



Serving members of MD36 Oregon and Northern CA

April, 2022 Volume 9/21-22

“Super Saturday” Food Drive is Back Big!



(l-r) Tualatin Lions Fae Lloyd, Dave Smith, Katie Smith, Eileen Weinstein and Derek Sandell.

See Story Page 11

Following the Call to Be “Knights of the Blind”



(l-r) Eugene Downtown Lion Sharon Newton presenting white canes to Mike Thomas and Steven Eudy with the Oregon Commission for the Blind.

See Story Page 20

Eye Glass Sorting Event at Keizer Lion’s Den



See Story Page 23

MONTHLY CALENDARS

MEETINGS

April

- 8-10 NWLLI in Myrtle Creek. Contact PCC Vincent Bishop (vfbishop@hotmail.com) or PCC Gail Black (sgblack@charter.net) with any questions.
- 23 Dist O Cab. mtg., 10-1, Oral Hull
- 25 SOLSHC Board mtg. @ noon

May

- 7 Dist R Cab. mtg. 10-12:30, location TBD
- 14 Dist E Cab. mtg. 10am, Myrtle Creek Community Center
- 20-21 MD36 Convention location TBA
- 20 OLSHF Trustee mtg. 9-noon, locale TBA
Council of Governor mtg 1:30, locale TBA
- 23 SOLSHC Board mtg. @ noon
- 28 Dist G Cab mtg. 10-1, Texas Bob's Steakhouse in Rufus

EVENTS

April

- 4 Eyeglass Sorting Party, Keizer Lions Hall, 4100 Cherry Ave. Ne @ 6pm
- 10 The *Oregon Lion* article deadline for May issue

May

- 10 The *Oregon Lion* article deadline for June issue

Directory Corrections

- p. 94 King, Brad, PCC has new email of sgtmajbrad@gmail.com
Larsen, Richard, PCC's wife Lion Sally has passed. PCC Richard's new address is: 503 W. Bluejay Dr. Chandler, AZ 85286
- p. 102 Schock, John, PDG has passed.
Schossow, Rod, PCC has passed.

Club Officer Reporting Form (aka Form PU101)

Due to LCI by May 15, 2022

Please prioritize getting this completed and submitted to LCI as is critical for MD36 annual directory to be completed

ANNIVERSARIES

April 2022 marks the anniversary of another year in Lionism. It's great to be a part of a network of Lions who are recognized as the greatest service organization worldwide! Indeed, your club continues in the excellent tradition of service and pride under the banner of Lionism.

April

Medford Host	April 7, 1925
Coos Bay	April 6, 1931
McMinnville	April 10, 1940
Gardiner Reedsport	April 19, 1940
Salem Northeast	April 23, 1940
Lakeview	April 3, 1942
Merrill	April 7, 1948
Prospect	April 26, 1948
Pendleton	April 21, 1950
West Linn	April 28, 1953
Roseburg Umpqua	April 14, 1954
Wilsonville	April 17, 1969
Heppner	April 4, 1974
Lakeside	April 8, 1975
Gresham Supper	April 1, 1989
Cave Junction	April 30, 1996
Three Sisters	April 23, 2002
Crescent City	April 25, 2007
Central Linn	April 15, 2010

The Oregon Lion Website:

www.md36lionsclubs.org



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Council Chair News



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Spouse: Karrie

Inner Support for Outward Service

I know, after reading the title of this article you probably went, “What?” and then said oh yeah CC Bob is at it again, but wait! I urge you to read further.

As you read this it is already into the month of April but as I write this I have just returned from the District G convention and am one week removed from the District O convention and I must say I am very pleased.

As I made the seven hour drive home from Baker City I kept replaying the convention in my mind and I was very happy with what I kept seeing. First, kudos should go to District G’s Convention Chair Janet Stafford for being able to secure the location in a pinch when the original site became unavailable. She was able to get a location in Baker City on the same weekend as the O.S.A.A. 1A state basketball finals. Second, seeing a brand new member attending the convention was heartwarming. Chelsie Fisher was inducted into the Weston-McEwen Lions Club on February 11 and just three weeks later is attending her first district convention. Talk about your whirlwind courtship. Chelsie, I applaud your passion and desire to be a part of Lions and to discover as much as possible as soon as possible. I hope to see you at conventions for years to come. Third, the support of fellow Lions for their newly elected District Governor Cheri Jackson. DGE Cheri was told Saturday that the current cabinet secretary and cabinet treasurer did not want to continue in those positions and that she would need to find someone to fill those cabinet positions. Well within just a couple of hours she was able to report that she had two Lions step up and agree to fill the spots. Thank you Betty Jane Bugbee and PCC Paul Zastrow

for providing the inner support to allow for the continuance of outward service to not only the District, but to the communities served by Lions throughout District G.

District G is still looking for more inner support as they need to fill the roles of 1st VDG and 2nd VDG but thanks to all of you who stepped up and are continuing to support Lions. As I continued along the freeway on my journey home I also thought about how this same inner support had manifested itself at the District O convention with Lions stepping up there as well, namely DGE Kerith Vance and soon to be elected 1st VDGE Ed Glad. I also thought how District R had experienced the same thing with DGE David O’Kelley having stepped up just a couple of months ago. District E is now looking for some of this same inner support to allow the District to move forward in this upcoming Lions year. The District is need of a DGE and a 2nd VDG.

It seems as though every year for the past decade we have struggled to find Lions willing to move forward in leadership roles and when we do find those who are willing they cannot do so because of requirements that have not been filled because we are so locked in to keeping people in positions just to have a body in place. We need to look toward the future and move our new Lions into positions of leadership that will allow them to ascend to higher places and to fill other roles.

The idea of bringing in new members shouldn’t be to just fill the seats at the meeting. The reasoning should follow right along with our motto “We Serve.” Find their passion. Encourage their participation in filling positions within the club and beyond. Let them know that they are more than just a number, they are a Lion! This is the only way we can continue to provide inner support for the continuance of outward service.

Again I applaud, Lions Janet, Chelsie, Betty Jane, Paul, Kerith, Ed and David for your dedication. I also know that there are many more out there willing to do what these individuals have done so let’s make it happen!

Thank you District R, O and G for great conventions and renewing my spirit.

District O - Northwest - North Coast



District O Governor Column
Doug Loose

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Spouse: Hope

Welcome to Auspicious April My Fellow Lion's



Competition

Wow, I can't believe it's really April already. Spring is in full swing with so many things to do and think about. It is the perfect time to focus in on planting the seeds of service for our communities. This month's focus is supposed to be Competition but we as Lion's really don't need to compete as we are the best and largest service club in the world. What we are really talking about is being distracted by all the things competing for our time, this is the true competition. Stay focused. We are the people who like to help others while making life a little better for someone in need whether it's with glasses, a little food or just maybe you asked someone to help you help others which is the greatest gift we can give. A little love and acceptance go a long way.

It's been an amazing year of service so far and I've had so much help from you all. Thank You! We all need a team around us to be able to do the things we do. Not only to be able to do more but for encouragement. It's difficult to stay motivated on your own but with the help and excitement from your team we can keep providing the service that people around us need. If you don't have a team join one, create one, build on your successes for if you are a Lion, you are Great. One profound thing I've learned these past couple years is never ever let another Lion fail. We need to be lifting the others in our clubs up to their full potential. We all have different gifts and skills we can use to help our own club members, so we need to be bringing in new members to teach as well as learn from.

Spring is here so it's time to dust off the gear, oil the reels, and check for leaks in the waders. The fish are hungry and moving around. This is the time to pounce on them with your favorite lure. This is also the time to show someone your favorite hole to fish in and how to catch em. Be patient as the bite will turn on you and you just never know when, so keep your hooks sharp and your bait fresh then your well on your way to not only Catching your Limit but helping your neighbor to catch theirs as well. This is the best thing we can do. Don't get swallowed up by the competition.

In your Service -- DG SuperDoug

District R - Willamette Valley - Central Coast



District R Governor Column
Lynn Coon

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Fellow Lions. Here we are deep into the Lions year with many areas going in the right direction. I would like to report a few more things about our District's convention that we held in February. It's about our basket raffle to help our pediatric cancer camps and our Heartfelt House. I can't thank the clubs of 36-R enough for your fantastic baskets that you provided for this cause. I am pleased to say we brought in \$656 to go towards these causes. The winning theme basket went to the Zone Chairs of District 36-R picked by ID Lion Deb Weaverling. The basket with the most tickets sold went to the Florence Lions. I would like to thank my home club Junction City Lions for helping me round the amount up to \$2,000: which we will be dividing by presenting a check for \$1,000 to Camp UKANDU, \$500 to Camp Millennium and \$500 to the Heartfelt House from District 36-R. All of our baskets showed SERVICE FROM THE HEART.

As I said earlier, we have accomplished many things in our District but we still have lots of work to do. On March 19th we held a Guiding Lion Training and an Orientation training: Two very important trainings for our District. Guiding Lions to go into our communities as we would like to establish new clubs and to canvas areas where we already have clubs, but are low in numbers. The other is Orientation for our new members and our established members needing a refresher as to why they became Lions. This will be conducted by your Zone chairs and your GAT team.

The last item we want to work on is RETENTION. We want to keep our meetings positive, upbeat and of interest to our members. Are we working on our programs? Are we getting feedback from our members? Are we asking our members to participate? All of this is part of retention. Involvement of our members is key. I often ask myself are we listening to our members? In my DG training we had a class on LISTENING and what I took away from that class was that if I'm talking I'm not LISTENING. We need to ask ourselves are we truly listening to our clubs' members? I want to thank all of you for what you do for your clubs, your District and most of all for your communities.

SERVICE FROM THE HEART. I believe Lions Change Lives Today and Forever.
DG Lion Lynn 36-R

District E - Southern - South Coast



District E Governor Column

Steve Brewster

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Spouse: Cheryl



It is election time again. We walk into our meetings and say we need volunteers to fill our club offices. Someone raises their hand and says our current officers are doing a good job, let's just reelect them, problem solved. Problem not solved; problem created. Now, we have stagnated at the club level. We have presidents and secretaries in their offices for over 5 years with some who have served for life. No one else in the club has developed leadership skills. We have taken the easy route and our clubs die from lack of interest. We need the constant flow of new energy.

Problem #2. We need Zone Chairs to help clubs continue to operate and coordinate their efforts. To be a Zone Chair you must have served as a club officer. These people don't want to move up because they are busy at the club level and don't think they have time in their lives to take on extra responsibilities. We now have zone chairs that are not interested in moving up in leadership or have already served in leadership positions. We are now stagnant at this level of leadership.

Problem #3. To be a 1st VDG or a 2nd VDG requires that you must have served as a Zone Chair. We are now short of Qualified Lions to Fill these positions. We are now stagnant at the top. We have no one moving into these positions. Currently, the position of District Governor is Stagnate.

None of these positions by themselves are hard or time-consuming when that is the only position you hold. It's when you try to be responsible and take on a lot of positions that you get overwhelmed and don't do as good of a job as you are capable of.

To solve these problems, we need to start at the bottom and fix the problem there. We need to become proactive, move our members into leadership positions, move new members into director positions and give them a voice in club operation. Old members and new members need to listen to each other and be open to reinventing the way we serve our communities. One thing the past 2 years has taught us is that there are other ways to serve and to operate as clubs. Let's not take the easy route and waste away to nonexistence. Let's be more inclusive and move people into leadership positions. Let's not be the one who blocks the way for the future. We as leaders are the ones who need to reinvigorate our clubs and move our members ahead to greater service.

District G - Central - Eastern Oregon



District G Governor Column

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By the time you read this the 36-G convention will be long behind me. It went really well without any problems or issues. The weather was pleasant, no snow fell nor did any rain. People traveled safe. Our ID Larry Edwards and wife Susan were so very nice. He was full of questions and answers. They seemed very impressed with the amount of projects each club in District G was doing. He took lots of notes to take home to his club.

One of the fun activities at our convention was PCC Steve Oliver selling his hair. Well ok he didn't really "sell" his hair, but actually let a visually impaired Lion shave his head for money to go to childhood cancer research. Thank you PCC Steve and PDG Mary LeeTurner.

I also want to thank the Baker City Lions Club for their help. And for the beautiful flower arrangements.

Spring is just around the corner, which means more outdoor activities. Use this time to do all you can. Be seen helping, be seen working, be seen caring, and be seen doing what we do as Lions.

Yours in Lionism, DG Kathy Oliver

MD36 Lions Environmental Photo Contest 2021-22

By the MD36 Environmental Committee:

O: Kerith Vance; R Susan Pfanner; E Danny Hawkes; G Joe Foran

Our theme for 2021-22 is CHANGES, Past and Present Photos.

Find a historic photo in Oregon or Northern California and repeat the photo (as close as you can) in the present day. Both Photos must have an easily identifiable feature in both photos showing that it is the same location.

Send us the new photo and the past photo. Let us know the year and location of the original photo and the year of the new photo.

Examples:

Photo of a city street past and present;

Photo of a Lions Club activity in an area past and present;

Photo of an area before and after a natural disaster;



Resources

Email your photo and any questions to Kerith at andycat3@comcast.net .org by April 30, 2022.

Photos will be shared at the MD36 Convention and on the MD36 Facebook page.

Top three will be shown in the Oregon Lion Magazine.

<https://www.ohs.org/research-and-library/our-collections/photographs.cfm>

<https://sos.oregon.gov/archives/Pages/records/historical-photos.aspx>

<https://www.oldoregonphotos.com/>

<https://www.nwnewsnetwork.org/environment-and-planning/2014-10-10/cross-time-photos-from-northwest-lookouts-reveal-big-changes>

Eugene Downtown Lions Discover Christmas in January Can be Fun Too

The COVID-19 Pandemic has caused the cancellation of many events over the past two years. The Eugene Downtown Lions Club's list of cancelled fundraising and fun activities have all gone by the wayside. One of the members' favorites is the annual Pancake Breakfast with Santa & Mrs. Claus. The COVID restrictions made having the fun-filled family event impossible.

Leave it to our resourceful President Lion Karen Norton to suggest a way to get at least a part of our wish granted. She arranged for us to have our own "Santa Breakfast" at our December 15th meeting. The crew at The Eugene Mission, where the Club's meetings take place, prepared a "breakfast" consisting of the same elements of the public Santa breakfast including pancakes, sausage, scrambled eggs, coffee and hot chocolate. A Christmas cookie decorating contest was held to find the best decorated and the ugliest Christmas cookie decorations. Prizes were awarded.



Lion President Karen Norton dressed in her Santa Breakfast finest.



Decorating the perfect Christmas cookie.



Mrs. Claus is glad to judge this cookie.

Santa and Mrs. Clause attended and Santa had the honor of having his picture taken with a very young child and one with our Club member Lion Don Jones who recently celebrating his 99th birthday.

Everyone enjoyed the meeting and some even wore "ugly Christmas sweaters" and other decorative seasonal attire. The members are looking forward to this coming December with hopes of being able to hold the full-scale "Breakfast with Santa & Mrs. Claus" with the public invited.



Santa and Mrs. Claus enjoying the meal.



Santa tasting Christmas cookie entries.



Santa with tiny baby guest.



Members enjoying the breakfast.

submitted by Tim Chuey
Publicity Chairman, Eugene Downtown Lions Club

BEE the Change You Want to SEE in the World



Observed in April each year, **National Donate Life Month** helps raise awareness about donation, encourage Americans to register as organ, eye and tissue donors and to honor those that have saved lives through the gift of donation.

We wish you a Happy National Donate Life Month. Thank you for your efforts in promoting organ, eye and tissue donation and the importance of registering your decision. **#SeeTheGift**

submitted by Matt Webber

Southern Oregon Lions Sight & Hearing Center Announces 10th Annual “Recycle for Sight” Community Vision Clinic!

The next Community Vision Clinic will be held May 14th, 2022 from 9 a.m. to 1 p.m. District 36E Clubs are welcome to fill a bus with potential clients and bring them to The Center in Medford. Just let Glory know in advance, please. Call 541-779-3653 or email solshc@rioussa.com for more information.

Referred from word of mouth and 40+ local agencies and businesses -- the message was out about the Southern Oregon Lions Sight and Hearing Center’s vision clinic. Volunteer optometrists, opticians, community members, 20 Lions and Center staff worked clients through the stations, set up like a mission trip, to end up in the “Happy Room” where clients then get dispensed a pair of glasses that match their prescription. Numerous grants throughout the past 6 years have added to the ophthalmology equipment inventory used at the clinics. The Center pays a fee to rent an autorefractor from OLSHF.

“These community vision clinics are a great service opportunity for Lions Club members. They gladly give up their time on a Saturday to really make a difference in a person’s life”, states Glory Cooper, Executive Director of The Center in Medford. “Additionally, the used eyeglasses donated by the Southern Oregon residents stay right in the community to assist those in need. We now have 8,500 pair of eyeglasses on hand for use at the annual clinics making for exact matches for clients. Our match rate is 97%.”

*submitted by Glory Cooper, Executive Director
Southern Oregon Lions Sight & Hearing Center*

Lions Club of Vernonia Celebrates their 75th Anniversary and Membership Campaign

The Lions Club of Vernonia, a chapter of Lions Club International, began in 1947. We proudly celebrate 75 years of service to Vernonia and beyond.

During these 75 years, we have provided assistance to those in need, including through the Oregon Lions Sight and Hearing Foundation, college scholarships, promoting bicycle safety (helmets and signage), the local library, foodbank and more. We have completed and contributed to many community projects, actually too many to mention, but they include: amenities and infrastructure at the Dewey Pool swimming and kiddy pool on Rock Creek in central Vernonia, the gazebo at Hawkins Park and benches in public areas. The Lions have fun as visible participants and supporters of local festivals and celebrations.

We Serve is our motto. Many community service organizations have been challenged to maintain membership and especially to attract new and younger members. Yes, we have aged, as a Club, but we now announce a successful membership effort. Social media, personal contacts and our reputation and visibility in the community have allowed us to recently induct 11 new members.

We foresee many more years of proud Lions doing good things in our community.
ROAR!

submitted by Paula Hanson



**SOUTHERN OREGON LIONS SIGHT
AND HEARING CENTER**

BLING FLING

GENTLY-USED JEWELRY SALE EVENT

*Vintage, Fine Silver, Wristwatches,
Costume Jewelry and more!*

APRIL 23RD 2022

228 N, Holly St.

Medford, OR 97501

10am-12pm

FREE PARKING BEHIND LIONS BUILDING

“Super Saturday” Food Drive is Back Big!

The “Mighty” Tualatin Lions challenged themselves to another “food fight” and held their ... well, 6th or 7th annual “Super Saturday” Food and Fund Drive for community food pantries on Saturday, Feb. 12, 2022, (the day before the Super Bowl, thus: “Super Saturday”). The Tualatin Lions had to skip “Super Saturday” in 2021 out of an abundance of caution and because food banks were not able to safely accept food from community food drives. Well, the 2022 “Super Saturday” was extraordinarily SUPER! And the winners were the St. Francis Food Pantry in Sherwood, the Bethlehem House of Bread in Tigard and the Tualatin School House Pantry in Tualatin. Yes, this Lions Club has a pretty big community footprint!



St. Francis Food Pantry
in Sherwood.



(l-r) Lions Fae Lloyd, Dave Smith, Katie Smith,
Eileen Weinstein and Derek Sandell.



Bethlehem House of Bread in Tigard.



As in past years, the Tualatin Lions partnered with the Walmart Super Centers in Sherwood and Tigard, beginning with making arrangements as early as November. This year’s food and fund drive had to evolve and be locally directed and arrangements were short and sweet with all three regional pantries.

Early in the morning on Saturday, Feb. 12, Lions Derek Sandell, Ed and Joanne Casey, Eileen Weinstein, Dave and Katie Smith, PCC Brad King and Phil King met at the famous Country Inn in Tualatin for a fun party breakfast, then broke into their two work groups and headed off to their respective Walmart’s to set up and see how the day went. The Lions handed out shopping lists for the items local pantries needed the most and ... Super Bowl snack shoppers, family grocery crews and just about everyone stopping by those two Walmart’s that Saturday morning exercised their generous muscles!

When all was said and done, the Tualatin Lions and friends had collected over three quarters of a ton of food and almost exactly \$900! Over the next few days, each local pantry received over 500 lbs of quality non-perishable food and personal items, like toothpaste and toilet paper as well as \$300.

The real winners are the neighbors in all three south Washington County communities experiencing food insecurity. Hunger hurts children, families, seniors, veterans and the disabled. While the economy has improved for some people, we still have 1 in 5 neighbors facing food insecurity.

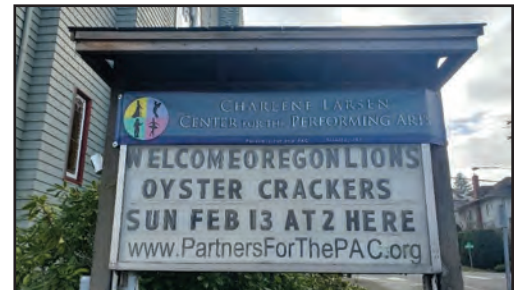
The Tualatin Lions still have that happy feeling it seems only Lions recognize. Where there’s a need, there’s a Lion.

submitted by PCC Brad King

District 36-O Festival A Fun-Filled

Note to Readers: This article is more of a post-event narrative than a comprehensive, official record of the festival. Any errors are mine and I apologize in advance.

Hosted by the Astoria Lions at the Charlene Larsen Center for the Performing Arts in Astoria (aka the PAC), over 75 Lions gathered on February 26, 2022 to participate in a day-long COVID-compliant, celebration of Lionism, community service, information-sharing, and shared-fellowship. Thank you Lions for participating!



Welcome Marquee at the PAC.



Guided by District Governor Doug Loose and his Cabinet, Lions celebrated the District 36-O festival with games, good food, raffles, awards, and short presentations - all capped by an uplifting address by Lions Club International Director, Dr. Dianne Pitts (from South Carolina).

DG Doug Loose Welcomes Attendees.

The traditional convention format was replaced with a festival approach featuring various games including Youth to Adult Photo Match for Celebrity Lions, Famous Failures, a Lions Trivia Bingo, a Stacking Cup game, and a very difficult, Tabletop Ring Toss game. Thank you, Wendy and Mark Montgomery for development of the games.

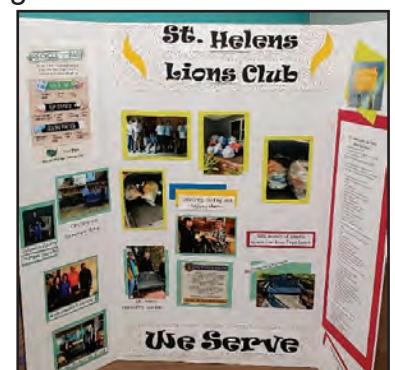
Club displays were placed throughout the venue with the club addressing one of the Lions Club International service areas: Childhood Cancer, Diabetes, Disaster Relief, Environment, Humanitarian Efforts, Hunger, Vision and Youth. The following clubs set up displays: Astoria, McMinnville, Lake Oswego, Milwaukie, Portland Oaks Bottom, and St. Helens. Reinforcing the Hunger service area, Lions were encouraged to bring canned goods to be donated to the Clatsop Community Action Regional Food Bank. To aid in that effort, an empty Regional Food Bank truck in the parking lot served as the collection point.



Milwaukie Lions Display.



Lake Oswego Lions Display.



St. Helens Lions Display.

Continued on page 13

February 26, 2022 Day of Sharing

Club displays were augmented with tables representing the District Global Leadership Team (GLT), Global Membership Team (GMT), and Global Service Team (GST), the Oregon Lions Sight and Hearing Foundation (OLSHF), Camp UKANDU (Kids with Cancer), and Lions Club International Foundation (LCIF). Completing the displays, were tables representing Gales Creek Camp Foundation the Oral Hull Foundation, and Forums and International Conventions. Peace Posters for 2021 and a MD36 Disaster Response table were displayed in the hallway. For pin collectors, PDG Gary Charbonneau offered State Lions Pins for sale.

The festival opened with a prayer and flag salute by the group assembled in the auditorium. DG Doug followed with a hearty welcome, introduction of the International Director and her husband, a brief summary of the 'Catch your Limit' theme, and the events to follow. Attendees were encouraged to visit each of the displays (and get their passport stamped), play the games, and have fun. PCC Vincent Bishop, Carrie Bartley and 1VDG Kerith Vance addressed the group as well. Attendees were then released until lunch to visit and enjoy the festivities. The Parade of Checks was held during lunch.

With lunch completed (thank you Chris Cakes Northwest) and the group reassembled, OLSHF's Executive Director Doug Thompson began the formal part of the day with his presentation. ID Dr. Dianne Pitts was then invited to speak and delivered a passionate, heart-felt message. A brief question and answer period followed.



ID Dr. Dianne Pitts Speaking to Attendees.



Happy Lions Indeed! (l-r): DG Doug Loose, ID Dr. Dianne Pitts, & Dr. Joe Pitts.

District certificates and awards were announced with great enthusiasm by DG Doug. A list of the award winners follows: Starfish – PCC Vince Bishop, Salmon - Fred Whittlinger, Trout - Bonnie Roeder, Sturgeon - Russ Bennett. Bass - Brian Sauer, Guiding Lamp - Genevieve Ford, Facebook – Astoria, Website - West Linn, Instagram - Portland Downtown. Digital Media – Milwaukie, Bulletin - Gresham Breakfast, Brochure - Portland Legacy. Flyer - West Linn, PR Award - Carlton-Yamhill & Amity, Community & Cultural Award – Vernonia, and Club Partnership Award – Milwaukie.

Nominations and subsequent election of new District Officers and Trustees were carried out. Finishing with a fun activity, Lions organized into teams in the auditorium and participated in a Lions Trivia game. With the games completed, the festival drew to a close with thanks and appreciations to all.

In closing this report, the Astoria Lions Club wants to thank everyone for assisting our club in hosting this event. A true example of helping each other. Special thanks are given to Astoria Lion (and PAC President) Charlene Larsen, Executive Director of Partners for the PAC, Bereniece Jones-Centeno; and volunteer Cheryl Capellen for being a gracious hostess. Finally, District 36-O Lions offer a special thank you to ID Dr. Pitts and her husband who travelled from South Carolina to be with us.

Following the festival, Lion Bert Diamond solicited the following quotes to enhance this report: **PCC Steve Thomson** said about the convention, "I really liked DG Doug & ID Dianne award presentations. Doug had a great description for each award. He did it in a very sincere way with a good sense of humor." **2nd VDG Ed Glad** thought the convention went very well. "I met so many authentically nice people. The format worked well for the space. ID Dianne was so talented and relaxed. She revealed how the LCI is struggling to work through the pandemic as are all of the clubs worldwide."

Lion Fae Lloyd liked DG Doug's sense of humor and relaxed style. "For me, I loved the morning activity, especially the Astoria Lions' bingo game about Lionism. I also liked how Bonnie Roeder arranged her Lake Oswego Club table and booth. It was so good to see other Lions I had not seen for a couple years."

Lion Ray Montgomery said, "One of the best parts was realizing that everyone really wanted to be there. You could see it in their faces and how they spoke to one another. And the different format loosened things up and allowed people to have a good deal of fun."

1st VDG Kerith Vance said, "I loved the fun and friendly atmosphere of the games and table displays. Team trivia was fun. I learned a lot and got to learn more about my fellow Lions."

District G Convention

The District G convention proved to be a success in spite of several handicapping conditions. Originally scheduled for Pendleton, the venue was changed at the last minute and organizer Janet Stafford had it moved to the Sunridge Inn located in Baker City. Accommodations were difficult due to the state basketball tournaments in Baker. However, the Sunridge staff were able to provide meeting rooms and a limited number of guest rooms. The second difficulty was weather predictions. Although DG Kathy Oliver promised a beautiful weekend, a 170 vehicle wreck took place on the highway due to snow and fog just a week prior to the convention. But as promised, sunny weather set in for the event.



PDG Mary Lee Turner gives PCC Steve Oliver a haircut.



CCE Judith Poage receives International Appreciation Award.



(l-r) Joan visits with her mom DG Kathy during convention.



(l-r) PDG Gerald Hopkins passes boxes of pull tabs from the Elgin Lions to PDG Gary Mose for the Ronald McDonald House in Bend.

Guest speakers were International Director Larry Edwards and his wife Susan, from Altoona, Pennsylvania. Another highlight was PCC Steve Oliver having his hair cut by PDG Mary Lee Turner, who is visually impaired. This was a great event, receiving many laughs and raising funds for the convention.

submitted by PDG Gerald Hopkins

Elgin Lions Induct Five Members

Five new Lions were inducted into the Elgin Lions Club by PCC Steve Oliver and PDG Gerald Hopkins. Those members included Jim & Doreen Baker, Sharan Freeman, Diana Grandeen and Bob Reiter. One of those new members, Doreen, has not only been active chairing a basket for the convention, but was the sponsor of Sharan Freeman.

Discussions continued on possibilities for a public restroom facility in the community, the purchases of glasses, \$100 donation to Elgin's mayor to sponsor a mayor's essay contest for school students, and \$250 each for the schools' art and pep activities clubs.



(l-r) PCC Steve Oliver, Diana Grandeen, Doreen Baker, Jim Baker, Sharan Freeman, Bob Reiter and PDG Gerald Hopkins.

Guests Speak to the Elgin Members

Amanda Welch and Tiana Murphey were recent guests at the Elgin Lions meeting. Amanda is the art teacher who is developing an art club after school, which will be less structured and allow students more time to create. Amanda said the after school art club will allow the opportunity for students "to think like an artist and to be collaborative." She hopes to have the students create a school mural and do an art show. It was suggested by Lions that art could be displayed at Riverfest and sixth grade students could work on a Lions' peace poster. Lion members complimented the art work displayed in the school. One Lion commented, "Amanda is doing a fantastic job in the school."



Amanda Welch.



Tiana Murphey.

Tiana Murphy is excited about creating a pep club and spirit squad during after school activities. The theme has centered around the thought of "One child---one school---one team," with the idea of boosting school moral and spirit. The pep club hopes to create a new Husky mascot along with goodie bags with healthy snacks for the traveling teams and pep band. She stated that the club is making socks for the football team along with T-shirts and sweat shirts for students and fans. It was suggested by Lion members that Tshirts might be made and sold at the Lion Car Show to make money for the pep club.

submitted by PDG Gerald Hopkins

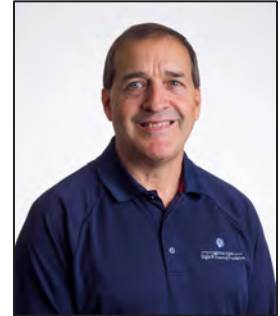


OREGON LIONS
Sight & Hearing
= Foundation =



Phyllis Carlin
Board Chair

2022 Convention Season Is One To Remember



Doug Thompson
Chief Executive Officer

After a year of virtual meetings and Zoom presentations, 2022 has brought the return of in person Lions Conventions to MD-36 and the result has been a roaring success.

MD-36R Convention Co-Chair Tom Hilgers told us: "District Governor Lynn Coon and I give the Foundation high marks for a fast paced, upbeat, and positive OLSHF lunch presentation...utilizing professionally produced videos in conjunction with your presentation appeals to the attendees...That's a very good thing."

Added MD-36O District Governor Doug Loose "Our Convention theme was 'Catch Your Limit', having OLSHF's presentation in Astoria was like catching the big one!"

The final District Convention of 2022 was held in Klamath Falls, MD-36E District Governor Stephen Brewster shared "One of the highlights of District E Convention each year is the OLSHF luncheon. We always look forward to learning more about the Foundation and how Lions can help keep the promise of addressing preventable sight and hearing loss."

OLSHF Staff member and Past Council Chair Brad King summed up the importance of the Foundation at MD-36 Lions Conventions this way: "When local Lions team up with their OLSHF, lives get changed for the better. When we visit your Convention, we get to brag to you Lions who change those lives for the better. And we get to show off your works to your peer Lions ... who sometimes steal your service ideas with OLSHF and ... even more lives get changed for the better! What a deal!"

One of the great features of Lions Conventions is having visiting LCI Directors attend and share their wisdom and experience with Lions in attendance. Visiting LCI Director Debra Weaverling of Kansas attended District R Convention in Corvallis and shared "You all have so much to be proud of with your Oregon Lions Sight & Hearing Foundation. We are so impressed with the success of school vision screening in Oregon, and your dedication to helping those in need of sight and hearing assistance."

If you haven't done so already, we encourage you to attend the MD-36 Convention in Salem in May -- we hope to see you there!



Lions showed their support of OLSHF sight and hearing programs during the Parade of Checks.

GIFTS & MEMORIALS

Contributions list includes gifts received in February and March. OLSHF values all of our donors and we do our best to recognize each and every gift. To help us maintain accuracy in our recognition, thank you for letting us know of any errors on our part to Info@OLSHF.org.

Lion Heart - \$5,000 to \$9,999

Ford Family Foundation
King City LC
Three Rivers Foundation

Lion Pride - \$2,500 to \$4,999

Laura Phillips
Vernonia LC

Lion Sentinel - \$1,000 to \$2,499

Carlton-Yamhill LC
Corvallis LC
Cottage Grove LC
Crooked River Ranch LC
Estacada LC
Eugene Downtown LC
Hermiston LC
Junction City LC
Lake Oswego LC
Madras LC
Pioneer Trust Bank
Silverton LC
Springfield LC
Three Sisters LC
West Linn LC

Lion Tamer - \$500 to \$999

Beavercreek LC
Christopher & Alicia Heaton
Elgin LC
John Anderson
McMinnville LC
Pendleton LC
Portland Hollywood LC
Prineville LC
Rockaway LC
Salem West LC
Sandy LC
St. Helens LC
Stayton LC
The Dalles LC

Lion Patron - \$100 to \$499

Amazon Smile
Arlington LC
Astoria LC
Bev Bridgewater
Brian & Sherri Rangitsch
Burns LC
Dixie Sexton
Florence-Siuslaw LC
Jefferson LC

Michael & Linda McCoy
Mt. Hood LC
Paul Zastrow
Portland Benthams LC
Portland Downtown LC
Rod & Debbie Bach
Terry & Marilou Bowman
Thomas & Paula Hilgers
Warren King
Weston-McEwen LC
William & Karleen Perry
William Taylor & Janice Stewart

Lion Donor - Up to \$99

Alice Keister
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Becky & William Scott
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Bonnie Roeder
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Carolyn Layson
Carrie & David Bartley
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Craig Jackson & Judy Havens
Crystal & Fred Whittlinger
Dale & Judith Bachman
Dan & Nancy Wolf
Dane & Kathy Parreira
Danny Hawkes
David McBride
David O'Kelley
David Ott
Dean Surface & Susan Fairchild
Debbie Kane
Dennis & Judi Tichenor
Diane & John Landon
Dianne & Patrick Rush
Dorothy Gann
Edward Glad
Elaine Marsh
Eli & Meg Castillo
Eric & Julie Laurin
Fran & Dennis Silbernagel
Gail & Seymour Black
Garry Charbonneau

George Stockinger
Gerald Caldwell
Gloria Tarnasky
Gregory Bartsch
Harlan Geigle
Helen Honse & Bert Cornick
Henry & Lynn Calhoun
Henry Miller
Hope & Doug Loose
Irvine & Sherril Smith
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John Drake & Kelly Hobson
John Lowery
John Pfanner III & Susan Pfanner
John Taylor
Joline & Thomas Hammond
Jon & Lucinda Awbrey
Joyce & Wallace Anderson
Judy Kauffman
Kaitlin Anderson
Karen & Gene Norton
Katherine Mast
Kathryn & Danny Otero
Katie O'Neill
Kerith Vance
Kroger
Lanell Bennett
Larry Barnett
Linda & Steven Thomson
Linda Stent
Lori Rowley
Lynn Coon
Mary Lee Turner
Mary Reynolds
Mary Sue Jepson
Matt Avery
Michael Cairns
Michael Kilkenny
Norma & Gino Barbisan
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Trudy Tallman
Walter Sinclair & Carolyn Hamilton
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William Nourse III
William Taylor & Janice Stewart
William Van Vliet
YourCause, LLC
Yvette King

HONORIUMS

In Honor of Janet Stafford

Gerald & Mary Martha Hopkins

In Honor of Judith Poage

Gerald & Mary Martha Hopkins

In Honor of Robert Chaney

Thomas & Paula Hilgers

MEMORIALS

In Memory of Bob Witherell

Lions Past District
Governors Association

In Memory of Clayton Rice

William Daudistel

In Memory of Cy Kauffman

Judith Poage
Lions Past District
Governors Association

In Memory of Dan & Cyndi McKenna

Lake Oswego LC

In Memory of Don Adams

Lions Past District
Governors Association

In Memory of Fred Steinmetz

St. Helens LC

In Memory of Herman & Naomi Meyer

Deborah Pienovi

In Memory of Janet Moller

Delores & David Hill
Riddle LC

In Memory of Michael Nowling

St. Helens LC

In Memory of Pat Thompson

St. Helens LC

In Memory of Patty Vincent

Dale & Sharon Rollins

In Memory of PDG John Schock

Vicki & Richard Smith

In Memory of Rodney Schossow

Lions Past District
Governors Association
Vicki & Richard Smith

Please find our complete list of PRIDE members online at www.OLSHF.org

School Vision Screenings Save Sight, One Student at a Time!



Photo: Lion Andy Eldien, Lion Steve Chiovaro, Andy's wife Char Eldien and 2nd VDG Lion Ed Glad screening at Yamhill-Carlton Elementary.

When Meghan Dalton's son was in kindergarten he started **falling behind** and having **behavior problems**. When the Lions came to school and screened his vision, they found that he had **serious vision issues**, and **almost no vision in one eye**. His parents took him to their eye care professional and were told that it was very lucky the problem was found because their son **could have soon lost the sight in that eye**. Meghan's son is now a happy 3rd grader with cool glasses who is **enjoying school and doing great!**

SVS Update: 121,000 students screened so far (15.7% referred)!



Meet Victor! A KEX Kids Fund Recipient

Victor (pictured, left) received his first pair of eyeglasses recently, thanks to a partnership between OLSHF, **KEX Kids Fund** and **Mt Hood Eye Care**. He was struggling with his vision and referred by a school nurse. Mt Hood Eye Care, located in Gresham, is one of our newest providers in the KEX Kids program. **Dr. Annie** helped Victor and prescribed him with new eyeglasses. The prescription is quite strong, indicating that Victor needed corrective glasses and will now see clearly!

SAVE THE DATE!

If you join us this autumn you're in for a fright
In support of our programs, both hearing and sight
We're throwing a gala, a Hallowe'en ball
So to all witches, ghost, ghouls we say:

"COME, ONE AND ALL!"

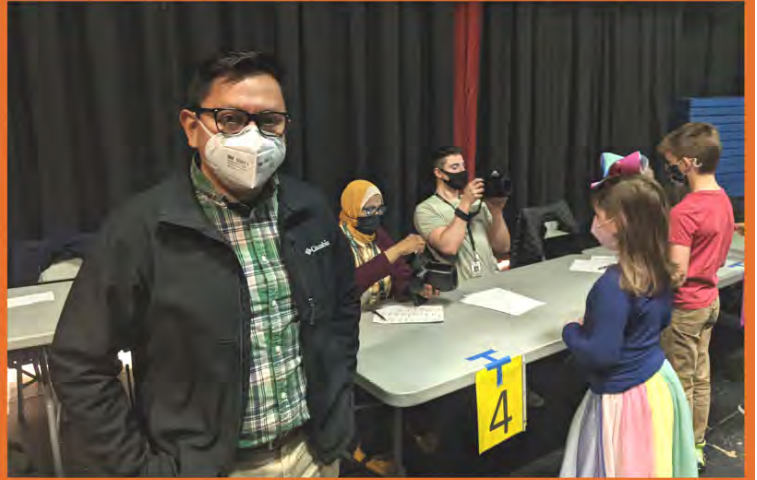
A HALLOWE'EN BALL

OCT 22, 2022 | 5:00 PM
THE SENTINEL HOTEL

SVS Gratitude from a West Linn School Principal

"Thank you for your partnership in supporting our students, not just at Bolton, but across our district. **Your incredible work and support** doing vision screenings and providing the resources needed for our students to be able to see **makes a huge difference in their academic success.**"

- Dr. Edgar Solares, Ed.D.
Bolton Primary School Principal
(pictured, right)



Off to Nigeria! OLSHF fulfills their first large mission trip request since 2020



Follow the glasses on their journey across the globe

- 1** Eyeglasses from all around Oregon are collected with care by Lions, sorted by volunteers, and cleaned and calibrated by women at the Coffee Creek Correctional Facility.
- 2** After being carefully prepared to ship by OLSHF opticians Tracy and Voycetta (pictured left), the glasses will travel from Portland to New York.
- 3** The eyeglasses will travel from New York to their new home in Nigeria, where they will be distributed to people in need.



----- Did you know? Fun fast facts about Nigeria -----

- 1)** Nigeria is the 7th most populated country in the world! (214 million) **2)** Over 520 languages are spoken in Nigeria.
- 3)** Nigeria's film industry, Nollywood, produces over 50 movies per week! Only India's Bollywood produces more.

The Eugene Downtown Lions Are:

Following the Call to be “Knights of the Blind”

Way back in 1925 Helen Keller spoke at the Lions Clubs International Convention giving the Lions the task of helping her “hasten the day when there shall be no preventable blindness, no little deaf, blind child untaught, no blind woman or man unaided.” She appealed to Lions to be “Knights of the Blind in the crusade against darkness.”

Following Helen Keller’s request the Eugene Downtown Lions Club has been working closely with the Oregon Commission for the Blind for many years. At the January 5th Club meeting Lion Sharon Newton presented Mike Thomas and Steven Eudy from the Oregon Commission for the Blind 9 white canes, 12 roller ball tips for canes, and 5 battery operated lighted magnifiers for their clients. The Club provided the money to purchase them. She also gave them some carry bags with Eugene Downtown Lions Club printed on them. It is a continuing effort on the part of the Club’s members, as with all Lions, to fulfill Helen Keller’s wish.



(l-r) Lion Sharon Newton presenting white canes to Mike Thomas and Steven Eudy with the Oregon Commission for the Blind.



Lion Sharon Newton holding a battery operated lighted magnifier.



Lion Sharon Newton presenting EDTL Lions Club bags.

Helping Out and Having a Good Time Too

Members of the Eugene Downtown Lions Club have been participating in FOOD For Lane County’s Food Rescue Express (FREX) program for many years now. For those unfamiliar with Food Rescue express, it is a program, which recovers food from area hospitals, schools, and restaurants that has been prepared but not served. Using volunteers the food is repackaged into family-sized portions in FOOD For Lane County’s professional kitchen.

As you can see by the pictures, it is a great way for an organization, like the Eugene Downtown Lions Club, to help out the community and at the same time have an hour or two of time working together and enjoying each other’s company. Hundreds of pounds of food were repackaged in just a couple of hours during this session on Wednesday February 9, 2022. Some of the members bring a spouse or friend along with them to enjoy the evening. The Club spends one evening a month repackaging food for the Food Rescue Express program.



Here’s the volunteer crew. Masks make identifying individuals difficult.



Eugene Downtown Lions at work in the kitchen.

both articles submitted by Tim Chuey, Publicity Chairman

St. Helens Lions Busy Displaying Flags

January and February are busy winter months for the St. Helens Lions. Martin Luther King's Birthday, in January, and President's Day, in February, give us two National holidays to display our US flags along the main streets and highway. Eleven members were out at daybreak to put out approximately 235 flags; returning to pick up flags before dark. The crew was thankful for a fairly dry day in February!

This project is a combined fundraiser and community service. Many local businesses make a yearly donation to the flag program which pays for flags, with any extra monies going to support other Club projects. Members often get friendly honks and waves of thanks as they are putting out the flags. This has been a long-standing project for our Club.



submitted by Kathy Syrstad

Pendleton Lions Hold Can and Bottle Drives

The major fundraiser for the Pendleton Lions Club in the last two years has been our can and bottle drives. We have can and bottle drives four times a year. We collect at Roy Raley Park and sort them in a barn.



(l-r) Dwight Johnson and Sean Degán at the parking lot collection.



(l-r) President Rita Campbell and Secretary Rande Bronson. In the background is one of the LDS missionaries that came to help.



(l-r) Sherri Sievert processing bottles, Rande Bronson and Jon Ehlers sorting cans.



The empty trailer at barn: (l-r) Craig Hylton, Sean Degán, Jim Smootz and Bill Morris.



Loading trailer: (l-r) Jim Smootz and Dwight Johnson.

submitted by Risa Rigger
Oregon Lion April 2022 21

Factors That Lead to Diabetes

According to the American Diabetes Association, 1 in 3 American adults is at risk for developing Type 2 diabetes. There are many factors that increase this risk, some you can control while others such as aging or having parents or siblings that have diabetes you can't control. Whichever the case, it's good to know what they are and what you may do to help prevent the condition in the first place.

Thankfully, a healthy diet and lifestyle can go a long way in reversing some of these factors. I've already mentioned two factors you cannot control, but knowing that your risk increases with age or that you have family members with this condition may help you kick-start healthy habits to protect you from developing diabetes and other diseases. It is important to alert your doctor to the fact that you may be subject to the disease due to family members having it. This will encourage him/her to begin testing for the conditions sooner rather than later.

So, what are some of the conditions you may control?

- **You're overweight** - It is a major factor in developing the condition as well as increasing your chances of having high cholesterol, high blood pressure, heart disease, etc. According to the ADA losing 10 - 15 pounds can make a huge difference.
- **You're not exercising** - This is something we can all do (especially now). Exercise is important for lots of reasons, but one major factor is the protective benefits when it comes to preventing chronic diseases. It helps clear excess glucose from your blood stream and may improve insulin sensitivity. The ADA recommends staying physically active most days of the week aiming at about 30+ minutes a day on average. Every little bit of movement counts. Check with your health professional - especially if you're currently being treated for other conditions - before beginning a new exercise program to make sure it's right for you.
- **You have high blood pressure** - It is estimated that close to half of all American adults have high blood pressure, or take medication for high blood pressure, which puts you at a higher risk for developing Type 2 diabetes or other conditions. Changing up part of your diet and lifestyle can help.
- **You have low levels of "good" HDL cholesterol** - When you look at HDL or "good" cholesterol, the higher the better! Studies have shown that having low HDL cholesterol increases your risk of type 2 diabetes. As mentioned several times, eating a healthy diet with a focus on foods higher in fiber and heart healthy fats, as well as getting activity and losing weight can all help improve HDL levels.
- **Enjoying alcohol a little too much** – This can cause inflammation in the pancreas and limit its ability to produce adequate insulin for your body. The ADA recommends that people who drink alcohol do so in moderation, which they define as no more than 2 drinks per day for men, and 1 drink for women.

[Information extracted from articles in Eating Well magazine.]

submitted by Russ Chase, District G Diabetes Awareness Chair

THE SCOUT TRAIL

Scouts BSA are taught and experienced to serve, learn leadership, citizenry and many skills through adventures and to “Be Prepared” for just about anything.

The Crater Lake Council, Boy Scouts of America, located in Central Point, Oregon published “Scouting – A Path to Success” to illustrate the advantage a Scout youth, boy and girl, has over a non-Scout. Comparative studies have revealed the following data:

1. Scouts are twice more likely to earn a bachelor’s degree (75.6% of scouting alumni compared to 36.0% national average);
2. Twice more likely to earn an advanced degree (29.0% of scouting alumni compared to 13.4% national average);
3. More likely to have higher credit scores (55.7% of alumni compared to 39.7 % national average);
4. More likely to earn almost double as an adult (\$62.5k median income compared to \$33.7k national median); and
5. Scouts are more likely to advance and improve their socio-economic status.

Scouts learn and experience service to the community and leadership and these other virtues from the time they join the Boy Scouts of America.

submitted by MD36 Scouting Chair, Ted Yarosh

Eye Glass Sorting Event at Keizer Lion’s Den

On February 7, 2022 Lions from District 36R Region 1 gathered at the Keizer Lion’s Den to sort glasses collected from around District 36R. Clubs sending glasses included the Central Lions, Junction City Lions, Keizer Lions, Stayton Lions and West Salem Lions. That night the Lions sorted 1,889 prescription glasses, 197 prescription sunglasses, a large box of non-prescription sun glasses and a large box of lenses and spare parts.



Lions working on sorting the glasses: (l-r) PDG Tom Hilgers, West Salem Lions; Becky Hilty, Stayton Lions; 36R Region 1 Chair Fran Silbernagle, Stayton Lions; Jansial Payne, Keizer Lions; Margaret Homan, Keizer Lions; Paul Balek, Keizer Lions; President Bruce Waldner, Keizer Lions; Jim McNally, Keizer Lions. (Not pictured Zone Chair Craig Urbani, West Salem Lions and Daniel Vauthier, Keizer Lions.)

submitted by Craig Urbani, Zone Chair

Crooked River Ranch Lions Hold Annual Limb Dump

UP IN SMOKE! No, I'm not talking about the Cheech and Chong movie. This is the Lions Limb Dump at Crooked River Ranch. Eight thousand cubic yards of tree limbs and yard clippings getting the 'Big Burn'. As one of the Crooked River Ranch Lions Club's service projects we maintain a 'limb dump' that provides a place for residents to dispose of their tree trimmings, brush and grass clippings. There is also an area for dumping manure, which is turned into compost and sold to gardeners. Larger tree trunks and limbs are cut into firewood which is then sold to residents who use wood stoves for winter heat.



Dump fee receipts are used for our charitable projects such as glasses and hearing aids while the firewood sales proceeds are used to fund our scholarship program. As you can imagine, over the course of a year we amass a very large amount of limbs and brush. At an appropriate time during the winter the Crooked River Ranch Fire Department conducts a training session and burns all the accumulated material. This year that happened on February 26. I would have brought my Smores, but it was just too hot.

submitted by PDG Jim Stagl