



Serving members of MD36 Oregon and Northern CA

January, 2018 Volume 6/17-18

# Happy 2018 Everyone!

## Let's Keep Moving MD36 Forward and Helping Those in Need!!



PDG Robert G Belmont submitted this to share the last part of their legacy project at the pickle court at Meadow Park in Springfield, OR



Santa (Ashland Lion Bob Miller) hands out gifts to residents of Ashland Supportive Housing. He has done this for 20 years.



Ashland Lions Jerry Gomez, President; Bob Miller, Santa; and Denise Miller (Mrs. Claus)

**See Story Page 21**

## ANNIVERSARIES

January 2018 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.

### January

Grants Pass	January 18, 1928
Powers	January 30, 1942
North Bend	January 14, 1947
Philomath	January 13, 1948
Beaverton	January 16, 1951
Grants Pass Redwood	January 9, 1952
Brookings Harbor	January 10, 1953
Madras	January 30, 1970
Island City	January 14, 1974
Union	January 15, 1974
Mitchell	January 27, 1975
Cedar Hills/Sunset	January 11, 2011

### February

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

### 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](http://md36lionsclubs.org)

**District O:** [www.lionsoforegon.net](http://www.lionsoforegon.net)

**District R:** [www.lionsclubs36r.org](http://www.lionsclubs36r.org)

**District E:** [www.districtelions.org](http://www.districtelions.org)

**District G:** [www.oregonlions36g.org](http://www.oregonlions36g.org)

## MONTHLY CALENDARS

### MEETINGS

#### January

- 10 OLSHF Patient Care Comm. mtg. Portland
- 29 SOLSHC Board mtg. @6pm

#### February

- TBD OLSHF Executive Comm. mtg. Portland
- 3 District R Convention 8:30-4:30 @ CH2M Hill Alumni Center, 725 SW 26th St., Corvallis, OR 97331
- 10 District R Cabinet mtg. location TBD 9am-1pm
- 14 OLSHF Patient Care Comm. mtg. Portland
- 17 District G Cabinet mtg. 10am-2pm, Bob's Texas T-Bone Restaurant, Rufus or via teleconference (depending on weather)
- 23 Dist O Cabinet mtg. 10am-1pm, 17705 NW Springville Rd., Portland (canned food collection)
- 24 Dist O Conference, 9-4 (doors open at 8am), 17705 NW Springville Rd., Portland
- 26 SOLSHC Board mtg. @6pm

### EVENTS

#### January

- 1 New Year's Day - Observed - HQ closed
- 10 The Oregon Lion article deadline (for February issue)
- 15 Martin Luther King Day - Observed - HQ closed

#### February

- 5 Eyeglass Sorting Party - Keizer Lions Halls, 4100 Cherry Ave., NE @ 6pm
- 10 The Oregon Lion article deadline (for March online-only issue)
- 14 Valentine's Day
- 19 President's Day Observed - HQ office closed



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

THE OREGON LION (USPS No. 119-630) is published monthly for \$7.00 per year (in state); \$8.00 per year (out of state) by Lions Club International, Multiple District 36, PO Box 51345, Eugene, OR 97405.

Phone: 541.484.0452

Periodical postage paid at Eugene, OR and additional mailing office.

Postmaster: Send address changes to:

The Oregon Lion, PO Box 51345,  
Eugene, OR 97405

Magazine Staff:

Leah Hawes, Exec. Secretary

Email: [md36lions@comcast.net](mailto:md36lions@comcast.net)

## Council Chair News



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### **HAPPY NEW YEAR MD36 LIONS!!**

Greetings Mighty MD36 Lions! Laura and I would like to wish you a most sincere Happy New Year and we hope you had a very merry and fun-filled Christmas with friends and family, smiling and laughing with you! We hope the coming year 2018 is filled with good things and happy times for you, your family and your Lions family!

As we enter this new year, we should all look ahead. We should reexamine the service projects and fundraisers we've been doing. Are they continuing to be successful? Are they sustainable? Are they having the impact we desire? While I'm quite certain that the vast (that means really big, had to look it up!) majority of our answers to these questions would be a solid YES, there are those that could use a boost in the "profit" side of the "profit/loss" statement. From time to time I talk to Lions who are still doing fundraisers that just don't pencil out and the members of their clubs are bringing in less and less money per Lion-hour invested.

As the new year begins, we should take a good look to be certain that we get the biggest bang for our Lion buck that we can! That could involve ... CHANGE. What? Did he say CHANGE? Well, yes. Sometimes change is just the thing we need.

Now that I've discussed the harsh business of looking at our activities and our budgets, let me say this ... YOU'VE BEEN CHALLENGED!!! January is the Lions month for food collections to help "Fight Hunger". The week of January 8-14, 2018, is the Lions International Week of Service to Fight Hunger. A few weeks ago, representing my Lions Club, I visited the Beaverton Lions Club and, for the 3rd year in a row, challenged them to our annual "Triple Play Food Drive" (also known as the Tualatin-Beaverton Food Fight!) where we collect food for the Oregon Food Bank on the Saturday of the Week of Service. Lion President Larry Lidberg jumped at the challenge, then shouted: "How about the whole District?" and I shouted back: "how about the whole Multiple District?". You should have seen the smile on my old friend's face!

So, Mighty MD36 Lions, here's the challenge: During the month of January, 2018, hold a non-perishable food drive to benefit a local food bank, homeless shelter or other community resource that will equitably distribute the food you've collected. Report your collected food weight, (estimate, if your community resource doesn't have a scale), on the [www.lionsclubs.org](http://www.lionsclubs.org) at the MyLCI tab. If we all collect 15, yes, that's fifteen tons of food ("Ya load 15 tons, whaada ya get? ..."), well, I'll come up with something great for Multiple District Convention!

Your outstanding District Governors are still out there working so very hard for you! We met on December 2nd in beautiful Roseburg, got some business done and enjoyed each other's company in a lovely setting (much thanks to Roseburg Lions President Jane Thomas!). As they continue to visit your clubs, enjoy their company, support them and we'll all have another wildly successful year!

As the calendar turns to the new year, let's redouble our efforts to provide service to our communities, leadership to our communities and clubs, communication (use that great MD36 PR manual) about all the amazing things we do while enjoying one another's company in everything we do! Bring your friends!!

As I've said before ... Be the source in your community of SERVICE, LEADERSHIP, FELLOWSHIP and COMMUNICATION ... Do it ... Lead it ... Enjoy it ... Tell about it! Let's keep "MOVING MD36 FORWARD"!

As always, I'm honored to serve you, so proud of your confidence in me and humbled of MD36!

## Directory Corrections

- p. 19 2005-06 George Sahlberg PDG wife Pearl has passed.
- p. 45 Cave Junction Lions Club, new secretary is Ruth Overholser, delete Laura Duhn.
- p. 52 Burns Lions Club, Secretary PDG George Sahlberg's wife Pearl has passed.
- p. 91 Delete Duhn, Laura.
- p. 96 Hess, Raymond has R) 503.475.6026
- p. 104 Add Overholser, Ruth, 225 Fir Dr., Cave Junction, OR 97523 R) 541.415.1114 ~ladythymeherbs@gmail.com
- p. 107 PDG George Sahlberg's wife Pearl has passed. Remove R and F numbers. Add C) 541.420.3583



## District O - Northwest - North Coast



**District O Governor Column**  
Bert Diamond

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Entering the last half of this Lion year is a good time to reflect and take stock. Here's some of the accomplishments and future goals of your District leaders.

- Most of our 8 **Zone Chairs** have made one or more visits to their clubs giving out awards and reporting about club projects and issues.

- **Two GAT meetings were held** the last few months. What's GAT? It's new from Lions HQ in Chicago and it stands for the Global Action Team, which is basically your District or State leaders. We're working on a 3-year plan for District leadership, membership and service. And we're asking more Lions to step out of their clubs and be on a District committee.

- I have **visited about 30 clubs**, given information folders to each, held a Minute-to-Win-It game (since October 1st), and also asked each person present to make a first aid kit for those in need. To date, we've made over 600 kits.

- District leaders have met twice to plan your **District Convention** to be held on **Saturday, February 24, 9am-4pm at the Portland Community College Rock Creek Campus Event Center**. The doors open at 8 am. Expect great speakers, breakout sessions, a first aid kits service project, and fun games.

- A new charter or branch Lions club is being formed within the Portland Nepalese community. It's called the Himalayan Lions Club and its Guiding Lions are Dane Parreira and Carrie Swesso Bartley.

### **GOALS FOR NEXT 5 MONTHS** include:

- I will continue featuring clubs in the Lions magazine.
- District leaders will complete a working draft of a 3-year plan for the District.
- Club members will make more first aid kits with DG visit.
- District leaders will promote more service and membership within the district.

Much **appreciation and gratitude** to all of the District leaders and cabinet members for their volunteer time and enthusiasm.

## District R - Willamette Valley - Central Coast



**District R Governor Column**  
Tom Hilgers

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During some of my official club visits and unofficial attendance at club Christmas activities, I was able to renew old acquaintances with Lions I had not seen in quite a few years. Sounds great, doesn't it? Well, yes and no. While it was very nice seeing old friends again, I was struck by the fact that, in some cases, they didn't remember me. We're all getting older, myself included, and that, combined with my having lost weight since I last saw them, can explain a lot of it. That being said, I keep coming back to one key point that can't be overlooked. Had we been seeing one another, even occasionally, during the last fifteen to twenty years, any changes in our appearance wouldn't have seemed so extreme. We would simply have changed together and adjusted to our changing appearance with each meeting.

So where am I going with this? Our opportunities to meet and interact as Lions have fallen off drastically in recent years. We used to have as many as four working regional committees around the District which met monthly to enhance our impact in the areas of membership, sight and hearing, diabetes awareness, and positive youth development. Club committee chairs used to be expected to represent their clubs at those meetings. Likewise, District Governor Advisory Committee meetings - a.k.a. Zone meetings - were held four times during the year. Club officers, as members of the Advisory committee, were expected to attend those meetings. Add to the aforementioned regular meetings occasional officer training sessions, membership orientations, conferences, and conventions meant there were numerous opportunities to step out beyond club level to visit with and learn from your fellow Lions from other clubs.

The regional committees are gone. So, unfortunately, are most Zone meetings. Both scenarios fell victim to the "too many meetings" mentality. The other opportunities still exist, though probably not as often as in the past. The end result is that Lions and Lions clubs no longer benefit from interaction with other Lions and Lions clubs. Phrased differently, what results is Lions and Lions clubs which choose to "stew in their own juices".

The benefits of participation activity beyond club level can't be overstated. Seeing what other clubs do and how they do it might well be the single most important factor in improving club excellence, one of the four prime goals of the LCI Forward plan. Revitalizing your club visitation program is a great starting point. Seeing how other clubs function in their general club meetings will energize you and provide fresh ideas on how to improve your club. It will also produce fellowship with other Lions who share your belief in community service.

As I said, the alternative is to continue to "stew in your own juices". Wiktionary offers the following idiomatic definition of "stew in your own juices": "To be alone and self-absorbed in an uncomfortable state of mind, especially while experiencing the unpleasant effects of one's own actions". If that doesn't scare you into stepping out beyond your club, nothing will.



## District E - Southern - South Coast



### District E Governor Column

Bob Chaney  
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A new year dawns.

Here we are in 2018 already and I still feel as if I haven't even got my feet wet yet. I guess that's how it goes. Now for the numbers. I know we are down again and it appears that after a year or so of struggling to maintain them we are losing Crescent/Gilchrist. This is unfortunate but could not be avoided.

With this month, we cross the halfway point of my journey and as I have talked with my fellow District Governors it feels as if we just got started. I have said, along with others, that this process ought to be a two-year process. They immediately said, "Hey stupid, that would be another full year of commitment." Silly me.

No. With all kidding aside, I do believe that it should be two years because you are just getting into the flow of things as it comes time to wrap it up. You really don't have any time to implement any of the programs or revisit any of the clubs to take part in all of these great events and fundraisers you have heard about during your visits. Oh well, I guess that will just have to be done as a PDG, but it doesn't carry the same weight as doing so as District Governor would. Clubs are aware that you, as DG, have to make an official visit and some of them feel that is the only reason they ever see the DG or DG Team. We need to get rid of this notion and let our fellow Lions know that we care far beyond the boundaries of an official visit.

I trust that everyone had a very enjoyable holiday season and have already made their resolutions for this New Year. I have never been one to be big on resolutions. I feel they just another set of promises that most of us are sure to break because they usually deal with diets, bad habits, and family visits. This year, however, I have decided to make one resolution, but I need your help in doing so. I think that if we all resolve the same thing together we have a better chance of seeing it succeed.

So here goes. I resolve to promote Lionism as loud and long as I can and to offer the opportunity to as many people as possible to feel the passion and satisfaction that I do by being a member of this organization. In other words, it's my resolution that Together We'll Restore the Roar!

## District G - Central - Eastern Oregon



### District G Governor Column

Debi Castor  
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Spouse: Tony

Greetings MD36,

I hope everyone had a great holiday. Mine was pretty quiet as the only relatives I have in this area are my sister and her children. Still, we had a good time with lots of food as usual.

All the clubs have been busy with food baskets for those in need, community dinners, shopping with area kids, pictures with Santa and holiday bazaars and raffles. Many are having Christmas Parties and gift exchanges. Elgin has a Homemade Gift Auction each year.

I only have two clubs left to visit and it is kind of bitter sweet to finish. I have really enjoyed seeing old friends and making new ones. Every club has been great welcoming my visitation and listening to my message. Many clubs have asked questions about our new areas of service and are looking forward to doing projects in these areas. The Weston-McEwen Club is planning a Cancer Walk for Pediatric Cancer in June. We have a silent auction and raffles scheduled during District G's Convention and all proceeds will be donated to Pediatric Cancer.

We still have four service projects that Multiple District Service Chair Rod Bach, has lined up for participation by all clubs. They are Service to Fight Hunger, Homeless Reading Glasses, Protect Our Planet and Pediatric Cancer Donations. I am hoping for 100% participation from District G Clubs. Remember, we still have until June 30th to finish any Centennial Service Projects that are in the works.

Hope to see everyone at District G Convention, March 2nd and 3rd. Friday night is a 'Sadie Hawkins' theme and Saturday night is Western Dress.

Happy New Year!

## Wonderful Service of District O



Some of the Milwaukie Lions at a Foundation event



Gresham Supper Club members



Lions in the Cloverdale-Nestucca Club roar at a meeting



Oregon City Lions Club give a Roar at a club meeting



A roar by the Knight Lions Branch Club



Rockaway Lions at a meeting in their clubhouse

In my District Governor club visits in November, here is some of the wonderful service I heard about from the following clubs.

The **Milwaukie Lions Club** makes about 400 holiday baskets a year for families in need. They put together backpack foods every weekend and a local special needs class delivers the bags. They help about 50 people a year with free eyeglasses, do many school eye exam screenings and collect about 2,000 used eyeglasses every year.

The **Gresham Supper Club** collects about 6,000 pairs of used eyeglasses a year and raises money to provide three \$1,000 high school scholarship. They also set aside almost \$1,000 each year to buy new coats for children in local schools and help families at Christmas.

Meeting at their own clubhouse, the **Cloverdale-Nestucca Lions** sell elephant ears three times a year and sell 250 poinsettia plants for their holiday fundraiser. They also provide about 100 holiday food baskets for needy families, install 25 American flags locally on federal holidays, collect used eyeglasses and conduct an annual Easter Egg Hunt.

Two new members were inducted the night of my DG visit to the **Oregon City Lions Club**. These Lions do a lot of school screenings in their community, hold a large annual holiday bizarre, collect used eyeglasses and hope to adopt a family in need and also a part of the local highway for cleanup.

The **Knight Lions Branch Club** started last summer and already have held a successful project of selling solar eclipse glasses. As a branch of the Rockaway Lions, this "night"-time club is very enthusiastic and will continue to participate in the Rockaway Club's activities and develop more of their own.

One of the largest clubs in our District, the **Rockaway Lions** hold community service projects or fundraisers almost every week. They have weekly bingo night and weekend hot dog "weeny-wagon" sales (in warmer seasons). These Lions help clean the beach and local lakes, hold bake and rummage sales and have their own local food bank. They are also very involved with the building a Lost-At-Sea Memorial with the U.S. Coast Guard and the Garibaldi Lions Club.

*submitted by Bert Diamond, DG, District 36-O*



## Joining Forces Again to Help the Community

*Never doubt that a small group of thoughtful committed citizens can change the world; it's the only thing that ever has.*  
-Margaret Mead

Once again, the **Gresham Breakfast Lions Club** and the **Damascus-Boring Kiwanis Club** joined forces to organize their annual **Civil War Tailgate BBQ and Auction**. The event was held on November 9, 2017, at Club Paesano in Gresham. The fundraiser has been a combined effort by the **Lions** and **Kiwanis** for the last twelve years. All work and proceeds are shared equally and both Clubs feel that as often happens, their combined efforts are definitely greater than what they could do individually. This year's event was one of the best ever! Once again, pitting the "Ducks" against the "Beavers". The eventual winner of the football game is secondary to the many families and individuals who "win" as a result of the numerous projects that are funded by this annual event, such as:



**Attendees enjoying dinner**

- The Kiwanis Doernbecher Children's Cancer Program
- Oregon Lions Sight and Hearing Foundation
- Local High School scholarships
- Eyeglasses and hearing aids for low income seniors and families
- Guide Dogs for the Blind
- The Lion's Eye Bank
- Mt. Hood Kiwanis Camp for children and adults with disabilities
- Johnson Creek Watershed restoration



**Lion's Co-Chair Lisa York with husband, Brian**

Over 200 people attended the fundraiser and bid on the 125+ items - including two wheel barrels, one filled with wine and one with beer and a Traeger grill. The total proceeds grossed over \$24,000 and each club will receive approximately \$8,500. In addition, it was the Lions Club's turn for a special appeal and as a result, the Oregon Lions Sight and Hearing Foundation will receive \$4,500. Co-Chairs Lisa York (Lions) and Allen Dunn (Kiwanis) said that it was a terrific night and everyone had a great time. "Next year will be even better".



**Attendees reviewing auction items**

*submitted by Steve Solcz*



## LVG Staff Spotlight: Dr. Khoa Tran

Unless it's bagels or donuts in our staff breakroom, Khoa is always eager to share with others. In this case, as seen below, he's the first to share the credit for his recent selection as the 2017 Troutman Prize Winner for his article, "Rapid Warming of Donor Corneas is Safe and Improves Specular Quality", published in the May 2017 issue of *Cornea*.

***"I am honored and humbled to have been selected for the Troutman Prize. In every issue of *Cornea*, there are numerous articles describing beautiful work from world-class groups. I would like to take this opportunity to congratulate our team, and to thank our donors and their families for making this work possible."***



Khoa joined **Lions VisionGift** as the Research and Development Scientist in 2015 after completing his NIH sponsored post-doctoral fellowship at Oregon Health and Science University (OHSU). He is a trained Molecular Biologist who has been awarded over \$300,000 of independent research funding from entities such as the American Heart Association, National Institutes of Health, Bausch + Lomb, and the Eye Bank Association of America. Khoa works closely with **Lions VisionGift's** Medical Directors, cornea fellows, staff, and external collaborators to conduct laboratory and clinical research with the goal of making meaningful, lasting contributions to the field of cornea transplantation.

As Dr. Mark Terry, Director of Corneal Services at Devers Eye Institute, will tell you, "Khoa has been a fabulous addition to our **Lions VisionGift's** research team. His keen

intellect, meticulous nature, and superb research skills have brought our eye bank innovations to the next level"... "The Troutman Prize is well deserved for Khoa's research project that provides faster, safer and more efficient handling of donor tissue."

Ever humble, Dr. Tran, as stated above, gives much credit to the team and the many selfless donors for this award. Khoa goes on to say, "This project is one of those projects that we at the eye bank can really take ownership of. It was an issue we identified as something that needed to be addressed, and we followed through with Dr. Terry and the research study to find a solution. Once we found a solution, we implemented it and it has really changed the way we do tissue evaluation. Since the original study and implantation at **Lions VisionGift**, our team has helped other eye banks implement this protocol. People are really looking to us to help make their process better, and we are! For me, getting the prize is great recognition and it encourages me to continue doing impactful and meaningful research, but the true reward is knowing that this research has made a real-world difference."

*submitted by Matt Webber*

# You, Me and the D!

Hello Everyone,

Welcome to my world! Won't you come on in?

It is the start of a new year and most of us are not in the shape we were before the start of the holidays. It is time to reverse everything we did wrong to become stronger and healthier. The following article can serve as a guide to seven super foods to help create healthy meal plans.

## **Seven Super Foods: Create healthy meal plans with these nutritious choices**

**By: Jennifer D'Angelo Friedman**

When you have type 2 diabetes, what you choose to eat not only helps stave off hunger but also can prevent spikes in your blood sugar.

These seven foods can help keep your blood sugar in check and are smart choices for your overall health, too, explains Maggie Powers, PhD, a registered dietitian and president of health care and education at the American Diabetes Association.

### **1. Raw, cooked, or roasted vegetables.**

These add color, flavor, and texture to a meal. Choose low-carb veggies like mushrooms, onions, eggplants, tomatoes, brussel sprouts, and low-carb squashes, like zucchini. Try them with dip, such as a low-fat salad dressing, hummus, guacamole, and salsa, or roast them with seasonings like rosemary, cayenne pepper or garlic.

### **2. Greens.**

Give lettuce a break and try kale, spinach and chard. They're healthy, delicious, and low-carb, Powers says.

And don't just stick to salads. Roast kale leaves in the oven with olive oil for quick, crunchy chips. You can also mix greens with roasted veggies to add texture and flavor, or serve them with a little protein, such as grilled chicken.

### **3. Flavorful, low-calorie drinks.**

Plain water is always good, but water infused with fruits and vegetables is more interesting. Cut up a lemon or cucumber and put it in your water, or make ice cubes with pieces of fruit or other flavoring in them.

Or try cold or hot tea with lemon or a cinnamon stick. "Not only are these beverages low-carb, they can also help fill you up so you don't crave other foods," Powers says.

### **4. Melon or berries.**

Did you know that one cup of either melon or berries has just 15 grams of carbs?

For a twist, mix the melon or berries with plain yogurt, or freeze them in ice cubes to flavor water.

### **5. Whole-grain, higher-fiber foods.**

Fill up on whole grains to keep from overeating or choosing the wrong foods. Besides breads, try legumes like dried beans, peas, and lentils. Or enjoy black bean-and-corn salsa with raw vegetables.

### **6. A little fat.**

Good fat choices include olive oil, avocado, and fatty fish – think salmon served on a bed of lettuce, for example. Bonus: The fat from the fish serves as a dressing for the salad, Powers says.

### **7. Protein.**

Powers recommends Greek yogurt, cottage cheese, eggs and lean meats. And don't forget treats. "Peanut butter on a celery stick is a good fat-and-protein mix for a healthy, satisfying snack," she says. You can also snack on a lower-fat cheese stick or a piece of beef jerky – but keep an eye on how much sodium each contains, she says.

Reviewed by Michael Dansinger, MD, WebMD Medical Examiner

*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*

--it is not how much you have that makes people look up to you, it is what you are-- Elvis Presley

# 2018 36-R Conference Registration Form

## "Service Through Fellowship"

February 3, 2018 \* CH2M Hill Alumni Center \* Corvallis, Oregon

**REGISTRATION DEADLINE: January 12, 2018**

**LATE REGISTRATION DEADLINE: January 26, 2018**

**PRINT LEGIBLY**

<b>Registrant No. 1</b>	Lion <input type="checkbox"/>	Leo <input type="checkbox"/>	First Timer <input type="checkbox"/>	Guest <input type="checkbox"/>	
Name: _____		Nick Name: _____			
Last		First		<i>If different from first name</i>	
Telephone: _____		E-Mail: _____			
Area Code		Number		<b>PRINT LEGIBLY</b>	
Club: _____		District: _____		Current Office Held: _____	
<b>LIONS</b> Hospitality Book ( <b>Registration</b> and Meals) On or before January 12, 2018 <b>\$35.00</b> <input type="checkbox"/>					Meals Include: <b>Morning:</b> Pastries, Fruit, Coffee, Tea and Water. <b>Lunch:</b> Buffet Lunch <b>Afternoon:</b> Coffee, Tea and Water.
<b>LIONS</b> Hospitality Book ( <b>Late Registration</b> and Meals) <b>AFTER</b> January 12, 2018 <b>\$45.00</b> <input type="checkbox"/>					
<b>LEOS</b> Hospitality Book ( <b>Registration</b> and Meals) On or before January 12, 2018 <b>\$25.00</b> <input type="checkbox"/>					
<b>LEOS</b> Hospitality Book ( <b>Late Registration</b> and Meals) <b>AFTER</b> January 12, 2018 <b>\$35.00</b> <input type="checkbox"/>					
<b>LIONS/LEOS</b> Sessions ONLY <b>NO Meals</b> <b>\$25.00</b> <input type="checkbox"/>					
<b>SPECIAL NEEDS:</b> Vegetarian Diet <input type="checkbox"/>		Gluten Free Diet <input type="checkbox"/>		Diabetic Diet <input type="checkbox"/>	
Other <input type="checkbox"/> _____		Hearing Impaired (Signer Needed) <input type="checkbox"/>			

**PRINT LEGIBLY**

<b>Registrant No. 2</b>	Lion <input type="checkbox"/>	Leo <input type="checkbox"/>	First Timer <input type="checkbox"/>	Guest <input type="checkbox"/>	
Name: _____		Nick Name: _____			
Last		First		<i>If different from first name</i>	
Telephone: _____		E-Mail: _____			
Area Code		Number		<b>PRINT LEGIBLY</b>	
Club: _____		District: _____		Current Office Held: _____	
<b>LIONS</b> Hospitality Book ( <b>Registration</b> and Meals) On or before January 12, 2018 <b>\$35.00</b> <input type="checkbox"/>					Meals Include: <b>Morning:</b> Pastries, Fruit, Coffee, Tea and Water. <b>Lunch:</b> Buffet Lunch <b>Afternoon:</b> Coffee, Tea and Water.
<b>LIONS</b> Hospitality Book ( <b>Late Registration</b> and Meals) <b>AFTER</b> January 12, 2018 <b>\$45.00</b> <input type="checkbox"/>					
<b>LEOS</b> Hospitality Book ( <b>Registration</b> and Meals) On or before January 12, 2018 <b>\$25.00</b> <input type="checkbox"/>					
<b>LEOS</b> Hospitality Book ( <b>Late Registration</b> and Meals) <b>AFTER</b> January 12, 2018 <b>\$35.00</b> <input type="checkbox"/>					
<b>LIONS/LEOS</b> Sessions ONLY <b>NO Meals</b> <b>\$25.00</b> <input type="checkbox"/>					
<b>SPECIAL NEEDS:</b> Vegetarian Diet <input type="checkbox"/>		Gluten Free Diet <input type="checkbox"/>		Diabetic Diet <input type="checkbox"/>	
Other <input type="checkbox"/> _____		Hearing Impaired (Signer Needed) <input type="checkbox"/>			

### PARKING

Parking is available on site. The street address is 725 SW 26th Street, Corvallis.

### DRESS CODE

Casual and/or Club Vests

### REFUND POLICY

A 100% refund will be made if a **written** request is **RECEIVED** by January 26, 2018. Once meals have been guaranteed, **NO** refunds will be granted. **NO** refunds made at the Conference. All **written** refund requests must be mailed to Craig Urbani, 370 College Drive NW, Salem, Oregon, 97304-4503.

10 Oregon Lion January 2018

### TO REGISTER

Make your check (**NO CASH**) payable to District 36-R. Mail the Registration Form and check to: Craig Urbani, 370 College Drive NW, Salem, Oregon, 97304-4503. Registration materials will be available upon arrival at the conference.

**If your Registration Form is received  
AFTER January 26, 2018 MEALS CANNOT be  
guaranteed.**

### QUESTIONS

Please direct **ALL** questions to Craig Urbani, Conference Chair, Telephone: 503-378-7041; E-Mail: ccurbani@comcast.net. When E-Mailing reference **2018 District 36-R Conference** in the subject line.



## Bend/Sunrise Lions Club Participate in Diabetes Awareness

November 14, 2017, was designated as International Diabetes Awareness Day and Lions Club International requested that all clubs engage in some type of diabetes program during the week encompassing that date. The Bend/Sunrise Lions invited a local Certified Diabetes Educator (CDE) to address the Club on the 14th. Joan Goodwin is a CDE and is also a volunteer at Volunteers in Medicine (VIM) where she conducts a diabetes class. She also does some one-on-one counseling to assist people in enrolling in diabetes classes or in getting additional assistance from local resources. Her presentation lasted about 45 minutes and all Club members present said they were impressed by her knowledge of diabetes and are interested in doing more in the community to help control the outbreak of diabetes in Central Oregon. Mrs. Goodwin has volunteered to speak at other clubs in Central Oregon which we feel will greatly assist clubs in expanding the program's outreach.



*submitted by President Russ Chase*



(l-r) Lions Tom Yates, CC Brad King, Judy Judd, PDG Paul Zastrow, Stu Watson, PDG Judith Poage and Art Carrol.

## Hood River Area Lions Screened Students at Hood River Middle School

On November 28, 2017, Hood River area Lions screened sixth, seventh and eighth graders at Hood River Middle School. It took them just two hours to complete the screening.

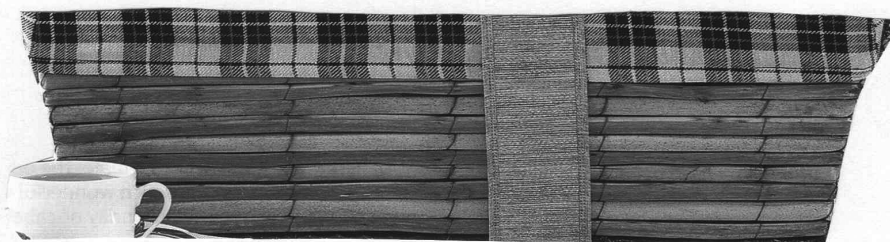
*submitted by PDG Paul Zastrow*



BASKETS  
FOR  
DISTRICT 0 CONVENTION  
FEBRUARY 24<sup>TH</sup>



“LET’S HAVE FUN DOING SERVICE”



*submitted by LuLu Bowman*



## St. Helens Lion do a Hwy 30 Tour of Vision Screening!

There are more towns in Columbia County than those that lay right along Oregon State Highway 30 ... but those that are on Highway 30 owe a debt to the amazing Lions of the St. Helens Lions Club



PDG Hank Calhoun helping at a vision screening



Lion Martin "Work Horse" Larson assisting at a vision screening.

(l-r) Lions Alan Hulsopple, Sue Muller, Suzi Hulsopple, Mike McCoy, guest screeners Kathy and Len Robison, and Lions PDG Hank Calhoun and Martin Larson.

But ... that wasn't enough for those dedicated Lions! They came out again on October 4<sup>th</sup> and 10<sup>th</sup> and drove east on Hwy 30 to join the "vision screening lady" at Grant Watts, Warren and Otto Petersen Schools in Scappoose.

But wait! There's more! On a cold December 5<sup>th</sup> morning, those St. Helens Lions trekked west down Hwy 30, all the way to Rainier, to join the "vision screening dude" and screen ALL of the students of the Rainier School District at Hudson Park Elementary, Rainier Jr./Sr. High and North Columbia Academy!

All told, the St. Helens Lions helped screen the vision of nearly 3,100 Students in those communities along Oregon Hwy 30! That's Lions Club service in action!!

*submitted by the vision screening dude*



## Downtown Lions “Win/Wine Situation” Was a Special Event

The idea was to hold an event that was a lot of fun and at the same time would make some money to help out Gales Creek Camp, which is for children with Type-1 Diabetes. The committee working on this project opted for an event with wine and musical entertainment in order to attract as many people as possible. The gathering was held from 2 pm until 6 pm at Bennett Vineyards and Wine Company on Saturday October 14<sup>th</sup>.

Since Bennett is located on Hwy 36 in Cheshire, which is a fair distance from Eugene-Springfield, bus rides were provided from the parking lot at Valley River Center to Bennett’s and back allowing many of the participants time to socialize and “leave the driving to us” as the old commercial stated. There was some fun entertainment on the bus with travel bingo and prizes.

At the winery we had a choice of wines to drink and there was a great food cart called Bacon Nation. Entertainment consisted of silent auction items for which guests bought tickets and placed them in bags by the prizes they wanted to win. Lion Adam Schulz, with the assistance of Lion Karen Norton, picked out a winning ticket from the various bags and presented the prizes to the winners. The music was provided by well-known local musicians Paul Biondi, Gus Russell and Rich Markstrom.

Special thanks go to Lion Adam Schulz who was our event sponsor and Master of Ceremonies, local businesses who donated prizes, and of course the members of the Fundraising/Membership Committee who spent many hours planning and organizing this charity event.

Then goal was to be able to help Gales Creek in their efforts to give children with Type-1 Diabetes a great camping experience while meeting other kids going through the same journey with Diabetes. It looks like that goal was met as the event raised about \$ 875 for Gales Creek. Camp. The event was so well received that a future wine event is already being considered.



Lion Jim Origliosso sells bus ride and event tickets



Lion Karen Norton called out bus bingo numbers and gave out prizes



Music provided by Paul Biondi, Gus Russell and Rich Markstrom



Lion Adam Schulz picks winning silent auction tickets



Bethel Lion Patty Kain won 2 silent auction gift bags



Lions and guests having fun



## Youth Activities Challenge

There are many activities we can be doing with the youth of our community. My challenge to you is to take one or more of these suggestions or some other new idea for your club to discuss and hopefully try. Working with the schools in our community is an important role for Lions. Here are just a few ideas of how your club might do that:

1. Involve yourself with eye screening, if you have not done so.
2. Consider a youth exchange, particularly working to send a student from your community overseas. Usually the host club will provide transportation.
3. Determine if you have a child in your community that might attend the diabetes camp sponsored by the club.
4. Be involved in a peace poster contest (currently three communities—cheap project—just work with the schools). We had a state winner from Hermiston this past year.
5. Provide a scholarship—always welcomed by students (first set criteria)
6. Set up a time to read to students. Kindergarten and first grades are ideal and research shows reading scores improve.
7. Identify a student of the month (elementary, junior high, high school (all it takes is a certificate of recognition). Contact Jordan Valley Lions for ideas
8. Take a child/ren Christmas shopping—Can be identified by school administration
9. Start a LEO Club—My only success has been working with staff/administration in the school
10. Work with students (high school) to record the history of some of the senior citizens in the area—can be donated to school library/museum—Students are looking for ideas for senior project.
11. Sponsor a boy/girl scouting program
12. Have a writing contest in the school (maybe about perceptions of Lions)
13. Have first graders discuss what they know about the flag first before presenting “Flags to First Graders”
14. Have a picture contest with younger students—again describing work of the Lions
15. Sponsor a basketball tournament (wrestling, soccer, baseball)
16. Have youth dress up and help distribute Lion’s candy at Trunk or Treat

submitted by PDG Gerald Hopkins

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## SAVE THE DATE ALL YOU LION LADIES AND MEN



Take out your calendar, iPhone or iPad and mark off **Saturday, April 28**. That's the day District 36 R will be holding its Third Annual Women's Symposium devoted to women's issues in today's environment. Under the leadership of PDG Lion Judy Kauffman, a planning team has organized a terrific day of sessions focusing on issues of interest to women and the men in their life.

With the goals of inspiring women and men to address issues and seek solutions for a healthier lifestyle and to raise awareness of women in Lions and their value in their communities, this one day event will be held at the Wheeler Pavilion at the Lane Events Center in Eugene, OR.

In addition to an array of informative presentations, there will be a variety of vendors sharing information and resources related to the symposium theme of *Opportunities for a Better Life for a Happier, Healthier You*. Attendees will also have the opportunity to learn about the various ways in which the Lions impact their community as well as ways in which they can become involved with Lions.

submitted by Lion Judith Grosenick

## District G Cabinet Meeting in Rufus

The District G Lions held their Cabinet meeting at Bob's Texas T-Bone in Rufus, a central site for the large geographic district. Governor Debi Castor told the group she had completed 25 visitations to date and that all clubs were doing well. Two of the Clubs, Umatilla-Irrigon and Redmond Sunshine, are looking for suitable meeting places. DG Debi indicated it had been difficult to organize some of the meetings due to the Eagle Creek fire consuming much of the area.



**(l-r) DG Debi Castor presents International Award to PDG Judith Poage**

Vice District Governor Phyllis Carlin reported on her impressive meeting with International 1<sup>st</sup> Vice President Gudrun Bjort Yngvadottir of Iceland at the International Convention in Chicago. IVP Gudrun will be the first woman President of the International Lions Association during the organization's 101<sup>st</sup> year. Lion Phyllis said she is going to follow the goal given to her to ask clubs to do one more new thing they have never done. Past District Governor Judith Poage also shared experiences at the USA/Canada Forum in September. She urged clubs to hold exit interviews before dropping members. Additionally, she reminded clubs that all Peace Poster Contest school or group winners are to be sent to the governor before November 15<sup>th</sup>.

Contest and Awards Chair, Kris Harmon, noted that clubs need to watch the entry deadline for each contest since they do vary. She handed out copies of the contest packet to those who needed one.

PCC Steve Oliver reported on working to get new members for the La Grande Lions, because the numbers remain small. He also attended the Island City Lions Club to address issues and install the new officers. He noted that Convention Chair Janet Stafford has completed all the paperwork and a block of rooms has been assigned for the District G Convention at Wild Horse Casino. The December issue of the Oregon Lion will have the convention information.

PDG Paul Zastrow noted that the Dogs for the Deaf has changed its name to Dogs for Better Lives. Lion Paul also asked the group to let him know of any Centennial projects being done in the clubs this year. According to PDG Paul, the International Understanding Forum of 2019 will be held in Spokane.

Council Secretary Trudy Tallman stated that current information to be put on our District website has been sent to Chair Steve Thompson. If any changes are needed, members should contact Lion Trudy.

Public Relations Chair, PDG Gerald Hopkins, challenged each club to send in at least one article to the *Oregon Lion* magazine. To this end, he said that he would list the clubs who have done so which currently include Crooked River, Elgin, Bend Sunrise, Burns, Weston-McEwen, Huntington and Baker City. He said, "Let's shoot for this easy but important goal."

Under Youth Activities, Hopkins gave 16 suggestions for club members to be involved in youth programs.

Lion Russell Chase of Bend/Sunrise gave a lengthy report of their activities including 24 sets of eyeglasses distributed, three requests for hearing examinations, a food collection program, school vision screening, two new PRIDE donors and a Helen Keller Award presented by the District Governor.

*submitted by PDG Gerald Hopkins*



# Happy New Year Everyone!

We'll admit it, we've already blown our New years Resolutions for 2018.

Be less stressed? Blew that on January 5th. Work out every day? Didn't do it on the 3rd. Eat healthier and diet? We broke that one on New Years Day!

But we have a New Years Resolution for you that not only is easy to keep, it will help others in need in your community at the same time. For 2018, we propose that as a New Years Resolution you resolve to increase your partnership with the Oregon Lions Sight & Hearing Foundation. Here are some ways that you can achieve this great resolution:

**Join our LEAP Network and Help People in Need With New Eyeglasses:** We have over 50 Lions Clubs that have reduced their cost of helping people with exams and new eyeglasses by joining the Lions Eyeglass Assistance Program. LEAP partners with local optometrists that agree to order the patient's new eyeglasses through our LEAP lab and the Lions Club spends less money - sometimes as little as \$30 for single vision eyeglasses.

**Provide the gift of sound by using our ROAR! Hearing Assistance Program:** Lions Clubs that sponsor ROAR! participants are able to provide hearing exams and either refurbished or brand new hearing aids to people in need at a very low cost to both the Lions Club and the participant. The Foundation's relationship with RJS Acoustics, Starkey Hearing Aids, and Dr. Todd Landsberg of Coos Bay helped over 190 people in need last year and we hope to increase that number in 2018.



Keith Price  
Board Chair



Doug Thompson  
Executive Director

**Patient Care and Lions Mission Cataract:** Sponsor a member of your community for critical surgery or treatment through our oldest and longest-running program. Services include corneal transplants, cataract surgery, corneal cross linking, Avastin injections for macular degeneration and more. We helped 72 people in need throughout MD-36 last year and we can help a member of your community in 2018, too.

**Other opportunities to partner with OLSHF include:** Sponsoring a **MHSP School or Community Event**, helping a child receive an eye exam and new eyeglasses through the **KEX Kids Fund**, or collecting used eyeglasses and making them available to people in developing countries through the **Lions Eyeglass Recycling Center's (LERC)** eyeglass recycling program.

OLSHF also has a new way to recognize and express our gratitude to Lions Clubs that partner with us, it is the new **Lions Service Award Program**. We have sent info to all Lions Clubs and look forward to recognizing Lions Clubs at MD-36 Convention with our special new patches. Participating Lions Clubs complete the simple Service Award Program application and be recognized as 3-Star, 4-Star and 5-Star Clubs with beautiful patches to be displayed on your Lions Club banner.

For info on any of our great programs and on the new Lions Service Award Program, please contact us at [Info@olshf.org](mailto:Info@olshf.org) and Good Luck with your 2018 Resolutions!

Now, where did we put that donut?

## RESOLUTION FOR 2018

"In 2018, I want to visit more Lions Clubs - especially in District E and District G. So help me achieve my resolution by contacting me to schedule a visit and an OLSHF presentation to your Lions Club!" -Doug

# Gifts & Memorials

Contributions list includes gifts received Nov 16 through Dec 15.

We appreciate your feedback, please let us know what you think by emailing [Info@OLSHF.org](mailto:Info@OLSHF.org).

## LION CHAMPION \$10,000 and Above

Eugene Hearing & Speech Center  
Jeff Sanders Promotions

## LION PRIDE-\$2,500-\$4,999

KEX Kids Fund

## LION SENTINEL-\$1,000-\$2,499

Central Lions Club

## LION TAMER-\$500-\$999

Lakeview Lions Club

## LION PATRON-\$100-\$499

Joseph & Margaret Adelsberger  
Arthur & Diana Carroll  
Robert & Jill Foster  
Robert Fries  
James & Diane Hallstrom  
William & Patricia Hoyt  
Nancy & Loy Kirksey  
Mike Malter  
Betty & James McConnell  
Metro Metals Northwest, Inc.  
Myron Mills  
John Pedersen  
Karleen & William Perry  
Charles Peter  
Melissa & Jeffrey Plummer  
Don & Mary Potter & Lynne  
Gammon  
Retina & Vitreous Center of  
Southern Oregon, PC  
John & Areta Schock  
Jerry Shipman  
Clifford & Jo Anne Trow  
Robert Watkins

## LION DONOR-Up to \$99

Brenda & Nathaniel Anderson  
Cherie Brokaw  
Robert Cassidy  
Carol Dudley  
Joyce Gross  
Michael Hackney

## LION DONOR-Up to \$99 cont.

Janet Hargis  
Leonard & Erma Hickman  
Kelly Hobson & John Drake  
Beverly & Peter Jorgensen  
KEX Kids Fund  
Donald & Donna King  
Robert & Freda Koch  
Donna Krauthoefer  
Betty Levenhagen  
Richard & M.J. Noland  
William Nourse III & Alice Keister  
Barbara Potter  
Bobbie Steininger  
Annette Thomas  
Douglas Thompson  
LD Thompson & NJ Weller  
John & Nancy Walter  
Scott & Lori Walters  
Sherilyn Wilson

## HONORARIUMS

**In Honor of Tom Hammond**  
Tom & Janis Getten

**In Honor of Marguerite  
Hofferber**  
Linda & Steven Thomson

**In Honor of Sharon Rollins**  
Meghan Davis

## LEAP LAB SUPPORTERS

APANO United Fund  
Janie Berry  
Clackamas Volunteers in  
Medicine  
Frost Eye Care  
Sutherlin Lions Club  
Three Sisters Lions Club  
Yakima Valley Farm Workers  
Clinic

## MEMORIALS

**In Memory of Bettie Bessonette**  
Sally & Richard Larsen  
George Sahlberg

**In Memory of Harold Corcy**  
Springfield Lions Club

**In Memory of Barbara Crow**  
Gerald Monroe

**In Memory of Eugene Donson**  
Laura Davison

**In Memory of Lion Harold**  
Harold Carey

**In Memory of Phil Roddy**  
St. Helens Lions Club

**In Memory of Pearl Sahlberg**  
George Sahlberg

**In Memory of Frank Smith**  
Lions Past District Governors  
Association

**In Memory of Walt Trandum**  
Judith Giorgi

## ROAR! HEARING PROGRAM SUPPORTERS

Klamath Audiology  
Klamath Falls Lions Club  
Lions Hawn Fund  
Multnomah County OR  
Portland Lloyd Lions Club  
Riddle Lions Club  
Roseburg Umpqua Lions Club  
Sutherlin Lions Club  
Vernonia Lions Club

**PRIDE-(Recurring Donors)**  
Brenda & Nathan Anderson  
John Anderson  
Kaitlin Anderson

## PRIDE

### (Recurring Donors) cont.

Wally & Joyce Anderson  
Kelly & Andrew Asbra  
Rod & Debbie Bach  
Carrie & David Bartley  
Charles Blanchard  
Marilou & Terry Bowman  
Carol & Doug Brink  
Gerald Caldwell  
Hank Calhoun  
Kent Calvin  
Ted & Phyllis Carlin  
Debi Castor  
Garry Charbonneau  
Russ Chase  
Michael Durrow  
Karina Felix  
Jo Hallam  
Julie Harper  
Lisa Heydemann  
Thomas & Paula Hilgers  
Jim & Sue Jagers  
Brad King  
Steven Olson  
Katie O'Neill  
David Ott  
John & Linda Pasma  
Keith & Denise Price  
Brian Rangitsch  
David & Penny Rich  
Sharon & Dale Rollins  
Red & Karla Rowley  
Al & Becky Scott  
Dixie Sexton  
Irv & Sherrill Smith  
Doug Thompson  
Dennis & Judi Tichenor  
Dr. Steve Tronnes  
Mary Lee Turner  
Kerith Vance  
Bertram Diamond &  
Nancy Verstegen  
Wesley Whittle  
Paul Zastrow

*Join the PRIDE today!*

*"We have long been impressed with the health and vision screening programs that the foundation offers. Ted and I are pleased to support the work of the foundation by making a monthly recurring donation to the PRIDE Program. Please consider making a monthly donation."*

*- Ted & Phyllis Carlin (PRIDE members since 2016)*



Oregon Lions  
Sight & Hearing Foundation

Go to [www.OLSHF.org/pride](http://www.OLSHF.org/pride) or call (503)413-7399 to start your recurring gift today!



# FILING TAXES? MAKE YOUR GIFT THROUGH CHARITABLE CHECKOFF!

Through Charitable Check-off you can make it easy to fulfill New Year's resolution AND change a life in the process! Designate all—or even a portion— of your Oregon State Tax Refund to your Oregon Lions Sight & Hearing Foundation.

## It's as Easy as 1-2-3

1. Complete your 2017 Oregon State Income Tax Return.
2. Receiving a refund? Consider investing it in an OLSHF Program where every single dollar is leveraged into over \$5 of direct, life changing service.
3. Look for the Charitable Check-off section on your return and check #14 under the "other charity" code. If you are filing electronically, select or enter Oregon Lions Sight & Hearing Foundation.

The Charitable Check-off program is an important way we can meet vital community needs and your support helps us make a difference every day statewide. Please consider donating through the Charitable Check-off program this tax season or consider making a secure, recurring monthly gift. Call (503) 413-7399 to learn how!

*When filing Oregon State taxes, please consider donating all or part of your state refund to your foundation so we can screen, treat, save, and restore sight and hearing throughout MD-36!*

## SCHOOL SCREENINGS YEAR TO DATE

- This school year (through the end of December), we've screened 134,991 children, referring 14,335 (10.6%) at 468 events.
- We likely will screen between 177,000 and 183,000 kids this year at 580-610 schools.

### Other interesting statistics:

- Our totals are about 18,000 more kids (at 70 more events) than we screened by the New Years holidays last year.
- We had 9 weeks this fall where we screened over 10,000 kids per week (in past years we've only had 2-3 weeks with over 10,000 kids screened).
- We screened 14,420 kids screened in our busiest week this fall (not a record... 2 years ago in 2015-16 we screened 15,229 kids in one week).
- We screened 55,419 kids in the month of October at 190 events... a record high for one month (compared to 43,000+ screened in October last year).



This cutie is 5-year-old kinder Hannah right after she was screened by her mom, Colette Schmidtkofer at a recent event. Dig the Myoflex glasses and total adorability!



# 2018 NEW YEARS RESOLUTIONS FROM LIONS ALL AROUND MO-36

*"My New Years Resolutions include getting more providers on board in the Central Oregon area for vision assistance, take part in more school vision screenings, get the word out to school nurses about the KEX Kids Fund program, and to encourage more Lions and/or providers to join the PRIDE program."*

*-Russ Chase*

*"My New Year's Resolution is to be more efficient & organized."*

*-Raechel Dow*

*"My resolution is to document, as much as possible, what I do as a Sight & Hearing Chair to make the next chairpersons job easier.*

*When I started I had no one to ask questions so it was trial and error for a couple of years.*

*I feel this is important for the club. Also, I need to train at least one more person since we never know when we may be incapacitated.*

*I am also going to encourage all committee chairs to do the same."*

*-Kent Calvin*

*"This happens to be one of the best perks of being a Lion. Every time I send an approval letter to a recipient, it makes life worthwhile.*

*And the calls of thanks are unbelievable.*

*If I wasn't a grouchy old man, it would probably bring tears of happiness to my eyes. And when I'm sorting glasses and hearing aids, it reminds me that I have a pretty great life, and there are folks out there, that these items, just might make the difference in how they live their life. I wouldn't recommend it to anyone - they might want to take my spot."*

*-Jon White*

*"I will be fully engaged with Lion passion with our District "O" task force and share this with others of like spirit."*

*-Terry Bowman*

*"If I had a resolution it would be to keep helping folks on a timely basis, even from afar. Not so easy though :) I've enlisted the help... I'm also calling the applicants as needed and emailing when I can. So far, so good!"*

*-Helen Honse*

# 2018



## Five Ways to Improve your Lions Club

Whether you're in a small, medium or large Lions club, there are times and reasons you might want to change something for the better. Maybe it's a need for more new, younger or women members. Maybe it's a way to build in more fun and social times. Maybe the focus is on a change of the club climate and culture or on how well your club members work together as a team.

This article is not a quick fix to club problems. But it's a start with five helpful strategies to not only improve your club but also empower you to feel you're in the driver's seat on the road of new ideas and solutions.

- 1. Hold a Club Retreat:** It could be a club meeting that's longer or a special day-long gathering but the essence is to ask club members *What are we doing well?* and *What can we improve?* Search for the CLUB QUALITY INITIATIVE worksheets on the Lions Club International (LCI) website. The best part of this program is the survey you can print and use at your club retreat. At the end of your meeting, plan to write down action steps with three things your club does really well and three things your club can do to improve. Email these items (along with retreat minutes) to club members and post this list on the wall at future club meetings. Do a club retreat every year.
- 2. Use local resources provided** by your District and Multiple District. One fantastic publication available locally is the *Public Relations Manual* and the *Public Relations Directory*. This was developed by Lions Carrie Bartley and Carol Swesso. And it's free! Go online to [www.md36lionsclubs.org](http://www.md36lionsclubs.org) and click on the "menu" tab at the top. Then click on the words "Public Relations." You'll find many pages of helpful tips on how to make a press release to the media, what is and how to use social media, and lists of newspaper and TV stations contact information. Along with these two publications, there are other valuable resources and articles on the MD 36 website.
- 3. Use resources on the LCI website:** Have you gone online to the LCI website recently? If you've not, you're missing a giant storehouse of information and I mean GIANT! There's brochures and flyers you can print to advertise your club. There are great videos and testimonials about being a Lion. There are many step-by-step training manuals on learning more about being a club officer, mentoring, getting new members, or many other topics. The LCI website is truly your ultimate Lions library. All you have to do is spend some time searching and reading. Check it out at [www.lionsclubs.org](http://www.lionsclubs.org).
- 4. Visit other clubs for valuable ideas:** Another easy way to get ideas is to borrow them from other Lions and Lion clubs. By visiting another club's meeting or helping with their service project, you'll walk away energized with new ways activities and projects.
- 5. Attend a District cabinet meeting and convention:** Meeting other Lions often provides reassurance that you are part of a larger organization and we're "in this together." And you'll learn that other clubs go through similar challenges just like your club. A District convention can give you the opportunity to hear from experienced Lions and dynamic speakers. Also, you'll meet a lot of Lions from all over your district.

There are many other ways to improve your club. Above were just five strategies or places to look for ideas. If you put in the time and thought, you can make your club and club meetings exciting and fun.

*submitted by, DG Bert Diamond, District O*

## PDG Sharon Rollins Endorsed for Council Chair Elect

The Lake Oswego Lions Club is happy to announce the endorsement of PDG Sharon Rollins as a candidate for Council Chair of MD 36 for the year 2019-2020. Lion Sharon and her husband Dale joined the new Tigard 2000 Lions Club as Charter members. She has been involved in Lions leadership positions at various levels including at the local level in the Tigard 2000 club as Secretary and President; at the District 36-O level as Zone Chair, Region Chair, District Governor in 2013-2014, and now as LCIF Chair and GLT Chair. Sharon and Dale are currently active members of the Lake Oswego Lions Club, where she serves as LCIF Chair. She is currently in her third year as Centennial Celebration Chair for MD 36 and has greatly enjoyed the service activities and celebrations of our 100<sup>th</sup> anniversary.

PDG Sharon has received honors for service at the Oregon Lions Sight and Hearing Foundation where she served as Secretary, Vice Chair and Chair. She has received honors for service in District 36-O, MD 36, and Lions Clubs International and was awarded the International President's Award. She is a Progressive Melvin Jones Fellow with LCIF.



PDG Sharon Rollins busy at the Capitol

Lion Sharon is looking forward to years of service with her fellow Lions and our communities as we move Lions Forward into our second century of working with and for those in need – We Serve with the Power of We!

*submitted by Bonnie Roeder, Lake Oswego Lions Club*

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## Santa came to town.....

Once again, the Ashland Lions Club hosted a party for the residents of Ashland Supportive Housing. Santa, (Ashland Lion Bob Miller) was accompanied by Donny Roze of *Heart and Hope Musical Ministries*, who for over seven years has provided a Christmas carol sing-along for the group. Even residents who seldom speak are able to enjoy singing to welcome Santa and the Christmas season. The Ashland Lions Santa arrived with presents for each of the residents of this very special, special-needs group for the past 30-plus years.

During the 30 years that the Ashland Lions have provided Santa's visit to the Ashland Supportive Housing facility there have been 2 Santas. Lion Lenny Friedman was the original with Lion Bob Miller as Santa for the last 20 years. Another Lion, Paul Buck, began the relationship between Ashland Supportive Housing and the Ashland Lions. Lion Dick Hogue for many years was instrumental in gift gathering for Santa.

The Ashland Lions Santa Visit is in support of Ashland Supportive Housing & Community Outreach. Ashland Supportive Housing was founded in 1981. It provides long-term housing and direct care support for adults with intellectual and developmental disabilities (I/DD). It also serves adults with I/DD living independently through the Community Outreach program, providing supports needed to remain as independent as possible.



Ashland Lions Jerry Gomez, President; Bob Miller, Santa; and Denise Miller (Mrs. Claus)



Santa (Ashland Lion Bob Miller) hands out gifts to everyone

*submitted by  
Gary Endicott,  
Membership Chair*



## Vets Honored, Awards Given

President Bob Thomas asked the Club's veterans who were present to stand and be recognized during the regular meeting of the Elgin Lions. He then presented Lion Gary Bottger a pin from International for 15 years of service to the Club and Lion Jared Rogers presented President Thomas with the gold pin Centennial pin for sponsorship of new members.

In other action, the Elgin Lions are collecting winter coats to be given to students in need. BINGO also started for the Club, with the lights going out mid-way through the first round and not coming on for two hours. President Thomas said that the avid plays used their computers/phones to finish up the game which has just started.

On December 11<sup>th</sup>, members will bring homemade items and an auction will be held during the meeting for those items. It was reported that PCC Steve Oliver would bid any amount for a mincemeat pie!

The Lions are also planning a basketball invitational for December under the chairmanship of Lion Jared Rogers. The six teams participating will include Wallowa, Huntington, Pine Eagle, Imbler, Baker City JV's, and Elgin. On December 9<sup>th</sup>, The Lions Light Parade will take place at 6pm. Floats will line up at 5pm.

Chair Lion Keith Warren reported there had been requests for 40 pairs of eyeglasses and one set of hearing aids to date. He noted that all requests had been honored to date.



(l-r) Lion Jared Rogers presented Lion Bob Thomas with the gold pin Centennial pin for sponsorship of new members.



(l-r) President Bob Thomas presented Lion Gary Bottger a pin from International for 15 years of service to the Elgin Lions Club.



(l-r) Lions Jack Mielke (Air Force), PCC Steve Oliver (Navy), John Braughton (Navy), Jim Way (Navy), David Fuhrman (Army) and not pictured Bob Wiles (Navy).

*submitted by PDG Gerald Hopkins*

## Elgin Lions Host Basketball Invitational

With over forty requests for eye glasses, the Elgin Lions received a much-needed boost to its finances and were able to replenish the funds through a Lion-sponsored basketball invitational chaired by Lion Secretary Jared Rogers. The two days featured teams from Elgin, Wallowa, Imbler, Baker City, Huntington and Halfway.

Lion Jared announced that the tournament had netted over \$3,000 for the coffers, with an added bonus of great sportsmanship from players and fans. After placing a Christmas tree in the city park, the Lions will follow up with a winter Light Parade.



Pictured are teams from Huntington and Baker City squaring off during the invitational



(l-r) Lions Susan McClary, Jared Rogers and Bryn Moore selling tickets to the games

*submitted by PDG Gerald Hopkins*

**District 36-E Lions Annual Convention Registration Form**  
**Seven Feathers Hotel & Casino Resort— Canyonville, OR. 97417**  
**Bringing Back the Roar - District Governor Bob Chaney Sr.**

**Registrant No. 1** Check Category that applies: ☐ Lion ☐ Lioness ☐ Leo ☐ 1st Timer ☐ Guest

Name (as you want it printed on badge): \_\_\_\_\_

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

City: \_\_\_\_\_ St. \_\_\_\_\_ Zip: \_\_\_\_\_

e-mail: \_\_\_\_\_ Ph: \_\_\_\_\_

Club: \_\_\_\_\_ Current Dist/Club Office: \_\_\_\_\_

Note: *Full Hospitality Book includes: Registration, Fri night dinner, Sat Lunch, Sat Banquet*

<b>Early Registration Prior to February 22, 2018</b>	<b>After February 22, 2018 prior to March 7</b>
<input type="checkbox"/> Full Hospitality Book: Lions/Lioness/ guests.....\$ 95.00	<input type="checkbox"/> .....\$115.00
<input type="checkbox"/> Full Hospitality Book: Leos/ First Timers .....\$ 85.00	<input type="checkbox"/> .....\$105.00

Please select Saturday night entre: : ☐ Prime Rib ☐ French Chicken Breast

**Individual Options—All Attendees are invited to all meal functions:**

<input type="checkbox"/> Registration only—no meals.....\$15.00	<input type="checkbox"/> .....\$20.00
<input type="checkbox"/> Friday Night Buffet (Salmon & Pork Ribs) .....\$30.00	<input type="checkbox"/> .....\$35.00
<input type="checkbox"/> Saturday lunch Buffet (Gourmet Potaro Bar).....\$25.00	<input type="checkbox"/> .....\$30.00
<input type="checkbox"/> Saturday plated Banquet .....\$35.00	<input type="checkbox"/> .....\$40.00

Please select Saturday night entre: ☐ Prime Rib ☐ French Chicken Breast

TOTAL \_\_\_\_\_ TOTAL \_\_\_\_\_

Special Needs: ☐ Diabetic Diet ☐ Vegetarian Diet ☐ Other: \_\_\_\_\_

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

**Registrant No. 2** Check Category that applies: ☐ Lion ☐ Lioness ☐ Leo ☐ 1st Timer ☐ Guest

Name (as you want it printed on badge): \_\_\_\_\_

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

City: \_\_\_\_\_ St. \_\_\_\_\_ Zip: \_\_\_\_\_

e-mail: \_\_\_\_\_ Ph: \_\_\_\_\_

Club: \_\_\_\_\_ Current Dist/Club Office: \_\_\_\_\_

Note: *Full Hospitality Book includes: Registration, Fri night dinner, Sat Lunch, Sat Banquet*

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<input type="checkbox"/> Saturday plated Banquet .....\$35.00	<input type="checkbox"/> .....\$40.00

Please select Saturday night entre: ☐ Prime Rib ☐ French Chicken Breast

TOTAL \_\_\_\_\_ TOTAL \_\_\_\_\_

Special Needs: ☐ Diabetic Diet ☐ Vegetarian Diet ☐ Other: \_\_\_\_\_

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

**To Register:** All attendees must register No Hospitality books or meals will be available after March 7th or on site— you must pre-register  
**Make Checks payable to:** District 36-E Convention **Mail with Registration to:** Gail Black • PO Box 5002 • Myrtle Creek, OR. 97457

**Questions:**

Please direct all questions to Jane Thomas— (h) 541-679-0154 • (c ) 541-817-5955 • e-mail janet@littlebrook.com  
 Gail Black— (h) 541-863-5073 • (c ) 541-733-5450 • e-mail sgblack@charter.net

**Refund Policy:** No refunds at convention Registration is not refundable under any circumstances. All refund requests must be in writing and mailed to: Jane Thomas • 343 Jacob Hale Way • Roseburg, OR. 97470

**Hotel Accommodations:** Seven Feathers Hotel and Casino Resort—For reservations, please call **1-888-677-7771**, ask for **Hotel reservations** and indicate that you are with the Lions Convention for the special group rate, and one of the pre-booked rooms.





## District 36-E LCI Peace Poster Winner

Another exciting District 36-E LCI Peace Poster Contest has been completed. The winner this year was Adam Avila, a Sutherlin Middle School eighth grader, sponsored by the Sutherlin Lions Club. There were seven runner-ups. Overall there were 172 participants in eight contests that were sponsored by seven Lions Clubs. The judging was done by Ye Olde Art Shoppe in Myrtle Creek, OR, by professional artists.

I would like to thank all the Lions clubs that participated in this year's contest and especially the Lions Clubs Peace Poster Chairpersons.

Each year it is exciting to see the smiles on the kids' faces and hear the praise from the parents. I would hope in the future more Lions clubs would provide an opportunity for their students to be recognized for their artistic ability. This year's posters were most inventive in their presentation of the future of peace. One student drew a picture of Jesus, an interesting perspective on future peace.

Awards will be presented at our District 36-E Convention in Canyonville, OR, by the visiting International Director and our own PID, Dr. Sonja Pulley. The first-place winner, Adam Avila, will receive an engraved plaque which includes a picture of him holding his poster. All other entries will receive a framed Honorable Mention Certificate. All posters will be displayed at the Convention. All posters, except the winners, have been returned to the sponsoring clubs.

Thank you again for allowing me to be your Co-Chairperson with Lion Marilyn Chandler and for the District 36-E support which allows us to honor these students.

*submitted by Lion Chuck Huling*

## Partnering with the Veterans

On September 6, the Lake Oswego Lions Club presented the Lake Oswego Veterans with a \$500 check. Our Club is partnering with them to fund the Veterans wall that they will be building at Foothills Park. This was a proud moment for our Club.



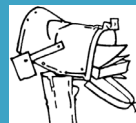
(l-r) Bob Hill (Navy), John Hannah (Air Force), Mike Holm (Air Force) and Karen Stewart (Army).

*submitted by Genevieve L. Ford, Past President,  
Lake Oswego Lions Club*

*Photo taken by Zone 4 Chair Dane Parreira*

## 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 \_\_\_\_\_