonald
Markham Lions**

At the beginning of each year, the incoming District Governor, along with the DG GAT Team, develop 4 or 5 goals for the District. This year, I'm proud to say that our District accomplished 4 out of 5 goals. CONGRATULATIONS LIONS OF A-16.

I'm sorry about those Clubs I did not get to meet either in-person or virtually. This was the best part of the District Governor's position – getting out to meet Clubs and Members and see all the smiling faces and accomplishments each Club and Member have done.....all year long, COVID or no COVID. And the food.....always oh so good!

I'm extremely happy with how our District Governor's Team responded to the challenges this year. The TEAM concept is very important to me and you exceeded all expectations.

I would like to thank the District Governor's Team – IPDG Glenn Conduit, DG-E Carolyn Stephenson, 1 st VDG-E Sudha Verma, Cabinet Secretary Eleanor Colwell and, Cabinet Treasurer Kelly Moore for your support, encouragement and, at times, guidance throughout the year.

I would also like to thank the District Governor's Global Action Team – GLT Coordinator Tom Gordon, GMT Coordinator John Relph, GST Coordinator Ken Huelin, LCIF Chair and District Coach Debbie Dawson, and LCCKF Carl Young. Your dedication and support to our District is to none. That's why District A-16 is Number 1!

We've built a GREAT TEAM! Our future looks very positive. I wish everyone a very safe and happy summer. Take some time off to recharge the batteries and prepare to hit the road running in September.....OUR COMMUNITIES ARE DEPENDING UPON US!

Yours in Lionism,
DG Barry



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Youth Opportunities



Our Peace Poster Merit Award Winner, Jadya Stickwood gave an inspiring speech at the A16 Convention on her poster theme “We Are All Connected”.

Our 2022-2-23 Peace Poster theme is “Lead With Compassion”.

This year’s Colwell Award Winner was Greenbank Lions Club. They completed a Scrap Metal Project. The youth in the community recycled copper wire as a fund-raising activity that both allowed them to get their volunteer hours and raise funds for local community projects.

***Submitted by: Lion Sylvia Brock
Chairperson, District A-16 Youth Opportunities***



Jadya Stickwood addressing the Convention delegates



A-16 District Convention April 29 – May 1, 2022



Hosted by Oshawa Airport Lions Club at Peterborough

Convention is a wonderful time to celebrate and to acknowledge the incredible service that our Lions, Lioness Lions, and Leos have all provided in our communities over the past year. We have had a very trying time over the past two years due to COVID that made this Convention even more exciting to all.



DG Barry MacDonald and his wife Lion Sharon played excellent hosts to all. We had our International Guest PID Dr. Jerimiah “Doc” Myers and his wife Kris from Alaska. We were honoured to have our MDA Council Chair Dan and Gayle Armstrong joining our Convention.



PID Doc was a real entertainer. Not only he inspired us with his lively Lion service stories at various occasions in the Convention, he played his guitar and shared his wonderful voice with all. We also discovered much hidden musical talents in DG Barry MacDonald, PDG Andy Stewart, and PID Carl Young when they jammed many, many songs with PID Doc on both evenings at the event.

We had a lot to celebrate. Jadya Stickwood, our Peace Poster Contest International Merit Award Winner, shared her inspirations in creating her winning poster at the Governor’s Banquet. Andrew, her dad became a Lion of Sunderland Lions Club. He was inducted together with Lion Zachary Kuijpers of Port Perry Lions Club and Lion Woody Leung of New Horizon Lions Club on the World Induction Day on Saturday at the Convention.



PCC Tim Cheung was recognised for his contributions to the District and to MDA with the Presidential Medal by DG Barry and PID Doc. Lion Roger Larocque was presented with the Leadership Medal for all his good work in the eyeglass recycling program. RC Tina Cawthorne and Lion Sharon MacDonald were named Melvin Jones Fellows. The Maple Lions Club was the Lions International Kindness Matters Award winner for their environmental service projects.



Our District welcome the new District Governor Team for 2022-2023: 2VDG John Relph, 1VDG Sudha Verma, and DGE Carolyn Stephenson.



At the closing of the Convention, DGE Carolyn proudly held up the big gavel at the Lions Pride ceremony as she became our new leader of District A-16.



Go DGE Carolyn Go!



Submitted by: Lion Tim Cheung

Photo Credit: Lion Rick Lush



Melvin Jones Fellowship

And more Melvin Jones Fellows in A-16

Melvin Jones Fellowship is a significant recognition bestowed to Lions for their outstanding service to the community. A-16 is happy to see many Lions being recognized for their outstanding contribution to Lionism with the Melvin Jones Fellowship awards..

RC **Tina Cawthorne** and Lion **Sharon MacDonald** were named Melvin Jones Fellows at the April A-16 District Convention.



Melvin Jones Fellow
Lion Tina Cawthorne

“I was extremely honoured and thrilled to have been the recipient of a Melvin Jones Fellowship from



Melvin Jones Fellow
Lion Sharon MacDonald

our District Governor Barry Macdonald. This was a complete surprise. I have been making monthly contributions for the past several years to the Lions of Canada for LCIF and realized it would take me another few years. Despite receiving the award, I will continue to donate to LCIF”, said RC Tina.

Recently the Lions Club of Sunderland honoured two very deserving Lions with Melvin Jones Fellowships. The recipients, **Gary Brethour** and **Kenny Jackson** gave the presentation speeches for each other which made for a surprise twist at the end. Past Presidents Gary and Kenny have both enjoyed over thirty years of Lions membership and have made many significant service contributions to the club and the Sunderland Community.



At the May Club Meeting, Newmarket Lions Club presented to Lion **Don Gardiner** (*picture to the right*) and Lion **John Liska** (*picture below*) their Melvin Jones Fellowship awards for their tireless efforts in serving in their Club.



Pefferlaw Lions Club awarded the Melvin Jones award to Lion **Ted Rennie** for his community and Club support. When Lion Ted was asked about his receiving the award, he expressed that he was surprised and honoured to receive this award.



Congratulations to you all in becoming Melvin Jones Fellows!

Edited by: Lion Tim Cheung



An Interview with Region Chair Vaughan Moul



Congratulations Region Chair Vaughan Moul on receiving the Brady Memorial Plaque for your service as Region Chair of Region 45. The Newsletter Editor recently had the opportunity of speaking to RC Vaughan. We talked about things related to his Lion journey and those outside.

Editor: You joined Lion since 2014. What made you become a Lion?

RC Vaughan: I first started volunteering with Southlake Hospital helping people with chronic issues to better manage their life. After a few sessions, I realized that I could make a difference by simply volunteering. So, when invited to join the Mount Albert and District Lions Club I thought why not the least I can do is understand what they do and whether or not I can make a difference. The rest is history.



Editor: You served as Zone Chair and Region Chair. Can you share some memorable events or experiences you had serving in these roles? Or anything that may call for a laugh in looking back now?

RC Vaughan: My visitations tend to be very different to most other ZC's or RC's or even DG's. I try and focus on stories, ones that make a difference, ones that help motivate. Or to try and put something into perspective. One such talk, really a bunch of questions, the first batch is about worldly know people, the scores are very low. The second batch is about people who made a difference, such as a school teacher, their first boss. Most people got high marks. The lesson is that those who we remember are the ones who made a difference in our lives, so go make a difference yourselves.

Editor: I noticed that you had engaged into several Service Projects that were food related: The Maple Syrup Breakfast, the Octoberfest, and BBQ at the Town's music festivals, and you are a good chef. Tell me more about your interest in food and food preparation.

RC Vaughan: This is a two-part answer.

My interest in food goes back to when I was still living in England. As a poor student, I lived with my parents and grandmother and although we occasionally cook as a family it was my grandmother who did most of it. When my parents and grandmother died in an accident I found

I need to cook more often. Meals got boring so I registered in a Cordon Bleu course and my love of food preparation has stayed with me ever since.

Shortly after joining the Lions club we set ourselves a goal and it was then necessary to raise funds. The Maple syrup was the first, simple after tasting the golden nectar made by Lion Eric it reminded me of the Maple Syrup from Quebec, so the Maple Syrup Breakfast Idea was born and soon became an annual tradition. Oktoberfest, simple meal had the chance to hire a great band and another event was created. The club had long provided snack bar service for the soccer club but the income was negligible so taking the BBQ on the road was a next logical step.



Editor: You also volunteer in organizations outside of Lions. What has been the driving force for you to take on these multiple volunteer opportunities?

RC Vaughan: Back in 2010 I had a heart attack, mild but it made a huge difference in my life. Following the attack, I attended follow up courses to help better understand what I could do to make living with a chronic disease easier for myself. From that I was invited to register in a Stanford University Course that qualifies students to deliver a course on living with chronic diseases my opportunity to help others. Making life a little easier for someone else, knowing that I made a difference, priceless.

Editor: I know you are a grandpa of three grand kids. Is there anything else you would like us to know about your?

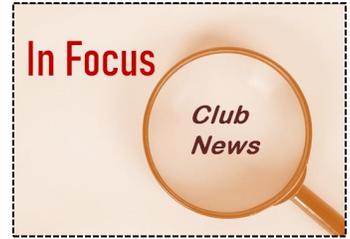
RC Vaughan: I have three wonderful granddaughters and another grandchild to join us later this year. There is nothing better than to have the entire family over for a gathering. We celebrate birthdays with each selecting their own menu from around the world and I go to work. Back to food once more, I enjoy taking the club to various countries at our meetings, most meals are based on European cuisine. I am hoping to take them on a journey from England, into France and Italy and finish in Greece for the last meal of the Lions Year.

Thank you very much RC Vaughan for taking your time for the interview.

Editor's note: If you have not been to a Lions event hosted by the Mount Albert Lions Club that served meal, you better sign up for the next available opportunity to enjoy some of RC Vaughan's cooking.

Cannington Lions Club

Supporting their Local Food Bank



The Cannington Lions donated \$500 to the Nourish & Development Foundation Food Bank in March. Proceeds came from our Christmas tree sales.

The Cannington Lions held their annual Guide Dog Walk on May 29th. We raised \$2000. Everyone had a good time. Many thanks to Lion Diane Juzkow for heading up the committee.



In the picture left to right are Pres. Rob Cooney, Lion Bo Enss, Lion Walter Schummer, and N&D representative Valerie White.



Cannington Lions at th Walk for Dog Guides on May 29th.

Submitted by: Lion Bo Enss

North Newmarket Lions are Workin'!



Once again, as another Lions year comes to an end, we were faced with the challenges of fundraising. The lockdowns and restrictions due to COVID canceled a lot of our events that raise funds to support our community.

Although some events had been cancelled, one of our fundraisers still managed to provide us funds so we could continue doing what Lions do best - Serve.

Since we couldn't have our annual *Harvest Dinner*, we had a drive-in roast beef dinner advertised on social media and our website.

We started a new fundraiser started by one of our newer members – renting out *Lawn Flamingos* to celebrate and/or embarrass your friends and neighbours.

This past year the North Newmarket Lions have completed their *\$100,000 donation commitment to Margaret Bahen Hospice* with the final payment of \$10,000 for the North Newmarket Lions room.

We have also donated *\$2000 to the District Governor's Project* of washroom upgrades at Lions Club Camp Kirk.

We donated another *\$2500 to Shine Through the Rain* to support kids with cancer and other life-threatening illnesses. The Optimist Club of Newmarket received a donation of *\$3500 to support their Youth Activities program*. Donated *\$1200 to send 2 people to Camp Joseph* and camp improvements.

Having money to give back to our community is great but there are things that can be done with very little money that help support people and show that we care. *Taking snacks and fresh fruit to the nurses* at the Nursing homes or giving the seniors that have had no one visit a small gift to let them know we are thinking of them are some examples of this.

Our *Coats for Kids* project, with the help of Newmarket Lions, and the Newmarket Swans makes sure that no one goes without coats, hats or boots during the winter. Between 2020 and 2022 some 389 coats have been donated including some to Big Trout and Pikangikum First Nations in northern Ontario. We have improved the lives of more than 500 people, and in over 8 years, we have donated 4700 coats in total.

This year we ***completed 3 environmental projects***: selling rain barrels, planting trees, and doing invasive plant removal at the Oak Ridges Moraine.

We sold 75 ***Green Capes Calendars***.

We have ***acquired a bi-weekly radio show spot on CHOP fm 102.7*** to bring the world of Lions to the people of Newmarket.

The North Newmarket Lions are proud of their accomplishments and will continue to help the members of our community in any way we can.

We are looking forward to better years ahead.

Submitted by: Lion Khrisstina Engel

North Oshawa Lions Club

At the Durham Car Show

In Focus

Club
News

The Club provided Barb-e-que services to the Corvettes of Durham Car Show that was held on Sunday, June 5th at Ontario Motor Sales. BBQ sales totalled \$635.00, netting a profit of \$330.00. It was great to get out again in the community and a fun time was had by all.



Front from the left:

Lions Kevin Pumphrey, Ross Hartwig, Joan Pumphrey, Carolyn Stephenson and Peter Stephenson. Back: Garry Fitzpatrick and Steve Bedley.

Submitted by: Lion Edwina Johnston

North Oshawa Lions Club

Pet Valu Walk For Dog Guides



Our club saw that Oshawa wasn't being represented hosting the Pet Valu Walk for Dog Guides and took the initiative to change this. We held our first walk in the fall prior to the pandemic. Last year we participated in the Virtual walk event thanks to the Lions Foundation of Canada Dog Guides pandemic response. We were excited that this year's walk, held May 29th would be in person.

As organizers, we planned with the support of the Dog Guide School this big event. There was a buzz in the community, I think many of us were in need of something to look forward to. It has been a very trying time for us all going through this pandemic. With the help of the Future Guide Dog puppies and their foster families, we got out to the malls to not only promote our walk, but also to let people know about the Lions Dog Guide programs. Not many people could resist walking by all those cute puppies.



We had a beautiful day for our event and plenty of two and four legged walkers. As an incentive, we had a Top Fundraiser competition with the winner getting first pick of all the raffle prizes. It was very rewarding to see all the people enjoying themselves and everyone did a wonderful job fundraising. Our totals for the Oshawa walk will exceed \$14,000. We are very happy with the success and inspired by the participants feedback saying, they can't wait for next year's walk!



Submitted by: Lion Sarah Moir

Haliburton & District Lions Club

Remebering Lion Jane Van Nood



Lion Jane was a real spark plug for the Haliburton and District Lions and she is sorely missed in the community. Lion Jane was also a great environmentalist and did regular road clean ups. To celebrate her life and service, the Haliburton and District Lions planted a tree in Head Lake Park.

Lion Jane’s family were also on hand to join in the celebration.

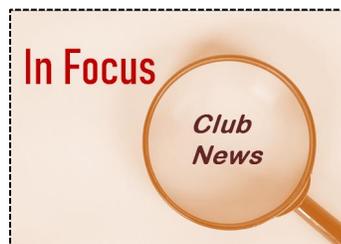


Photo Credit. Vivian Collings – Haliburton County Echo

Submitted by: Lion David Mills

Fowlers Corners & District Lions Club

Inducting two new members



On Tuesday, May 31st, 2022, Fowlers Corners & District Lions Club inducted two new Lions members at our special dinner meeting.

Lion Carl Young PDG performed the induction ceremony.

Lions President Chris Allen lit the first candle.

Lions Charter member Dave Linton lit the second candle.

New Lions are Scott Prikker and Brigit Kennedy

Sponsors are John Dewar for Scott and Peter Kennedy for his wife Brigit Kennedy.



Submitted by: Lion Donald Ditchburn

Newmarket Lions Club

Newmarket Lions Club Honours!

May 2, 2022 was a night of celebration at the Newmarket Lions Club meeting.

Several club members received special honours and two new members were inducted by Region Chairperson, Vaughan Moul.

Although all of our club members are always ready, willing and able to serve our community, the Club recognized the outstanding contributions of several members. Lion President Rick Metcalfe was awarded a Lifetime Membership for over 50 years of service to the Club! Lions Don Gardiner and John Liska were awarded the Melvin Jones Fellowship for their tireless efforts on behalf of the Club. Lion Richard Poulin received the Lions Quest Fellowship for his contributions to the Club especially in designing our new webpages.

In addition, two new Lions were welcomed! Lions Mary Blight and Jessica Nguyen were inducted by Region Chair, Vaughan Moul.

An auspicious night indeed!



Lion Rick is a Life Member now!!!



Lion Richard Poulin with his Lions Quest Fellowship



Welcome Lions Jessica Nguyen and Mary Blight

Submitted by: Lion Megan Bennett

Udora-Leaskdale Lions Club



It has been a very busy Spring for the club as we hosted many activities in April and May. It started with celebrating our ***Earth Day trifecta*** on April 28th. We had our ***Spring Road Cleanup*** with the help of the Uxbridge Army Cadets. We collected over 20 bags of waste from the road between Udora and Leaskdale. We also had a ***Food Drive*** and collected 200 lbs of groceries which were distributed to the Georgina and Uxbridge Food Banks. The day was completed with the distribution 200 white pine and spruce seedlings to local residents.

On May 2nd, after two years of being on hold due to COVID we held our ***36th Annual Canoe River Run Fundraiser***, one of our most successful ever! On a perfect day for it, we had over 120 participants steering one hundred watercraft down the Pefferlaw River. The Run ended at the Pefferlaw Dam with a BBQ . Everyone had a great time with old friends getting reacquainted and meeting new ones. But the best part was that nearly \$6000.00 was raised and donated to the local Food Banks.

We ended the month on May 29th with our first ***Pet Valu Walk for Dog Guides***. A small group of dogs and leaders took a leisurely 4 km walk though trails around Udora ending at the Udora Pavilion with a BBQ lunch and distribution of gifts donated from local businesses. The final total is not in but funds were raised for this very worthy cause. Hopefully this will become an annual event and become as big as our Canoe River Run fundraiser.

To finish the Lions year, on June 25th we will have the ***Grand Opening/Ribbon Cutting Ceremony for the New Pavilion at the Udora Community Hall***. The pavilion, completed in 2020, was built by the Club in co-operation with the Towns of Georgina and Uxbridge with the help of local contractors. Additional funds were contributed by members of the community who purchased engraved stones in the Tribute path.

See you in the new Lion year with the return of our ***Spaghetti dinners*** (We Hope!)

Submitted by: Lion David Minns

Newmarket Lions Club

Meal Kit Project



A member of the Newmarket Lions Club noticed an interesting post on the Lions of Canada Facebook page. The post was from the St. David's Lions Club of Niagara-on-the-Lake. The St. David's club had provided Family Meal Kits to their local food bank. The Newmarket member contacted the St. David's club for more information and advice.

The idea was brought to the Newmarket Membership and it was agreed that this was a worthwhile project. The local Food Pantry was contacted to ascertain if there was an interest. The Food Pantry also thought it was a great idea as donations tended to drop off after Christmas.

A committee was formed. Several recipes, as suggested by the St. David's Lions Club, were tried by committee members. We wanted to make sure each meal was filling and tasty. Three different meals were selected. A list of all ingredients and needed supplies was distributed to the Committee members. Over a 6-week period, ingredients were sourced for the best price, and purchased. Once COVID restrictions were lifted, members of the Club gathered at our meeting hall and assembled the Meal Kits. Each Meal Kit contains the ingredients and the recipe for a soup or casserole dish that will feed a family of 4-5 people. One hundred kits were assembled. These 100 meal kits should serve 400-600 people.

We are now awaiting feedback from the Food Pantry clientele to see if it is worthwhile continuing with this service project.



Submitted by: Lion Megan Bennett

Oshawa Airport Lions Club

Where did they find all the energy?



The Oshawa Airport Lions Club hosted our District A16 convention on the last weekend of April. I would like to thank all our members for their input and participation. Every member contributed to the success of this event! Thanks also to all the Lions who attended. Our convention was a resounding success and the compliments and praise were heartwarming. The Airport Lions also won the Harrison McConkey Membership Growth Award which we happily shared with the Claremont and Greenbank Lions Clubs.

And we still had the energy to do a park clean up at a community green space. The citizens obviously respect this space because it was in pretty good shape. We picked up mainly paper garbage and hundreds of cigarette butts. Did you know it takes about 400 years for those butts to disintegrate? I hope people learn not to dump their ashtrays in our park areas.



We are looking forward to our induction of new Board members this month and I know they will work hard to make the Oshawa Airport Lions Club great next year too!

Submitted by: Lion Gail Bates

Mount Albert & District Lions Club *Skateboard Park Grand Opening*



May 28 was the grand opening of the Skateboard Park in Mount Albert. The Mount Albert Lions donated \$75,000 toward the development of the Skateboard section. On Saturday the final \$25,000 was presented.

Also, over the course of the Pandemic the Club donated \$21,000 plus to the Mount Albert United Church Food Pantry.

Photos from top:

Cheque presentation

Lion President Vaughan addressing the event

Ribbon Cutting for the park

Our student volunteers: Tyler and Oliver



Submitted by: Lion Mary Brand

Lions Fun Corner

Word Search

Can you find the names of our current District Governor and the Past District Governors?

GOVERNORS OF DISTRICT A - 16															
E	A	T	V	F	W	B	P	M	D	A	M	C	I	O	D
D	J	A	N	P	R	E	B	I	D	X	O	O	W	U	I
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C	D	A	E	P	I	L	K	A	D	S	U	L	I	V	A
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C	O	N	D	U	I	T	S	E	I	G	R	O	F	N	E

BELL	DURWARD	MOORE
BRAND	FARR	PEEL
BUSS	FINNEY	READMAN
CAREY	FORGIE	ST.JOHN
CHEUNG	GORDON	TATE
COLWELL	GREENFIELD	TAYLOR
CONDUIT	MACDONALD	YOUNG
CROCKFORD	MCDUGAL	
DAWSON	MILLS	

Contributed by: PDG Brian Moore



Thank You for reading the June 2022 issue of the A-16 District Governor Newsletter!

This is the last issue of this Lions year. I want to take this opportunity to thank all the Lions and Clubs who supported the Newsletter by sending in your stories.

*There is a new fun segment on **Word Search**. Let's see if you can find the names of all the Past District Governors and our current Governor there.*

All issues of the DG Newsletter can be found on the District A-16 website at

<https://lionsa16family.org>

Or, you can simply click [here](#) to go directly to the previous issues.

With the summer months coming, I want to wish you all a nice and safe summer!

Happy reading!

Lion Tim Cheung

DG Newsletter Editor

