



Serving members of MD36 Oregon and Northern CA

February, 2017 Volume 7/16-17



Mt Hood 2nd Annual Chili Cook-Off and Plant Sale

Story page 23



Sutherlin Oregon ~ City of Flags

Story page 12-13

ANNIVERSARIES

February 2017 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.

February

Alvadore Franklin	February 2, 1979
Junction City	February 2, 1929
Portland Bentham	February 3, 1954
Klamath Falls S.Sub.	February 6, 1970
Beavercreek	February 12, 1981
Elkton	February 14, 1951
Astoria	February 16, 1942
Eugene Downtown	February 20, 1924
Carlton Yamhill	February 22, 1965
King City	February 22, 1967
Eugene Bethel	February 23, 1955
Odell	February 24, 1971
Corvallis	February 25, 1925
Sherman County	February 26, 1964
Pacific Sea	February 27, 1978
Illinois Valley	February 27, 1948
Salem South	February 28, 1951

NEW ADDRESS FOR

MD36 HEADQUARTERS!!!

PO Box 51345, Eugene, OR 97405



The Oregon Lion Website:
www.md36lionsclubs.org

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MONTHLY CALENDARS

Membership Focus: Women

MEETINGS

February

- 17 District O Cabinet mtg. - 10am @ Amity Fire District Fire House
- 25 District R Cabinet mtg. - 9am @ Albany Reginal Museum - 126 Lyon Street
- 27 SOLS&HC Board mtg. - 6pm in Medford

March

- 24 OLSHF Trustee mtg. - Shilo Inn - Klamath Falls @ 9am
- Council of Governors mtg. - Shilo Inn - Klamath Falls @ 1pm
- 26 District E Cabinet mtg. - Shilo Inn - Klamath Falls @ 10am
- 27 SOLS&HC Board mtg. - 6pm in Medford

EVENTS

February

- 4 District R Conference - 8:30am - Corvallis OSU Alumni Ctr. - 725 SW 26th St. Speaker: ID Lewis Quinn from Alaska
- 6 Eyeglass Sorting Party - Keizer - Keizer Lions Hall, 4100 Cherry Ave., NE @6pm
- 10 The Oregon Lion article deadline (for March online issue)
- 11 District G Cabinet Webinar @ 11am
- 14 Valentine's Day
- 18 District O Conference - McMinnville Community Center, 600 NE Evans St. - Speaker: ID Howard Hudson from California
- 20 President's Day Observed - HQ Office closed

March

- 10 The Oregon Lion article deadline (for April issue)
- 10-11 District G Convention - Hood River - Columbia Gorge Hotel - Speaker: ID Jenny Ware from Michigan
- 16 Lions Day at the State Capitol - Capitol Building @ 9am
- 17 St. Patrick's Day
- 24-25 District E Convention - Shilo Inn - Klamath Falls - Speaker: PID Haynes Townsend from Georgia

Council Chair News



Steve Oliver

R) 541.534.6405

oliverucso@yahoo.com

Spouse: Kathy

Website: md36lionsclubs.org

As we move into 2017, I want to wish all Lions of Multiple District 36 a Happy and Prosperous New Year. We still have a lot to do in the next six months. There are five Conventions to prepare for in our district as well as the International Convention. All of us need to work hard in the next few months. Please help your District Governors and your Convention Chairs as they prepare. If you never have attended a Convention, think about attending. You won't regret it.

Now to get back to the New Year, a lot of us make New Year's resolutions. Most of the resolutions go by the wayside before a month is up. My daughter, Joan, who is a member of the Elgin Lions Club, works out at the Pendleton Roundup Athletic Club. New Year's Day she couldn't find a parking spot, but she said that all these people who resolved to work out this New Year will be gone before the month's end. Then she will be able to park up front again. Why did I say this? I'm asking each Lion in District 36 to make a New Year's resolution. This resolution would be to bring in a new member this year. Just think of the impact this would have on our state if each Lion brought in a new member. How many more projects we could do. How many more people we could help. New members bring new energy and new ideas. They also have a tendency to bring a new member. See how this could snowball. As an added benefit if we double our membership, we would then be eligible to run someone for International Director. As I look at the members in District 36, I see many people who would make great International Directors. So as we move into this New Year, please think hard about bringing in at least one new member.

Now I ask all of you to be safe out there. Our roads this winter are treacherous. When I look out my windows and see 15 feet of snow drifts with at least 4 feet on the level, I shudder because most of this state is experiencing similar conditions. Stay inside and stay warm.

Directory Corrections

Page

- 46 Gold Beach Lions Club. Brenda Taylor moved as is no longer secretary. Add email of goldbeachlions@gmail.com
108 Stewart, Janice. She prefers Jan to Janice. No longer has a residence phone so put line through that; and new email of: janicemarie1940@gmail.com

MD and District Websites

Find out what's happening in your District by going to the web and typing in your District website address listed below. You will be amazed at the amount of information located on the site.

MD36: md36lionsclubs.org

District O: www.lionsoforegon.net

District R: www.lionsclubs36r.org

District E: www.districtelions.org

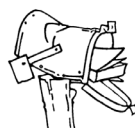
District G: www.oregonlions36g.org

*Don't forget your sweetheart on
February 14th*

*Valentine's
Day*

Are You Moving? Have You Moved?

We need a couple of days to change your address. Please give us your old address, as well as your new one, by attaching a label from a recent issue of The Oregon Lion in the space shown.

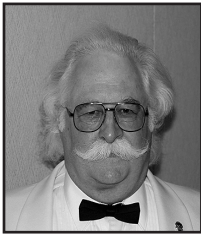


Mail entire form to:
The Oregon Lion
PO Box 51345
Eugene, OR 97405

Attach Your Address Label Here

Name (print) _____
New Address _____
City _____ State _____ Zip _____
Old Address _____
Club _____

District O - Northwest - North Coast



District O Governor Column

Garry Charbonneau

F) 503.472.1032

C) 971.241.4738

• gmcharbonneau@gmail.com

Website: www.lionsoforegon.net

Facebook: District 36-O Lions Clubs

Instagram: district36olionsclubs

Fellow Lions,

It's January 2017 and by the time you read this it will already be February. How the time has flown. February marks the beginning of the District Conventions and I strongly urge all Lions to try to attend their District Conventions. You will learn so much more about what Lions can and are doing and you'll find that other clubs can or have had the same problems as your own club. Conventions are a way that we Lions pass on information and solutions to solving problems of membership and fundraising, as well as ideas for new projects. Conventions are a meeting of ideas and what's happening in your District. It's a time of seeing old friends and making new ones and a time for a little work and a time for a little fun.

This year the District 36-O Convention is February 18th in McMinnville OR, at the McMinnville Community Center, located at 600 NE Evans St. Time of registration and assembly starts at 8am and the Convention itself starts at 9pm. Bring your Baskets for the raffle and the theme this year is *Celebrate 100 years of Lions*. Fellow Lions, come with a Lions Heart of Joy and Happiness, be prepared to celebrate Lions Clubs International Centennial Year.

The Multiple District 36 Convention is May 19–20 in Pendleton, OR. You can expect a very big Lions Centennial Celebration, with a parade that is not too long, about ½ mile and flat. Lion members, who are planning to attend, bring your club banner to carry in the parade and then your club banner will also be displayed around the main assembly hall with all the other club banners. This is the time to really show our Lions spirit. The city of Pendleton is excited to be the host city for this big event. Come and join in the fun.

District R - Willamette Valley - Central Coast



District R Governor Column

Judy Kauffman (Cy, PDG)

R) 541.547.4632

C) 541.961.4409

• jckuffman@aol.com

Website: www.lionsclubs36r.org

We are all ready for spring, complete with sun and warmer weather. Once we can recover from all the winter we've had, we can start working again on forming new clubs. Planning is in the works for at least one new club. Actually it's not a new club and actually it's more than one, because we are looking at the Drain-Yoncalla area that hasn't had a club since 2007. It always takes longer than expected to recruit and build a new club, but with careful planning we will achieve our goal. We will start our training early in March and, hopefully, will begin our recruiting soon thereafter. We love volunteers and we would love to have any of you come help us if you can. We always have a lot of fun even though it's a lot of work - very rewarding work!

By the time you read this article our District-R Convention will be over. Convention is always a lot of fun and this year we celebrate Lions - 100 years. Now we look forward to the next 100 years of service in our communities and support for our world organization. We are celebrating our Centennial Year with many activities in our District, plus the International Convention in Chicago. Last year we had 35,000 Lions in Fukuoka, Japan, and this year they anticipate there will be 55,000 Lions celebrating in Chicago. Plan to attend and join in the many activities. We will have our banner (that you all have or will have signed) in the parade. It will be a great celebration!

We, as Governors, are honored and humbled by all that you do in your clubs and the help you give to those less fortunate in your communities. You all work very hard and are thanked only by the warm feeling you get, knowing that you have helped others. You are all VERY special and we thank you for all that you do.

A special "THANK YOU" to the clubs that have chosen a Legacy Project for the Centennial Celebration.

WAY TO GO LIONS!

District E - Southern - South Coast



District E Governor Column

Carol Brink (Doug)
C) 541.637.8505

• dcoregon@yahoo.com

Website: www.districtelions.org

Hi Lions....The 36-E Convention is coming!! It is scheduled on Fri/Sat March 24-25 at the Shiloh Inn in Klamath Falls (registration form in February *Oregon Lion*). The theme is "Let's Celebrate Together the Heart of a Lion". Our guest speaker is PID Haynes Townsend from Dalton, Georgia (wife Donna). I appreciate PID Sunny Pulley for hosting their visit. My Convention Committee and other Lions are working hard to make this event one that you will remember.

To offset Convention costs there will be a Silent Auction, Lion Quilt Raffle, Basket Raffle and Convention Book where businesses/clubs can place an ad or add Lion names to a Booster list.

Attendees please bring **canned food** for the Klamath Falls Food Bank, for a "Relieving the Hunger" 36-E Centennial Convention Project. We are also collecting **art supplies** like crayons, drawing paper, coloring books, watercolor paints, washable markers, activity books, etc. for children at the CHS Visitation Center (where Klamath Falls foster kids spend time with parents).

There will be a Friday night fun event after dinner. On Saturday our a.m. speaker will acquaint us with the Blue Zones Project, a community well-being improvement initiative designed to make healthy choices easier. After the Celebration of Life, honoring deceased Lions, the Oregon Lions Sight and Hearing Foundation will host lunch and a Parade of Checks followed by an update by Southern Oregon Lions Sight and Hearing Center. The afternoon forums include a Robotics demonstration by the Lost River High School Robotics class, showing the importance of teamwork. You will also be able to learn more about the debilitating disease of Alzheimer's. If you want to understand Your Role as a Lion, be sure to attend this forum.

What Can You Expect to Get From the Convention?

- ~ Meet up With Current Friends, Make New Ones for Fundraising and Service Networking
- ~ Sharing of Ideas for Membership and Retention
- ~ Officer Training: Club President, Secretary, Treasurer
- ~ Peace Poster Awards, Club Awards, DG Past, Present, Future Club Poster Award
- ~ Recognition of 36-E Members Who Demonstrate the "Heart of a Lion"
- ~ Centennial Celebration-Happy 100th Birthday Lions

Wow....It is going to be a jam packed weekend that will be fun and informative. Come and join us in "Celebrating the Heart of a Lion".

District G - Central - Eastern Oregon



District G Governor Column

Judith Poage
C) 541.990.2209

• heyjude@gorge.net

Website: www.oregonlions36g.org

Let it snow! Let it snow!

District 36-G was hit hard with below freezing temperatures throughout the area during most of January. Clubs were forced to cancel meetings and visitations must wait until spring thaw. Of our 31 clubs, I completed 24 visitations and I look forward to visiting the remaining seven.

A visit to Arlington Lions Club on December 20th included a tour of their rifle range and the clay trap shooting range. The rifle range is open to the public. The range has a covered shooting area and ranges to and beyond five hundred yards. They have a club house with supervised shooting at the trap range. The Arlington Lions are actively organizing a High School trap club with other High School clubs in the District coming for competition. They are also sponsoring a 22 rifle club. Arlington Lions activities, before the Christmas holiday, included a fund raiser from the raffle of a pig purchased at auction.

Hood River Eye Openers visitation was on the 27th. Their Centennial Project is the installation of loop technology in the Hood River Middle School. A hearing loop is a wire that circles a room and is connected to a sound system. The loop transmits the sound electromagnetically. The electromagnetic signal is picked up by the telecoil in a hearing aid and gives a clear connection to the presentation which cuts out interference. The hearing loop installation has received approval from Hood River School District. Lions from Hood River Eye Openers are intending to have installation completed in time for the Lions Follies.

Lions in 36-G are selling ads and working on the 42nd Lions Follies. The dates include April 21-23 and 27-29. This year the theme is *Superheroes* including some from our neighborhoods. Kid Awesome is sure to appear. Also, you may be entertained with cameos from very popular superheroes. So - - be sure to mark the dates on your calendar. The Mid-Columbia Lions Follies is always fun and supports the Oregon Lions Sight and Hearing Foundation.

Send in your registration and attend our District Convention on March 10-11. The theme is *HATS - helping another through service*. Be sure to wear a hat to the convention. You may receive a prize and you do not want a fine from our amazing tail twister! I hope to see you there. Lions are all Superheroes!!!

Hillsboro Lions Club has Successful Wreath Sale

The Hillsboro Lions Club had a good response to their first wreath sale on December 3rd and are planning to expand it next year. Proceeds went to the Hillsboro Lions Scholarship Fund. The



Albertson's store was welcoming and provided space for us. Our thank-you went to their Corporate Headquarters on Club letterhead stationary.

submitted by Don Jackson

1) The Hillsboro Lions Club Wreath Display at the entrance to the Albertson's store



Lions Rene Burkhalter and Jim Wallin prepare wreaths to be sold

Portland Bentham Club Makes Kits for the Needy

Twice this year members of the Portland Bentham Lions Club made personal health and safety kits for needy people. After deciding we wanted to do service *during* the Club meeting, the health kits seemed to be the easiest for us and the items were most needed by the local food bank.

Neighborhood House stocks a food pantry for thousands of needy people per year. They said they can take as many personal kits as we can make. So far, the Bentham Club members have made 80 kits and hope to make 100 more this spring.

"It's really easy to buy the dozen or so supplies and put them into bags for the kits," said Lion Bert Diamond, Club member. "It took about half an hour for the 15 of us to make 40 kits. It costs about \$1/kit. We socialized while working and it was a really fun service project."

Here's the content of the kits in case to want to make them at your club meetings.

- Band-Aids
- Wet wipes in packets
- Nail file
- Inexpensive pen
- Pad of paper
- Granola bar
- Pet treats
- Dental floss
- Toothbrush & toothpaste



(l-r) PCC Steve Thomson, Frank Fujitani, Dale Rollins, Isaac Tevet, Bill Loos, Dane Parriera (visiting zone chair), and Kelvin Atkins-Heljeson

The Bentham Club members reused hard-shell eyeglass cases to hold the small items and clear Baggies with ties to hold the glass cases and the rest of supplies for each kit. It can make a great service project to do during your own club meeting. Try it!



50 personal health and safety kits for the needy

submitted by Bert Diamond, 1st VDG, District O



The Lake Grove Lions Club also recently made personal health and safety kits

Bend Sunrise Lions Work With Family Access Network

Fifty children identified by Family Access Network (FAN) in Redmond will be receiving presents this year through the support of Big Country RV and the Bend/Sunrise Lions Club. This has been an annual program between Big Country and the Bend/Sunrise Lions.



(l-r) Lions Don and Sharon Boller, Steve Olsen, Rod Schossow and President Russ Chase

The Bend/Sunrise Lions are sponsoring a gift tree in Bend to support the local FAN Program for fifty children. The tree was set up at Jake's Diner which is also the location of the Club meetings. This is the second tree set up by the Bend Club.



(l-r) Lion President Russ Chase, Lion Ken Christiansen and the Sales Manager of Big Country RV

submitted by Russ Chase

Canyonville Lions Celebrate the Joy of Giving

On Saturday, December 17, the Canyonville Lions Club distributed over 50 food boxes and Christmas gifts to needy families in Canyonville. This event is the highlight of our Club's year.



Lion Martha Burkhardt organizes food boxes

Every November the Canyonville Lions start thinking about our Christmas gift boxes. We keep our eyes and ears open for people who may need a little help making this Christmas a merry one. We gather names and numbers until the middle of December. Then we order the turkeys, butter, bread and anything else we may need.

What makes this event an even better one is that we also give out Christmas toys! The Canyonville, Tri-City and Myrtle Creek Fire Departments have toy drives. Donations are



Lion Lynn Schwerdt chooses toys for the kids



Lion President Donna Oltman (back) and Lion Jeanette Schwerdt chooses toys for the children

also made from many businesses and members of our community. When the toys are all gathered, each Lion takes a turn picking out gifts for the children in a family. We try to make the toys age appropriate, the best we can. It gives us so much joy, knowing that these gifts will bring smiles and happiness to these children and families.

A hot Christmas dinner, a tree filled with toys and lots of love combine to make for a very Merry Christmas! The Canyonville Lions are truly blessed to be able to give out these boxes and share the Christmas spirit with those in our hometown.

submitted by Dawn Cartwright



And then there were two!

When Lions VisionGift (then Oregon Lions Eye Bank) first came into existence in 1975, not many, if any, would have predicted the growth and changing paradigm we've witnessed in the profession of eye banking over the past 42 years. Be it changes in regulatory oversight, surgical innovations, new products and yes, the evil word...competition! Throughout all of this, Lions VisionGift (LVG) has managed to remain at the forefront of an industry that has witnessed nearly 30% of its former members dissolve or be absorbed by competitors. During this time LVG has not only managed to remain a leader in the eye banking industry, we've managed to grow.

As you've read in past issues, LVG is in the process of opening a new laboratory facility in Boston, Massachusetts. For those of us that have been a part of this journey to the east coast, it seems like we've been working on this project for a lifetime, but alas, it's only been a little over a year since we officially decided to move forward with a second LVG location in the Northeast; and we're almost there!

As of January 7th we have officially received our building permit from the city of Boston, we've hired our contractors, and we will break ground (well, more like break walls) on our new location at the end of the month. This is a tremendous milestone that we simply could not be more excited to share with you. As we look back on the recent snowstorms in the Pacific Northwest, they serve to reinforce our decision to grow LVG's services into the east. With cancelled flights, and snow on each side of the country, we struggle each year to ensure that the gift of sight will arrive in time to help a recipient in need. Next year, we will breathe a little easier when the snow starts to fall here in Portland. Below is a rendering, provided by our architect, of what LVG's Boston facility will look like when it's finally completed. We are currently estimating an occupancy date near the end of April, and we look forward to sharing more milestones on our east coast growth with you in the near future.



You, Me and the D!

Welcome Everyone,

Well, all you have to do is look out your window as well as track the weather reports and you will quickly realize we are fully entrenched in a very cold winter. Hopefully, you have an adequate food and water storage in place. If you have a wood stove or fireplace along with split wood in a dry storage area, you are ready for the worst. Nothing like a wood fire when winter cold is upon us and it has been proven to be an asset in intensifying relationships. Winter weather can create hardships if we don't prepare for it. Along with winter comes another problem: the increase of cold and flu germs that can make life more difficult for diabetics. The following article can help you avoid falling prey to their exposure.

GET WELL SOONER

Ways to fight a cold and how to prevent one in the first place

By Matt McMillen

If you have diabetes, coming down with a cold or the flu might mean more than just aches, pain, sniffles, and fever. Both of these common winter ailments can cause dangerous spikes in blood sugar and potentially deadly complications. Here's how to protect yourself.

Boost your immune system

The best preventive measures are to wash your hands often and stay away from anyone who appears to be sick. Also, avoid touching your eyes, nose, and mouth; this can help stop germs from spreading.

"These very basic hygiene recommendations are very effective," says Marwan Hamaty, MD, an endocrinologist at the Cleveland Clinic. He also points out that people with diabetes -- especially those who don't have their disease well under control -- have a higher risk of infection due to their compromised immune systems. "That's a good reason to get a flu vaccine every year, and the earlier in the season you get it, the better," Hamaty says.

Treat symptoms right away

If you start to feel like you might be getting sick, don't ignore your symptoms. You might be able to lessen the duration or severity of a cold or the flu if you act fast. For example, treat nausea right away -- before you start vomiting, which can cause dehydration. Anytime you don't feel well, Hamaty adds, you should drink plenty of fluids, because dehydration will elevate your glucose levels.

You should check your levels more often than usual while you're fighting a bug. Hamaty says the timing depends on the type of medication you take. Ask your doctor or diabetes educator before you get sick so you know what to do.

Don't skip meals, even if you don't have much of an appetite, or low blood sugar could become an issue. Certain diabetes medications can contribute to low blood sugar if you don't eat enough. "Get some calories to prevent low blood sugar," Hamaty says. "Drink fruit juice, if that's all you have. If you can eat a piece of fruit, that's great."

Also, avoid some over-the-counter medications. If you have a cough, pick a sugar-free remedy. For a stuffy nose, stick to antihistamines and skip decongestants, which can increase your blood pressure, Hamaty recommends.

Finally, review your diabetes education materials. "Sick days management is an important part of that education," Hamaty says. "The plans provided are a good guideline, but you may need some individual tailoring, which your doctor can provide."

*submitted by PCC Charlie Tate, MD36 Diabetes Chairman
Feel free to contact me at my cell: 503.409.1861 or my email: commontate@hotmail.com*

"Don't sweat the small stuff and its all small stuff"

Richard Carlson, PH.D.



DISTRICT 36-O CONVENTION REGISTRATION FORM

18 February 2017

McMinnville Community Center
600 NE Evans St – McMinnville, OR

Doors Open at 8:00 am for Registration & Credentials

Last Name _____ First Name _____ Badge Name _____
PLEASE PRINT IF DIFFERENT FROM 1ST NAME

Mailing Address _____
Number Street Apartment City State ZIP

Home Phone _____ Business or Cell Phone _____ e-Mail _____
IMPORTANT SHOULD WE NEED TO CONTACT YOU

Lion ____ Lioness ____ Leo ____ Guest ____ 1st Timer ____ New Member ____ Potential New Member ____

Club Name _____ District O--- R--- E--- G
PLEASE CIRCLE ONE

Current Elected Office _____ PID ____ PCC ____ PDG ____

Lion Member / Guest Registration

\$25.00

\$ _____

**IF REGISTERED PRIOR TO JANUARY 18, 2017 your name will be put into a drawing for the
Registration Fee to be paid by District O for ONE Lion to attend the MD-36 State Convention in
Pendleton – May 17-20, 2017**

*** NO REGISTRATION AFTER FEBRUARY 10, 2017 * NO ON-SITE REGISTRATION ***

Special needs: Vegetarian ____ Diabetic ____ Other _____

HOW TO REGISTER: Please type or print all information on this form.

Make check(s) made payable to: **District 36-O CONVENTION**

SEND TO: Raema Manning
15 Tanglewood Drive
Lake Oswego, OR 97035

REFUNDS: refunds will not be issued due to fixed convention expenses incurred.

**Clubs are encouraged to bring baskets to be raffled Saturday afternoon. Prizes will be
awarded for the basket with the most tickets sold and the basket best matching the theme.**

QUESTIONS: Contact Convention Chair Lion Vincent F. Bishop at 541-974-3620 or vfbishop@hotmail.com



Please submit
1 form
per person ☺

District 36-E Lions Annual Convention Registration Form

Shiloh Inn Suites Hotel – Klamath Falls, OR. 97601

March 24-25, 2017

Let's Celebrate Together the "Heart of a Lion" - District Governor Carol Brink



Check Category that applies: ☐ Lion ☐ Lioness ☐ Leo ☐ Convention 1st Timer ☐ Guest

Name (as you want it printed on badge): _____

Mailing Address: _____

City: _____ St. _____ Zip: _____

Email: _____ Ph: _____ District _____

Club: _____ Current District/Club Office: _____

Note: Hospitality Book includes: Registration, Fri night dinner, Sat Lunch and Sat Banquet (breakfast not included), put in TOTAL \$
do not check-off individual meals, but do select Sat night entrée choice and any special needs

If "not buying" Hospitality Book: Check off desired meals (entrée if applicable), check off registration fee, add Options \$; put in TOTAL \$

Attending Sessions, Not Eating: Check off Registration only; put in TOTAL \$

Early Registration Prior to Mar 13, 2017

- ☐ Full Hospitality Book: Lions/Lioness/ guests..... \$ 85.00
☐ Full Hospitality Book: Leos/ First Timers \$ 75.00

After Mar 13, 2017, Prior to March 21

- ☐ \$100.00
☐ \$ 90.00

Please select Saturday night entree: ☐ Prime Rib ☐ Herb Crusted Salmon

Individual Options:

- | | | | |
|--|---------|--------------------------------|---------|
| <input type="checkbox"/> Registration only | \$15.00 | <input type="checkbox"/> | \$20.00 |
| <input type="checkbox"/> Friday Night Buffet | \$30.00 | <input type="checkbox"/> | \$35.00 |
| <input type="checkbox"/> Saturday lunch Buffet | \$20.00 | <input type="checkbox"/> | \$25.00 |
| <input type="checkbox"/> Saturday Banquet | \$35.00 | <input type="checkbox"/> | \$40.00 |

Please select Saturday night entree: ☐ Prime Rib ☐ Herb Crusted Salmon

OPTIONS TOTAL \$ _____ **TOTAL \$** _____

Special Needs: ☐ Vegetarian Diet, ☐ Diabetic Diet, ☐ Gluten Free Diet, ☐ Other _____

Baskets / Silent Auction: is your club providing: a basket for auction ☐ yes ☐ no, Item for the Silent Auction ☐ yes ☐ no

Convention Dress: Casual with Club Vests, Shirts, **Sat. Banquet:** Dressy, (Wear Whites - PID, PCC, CC, PDG, DG, VDG optional)

TO REGISTER: : All Attendees Must Register. No Hospitality books or meals will be available after March 20

Make Checks (no cash) payable to: District 36-E Convention

Mail with Registration to: Pat Harris, P.O. Box 389, Keno, OR 97627

Registration materials (including convention itinerary) can be picked up at Registration area when you arrive at Shiloh Inn.

Refund Policy: Once meals have been reserved with Shiloh on March 20, no refunds will be granted. No refunds at convention.
Registration is not refundable under any circumstances.

All refund requests must be in writing and mailed to: Pat Harris, P.O. Box 389, Keno, OR 97627

Hotel Accommodations: Shilo Inn Suites Hotel, 2500 Almond St. Klamath Falls, OR 97601

Reservations, call Hotel: (541) 885-7980, or Reservations: 1-800-222-2244

Ask for the **Lions Club District 36-E Convention Rate**

Room Rate - \$79 + tax for queens or doubles

Webpage: www.shiloinns.com/search_results.asp?PI=SKFOR

From Medford take Crater Lake Hwy/OR62, OR-140, to Klamath Falls

From north, you can take HWY 97 to Klamath Falls

Info: Pat Harris, P.O. Box 389, Keno, OR 97627

R) 541.883.2044, C) 541.891.4048

or Ray Andrieu, 2535 Orchard Ave, Klamath Falls, OR 97601

R) 541.883.6458, C) 541.892.3417

**Hospitality Book
Does Not Include
Hotel Cost**

- ADA rooms available, Reserve 800-222-2244
- Restaurant
- Coffee Available in the Lobby
- Dog Friendly
- Guest Laundry: Washers & Dryers
- High Speed Internet Access
- Safe Deposit
- Sauna and/or Steam Room
- Swimming Pool
- This Hotel is 100% Smoke Free
- Whirlpool Spa
- Workout Facility

Sutherlin Oregon ~ City of Flags

Wayne Calder, a former member of the Sutherlin Lions Club, remembers that approximately 25 years ago Lions International encouraged its clubs to develop a project stressing patriotism. Several Lion members of that era were veterans, including Jim Darneille, Phil Scallon, former Sutherlin Mayor Joe Mongovi and others. They enthusiastically embraced this project and requested various businesses to donate monies and the Lions would display an American Flag in front of their business. The donated monies were utilized to purchase flags and appropriate accessories. From this small, but important beginning, the project has ballooned to over 400 flags, which are displayed throughout the town. We meet at 8 a.m. at the Lions Den (our storage building) to display the flags and return at 4pm to retire the flags for the day. The display effort consists of four teams. One



One of the 29 iterations of the American flags located on monuments placed around town

team walks the four blocks of the downtown area. Two others take care of the east and west sections of the main street. The fourth team tends to the side streets and Highway 99. The team displays, other than those downtown, are accomplished by members riding in the back of pickup trucks and placing the flags in brackets which had been permanently attached to telephone poles. A previous member who worked for the local power company had requested and received permission to install flag brackets on the poles. Another former member, PDG Richard Smith, remembers that when they first started they utilized ladders. Progress is a wonderful thing.

It would be wonderful if we could display the flags at night, but the suggested lighting requirements hinder this endeavor. We also accept community flags ready for retirement. More recently this collection effort has been helped by of a local Boy Scout, who has placed a collection bin in front of the Lion’s Den, as a project for gaining his status as an Eagle Scout. We provide our retired flags to the local American Legion Post for proper disposal.

In 2006 the City of Sutherlin, in conjunction with other organizations, installed a flagpole that flies the largest American Flag (30’ X 50’) on Interstate 5 from the Mexican to the Canadian border. This flag honors our country, our veterans and welcomes Interstate 5 travelers and visitors to our “City of Flags”.

The City of Sutherlin has included American Flags in their official logo of “The City of Flags”. The local Chamber of Commerce recently began



Lion Jon White placing a flag in a holder on Central Avenue



Lion Doug Brink setting one of 50 flags on Central Ave

a program of offering businesses the opportunity to sponsor a monument depicting the 28 iterations of the American Flag. Each monument includes a plaque depicting the flag’s history and picture. Additionally, when the Lions display flags, an actual



Former Lion Mike Mahler drives while Lion Stewart Fowler hanging flags from the back of a truck

3” X 5” replica of that flag is flown on the monument, which is displayed throughout the main thoroughfare.

If and when you plan to visit the land of the Banana Belt and the City of Flags, schedule your visit for a holiday and take in the site of two plus miles of flags and a city that is proud of being a part of the United States of America, and the great state of Oregon.



(above) Group of Sutherlin Lions ready to distribute flags all over town

(right) Not only Sutherlin’s main street shows patriotism but side streets also



Largest flag on I-5 from Mexico to Canada



submitted by Sharon Elliott and Jon White

There Is a Winner

Another exciting District 36-E LCI Peace Poster Contest is over. The winner this year was Mayson Ramirez, a McLoughlin Middle School eight grader, sponsored by the Southern Oregon Drifting Lions Club. There were 197 participants in ten contests that were sponsored by seven Lions clubs. The judging was done by Ye Olde Art Shoppe in Myrtle Creek by professional artists.

I would like to thank all the Lions clubs who participated in this year's contest and especially the Lions Clubs Peace Poster Chairpersons. We had a couple of new clubs participating this year. Canyonville and Brookings/Harbor Lions Clubs got their feet wet. The Brookings/Harbor Lions got the school's Assistant Principle excited about the contest and they had a fun time conducting the contest. Each year it is exciting to see the smiles on the students' faces and hear the thanks from the parents. My hope is that in the future, more Lions clubs would provide an opportunity for their students to be recognized for artistic ability.

Awards will be presented at our District 36-E Convention in Klamath Falls by the visiting International Director and our own PID, Dr. Sonja Pulley. The first place winner, Mayson Ramirez, will receive an engraved plaque with a picture of herself holding her poster on the plaque. All other entries will receive a framed Honorable Mention Certificate. All posters will be displayed at the Convention. All posters, except the winners, will be returned to the sponsoring club.

Thank you again for allowing me to be your Chairperson and to honor these students.

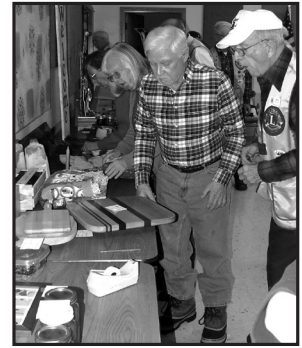
submitted by Chuck Hulings



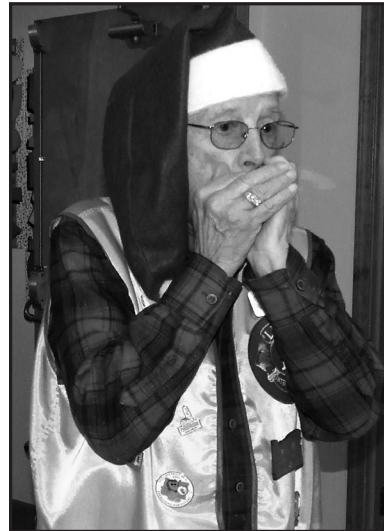
Elgin Lions Combine Fun and Food

The Elgin Lions Club held an evening of fun and food along with an auction to raise money for Christmas baskets.

The Club works closely with the Elgin Ministerial Association, which distributes approximately 85 boxes of food and



Members look over items to be auctioned



Lion Bob Wiles entertains the group with his harmonica

turkeys for the Christmas holidays. An auction was held with items made by members, including everything from mincemeat pies to horseshoe coat racks. Lions Steve Oliver and Steve Craig served as auctioneers for the evening, and collected several

hundred dollars, with the profits used to buy turkeys for the Christmas boxes.

President Bob Thomas asked members to bring finger foods for the event and several tables had goodies for all. No one left the evening hungry. The Opera House singers were planned for the entertainment, but due to inclement weather, Lion Bob Wiles filled in with beautiful Christmas tones coming from his harmonica, stirring members to a standing ovation.

submitted by PDG Gerald Hopkins



Lions partake of the finger foods offered for the evening

A Crabby Event

The Garibaldi Crab Races is a small-town tradition not to be missed. Where else can you see human participants yell, shout, bang their hands on inclined wooded race lanes and even, use psychic powers (as long as they don't touch the crabs) to cajole their sideway running charges to tumber over the finish line?

As for Dungeness, well, they may be found in one of the specially dishes served up for



Fun for the whole family

the folks who come in just to eat, drink local brews and wine and have fun watching this hilarious spectacle.

The Crab Races are held to raise

submitted by Jeff Coon

Hood River Lions Foundation Helps the County

Every year the Hood River Lions Foundation awards grants to various non-profits groups in the county. The purpose of these grants is to help make things better for the population in the



(l-r) Leos Nikki Paulus, Claire Davies and Olivia Acosta; Bruce Holmstrom of the Hood River Christmas Project; Nancy Paul of First Book; Cathy Smith from Hood River County Prevention Program; Lion President John Rust; April Donovan from Save Tilly Jane Foundation; Beth Peters from the Hood River Valley Adult Center (senior center); Kristen Reese Leos advisor; Jeff McCaw for the Boy Scouts; Lions District Governor Judith Poage and Foundation President Wayne Tengwall.

county. This year the grants ranged from \$800 to over \$20,000 - all from the interest gained from funds invested. The Lions have been distributing these grants for the past 18 years. Pictured are a number of the grant awards and Lions.

submitted by PDG Paul Zastrow

36E Quilt Raffle To Be Held At Convention

An almost king size handcrafted quilt made by Silver Lake Lion Oriana Ewell, will be raffled at the 36-E Convention. It is a Centennial Quilt Raffle and the quilt was made by Oriana Ewell.

Tickets will be sold at all of the conventions (O, R, E and G). The drawing will be held at the District E Convention to be held in Klamath Falls on Saturday March 25 and you need not be present to win. Just look for ticket venders at all of the Conventions.

Thanks for your support and good luck to all whom purchase tickets.

It is a beautiful lion quilt that is looking for a good home.

submitted by DG Carol Brink



Hood River Collects Christmas Trees



This is how Hood River Lions Club member Jeff McCaw helps pick up Christmas trees for recycling.

submitted by Shirley Voyles



Oregon Lions Sight & Hearing Foundation



Art Abbott
Board Chair

Doug Thompson
Executive Director



***See Your Legislator Here?
Please Thank Them!***

***Lions Day
at the Capitol***

The Foundation is pleased to be leading the effort to introduce SB 187 - which would reimburse school districts for qualified school vision screening events in Oregon - at the State Capitol this month. We're grateful for the sponsorship of our Bill from both Republicans and Democrats in both the House and the Senate. We ask that you take a minute to call or email your legislators if you see them included here.

We hope you've marked your calendar for Thursday, March 16th to travel to Salem and join Lions from around the state for the 2017 Lions Day at the Capitol event. Here's some of the questions we've received on what the event entails:

Question: What is Lions Day at the Capitol and why is it important our Lions Club attends?

The event is an opportunity to visit with your state legislators in their Capitol offices to ask for their support for SB 187, which if passed will provide state funding so that all schools in Oregon can afford to conduct vision screenings for their students.

Question: I have no experience lobbying or influencing legislation. How will I know what to say?

We will all meet from 9 - 10 am in Hearing Room 243 to hear an update on the status of SB 187 and receive some very simple talking points about what to say to our legislators. No experience is required to visit with your state legislators. Most legislators appreciate hearing from their constituents, though most visits will be brief. We strongly encourage you to RSVP to us right away, and we'll schedule the appointment for you.

Question: How do I RSVP for Lions Day at the Capitol?

It couldn't be easier! Simply contact us at Advocacy@OLSHF.org or call our main office at (503) 413-7399. We'll need the name of each attendee and your home address so we can determine who your state legislators are. If you already know who your state legislators are, let us know, it will make the process even easier.

Question: This sounds great, what else do I need to know?

Feel free to wear your Lions vests, so we'll stand out and have a real presence at the Capitol. Also, lunch will be provided courtesy of the West Linn Lions. They will be serving their famous Lion Burgers on the front steps of the Capitol from 12 noon - 1:30 pm. We will also take a group picture of all attendees in front of the Capitol at 1 pm.

Thanks for making sure that someone from your Lions Club attends Lions Day at the Capitol and ensuring that they hear our Roar!

Senate Bill 187 Sponsors:

Senators: Arnie Roblan - Coos Bay; Betsy Johnson - Scappoose; Richard Devlin - West Linn; Ginny Burdick - Tigard; Ted Ferrioli - Baker City; Bill Hansell - Pendleton; Alan Olsen - Canby; Elizabeth Steiner Hayward - NW Portland/Beaverton; and Kathleen Taylor - Milwaukie

Representatives: Jodi Hack - South Salem; Mike McLane - Bend; Julie Parrish - West Linn; Jennifer Williamson - West Portland; Jeff Barker - Beaverton/Aloha; Greg Barreto - Pendleton; Deborah Boone - Cannon Beach; David Gomberg - Central Coast; Mark Johnson - Hood River; Bill Kennemer - Beavercreek; Ann Lininger - Lake Oswego; Caddy McKeown - Coos Bay; Susan McLain - Cornelius; Rob Nosse - SE/NE Portland; Bill Post - Keizer; Greg Smith - Umatilla; and Brad Witt - Clatskanie

For help in finding your Oregon legislators please search on line for "Oregon legislator finder" and simply enter your home address.

***Thank you, and we hope to see you at
the State Capitol on March 16th for
"Lions Day at the Capitol"!***



Gifts & Memorials

Contributions list includes gifts received 12/16/2016 through 1/15/2017 only. Every effort is made to ensure accuracy and we appreciate you bringing any issues to our attention by emailing Info@OLSHF.org.

Lion Champion - \$10,000 and Above

KEX Kids Fund
Albina Fuel
Golf Charities Foundation Inc.
Joseph E. Weston Public Foundation

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

The Autzen Foundation
Robert & Judith Stearns

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

Harding Carlson

Lion Patron - \$100-\$499

John & Nancy Cox
Robert & Jill Foster
Sharon & Bob Hajny
James & Diane Hallstrom
Craig Jackson
Carl Jacobson
David Kaplan
Betty McConnell
Charles Peter
Nels Royer
Ron Rupert
Areta Schock
Anthony & Judy Stamper
George Stockinger
Bruce & Kathleen Wilson

Lion Donor - Up to \$99

Anadarko Petroleum Corporation
Richard Campbell
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George & Edmunda Harding
John & Janice Harney
John & Hazel Klopfenstein
William Nygren
Leslie Ann O'Brien
Oregon Dept. of Revenue Charitable
Checkoff
Charles Schwab
Katherine Sharp
Scott & Lori Walters

MHSP Sponsors

Burns Lions Club
Cascade School District
Clatsop Community Action
Compassion Connect Inc.
Forest Grove Community School
Forest Grove Lions Club

MHSP Sponsors continued

Hood River Eyeopeners Lions Club
Junction City Lions Club
Lake Oswego School District
Seaside School District
St. Andrew Nativity School
Stayton Lions Club
Waldport Lions Club

Lions Eyeglass Assistance Program Supporters

Astoria Lions Club
Cow Creek Bank of Umpqua
Tribe of Indians
Hood River Eyeopeners Lions Club
Maggie Ray

PRIDE Recurring Donors

Brenda & Nathan Anderson
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John Anderson
Wally & Joyce Anderson
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Ted & Phyllis Carlin
Debi Castor
Garry Charbonneau
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Brent & Kelly Culver
Allison Culver
Bert Diamond & Nancy Verstegen
Michael Durrow
Jo Hallam
Thomas & Paula Hilgers
James & Susan Jagers
Brad King
Steven Olson
Brian Rangitsch
David & Penny Rich
Sharon Rollins
Red & Karla Rowley
Al & Becky Scott
Dixie Sexton
Colan Slaght
Sherril & Irv Smith
Neesie Steinke
Doug Thompson
Dennis & Judi Tichenor
Dr. Steve Tronnes
Mary Lee Turner
Paul Zastrow

Honorariums

In Honor of Dale & Sharon Rollins
Ian & Heather Rollins

**In Honor of North Clackamas School
District Nurses**
Claire Davis-Thran

In Honor of Sharon Rollins
Diana Richardson

In Honor of Inja Kim
Diana Richardson

In Honor of Tom Bessonette
Mike Bessonette

Memorials

In Memory of Sam Angelos
South Salem Lions Club

In Memory of Tosh Connor
Dr. Gerald & Mary Martha Hopkins

**In Memory of Doug & Connie
Dollarhide**
George & Pearl Sahlberg

In Memory of Don Ebbert
Rod & Debbie Bach

In Memory of Wanda Erwin
South Salem Lions Club

In Memory of Viola Fridstrom
Kevin Hanley

In Memory of Paul & Jeanne Hollinger
John & Kathy Kite

In Memory of Robert Lowell Hudson
C.S. & B.J. Holmes
Mark Jacobs
William & Diane Lake
Gail Lynn Welch
Gary & Carol Zwicker

In Memory of Mary Kokko
Sandy Kokko

In Memory of Doug Reynolds
Wes Lee & Susan Reynolds

In Memory of Allen Springer
Hood River Eyeopeners Lions Club
Saralu Skinner



Oregon Lions
Sight & Hearing Foundation

Passage of SB 187 Ensures Vision Screenings for Every Student!



Lion Lynne Calhoun screens students vision at Hudson Park in Rainier on January 9th. Thank you Lynne!

MHSP ensures children receive quality, objective vision screenings. Last year **we screened 173,700 children** for vision health issues. Each year, our screenings help identify thousands of students who have some type of treatable vision problem.

MHSP is regarded as **“one of the premier health screening programs in the U.S.”** by School Health, Inc.

MHSP receives national recognition for their comprehensive service as the largest vision screening program of its kind in Oregon, providing the best technology possible and a **99.5% capture rate of children screened**.

So far this school year we have screened over 105,000 children at 357 school events statewide. Approximately 11,000 children have been referred for follow up care and access to low cost or no cost resources (10.5% referral rate).

Should SB 187 be passed, OLSHF and the Lions of Oregon can continue to serve their communities and help people most in need.

“Lions Day at the Capitol” Thursday, March 16th - 9 AM to 3 PM

9:00 to 10:00 AM

Meet in Room 243 for a SB 187 Update and Key Talking Points for Legislative Appointments

10:00 AM to 12 noon

Visit Your State Legislators

12 noon to 1:30 PM

Lunch provided on the Capitol Steps.
Enjoy West Linn’s “Lionburgers”!

1:30 to 3:00 PM

Legislative Appointments Continue

Please RSVP to Advocacy@OLSHF.org and let us know you will make the trip to Salem!



Oregon Lions
Sight & Hearing Foundation

Mid-Columbia Lions Follies presents *Kid Awesome and the Disco Girls!*



*Can can dancers have been a long standing Follies tradition.
2016's Follies in the Ozarks celebrated 40 years of Follies events supporting OLSHF!*

Kid Awesome and the Disco Girls!, a show about unlikely Superheroes, with some cameos by more well-known super-heros, will be on-stage April 21, 22, 23 & 27, 28, 29, 2017, at the Hood River Middle School Auditorium.

We hope you will put these dates on your calendar and come join us for lots of fun, music and dance as the Lions Clubs of the Mid-Columbia area fund raise for the Oregon Lions Sight & Hearing Foundation.

This will be the 41st Annual Lions Follies show! See you there!



Josh Buxton, Amy, his fiancée, and Dr. Elms of Baker Vision Clinic visit the Baker City Lions!

Josh and Amy recently visited their Club to thank them for their help to procure a sight saving crosslinking surgery. Josh explained that his sight has been fully restored in one eye and the other is improving. Steve Schauer, Sight and Hearing Chair, contacted Josh the day before the meeting, offering to give them a ride to the meeting. **Josh politely and proudly declined, explaining, "I have my sight back and I'd like to drive myself."**

Dr. Elms discussed the challenges of getting FDA approval for crosslinking (to correct keratoconus). She is hopeful that soon insurance may no longer consider it experimental and cover the procedure. She also explained the two surgeries (PRK and crosslinking) that Josh had at Devers Eye Clinic in Portland thanks to OLSHF's Patient Care Program. Lion President Chris Knoll expressed sincere thanks for the partnership between OLSHF, the Baker City Lions Club and highlighted the fact that Dr. Straiko donated the PRK surgery for both Josh's eyes. "Everything aligned and we have a huge success to show for it. Thanks so much for all involved in this sight saving procedure."

Josh shared with the Baker City Lions that he is joining their club! Josh recently proposed to Amy. She shared with a smile that the proposal took awhile longer because "he wanted to wait until he could see her walking down the aisle."

What a Great Picture They Make

"Hey, what are you guys doing at your meeting this morning?" my wife asked. "Oh, not much I guess, considering it's between Christmas and New Year's" I replied. Boy was I mistaken!

On Thursday, December 29, 2016, at our 6:15am weekly meeting, we had the privilege of installing three new members to our Gresham Breakfast Lions Club. The 27 regular members in attendance gave a rousing cheer at the completion of the installation by Lion Art Abbott – bringing the total club membership to 49.

During the ceremony, Art gave the new members a very good idea of Lionism at the National, State and local levels. In particular he outlined the activities of the Gresham Breakfast Club including, for example, our history of scholarship giving. He asked Chairman Rich Correa how much



(l-r) Lions Art Abbott, Cory Price, Kayla Viramontes, Sharon Brabenac, Tracy Boyd and Art Zehner



New Members - (l-r) Kayla Viramontes, Sharon Brabenac and Tracy Boyd

we had provided over the last 30 years. While Rich didn't have the exact number, he impressed the new members when he said "it's over a quarter of a million dollars".

Sharon Brabenac was especially fascinated since she's the current Major Gift Officer for the Northwest Region at the Guide Dogs for the Blind in Boring, Oregon. Sharon, who previously was a Director at the Columbia/Willamette YMCA, has been with Guide Dogs for five months now and is inviting everyone to visit and attend a "graduation" (bring tissues). Interestingly, Sharon was sponsored by one of the new inductees, Tracy Boyd.

Tracy has been with the National Federation of the Blind for three years now and is the President of the Parents Division of Oregon. She's been married for six years and is the mother of four very active children. Tracy has been blind since birth and is proud of the fact that she can get around very capably, thanks to her current guide dog Chiffon. Chiffon is the third canine helper she's had over the last 23 years and is thankful to the Guide Dogs for the Blind organization for all they do. Tracy was sponsored by Lion Art Zehner who volunteers at Guide Dogs every week.

Rounding out our trio of inductees is Kayla Viramontes. Kayla and her sponsor Cory Price are both members of the Gresham Chamber of Commerce. Kayla owns her own full service design, print and marketing company called The Bold Orange. Volunteerism has always been hugely important to her and she says that the mission of the Lions Club aligns completely with her views on giving back. Kayla is a very dedicated and passionate person and a very driven, hard worker who is now applying those same principles to her newest journey as a mom and to her lovely child named Landon Michael.



Tracy and Guide Dog - Chiffon

submitted by Steve Solcz

Double Winners in Lions Bingo

The Elgin Lions recognized Thanksgiving by distributing several turkeys during their Blackout BINGO. The turkeys were followed with Christmas hams for the winners. The New Year's gift was a package of pork chops. When the numbers were called during blackout, two



Jared and Debbie Rogers of the Elgin Lions claimed the chops. Daryl Hawes is pictured presenting the award to the couple.

parties called out "BINGO" at the same time. The two happened to be Lions playing for the evening. Needless to say, conspiracy theories abounded when it turned out that the two were husband and wife.

submitted by PDG Gerald Hopkins

Mt Hood Lions Club Present Scholarship

Mt Hood Lion President Shirley Dueber presents a check for 2 - \$880 scholarships for the Mt Hood Learning Center and Day Care.

submitted by 2nd VDG Dan Wolf



Christmas Tree Sale Successful

The McMinnville Lions Club Christmas Tree Sale Committee reported the results of the Club's 2016 trees sales at their January business meeting. Shown left to right are Lion

President and Committee member Dave Williams and Co-Chairs



Lion Bill Nourse and Todd Caster presenting the net proceeds check for \$15,800.

The Club specializes in selling four varieties of trees: Douglas Fir, Grand Fir, Nordmann Fir and Nobel Fir with prices ranging from \$25- \$65 depending on the type and size of the tree.



Lion Todd reported that the Club sold over 800 trees for gross sales in excess of \$30,000 with weekday sales averaging \$1,000 and weekend daytime sales averaging in the high \$3,000. Club members worked hard and there was little time for anything but minding the lot. The open hours were 1:00pm to 8:00pm Monday thru Friday and 9:00am to 8:00pm Saturday and Sunday resulting in 1,099 people hours plus set up and take down. McMinnville Lions members are grateful to rest until April when their next major fundraiser takes place.

submitted by Kyle Faulk

New Year's Resolution – Save Your Eyes from Digital Overload

Since we all seem to be checking our emails each morning and glaring at our computers more than 2 hours at a time, I found this article by Cassandra Rodriguez in the Garda Vita magazine most appropriate.

“We use our computers, phones and other digital services to achieve many of our tasks daily and put more stress on our eyes than perhaps ever before. This has become quite a major job-related complaint.”

“While eye strain doesn't cause any permanent damage, it can still be unpleasant and affect productivity, cause fatigue, or cause errors. It's indicative of how technological we have become--and how we experience the effects of that. Over 96% of Americans spend two or more hours using their computer or other digital device (thevisioncouncil.org).”

“The advancement of computers and online activities are contributing to the frequency of eye strain. More than half of Americans use their smartphones to check the weather or get directions and about 59% of adults in their 40s shop online more than any other demographic.”

“If you want to keep your eyes shielded from the strain as much as possible, there are various ways to do so. Get a comprehensive eye exam. A simple visit can counter a problem before it starts. Use proper lighting. Much of eye strain is caused by intensely bright light. Close your drapes, or use low-intensity bulbs to ease off the glare. Adjust your monitor. Bright screens also cause your pupils to dilate, resulting in greater focus. Blink frequently. When you blink you recoat the eyes with tears that evaporate during your on-blinking phases.”

“Exercise the eyes. One exercise is called the 20-20-20 rule. Try looking away every 20 minutes and stare at a distant object at least 20 feet away, for at least 20 seconds. This can be repeated throughout your long work day. Take breaks. Keep away from looking at your phone during lunch. Even closing your eyes for a good 10 minute power nap can have your eyes feeling refreshed. Massage your eyes. Rub your hands together for warmth, then cup those hands over your closed eyes, using your fingers to massage your lower eyelid for around 10 seconds (Top10homeremedies.com).”

“Get nutrients for better eye health. Vitamins A, C and E are highly recommended, including B-complex vitamins. You can take supplements specialized for your eyes to better help yourself. “Struggling eyes in the midday crunch is no fun for anyone. So, if you feel the strain, do what you can to give your eyes the rest they need.”

Though not a New Year's Resolution, I felt this was a reminder to really follow-thru in the next 300 plus days.

submitted by Genevieve L. Ford, President Lake Osego Lions Club

West Linn & Riverview Lions Clubs' Shoes and Socks for Kids

The "Shoes/Socks for Kids Program" was started around 1998 by the West Linn Lions Club and the Riverview Lions Club. We serve the six Primary and the two Middle Schools in West Linn. School counselors select the students of families who need assistance and will benefit from this program. Permission slips are sent home for parents to sign allowing their child to participate in this program. We provide between 100-150 pairs of shoes and socks each year.



Lions Tom Loun, Dick Akins, Jan Engler, Susan Carley and Les Reed



Linn City Pub where the kids had lunch. (l-r) Restaurant waitress, Lion Jan Engler and restaurant owner, Jack Packard

This is a two day event. The First Student Bus Company volunteers time and services to arrange the bus schedule and provide bus drivers to transport students to the Payless Clackamas Promenade Shoe Store. Students have their feet measured and are then assisted in picking out an athletic type shoe. After they've selected their shoes, they proceed to the check out table where their shoes are bagged and they are given a package of socks from the Riverview Lions Club. They then board their bus and are taken the "Linn City Pub" for lunch before returning to their schools.



(Front row) Lions Les Reed, Jan Engler, Sharon Lous and Mike Watters. (Back row) Lions Dale Fortuna and Tom Loun

This is a very rewarding service program. Working with the school counselors, First Student Bus Company, Payless Shoes and Linn City Pub is an absolute pleasure. Their huge hearts and professionalism is so apparent!!

submitted by Jan Engler

Mt Hood Lions 2nd Annual Chili Cook-Off and Plant Sale

Ten local business signed up to participate in a Chili Cook-Off to see who would have the bragging rights to "The Best Chili on the Hood".

This year the Hoodland Fire District's



entry took top honors. The event was chaired by David Bouy, Mt Hood Lions Club 3rd Vice President.



submitted by David Bouy

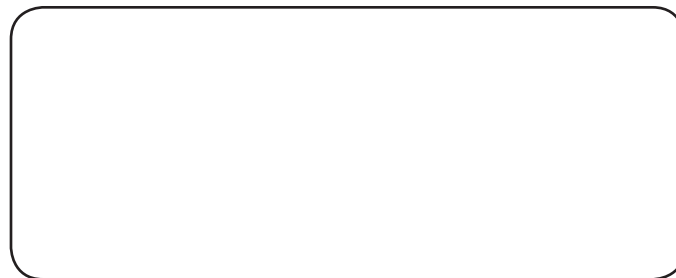
Crooked River Ranch Loses Beloved Member

On December 13th, Anita Tackas left this world peacefully in her sleep. Anita joined the club in March of 2000 and held the distinction of being the second longest serving member of the Club. Born on Oct. 27, 1924, Anita was the oldest member of the Club and remained active until her passing. She supported as many activities as she could and was famous for her signature 'Rattlesnake Pickles' which she donated every year to the Casino Night fundraiser and which were a highly sought raffle prize and auction item. Anita hosted a yearly 'Rattlesnake Stomp' over the July 4th weekend, which was open to all. For many years she also opened her kitchen to members for preparing all the condiments for the annual Lions 4th of July Buffalo Burger Feed. We will miss her gracious manner and pleasant smile and expect she will give away 'Rattlesnake Pickles' to the angels.



submitted by PDG Jim Stagl

Let's Celebrate



18 February 2017

Doors Open at 8:00 am
for Registration & Credentials
McMinnville Community Center
600 NE Evans St
McMinnville, OR



We will be collecting non-perishable food items along with books, socks & coats to help local agencies provide for those in need.

PLEASE BE GENEROUS AND DONATE WHAT YOU ARE ABLE!

District Governor Garry Charbonneau invites you to join him in welcoming International Director Howard Hudson and his wife Lynn from Santa Barbara, CA.

