



Serving members of MD36 Oregon and Northern CA

December, 2020 Volume 5/20-21

## Lions Radiate Their Light Through Service Throughout The World

**District Governor 36-O  
Sheri Young**



**District Governor 36-R  
Linda Stent**



**Council Chair  
Paul Zastrow**



**District Governor 36-E  
Carolee Blatter**



**District Governor 36-G  
John Taylor**



## ANNIVERSARIES

December 2020 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.

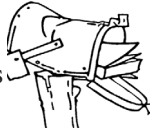
### December

Portland Downtown	December 2, 1921
Mill City	December 11, 1947
Eagle Point	December 16, 1951
Garibaldi	December 7, 1953
Halfway	December 8, 1965
Estacada	December 15, 1966
Hood River Eye Openers	December 29, 1975
Bonanza	December 21, 1977
Mt. Angel	December 19, 1980

**IMPORTANT REMINDER TO  
PAST DISTRICT GOVERNORS!!!  
PAY YOUR DUES TO  
PDG BRYAN LONGLAND**

### Are You Moving? Have You Moved?

MD-36 will need a few days to change your address. Please provide your former address as well as your new address preferably by attaching a label from a recent issue of The Oregon Lion Magazine in the space outlined below.



ATTACH YOUR ADDRESS LABEL HERE

Name (pls print): \_\_\_\_\_

New Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Former Address: \_\_\_\_\_

Lions Club: \_\_\_\_\_

Mail this entire form to: The Oregon Lion,  
PO Box 51345, Eugene, OR 97405

## MONTHLY CALENDARS

### MEETINGS

#### December

9 OLSHF Patient Care Comm. mtg noon-1pm

#### January

13 OLSHF Patient Care Comm. mtg noon-1pm

16 District G Cabinet mtg. viz Zoom 9am-noon  
(may extend for afternoon online training)

25 OLSHF Patient Care Comm. mtg noon-1pm

**Please note that the SOLSHC Board  
now meets at Noon on the last  
Monday of the month.  
Except no meeting in December.**

### EVENTS

#### December

7 Eyeglass Sorting Party, Keizer Lions Hall,  
4100 Cherry Ave. NE @6pm

10 The *Oregon Lion* article deadline for  
January issue

#### January

1 New Year's Day observed - HQ office closed

10 The *Oregon Lion* article deadline for  
February issue

18 Martin Luther King Day - HQ office closed



The Oregon Lion Website:  
[www.md36lionsclubs.org](http://www.md36lionsclubs.org)

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## Council Chair News



**Paul Zastrow**

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December and the year is half over – hard to believe that although 2020 seems to truly drag on with COVID-19 and its problems. Still time marches on! May we embrace this Holiday Season and let the spirits move us to help make things better for everyone – family, friends, neighbors and the whole world! The saying “Where there is a Need, there is a Lion” could never be more true than now. Oregon with its fires has demonstrated needs that the Lions of the districts more than fulfilled. From seeking and securing grants to continually using portable kitchens to feed those in need – you are to be applauded for your efforts.

Looking back on 2020 we started the year out with tons of promising activities, with conference planning going great for each district and the Multiple District. Then along came March and the big shutdown that meant cancellation after cancellation. Conventions planned and promises of great times with the camaraderie of like-minded Lions came to an abrupt halt as COVID-19 and the impact of this deadly corona-virus spiking and waning left us all in the lurch. Thus, districts had to create alternate programs to elect new officers, recognize worthy Lions for their efforts and plan opportunities for a new normal that we still find wanting.

Probably the worst case is that we can no longer operate as we once did, with face-to-face meetings, fundraising activities or community gatherings. Postponing or canceling things right and left is still the operative action for the day. Schools essentially crippled in their educational pursuits, school vision clinics and activities done away with, even parades of celebrations in many communities eliminated. Will we ever come back or is the so-called new normal here to stay?

There is hope, with using social media coming to the rescue of meetings, either zoom type or even hybrid programs, to keep us informed and involved. Club meetings have changed – and some would say for the better, as if one does not want to watch or hear – there is an easy off button to hit. This means that we must alter the way of doing business, making

our meetings both more exciting and worthwhile. At the same time, one hopes that we can meet and get more individual participation and commitment from our members. Even so, we have to look for those opportunities and activities that are meaningful and allow Lions to serve our purposes in new ways, e.g., drive-by food drives or similar activities with most of what we do for fundraising and other activities. Now we have to imagine what to do, not just do the same old thing repeated for so many years.

Of course the time of cooking in-house pancakes, sausage and eggs may be a thing of the memorable past, but using our brain power we should be able to create the good via alternative methods to reach out to our communities. While I doubt virtual meals will ever catch on, serving those in need must continue to be our mission.

With December coming and then going, we will be in a New Year, hopefully we can make it a better one for all involved and rewarding for those who put in the time and dedication to serve. Conventions for a while will probably be virtual, selection for officiating our clubs, zones, regions, districts and even international will be a challenge we will overcome successfully as it is with confidence in Lionism we all move forward as one pride! Let's take this opportunity to remember those in the past, honor their service and work for inclusion of so many more that we can find who have similar principles of WE SERVE!

Life gives us both challenges as well as rewards. Do not let life's little diversions get in the way of positive progress of mankind. Pulling together, we succeed and prosper! Make this Holiday Season one to remember fondly and with grace as well as humility.

## Directory Corrections

- p. 9 Diabetes Awareness and Action Comm: Dist. E position is now OPEN  
Global Service Team Comm: Dist. E position is now OPEN
- p. 39 2VDG is OPEN
- p. 40 #7 Diabetes Committee: OPEN
- p. 41 #12 Global Service Team Chair: OPEN
- p. 92 Hawkes, Danny, 2VDG, has resigned.
- p. 96 Landsberg, Dr. Todd, address is c/o S Coast Hearing Cntr. 1052 SW Blvd., Coos Bay
- p. 98 McCoy Linda, St. Helen's Club President has new email of lbmccoy4967@gmail.com
- p. 99 Montgomery II, Raymond, President of Astoria Lions has new cell 971.286.8009

## District O - Northwest - North Coast



### District O Governor Column Sheri Young

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#### Year 2020: Can I have my deposit back?

Complainants: Reasons for refund request: We grant problems from 2019 – like where is “truth”. Social media? Mainstream media? What you can see? Institutional peer reviewed expertise? Séance science? 2019 had a bad “what is reality” virus. And our U.S. President under impeachment charges. So January 2020 had “pre-existing conditions”.

But then February brought “the COVID”. Unexpected - some people said it was a hoax. March-May brought *The Shutdown*. Dislocating, unfair. We want a refund.

2020 replies: U.S.A. administrations from G.W.Bush on AIDs and Obama on Ebola faced disease. In 2019 HHS and Homeland Security ran an exercise in 12 states and Washington D.C. on a (hypothesized) flu epidemic beginning in China. The October 2019 draft report showed preparation problems COVID proved. Who listened? Oregon Lions Disaster Response Committee has been trying to get Oregon Lions to prepare for disasters for 10 years. *Ignore the warnings on the package you don't get a refund.*

2020: this country was born with racism as the basis for extracting labor from some people to benefit slaveholders and placating non-slaveholders (many of whom also profited) with myths of their “superiority.” Some people of all colors opposed that from the start. Not a problem 2020 created. Most 2020 Oregon protesters just wanted a level playing field. Police? They are supposed to be trained to use violence to protect citizens; yet abuse of that power is a global challenge race or ethnic prejudices make worse. Oregon Lions who are or have been police know that. Lions International President Dr. Jung-Yul Choi made Diversity his theme in 2019-2020. For 2020-2021 he said: Kindness and Diversity. Let's go there.

Grant 2020 has been stressful –too many “Chickens coming home to roost.” Nevertheless, meanwhile our family, friend and Lion circles also experienced private heartbreaks. Some lost jobs, lost sight, fought cancer, suffered crime or suicide. No one gets time or people back. We live irreparable loss. Opening our arms and working together can help. Kindness heals.

For this season, recognize the stress and possible heartbreak in everyone you see and call on your own capacity for Kindness in connecting with other Lions, friends, and family members. Fellowship is a major reason Lions give for their staying with their Clubs. Remember, under stress, people often criticize quickly, without having full information of details or the load the other person is carrying. Listen without passing judgment – even when you're the target. Empathize with feelings and frustration, don't rush to confirm or deny “facts” (especially if you're not sure of them.) For yourself, find someone you can vent to, who will keep quiet. Could be a fellow Lion. Defuse first. Find ways to address the problem after.

Patience is a partner of Kindness. We will miss so much personal and physical comfort the Holiday season usually provides. Let's enter 2021 with Patience and Kindness.

## District R - Willamette Valley - Central Coast



### District R Governor Column Linda Stent

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“It's not for money, it's not for fame.  
It's not for any personal gain.  
It's just for love of fellowman.  
It's just to send a helping hand.  
It's just to give a tithe of self.  
That's something you can't buy with wealth.  
It's not medals won with pride.  
It's for that feeling deep inside.  
It's that reward down in your heart.  
It's that feeling that you've been a part  
of helping others far and near,  
that makes you be a Volunteer!”

Author Unknown

2020 has pretty much been a miserable year, what with COVID, wildfires and politics. But I have to admit I am overwhelmed with the response District R received from our own Lions Clubs as well as clubs from other districts and from the public toward helping wildfire victims in District R.

We had the Echo Mountain fire (Lincoln City area), the Beachie Creek and Lionsheads fires (Santiam Canyon area), and the Holiday Farm fire (McKenzie area east of Springfield). We applied for an LCI \$10,000 disaster grant, received it almost immediately and got busy purchasing supplies for the various evacuee centers.

I want to recognize clubs that stepped up to help with gathering donations and distributing them, as well as volunteering at the field kitchen in Gates: Stayton, Silverton, Eugene Bethel, Florence-Siuslaw, Junction City, Mill City, Central, and West Salem.

Cash donations of \$3,250 were received from the following clubs: Pendleton, South Salem, Central, Lake Oswego, and Crooked River Ranch. Note that three of these clubs are in other districts.

Individuals who went above and beyond include the following: 1VDG Lynn Coon (Junction City), PDG Steve Moser (Central), Patty Harrison (Florence-Siuslaw), Susan Pfanner (Eugene Downtown), Ward Frederick (Silverton), Fran Silbernagel (Stayton), Heidi Ostrom (Silverton), and PDG Gary Mose (District G).

If I've overlooked someone, please forgive me (and let me know who I missed).

Portland TV station KGW filmed a story about the volunteers at the Gates kitchen, which has been feeding 300-500 people three meals a day. To see the video, go to <https://www.kgw.com/article/news/local/volunteers-help-feed-families-in-the-santiam-canyon-after-devastating-wildfire/283-674af158-85c5-4776-b276-74b5555018f6>.

In case wildfires weren't enough, PDG Steve Moser had applied for an LCI \$10,000 COVID grant to be shared by the six counties in our district. We could not give money directly to the county Offices of Emergency Management, so \$1,666 worth of Personal Protective Equipment (gowns, gloves, and sanitizer) was delivered to each county. The county officers were very appreciative as COVID supplies will continue to become hard to come by as we face another virus surge.

Again, I want to shout out a big THANK YOU! to everyone who helped out in these trying times. Keep up the good work and remember:

Forward! Upward! Onward!

As a parting thought, I offer this from Maya Angelou: “I have found that among its other benefits, giving liberates the soul of the giver.”

## District E - Southern - South Coast



### District E Governor Column

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As Lions our service to our communities is most important at this time of year - - helping those who are less fortunate. I know that many of our wonderful Lions clubs provide food baskets or make donations to those organizations that do supply food and gifts to those in need. In addition, I see this as a time for personal involvement as well. Find that person or family that needs an extra measure of love and kindness in this season and give of yourself. Adopt a family, pick a child's name off of a tree with different boys and girls ages and provide a gift, or invite someone who is alone over to dinner. I know with COVID 19, we are hampered on doing some things; but try your hardest to give of yourself to those in need.

One club I just visited gave out 62 food baskets last year and they are hoping to increase that amount this year. Another club is purchasing Christmas trees (got a special from the tree seller) and will take them to needy families in their communities. Still another group will furnish tree decorations and attach them to the trees when given out and adding some food baskets where needed. So, continue to support those in need. You will be the winner in the long run and everyone will be able to have a wonderful Christmas. There will be trees, decorations, food, love and kindness; and isn't that the reason "We Serve" for the season and all year long.

## District G - Central - Eastern Oregon



### District G Governor Column

John Taylor

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COVID strikes again! A District Convention is an exercise in long-range planning and preparation and I am determined that 36-G will have a convention in 2021! Our convention is scheduled for March 6, 2021. The Convention Committee had planned on holding the get-together at Wildhorse Casino. But as Umatilla County remains one of the COVID hotspots in Oregon, Wildhorse cannot commit to large meetings where social distancing would be difficult. An informal poll of Lions in the district revealed a near 100% reluctance if not refusal to attend an in-person convention. So, a virtual convention it will be. Our International Director guest, Larry Edwards, who hails from Altoona, PA, is fully on board with a virtual convention.

Spoiler Alert! The change to a virtual format means that other things will also change. Registration, voting and payments will all be handled online. So too will be the display of raffle baskets and Photo and Peace Poster contest entries. We plan a mix of live and recorded highly interesting presentations for you to pick and choose amongst. But the really good news is that we anticipate we will need to only charge a very modest fee to cover our reduced expenses and you won't incur expenses for travel, hotel, and eating.

I want to recognize the following brave pioneers of the virtual convention format (in no particular order): Lions Janet Stafford, Elgin; Timothy McGlothlin, The Dalles; 1VDG Kathy Oliver, Elgin; Charles Clupny, Hermiston; Sherri Sievert and Risa Rikken, Pendleton; PDG Phyllis Carlin, Crooked River Ranch; Sue Mose, La Pine; Ruth De LaRosa, The Dalles; Joan Oliver, Elgin; and Cheri Jackson, Weston-McEwen. We will be adding others to the team over the next month or two. If you would like to get involved, please contact me.

LCI has just released the Charter Monarch and Monarch Chevron Awards for our district. Monarch Awards recognize every 5 years of service in Lions. I want to take this opportunity to recognize and congratulate the following Lions for their service. All told, there are 94 Lions on this "Honors List." Those with 40+ years include the following Monarch Lions:

PCC Rodney Schossow, Bend/Sunrise 40 years  
Cindy Winfield, Hood River – 45 years  
James Zatica\*, Jordan Valley – 50 years  
Marvin Haylett\*, Jordan Valley – 50 years  
Bryan G Branstetter, Pendleton – 50 years  
James Wilcox, The Dalles – 40 years  
Richard Lafever, The Dalles – 40 years  
Ronald McHale, The Dalles - 40 years  
Russel Paddock\*, Hood River Eye Openers – 45 years  
Trudy Tallman, Hood River Eye Openers – 45 years  
PDG Thomas Bessonette\*, Crooked River Ranch – 70 years  
\*Indicates Charter Members

There were 94 District 36-G Lions on this year's list, representing 1,875 years of service to their communities. To all those I didn't name, just stick around a few more years! LCI has provided chevron pins to add to your LCI pin. Because clubs are not meeting in person, if at all because of COVID, I will mail the award letters and chevrons to club presidents to present in my absence.

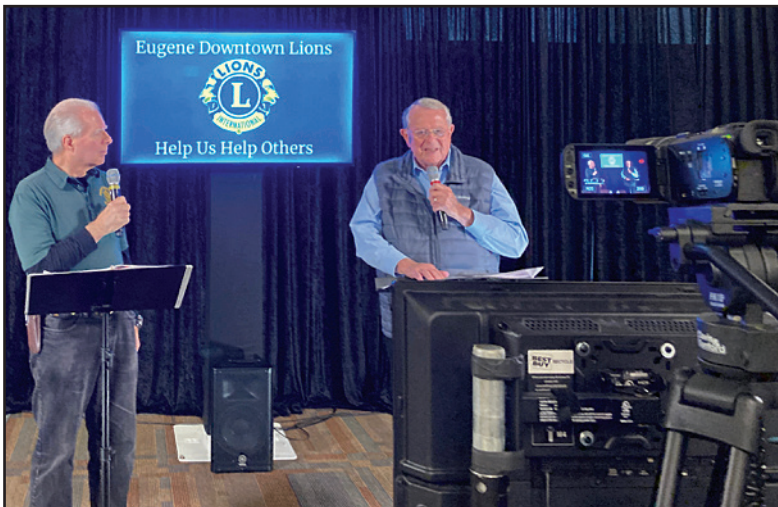
## COVID-19 Became the Mother of Invention

What do you do when your source of revenue to fund those in need that you serve evaporates into thin air? That surely happened to many charitable organizations including the Eugene Downtown Lions Club. The club's biggest fundraising event, the annual raffle, had to be cancelled. It was not possible to have a table outside of many stores with club members asking the customers and passersby face-to-face to buy a \$5.00 raffle ticket to "Help Us Help Others." COVID-19 restrictions took away the event that usually netted at least \$10,000 that supports the many individuals and organizations that ask the club's Community Services Committee for help. The committee screens the applications and gives out what aid is available to those in need.

So what kind of event can replace the raffle and still follow the COVID-19 guidelines? One of our newest members, Lion Sid Voorhees, suggested we try holding an online auction, since other groups were having success using technology to replace other fundraising efforts. Sid is probably the most well-known Professional Auctioneer in the area and he has recently worked with other groups holding online auctions. Partnering with Sid was Lion Tim Chuey who has worked with Sid over many years at charity auction dinners with Lion Tim as the master of ceremonies.



Dave Hall at the controls



(l-r) Lions Emcee Tim Chuey and Auctioneer Sid Voorhees



Skydiving package

The club formed a couple of committees in early summer 2020 to explore how to go forward with the project. The committee responsible for obtaining items for the oral and silent auctions went to work finding donors. The club's members were also asked to submit suggestions for possible donors of items for the auction.

**Story continued on page 7**

## for the Eugene Downtown Lions

The club partnered with Greater Giving which runs the platform for producing online virtual auctions and gives other technical advice to keep the event online. Dave Hall, of Zion Ideas Productions Inc., was the director, producer and camera operator for the event at the BSA Headquarters which was the set for the virtual oral auction.

The oral auction, lasting one hour, was broadcast online with many items up for bidding. Among the items offered were a 7-nights suite accommodation for two adults or two adults and two children at one of 5 oceanfront properties in Mexico, a tandem skydiving event out of the Creswell Airport donated by Eugene Skydivers, a sightseeing flight for four in a Piper Saratoga airplane piloted by Lion Jim Origliosso donated by Jim and his wife Debbie, and a painting titled "Morning fog on the Northwest Expressway" donated and painted by well-known local artist Robert Canaga.

A silent auction opened online days before the oral auction broadcast and contained many items of interest. The bidding officially closed two days after the conclusion of the live auction. The success of this first-time effort by the club turned out to be positive. The combination of the oral auction and the silent auction plus some generous donations netted about \$6,000 all of which will go back to those in need locally.



Sightseeing Flight for 4

Sightseeing Airplane Ride



Lion Past President Karen Norton thanks everyone for participating in the auction.



Robert Canaga Painting

Special thanks go to members of the Eugene Downtown Lions Club who dedicated so many hours to making this event a success and those helping make the live stream broadcast work. Of course our thanks to everyone who participated in the auction bidding on items or donating money to help out. There may be another auction in the future as this pandemic continues to make fundraising a very challenging endeavor.

*submitted by Tim Chuey  
Publicity Chairman, Eugene Downtown Lions Club  
studio pictures by Lion Susan Pfanner*



**2020 Lions Courier Information**

Are you a courier? Has it been a while since you last heard from us? For all of this to happen, make sure we have your correct information, please complete the below required fields and send to:

(Please print clearly)

First and Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Club Name and CID: \_\_\_\_\_

District/Region: \_\_\_\_\_

Trip Preference (circle all that apply):    Weekdays    Weeknights    Weekends

Add any comments/notes you feel are appropriate for us to know:

**Please return form to Matt Webber at Lions VisionGift, 2201 SE 11<sup>th</sup> Ave, Portland, OR 97214**



## The Silent Epidemic

Fellow Lions of MD 36,

In the last two articles I've explained why I had to change the way I lived and what I was planning and going to do to control the onset of diabetes that was taking over my life. The shock that I was on the cusp of having diabetes hit home that I was not following a healthy lifestyle after the passing of my wife, who had always made certain that we had healthy meals to eat.

I was also working as a millwright and walking or riding a bicycle to where I worked. When I retired 5 months after the passing of my wife, I was no longer walking, biking or working five days a week. I was heading into a state of stagnation and sending my health in the wrong direction. Most of the time most of us don't think about how a life change can have an impact on our health and metabolism. The change of going to work to not going to work was a big change in my life and affected the way I was living. It didn't take to long for my body to start telling me that I was not living a healthy lifestyle.

I now know that my metabolism was changing and that I needed to change the way I was living. Diet was uppermost on my list of what to do to have a healthy life. Next on my list is the very crucial increment of being able to control glucose levels in the blood and that involves exercise.

I know that is a word a lot of people don't want to hear, but it is crucial in maintaining the glucose levels in our blood stream. When we are active, we are using up energy and when we use energy, we are using the glucose through out our body. Did you know that just 10 minutes of walking after eating a main meal helps reduce glucose levels by 12%; 10 minutes is not that demanding, is it? How about house cleaning, washing the dishes, working out in the yard or raking leaves, all are examples that we don't think of as being exercise. Every little bit of activity is using up glucose. However, it is important to remember that you have to do more little ones compared to bigger ones.

Info from NHS network

*submitted by PDG Garry Charbonneau  
MD 36 Diabetes Awareness Chair*

## St. Helens Lions Club Spreads Smiles with Painted Rocks



St. Helens Lion Sue Mueller recently proposed a project to help spread some positivity in the community. Her thought was to paint something cheerful on rocks and attach a positive message to the back, including the name of the club. The rocks would then be placed in parks and public places. Members jumped on board. Rocks were gathered, cleaned and painted at outdoor rock painting gatherings, with masks and distancing. Some rocks had a gold dollar coin attached to the back. The rocks are placed at weekly intervals in the parks and seem to be picked up quickly. Some rocks are painted with generic designs and others with appropriate holiday designs for the month in which they are placed.

(l-r) Lion Kathy Syrstad,  
Lion Rosemary Jeffrey, Nikki Kirsch,  
Lions Jean Kirsch and Sue Mueller.



This has proven to be a fun project the members can do safely. Through the winter most rocks may be painted individually, at home, but members will likely go in pairs, with masks, to find appropriate places to leave them. We hope the finders feel the rocks are uplifting and that the project helps spread the Lions name.

*submitted by Jim Syrstad*

## The Eugene Downtown Lions Club Makes a Donation to Oregon Commission for the Blind



Close-up of Club's donation sticker.

Finding a need and then following through with the solution is exactly what happened recently and the explanation is quite simple. The following is a letter received by the Eugene Downtown Lions Club from Mike Thomas, Certified Adaptive Technology Instructional Specialist with Oregon's Commission for the Blind:

“The Eugene Office of the Oregon Commission for the Blind is extremely thankful for a very generous donation from our Eugene Downtown Lions Club. Sixteen Ambutech folding white canes were donated to OCB for providing to blind and newly blind consumers (non-clients) who do not have the funds to purchase this critical aid. A cane is the most important and valuable necessity for a blind persons mobility and independence. Canes can break at the most inopportune times, and the Eugene OCB office has unexpected walk-ins (sometimes visiting from elsewhere) who cannot function if their cane is broken. This generous donation allows the Eugene office of the Commission for the Blind to provide a replacement cane to blind persons or a “first” cane to a person who is newly blind whom may not have the funds to purchase one for themselves. Lion Sharon Newton worked with OCB's Michael Thomas to identify this need and order these much needed canes. Thank you Eugene Downtown Lions Club for this valuable donation and on-going relationship and support of the blind community members in Eugene!”



These are the new canes which come folded up in a box.



The box holds 16 canes.

*submitted by Tim Chuey  
Publicity Chairman, Eugene Downtown Lions Club*

## Astoria Lions Keep Busy

The Astoria Lions Club applied for and was approved by the Oregon Department of Transportation (DOT) to join its Adopt-A-Highway Program. The club will clean a designated wayside at the end of the Lewis and Clark Bridge on Highway 105. The club is responsible for cleaning the site four times a year. An official Adopt-A-Highway sign identifying Astoria Lions Club as the organization responsible for the site will be installed at the site.

Club members met at the site for the first time after our lunchtime meeting on October 27. We spent two hours weeding the site and cleaning the planter box. As part of the effort, Lions Charlene and Ron Larsen obtained safety vests, trash grabbers, and collection bags. Filled bags are left at the site for later collection by DOT.



**Lewis and Clark River Bridge  
Wayside Before the Clean-Up  
(l-r) Lion Ron and Charlene Larsen**



**Clean-Up Crew:  
Front Row – (l-r) Lions Lavina Jones,  
Charlene Larson, Ron Larsen, Nancy Lockett and Melanie Hansen.  
Rear Row – Lions Ray Montgomery  
and Norm Davis**

A new club Facebook page was established on-line on October 9. Taking advantage of West Lynn Lion Steve Stuber's offer to help clubs establish a page, the basic page was developed and reviewed with Club President Ray Montgomery. Once on-line, the members of the club quickly populated the page with photos and events. Club members began reaching out to friends, family, and business acquaintances both here and abroad. The club wishes to thank Lion Steve for his great work. We highly recommend clubs without Facebook pages consider taking Lion Steve up on his offer. Fellow Lions are asked to visit the page (<https://www.facebook.com/LionsClubAstoria/>) and like us. Thanks.

Beginning this year, in partnership with the Astoria Art Loft, the Astoria Lions are sponsoring an International Peace Poster contest entry that will be selected from entries being developed now by local students. The Astoria Art Loft is providing working space for students and will help organize local judging by members of the club.



**Astoria Lions 2020-2021 International  
Peace Poster Winning Entry, "Serenity"  
by Lily Edwards (6th Grade)**

**Story continues on page 13**

## During Covid-19 Times

The Astoria Lions Club is raising its public awareness by communicating with area business organizations including the Astoria-Warrenton Chamber of Commerce and the FM radio station KRKZ 94.3. Information and event notices have been posted to the Chamber of Commerce website and included in its newsletter which is mailed to Chamber of Commerce members (our Lions Club is a member). News releases were prepared covering recent activities and forwarded to the radio station for broadcast.

The club held a two-day garage sale in August to gather funds for our Sight and Hearing Assistance Program. Garage sale planning included using a multi-media advertising campaign (through the local paper, The Astorian) consisting of professionally designed newspaper ads and a recurring presence on digital media. A key part of our planning included mandating COVID-19 protective measures including wearing of masks (free masks on hand, if needed), a hand sanitizing station, and placing our tables in such a way to help social distancing. Club members offered items for sale and as a club, we were able to offer club items no longer needed. Thankfully, the weather was excellent and we had a large turnout of buyers. Based on the funds raised, the club will consider holding another sale next year. Many thanks to all who participated.

Our club continues collecting and disposing of waste newspaper from The Astorian. Large, canvas waste bags are collected in Lion Ron Larsen's pick-up and a small trailer (filled with excess newspaper bundles) is towed usually by Lion Lenard Hansen or alternates Lion Phil Bales and Lion Norm Davis. The newspaper pays the club a small monthly fee for the service.

**Newspaper Pick-up (l-r)  
Lions Jimmy Heater,  
Ray Montgomery and  
Ron Larsen**



The club also continues to rent our large service tent to a local seafood processor who is using it as a stand-alone, sheltered, employee break area where social distance can be observed. The initial period was for five months and we hope to continue the arrangement into the fall and winter. The processor pays our club a small monthly fee for the rental. Members of the club check up on the tent from time to time.



**Lions Tent Set-up for Employee Break Area. (l-r) Lions Ray  
Montgomery, Tom Gill, Charlene Larsen, Lenard Hansen,  
Ron Larsen and Norm Davis**

The Astoria Lions continue to receive and process eyeglass and hearing aid assistance applications from people living in Clatsop County. At the moment, all three of our eyeglass service providers and our hearing aid provider are operating albeit with COVID-19 precautions in place. One change to our process is to include in our application approval letter that the service provider requires all clients to wear a protective mask when visiting the provider. Basically, no mask – no service.

Finally, our club is working with a doctor at the Casey Eye Institute Clinic in Astoria in the hope that the clinic will become another LEAP service provider. Based on a request from the doctor to Lion Lavina Jones, LEAP program information and a Lions member application were mailed to the doctor for review and hopefully action. The club continues to monitor the situation.

## Bend/Sunrise Lions Club Presents Spirit of Service Award

Alan Maxim was presented a Spirit of Service Award by Bend/Sunrise Club President Kevin Korn at our November 17, 2020 meeting. The award was presented for his assistance in obtaining items for our July 4, 2019 Pancake Breakfast, and for promoting the club as well as Lionism on the local public radio station.



(l-r) Alan Maxim receives his Spirit of Service Award from President Kevin Korn.

*submitted by Russ Chase  
Bend/Sunrise Lion  
OLSHF Trustee*

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## Do You Know Your Numbers?

Recently there have been several messages on TV stating “ it is xxx time do you know your blood pressure numbers”. Okay, what’s that got to do with diabetes, you ask? Well, it has a lot to do with diabetes, as has been brought out recently in various publications. Diabetes rates in Oregon have tripled since the 1990s which is alarming, but even more so is the fact that almost 70% of diabetics will die of cardiovascular disease according to the American Heart Association. As rates of diabetes climb, it is closely followed by the rise in heart disease. If we continue the increases that have been noted to date, the Oregon Health Authority estimates that by the year 2030 heart disease will affect more than 1 million Oregonians. People with diabetes tend to develop heart disease at a younger age than those without diabetes. Diabetics also tend to have high blood pressure, high bad cholesterol, and high triglycerides all of which increase the risk for heart disease. In order to combat chronic diseases such as diabetes, we as Lions need to work at the community level supporting organizations, programs and policies that increase healthy food distribution/knowledge at all levels from children in school to family members, teachers, and community leaders. If we don’t start now, our health systems will be overloaded and unable to absorb the increase in heart disease patients (and Covid-19 issues won’t be helping the ability of our medical professionals to get a handle on these problems). All Diabetic Awareness Chairs at the club level and above need to get on the band wagon and push the program so that we will not become overburdened in the future.

(Much of the above information was extracted from the Spring 2020 issue of *Pulse of Oregon*.)

*submitted by Lion Russ Chase  
District 36G  
Diabetes Awareness Chair*

## The Votes Are In! Lake Oswego Lions Club Declares the Winner! Lions International Peace Poster Contest

For over three decades, Lions clubs around the globe have been sponsoring a very special art contest in schools and youth groups. Creating peace posters gives children everywhere the chance to express their visions of peace and inspire the world through art and creativity.

The 2020-2021 contest theme is “Peace Through Service”. Lions have provided an important reminder to the world that, through service, we can give and receive so much—joy, kindness, hope, and PEACE. This year, young people have the opportunity to express their visions of peace through the lens of service.

Lake Oswego Lions Club contacted local youth groups and schools about this unique opportunity and it was wholeheartedly embraced by Lake Oswego Junior High art teacher, Debora Owen, who turned the contest into a class project for her students. She wrote “Yes...lots of things have changed since we last met. I’ll be teaching all my art classes online all year now. And yes. I believe it is now more important than ever to make the peace poster project happen! I sincerely appreciate this opportunity! It’s so important to help young minds understand the correlation between peace and service and how we can work together to make our world a better place.”

The mission of Lake Oswego Junior High is to inspire and empower students to safely grow into healthy adolescents, critical thinkers, deep learners, respectful citizens, experienced leaders, and creative artists with necessary educational and technical skills that will prepare them for success in high school, college, and career.

Lion Bonnie Roeder reports, Lake Oswego Lions Club was happy to declare the winning entry in the 2020-2021 Lions Club International Peace Poster Contest. In keeping with the theme of “Peace Through Service”, it was created by Haylee Loveless, one of Mrs. Owen’s 7th-grade students at Lake Oswego Junior High. As a club-level winner, Haylee will be recognized with a certificate of achievement and a \$50 prize. Her winning creation will go on to compete at the district level and perhaps beyond! She is happy to be a winner but was not motivated by a competitive spirit but by her love for art. Her thoughts about her Peace Poster were wrapped up in these small but powerful words, “Love = Peace = Service”.

Lake Oswego Lions Club President Gretchen Olsen said, “I would love to see news like this every day! Lake Oswego Lions Club wishes to express our appreciation for Mrs. Owen and all who met the challenges of this very unusual time to participate in this year’s Lions Club International Peace Poster Contest. Without your help, we would not have this wonderful, unique opportunity to serve our community! We and other Lions clubs want to encourage all the youth who participate, recognize the winners and the adults who lead them, and of course, publicize our Lions clubs and Lions Club International.”

To learn more visit <https://www.lionsclubs.org/en>



(r-l) Haylee Loveless (the 12-year-old artist holding the winning poster) presents the winning poster to Lake Oswego Lions Club Peace Poster Chair and the District O MD36 Chair Lion Bonnie Roeder.

*submitted by Bonnie Roeder  
District O Peace Poster Chair*



OREGON LIONS  
Sight & Hearing  
=Foundation=



Hank Calhoun  
Board Chair

## Please Join Us December 12th For Our New Holiday Special!



Doug Thompson  
Executive Director

Are you missing seeing your favorite people in person?

Disappointed that you can't attend a festive gathering this month?

So are we!

Join us for a live OLSHF

# Holiday Special

hosted by - Doug Thompson

Drawing for \$750 Wine, Golf & More!!

with musical guests-  
Wally Anderson  
Bert Diamond  
Brad King

see Kerith Vance and her exciting clowder of cats!

Holiday Raffle Winner Drawing for 10 Day Stay at The Embarcadero in Newport, Oregon

Plus Entertainment, Holiday Stories & Special Guests

Success Stories!

OREGON LIONS Sight & Hearing =Foundation=

**Saturday, December 12th - 4PM**  
Details & registration link in the description.

But we have something in store that will help you celebrate the season AND provide you with an opportunity to win GREAT prizes!

You'll enjoy entertainment from Lions Brad King, Bert Diamond, and Wally Anderson, and you'll be thrilled by the special performance of OLSHF's Kerith Vance and her Clowder of Cats performing a special rendition of Rudolph The Red Nosed Reindeer.

PLUS, we're giving away great prizes, including: A 3 Night Stay in Yachats, a \$750 gift card (Thank you, Columbia Bank!) and other prizes such as wine and rounds of golf.

The only "catch" is that only those watching the event will be eligible to win -- so why not watch, right?

### Wait, There's More!

You'll also see and hear some of the great stories of how Lions restore sight and hearing for those in need, including 19 year old Cade from Sherwood, OR.

**"My whole life I looked up to those that served their country, one day I wanted to grow up and be just like them."** Cade told us.

Sadly, while nearing completion of basic training at Lackland AFB in San Antonio, Cade was diagnosed with keratoconus, a gradual thinning of the cornea that leads to blindness and, in Cade's case, led to a discharge from the Air Force.

**"One moment I was living my dream, the next thing I knew I was told I'd go blind and was heading home and unable to serve my country."**

Cade's story has a positive turn of events, thanks to OLSHF's Patient Care program and Dr. Mike Straiko of the Devers Memorial Eye Clinic. We hope you'll join us on December 12th to meet Cade, please visit [www.OLSHF.org](http://www.OLSHF.org) for info on how to participate.

See you December 12th!



# GIFTS & MEMORIALS

Contributions list includes gifts received Oct 16 to Nov 15, 2020. Thank you to each and every donor and supporter!  
If you have questions about donating, our programs, or how you can volunteer, please contact us at [Info@OLSHF.org](mailto:Info@OLSHF.org).

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Romain Freese

## Lion Tamer - \$500-999

Beavercreek LC  
Herminia & Robert Marxen  
Portland Oaks Bottom LC

## Lion Patron - \$100-499

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### In Honor of Friend John

Ruth Farm

## MEMORIALS

### In Memory of Floyd

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### In Memory of Gary

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Ruth Farm

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Ruth Farm

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## OLSHF IS THE #1 TOP NONPROFIT TO WORK FOR



### MEDIUM ORGANIZATIONS

20 TO 49 OREGON EMPLOYEES

#### 1 Oregon Lions Sight & Hearing Foundation

Location: Portland

Website: [olshf.org](http://olshf.org)

Oregon employees: 25 | Score: 626.38

Work-life balance is core to the culture at this organization. Staff can bring their infants and kids to the office if schools are closed. A sense of teamwork and freedom to voice opinions keep staff content. "Management encourages staff to speak up and criticize procedures as a way to continually improve as an organization."

## CHARITY NAVIGATOR RANKS OLSHF 4 STARS

Your Foundation ranks 4 out of 4 stars on Charity Navigator, the country's largest and most popular charity online assessment tool. Their rating system examines two broad areas of a charity's performance - their Financial Health and Accountability & Transparency.

A top ranking increases our online presence and attracts donors beyond Oregon to the Foundation. The data on our Charity Navigator page provides metrics on our program impacts and illustrates how efficiently OLSHF spends its donated dollars. To learn more about the importance of nonprofit ratings, check out this short blog post - <https://olshf.org/story-archives/whats-in-a-name/>.



## GIFTS & MEMORIALS

continued from page 17

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Please contact  
Development Director  
Nick Mandarano at  
[Nick@OLSHF.org](mailto:Nick@OLSHF.org) to  
discuss how your  
recurring donation can  
sustain the vital sight  
and hearing saving  
programs of your  
foundation.

## CADE SHARES HIS STORY OF HOPE

As 2020 moves towards its close (thank goodness), **I'm writing to tell you my story of hope**, a renewed dream I can now achieve. A dream that the Oregon Lions Sight & Hearing Foundation and the Lions of Oregon made possible.

**My lifelong dream has been to join the Air Force and serve my country.** I'm 19 and held this dream all my life.

That dream almost died this past July when during my last week of basic training at Lackland Air Force Base in San Antonio Texas I learned through a flight physical that I had a disqualifying condition. After a topography scan, the doctor found keratoconus - the gradual thinning of the cornea leading to blindness - in both of my eyes. **I was told there was nothing I could do and then promptly discharged from the military.**



I returned home to Oregon, heartbroken but determined to find a solution so I could re-enlist. **Through a friend I learned about Dr. Mike Straiko, the sight saving cross linking procedure, and the Lions' Patient Care Program.** A new procedure could solve my vision condition and help me return to the military! I couldn't afford this treatment so I applied to the Oregon Lions Sight & Hearing Foundation for help, including a letter about my lifelong dream.

Soon I was accepted and referred to Dr. Mike Straiko at the Devers Eye Institute, just upstairs from OLSHF. I told about my dream - and he is as kind as the Lions! I recently experienced my first cross linking procedure (Nov. 4th) and can't wait for the next one, in early December!

OLSHF stepped in at the critical time to help me with one of two cross linking procedures that I need to ensure healthy vision and my re-enlistment. **I'm so grateful for this second chance to fulfill my dream.** Lions are giving me the best Christmas present ever, thank you!

Sincerely,  
*Cade*

Cade Yeldell

**P.S. Hey, you can learn more about me and see a video of my cross linking experience by joining Lions and your friends at OLSHF on December 12th at 4pm for a livestream holiday event and celebrate your holiday spirit with others.**

**Visit [www.OLSHF.org](http://www.OLSHF.org) to Sign Up for the Live Holiday Special**

# LIONS CLUBS INTERNATIONAL FOUNDATION

## EMPOWERING SERVICE

Lions of MD 36 have had the truly unfortunate experience of needing disaster grants from LCIF this fall, on top of the COVID-19 needs. One of our Districts, District R, was awarded a \$10,000 grant to meet the needs of displaced community members in the aftermath of the fires in the Santiam Canyon area and the McKenzie River area. Our International Foundation was and is there to provide needed financial assistance in the face of the challenges of 2020 – COVID 19 grants to Districts G and R as well as the disaster grant.

Now, the ask, once again: Please consider a donation to this life-saving organization. LCIF cannot continue to offer these critically needed services unless we Lions and clubs continue to make and, hopefully, increase donations to Campaign 100. Giving Tuesday, December 1 will be a perfect day to make a personal or club donation! Your District Coordinator, listed below, can help your club set up a contribution plan that can involve individual Lions, community members, and clubs. Donations can be made very easily online at the LCI page of the [lionsclubs.org](https://lionsclubs.org) website (in fact, LCIF is requesting that all donations be made electronically due to staffing time considerations as the office works around the COVID restrictions).

### District LCIF Coordinators:

PCC Steve Thomson	District O	<a href="mailto:steve@beautifulbuildings.com">steve@beautifulbuildings.com</a>
PDG Steve Moser	District R	<a href="mailto:mosermob08@gmail.com">mosermob08@gmail.com</a>
CCE Bob Chaney	District E	<a href="mailto:dcmail@dcmail.info">dcmail@dcmail.info</a>
CC Paul Zastrow	District G	<a href="mailto:pzastrow@gorge.net">pzastrow@gorge.net</a>

Thank you for allowing LCIF to continue to EMPOWER SERVICE!

*submitted by PCC Sharon Rollins  
MD 36 LCIF Coordinator*

# Lions Step Up to Serve Needs of District 36-R Fire Evacuees

In the Beginning . . .

District 36-R Lions woke up in September to discover several areas of the district were on fire. Currently (as of October 11 when this article was written), there are seven active fires in the state (902,027 acres burned) and we have four of them in our district (see below). I immediately contacted LCIF about a \$10,000 disaster grant, which we were awarded.

- Lionshead fire – 46% contained (264 homes burned, 16 other structures burned)
- Beachie Creek fire – 71% contained (486 homes burned, 837 other structures burned)
- Holiday Farm fire – 96% contained (431 homes burned, 337 other structures burned)
- Echo Mountain fire – 90% contained (293 homes burned, 22 other structures burned)

My first trek into a fire area was to Lincoln City for the Echo Mountain fire. There was a station set up by the Red Cross to help evacuees with lodging and food; a Resource Center for evacuees to get information from FEMA, insurance companies, and government agencies; and an “evacuee store” set up with food and clothing donations. The store volunteers requested some specific items such as new clothing and backpacks, which were purchased at Walmart for them.

My second trek was to Gates, site of the Beachie Creek and Lionshead fires. The devastation is other-worldly. The fires have hop-scotched around the area, burning some structures and skipping over others. The Silverton Lions Club has partnered with the Stayton Lions Club and the Silverton Elks to set up a field kitchen, which is serving 300-500 people three meals a day (evacuees, first responders/firefighters, volunteers). It’s quite an undertaking and anyone who would like to help relieve the kitchen volunteers should contact Tomina at 503-873-2033.

Any clubs wishing to supplement the District R disaster funds may send a check to MD Treasurer Brian Rangitsch. This money will be used to purchase items not covered by the LCIF grant. The Pendleton Club and the South Salem Club have each donated to this fund. Clubs from outside District R have sent truckloads of donations, which have been distributed among the four fire areas. There are currently 2,924 evacuees being temporarily housed statewide who are grateful for the support of the Lions of MD 36, so join us! Remember our motto: We Serve!

Neither fire nor wind,  
birth nor death,  
can erase our good deeds.

--Buddha

Update: Please refer to my District Governor columns for a more detailed writeup about who helped us out. We appreciate all of you!

*submitted by DG Linda Stent*

**Pictures follow on pages 22-23**

Images and Pictures from DG Linda Stent 36-R  
from article on page 21



# Images and Pictures from DG Linda Stent 36-R from article on page 21



Driving through Gates



Driving through Gates



## Pediatric Cancer Camp

Planning for Camp UKANDU began in 1985 when a small group of parents who decided that despite their children's illness, they wanted them to go to camp like any other kid. Thanks to an initial grant by the Fred Meyer Charitable Trust, the first camp was brought to life on August 10, 1986. First meeting at the Mt. Hood Kiwanis Camp, Camp UKANDU now enjoys the Camp Magruder site on the Oregon Coast near Tillamook and utilizes YMCA Camp Collins for the Teen Retreat. Camp UKANDU has been providing hope, joy, and connection to communities impacted by childhood and adolescent cancer for over thirty years.

Camp UKANDU provides a community where bald heads and missing limbs are unremarkable and a place where children, parents, and siblings can connect with others who share similar experiences.

*Her ultimate remission wasn't when she rang that bell in Doernbecher at the end of her last chemo treatment, it was this amazing June day as she walked tall out of a camp that had healed her spirit and given her, her confidence back as a friend, and a human being. B's life is now graced with forever friends that truly understand her journey and who she is, as she truly understands their journeys and who they are. – Testimonial from an UKANDU parent.*

Too often, when a family is confronted by a life-threatening diagnosis, their community of support vanishes. Well-intentioned friends and even family members sometimes pull away – they are scared, they don't know what to say or they may believe the family receives more attention than is helpful. COVID-19 has led to even more distance and isolation for everyone, particularly those with underlying health risks. More than ever, UKANDU offers a vital link to the entire family by providing connection to a community of peers who share similar experiences.

In March of 2020, UKANDU quickly realized they would not be able to hold their three scheduled summer programs. In a matter of weeks, the staff and volunteers reconceived our programming so that it could be provided virtually. Over the summer and into the fall, UKANDU has provided programming that included a full week of live and interactive 'camp' activities, complete with arts & crafts, acting classes, campfires and s'mores. Our virtual retreat over the Halloween weekend included three days of live singalongs, dancing and even cooking shows. While no one would ever choose to replace in-person programming with two-dimensional interaction, we learned that a virtual platform allowed us to reach families across the country. From the Pacific Northwest to Texas, Michigan and as far as Virginia, our community has grown and has proved once again, that 'hope and joy' are available to us, even in the most challenging of times.

**As we grow into 2021:** The last four years has seen tremendous growth for UKANDU. New audiences and additional support have allowed us to add year-round programming. Through thoughtful stewardship and careful planning, we have weathered the global pandemic without having to cut resources. We need your support to allow us to continue to provide all our programming free of charge to all our families.

To help the efforts of Camp UKANDU: Text Donate to (503) 832-6196 to make a donation to UKANDU's holiday campaign.

*submitted by PCC Sharon Rollins  
with thanks to Jason Hickox, Executive Director of Camp UKANDU*