



Serving members of MD36 Oregon and Northern CA

January, 2016 Volume 6/15-16

## Breakfast with Santa Sponsored by the Eugene Downtown Lions Club



Complete with gifts



and portrait opportunities

**As well as activities for the younger attendees**



from cookie decorating



to receiving balloon animals

*Story on pages 6 and 7*

## ANNIVERSARIES

January 2016 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
Scio	January 26, 1948
Beaverton	January 16, 1951
GP Redwood	January 09, 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



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

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## MONTHLY CALENDAR

### MEETINGS

#### January 2016 - Relieving the Hunger Global Service Campaign

- 13 MHSP Committee meeting - OLSHF @ 10am  
 Patient Care Committee meeting - OLSHF @ noon  
 Board Development Committee meeting - OLSHF @ 1:30pm
- 14 Resource & Development Committee meeting - OLSHF @ 10am
- 25 SOLS&HC Board meeting - Medford - SOLS&H Center, 228 N. Holly Street @ 6pm
- 28 Nominating Committee meeting - OLSHF @ 10am

### February

- 10 Patient Care Committee meeting - OLSHF @ noon
- 11 Lions VisionGift Board meeting - LVG - Tate Conf. Room @ 10:30am
- 13 District G Cabinet meeting - Teleconference
- 19 District O Cabinet meeting - Gresham, OR - TBA (prior to start of Convention)
- 27 District R Cabinet meeting - Albany - Albany Regional Museum, 136 Lyon St. @ 9am
- 29 SOLS&HC Board meeting @ 6pm

### EVENTS

#### January 2016

- 1 New Year's Day - Observed - HQ office closed
- 11 *The Oregon Lion* article deadline (for Feb. issue)
- 18 Martin Luther King Day - Observed - HQ office closed
- 21 OLSHF Webinar @ 11am

### February

- 4-6 NW Lions Leadership Institute - MD19 - Yakima, WA
- 6 District R Conference - Albany - Wheelhouse Events Center
- 10 *The Oregon Lion* article deadline (for March issue)
- 20 District O Convention - Gresham - St. Henry's Church School Gym, 346 NW 1st

## Council Chair News



### Chuck La Tourrette

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I wish the Lions of Oregon a Happy New Year.

May your New Year's resolutions  
reflect your Lion spirit.

CC Chuck La Tourrette

## 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.

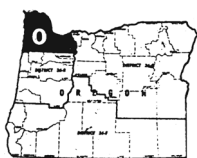
**MD36:** [md36lionsclubs.org](http://md36lionsclubs.org)

**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)

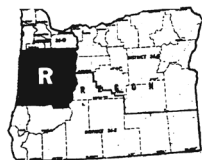
**District G:** [www.oregonlions36g.org](http://www.oregonlions36g.org)



### District O Clubs

**Zone 1:** Astoria, Cloverdale/Nestucca, Garibaldi, Rockaway, Tillamook; **Zone 2:** Amity, Carlton Yamhill, Forest Grove, McMinnville; **Zone 3:** Hillsboro, Portland St. Johns, Scappoose, St. Helens, Vernonia; **Zone 4:** Beaverton, Cedar Hills/Sunset, King City, Tualatin, Wilsonville; **Zone 5:** Estacada, Gresham Breakfast, Gresham Supper, Mount

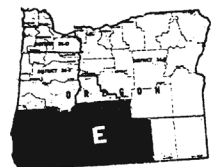
Hood, Sandy; **Zone 6:** Beaver Creek, Canby, Oregon City; **Zone 7:** Lake Grove, Lake Oswego, Milwaukie, Portland Benthams, West Linn, West Linn Riverview; **Zone 8:** Portland Hollywood, Portland Legacy, Portland Lloyd, Portland Oaks Bottom; **Zone 9:** Portland Columbia, Portland Downtown, Portland Parkrose.



### District R Clubs

**Region 1, Zone 1:** Mill City, Salem Downtown, Salem Northeast, South Salem, Stayton, Woodburn; **Zone 2:** Central, Dallas, Keizer, Mt. Angel, Salem West, Silverton; **Zone 3:** Albany East, Corvallis, Corvallis Mid-Valley, Jefferson, Lebanon, Philomath, Scio;

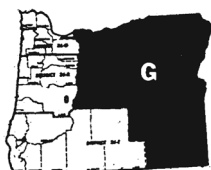
**Region 2, Zone 1:** Alvadore-Franklin, Central Linn, Eugene Bethel, Eugene Cascade, Junction City; **Zone 2:** Blue McKenzie, McKenzie River, Mohawk Valley, Springfield, Springfield Mohawk; **Zone 3:** Applegate Trail, Cottage Grove, Creswell, Elkton, Eugene Downtown; **Region 3, Zone 1:** Lincoln City, Newport, Pacific Sea, Waldport, Yachats; **Zone 2:** Florence-Siuslaw, Gardiner-Reedsport, Lakeside, Mapleton



### District E Clubs

**Region 1, Zone 1:** Roseburg, Roseburg Breakfast, Roseburg Umpqua, Sutherlin, Sutherlin Evening Branch; **Zone 2:** Canyonville, Myrtle Creek, Riddle, Tri City; **Zone 3:** Cave Junction, Grants Pass, Grants Pass Redwood, Illinois Valley, London Peak, So. Oregon Drifting; **Region 2, Zone 1:** Applegate, Ashland, Eagle Point, Jacksonville, Medford Host, Prospect; **Region 3, Zone 1:** Dorris CA, Keno, Klamath Falls, Klamath Falls S. Suburban,

Merrill; **Zone 2:** Bonanza, Crescent/Gilchrist, Lakeview, Silver Lake, Sprague River; **Region 4, Zone 1:** Coos Bay, Coquille, Myrtle Point, North Bend, Powers; **Zone 2:** Bandon, Brookings-Harbor, Crescent City CA, Gold Beach, Langlois



### District G Clubs

**Region 1, Zone 1:** Columbia Gorge, Hood River, Hood River Eye Openers, Odell; **Zone 2:** Arlington, Maupin, Sherman County, The Dalles; **Zone 3:** Heppner, Hermiston, Pendleton, Pilot Rock, Umatilla/Irrigon, Weston McEwen; **Region 2, Zone 1:** Bend/ Sunrise, Crooked River Ranch, La Pine, Madras, Prineville, Redmond, Three Sisters; **Zone 2:** Burns, Jordan Valley, Mitchell; **Region 3, Zone 1:** Elgin, Enterprise-Joseph, Island City, La Grande, Union, Wallowa; **Zone 2:** Baker City, Halfway, Huntington

## Dr. Terry 25 Years as Medical Director

The use of hyperbole is an all-too-common aspect of communication in this day and age – fueled by bombast and promotion, we are exposed to ‘the best of’ every conceivable category of consumption. Of course, simple logic dictates that the great majority of these claims cannot be accurate, but that obscures the fact that sometimes these claims are apt and fitting descriptors. I can think of few more outrageous statements than to claim that our Medical Director is the preeminent corneal surgeon in the world, but that is the truth, without reservation or exaggeration. In a more than 35 year career, **Dr. Mark Terry** has had an immeasurable impact on the science and techniques of cornea transplant in addition to helping to shape the course of how Eye Banks serve and collaborate with ophthalmologists and surgeons. It is our distinct pleasure this year to honor **Dr. Terry** for his 25 years of dedicated service to **Lions VisionGift**, Eye Banking, and the families of our donors and the recipients of their gifts.

Consider first that **Dr. Terry** is recognized as having the largest database of cornea transplant patients and outcomes in the world; which he’s leveraged into a prodigious publishing career that has laid the bedrock of much of the innovation that’s occurred in the past 10 years. Though we should note that he’s actually been a key component in driving much of that innovation based on his evidence-based approach including driving the development of Descemet’s Stripping Automated Endothelial Keratoplasty (DSAEK), and Descemet’s Membrane Endothelial Keratoplasty (DMEK) which have displaced the traditional cornea transplant that had dominated therapy for almost 100 years – several instruments utilized in the surgery were actually developed by Dr. Terry, and bear his name.



His leadership has helped **Lions VisionGift** navigate several expansions of laboratory capabilities as well as therapies and ocular tissues we can provide. His keen focus on evidence-based medicine serves as a cornerstone for the prolific, and respected, publishing track record Lions VisionGift enjoys today. Our collaborations have netted changes in how corneas are processed, who processes them, and really promoted the concept of maximizing the potential of donor tissue – including extending timelines for recovery and transplants. Very simply, Dr. Terry is inextricably linked with the success we’ve enjoyed.

**Dr. Terry** has been a vocal contributor to the Eye Bank Association of America, serving as chair of Medical Advisory Board and other committees. His position as a respected member of the ophthalmologic community translates into rooms coming to full attention when he steps to the microphone. His iconic status in the industry will be recognized this year, as they have announced he will be the recipient of the 2016 R. Townley Paton Award.

The R. Townley Paton Award is the Eye Bank Association of America’s highest honor for corneal physicians. This award is presented annually to an ophthalmologist in recognition of his/her outstanding contribution to eye banking and EBAA. Since 1982, esteemed corneal physicians who exemplify the precepts of R. Townley Paton, MD, the father of modern eye banking and the founder of the first eye bank established in the United States, have received this notable award. **Dr. Terry** joins a short list of eye banking giants with this award and further burnishes the reputation of **Lions VisionGift** around the globe.

## Choosing my field as an Eye Surgeon by Dr. Mark Terry

My father was a pediatrician and when I was a boy, I asked him why he chose the specialty of pediatrics instead of another field of medicine. He didn't hesitate to tell me. He said, "In most fields of medicine you give the patient an improvement in their life for (hopefully) a few years. In my field, I routinely give them an entire lifetime."

A couple of months ago, my father's words came back to me in full force. An 18 months old baby was referred to us here at **Devers Eye Institute** from Idaho for treatment of a condition that had caused both corneas to become swollen since shortly after birth. His parents, with two "normal" children, were heartbroken with this beautiful child that couldn't learn to speak because he couldn't see well enough to see his parent's lips move, who cried from the pain of blistered corneas if the lights in the house were not dimmed, and who would suck his thumb in a fetal position when approached by strangers.

This beautiful child had already been seen at a major university and had undergone corneal surface surgery to remove calcium scarring, but his condition didn't improve. An astute corneal transplant surgeon in Idaho said "I'm sending you to Portland, Oregon to see what the guys at **Devers Eye Institute** can do with endothelial corneal transplantation".

I first met young Peyton (name changed for privacy) in early July 2015 and all I saw in the nearly dark clinic room was a young child who was scared, in pain, and functionally bilaterally blind. Our exam the next day under general anesthesia demonstrated massively swollen corneas, with the right eye worse than the left eye. It was obvious to me that what needed to be done was a surgery to replace the inner layer of the cornea (the endothelium) to quickly eliminate the swelling, cure the blisters and get this child seeing again as quickly as possible. The problem was that the youngest patient that we had ever done selective endothelial transplantation on (modern DSAEK transplant surgery) was 7 years old, and even this case of a 7 year old resulted in a publication in a medical journal heralding its unusual success in such a young patient. In fact, there were no reported cases anywhere in the United States of success doing DSAEK in a baby like Peyton. I talked all of this over with Peyton parents. They knew that this type of modern transplant surgery originated here in the United States at **Devers Eye Institute** in my little lab 16 years ago, and they said: "Yes, it's his best chance". We scheduled the surgery at Legacy Good Samaritan Hospital a couple weeks later.

Corneal transplantation is a team effort and it starts with getting good donor tissue. The eye bank, our own **Oregon Lions VisionGift**, had sent out a nation-wide call for this special circumstance, and identified suitable tissue from a local donor. **Lions VisionGift** expertly prepared the donor tissue so that it would be perfect for this baby. Although difficult, the surgery went flawlessly thanks to the entire team at the Ambulatory Procedure Center at Good Samaritan Hospital. I told Peyton's parents that the surgery went well, but that we wouldn't be out of the woods to relax for another few weeks until we saw the donor tissue adhere and clear the swelling. I was wrong...it only took one week. At just 7 days after surgery, Peyton was able to open his eyes in a lighted room without pain and he smiled when he saw his mother, likely seeing her for the first time more clearly.

Peyton is now only 2 months out from surgery and comparing the before-surgery and the after-surgery pictures says it all.

***My Dad passed away nearly 20 years ago, but I can't help but think that he's smiling and thinking: "OK, so an eye surgeon can, on occasion, be as important as a pediatrician".***

## The Aroma of Pancakes and Sausage Was Wonderful

The guests feasted on pancakes with syrup, sausages, eggs, cocoa, juice and coffee. The event, of course, was the Eugene Downtown Lions Club 8th annual Pancake Breakfast with Santa and Mrs. Claus fundraiser. The breakfast was held Saturday morning December 5 at the St. Thomas Episcopal Church Fellowship Hall and served approximately 500 hungry guests. The Hall was full most of



Lions and guests loved the food

the time with Lions, their guests and other hungry patrons. You could hear the joyous sounds of the many children who enjoyed their visit with Santa and Mrs. Claus.

There were

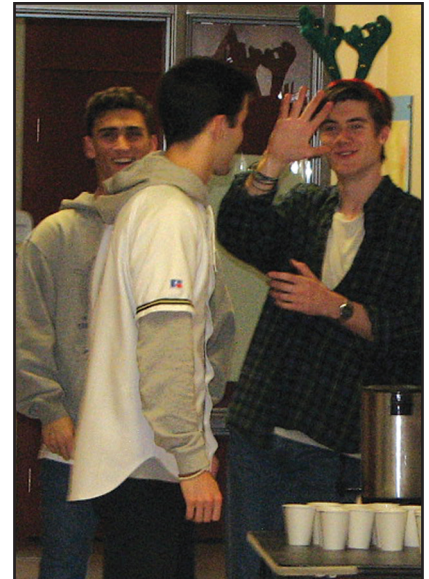
holiday treats and baked goods available for sale from Mrs. Claus' kitchen.

This was a wonderful family affair with Santa's helpers assisting kids with putting frosting and decorative sprinkles on their own Christmas cookies. Members of the Downtown Lions Club flipped pancakes, rolled sausages, and scrambled eggs to prepare the meal. The servers were members of the Delta Gamma Sorority and the Sigma Nu Fraternity



The cooks (Lions and Delta Gamma Sorority ladies) were busy in the kitchen

Many kids gave Santa and Mrs. Claus one of the cookies they decorated at the Christmas cookie decorating table. A new addition this year was free balloon sculptures, etc. for the kids.



The Sigma Nu men helped with refreshments



Santa's helpers, Lion Craig Ford and his wife Klea, welcomed guests at the ticket table

from the U of O. They worked in two shifts of about 20 members each and did a great job of keeping the guests served with breakfast. Again this year we couldn't have done it without them.

Santa and Mrs. Claus were, as usual, a big hit with the youngsters and adults alike.



The Delta Gamma Sorority ladies looked like professional servers

The first winning ticket belonged to Emily Newton who graciously offered the bicycle to be given to one of the children present. Lion Adam had to devise a way to pick a winner. His



Cookie decorating was fun!



Debbie from Destinations Events made balloon animals for the children

Raffle tickets were sold for two childrens bicycles. Lion Gene Gustafson the "Ticket Master" was sidelined with medical issues so Lion Adam Schulz courageously took over and enthusiastically encouraged everyone to buy a raffle ticket for the bikes. Lion Adam even used the "Ticket Master's" favorite line of "20 for 20!" to encourage ticket purchases.



Lilly Wales beams when receiving her new bicycle

wife Katie suggested giving each child a new raffle ticket and then picking the one winner from them. The winner was Lilly Wales who was so excited to win the first bicycle. The second winner was Lion Don Combs who, by telephone, said he would accept the boy's bicycle for his grandson.

Special thanks goes to Lions Twila Butler and Judith Grosenick for organizing another



Santa and Mrs. Claus posed for a family portrait

perfect event. Thanks also to St. Thomas Episcopal Church for allowing us to use their facilities again this year, to the Delta Gamma Sorority, the Sigma Nu Fraternity and all of the Lions who worked so hard setting up, cooking, selling tickets and baked goods and cleaning up afterwards. A job well done!

*submitted by Tim Chuey, EDT PR Chair*

## District O - Northwest - North Coast



### District O Governor Column

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Another holiday season has passed accompanied with a winter flood in our area. I have witnessed the saying "Where there is a need, there is a Lion." Where there was need for a Christmas tree, Lions were there to fill the need. Where there was hunger, Lions provided Christmas dinner for families. Where there was need for toys, socks, coats and/or shoes, Lions were there to help. During this Christmas and Hanukah season, Lions of District 36-O were there to help and serve in so many ways.

At this busy time of the year, a big storm came through the Portland area and created many problems from the coast to Mt. Hood. We as Lions are there to serve our community and, to that end, Lions International makes funds available to each community in our Lions District if we need it. This is an example of how money sent to LCIF is used to serve the people in our community. The money Lions give to both the Oregon Lions Sight and Hearing Foundation and the Lions International Foundation can and will come back, when needed, to make the lives of the people in our community better in a significant way.

As we start this New Year 2016: 1) Let us as Lions continue to get out in our community and make ourselves aware of the needs; 2) Let us look for people who would like to serve others and offer them the opportunity to become a Lion; 3) Let us find communities that need a Lions club and sponsor a new club so more communities can be served; 4) Let us work together in Harmony as we treat all of Humanity with Dignity; 5) Let us continue to support the two Foundations that help us make a significant difference in our community.

This year it is important that each Lions club in District 36-O is represented at our Convention in Gresham on February 20. This is a time to celebrate our successes and learn new skills for the future. It is my hope that we have a record number of new and first time Lions at our Convention. We will have a parade of checks for the Oregon Lions Sight and Hearing Foundation, and a chance to meet International Director Robert Littlefield. The price is \$25 including lunch.

## District R - Willamette Valley - Central Coast



### District R Governor Column

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Happy New Year! I hope everyone had a safe and joyous holiday. Now it's time to get back to Lions. We want to finish out this year as strongly as possible so VDG Judy will be able to hit the ground running when she takes over July 1st.

The most important item coming up in the near future is the District 36R Conference. The date is February 6, 2016. It will be held at a new location this year – the Wheelhouse Events Center in Albany. We will be using the first and fourth floors of this new building. The fourth floor is a large open area which we will use for general meetings and for our luncheon. The first floor has several conference rooms that we will use for seminars and forums. Our guests will be International Director Robert Libin and his wife Lion Michelle. ID Libin is from New York. He prefers to keep it informal so he asked if he could wear jeans and boots. However, he agreed to wear coat and tie. He has asked that we call him Bob. He will address the Conference three times: as part of the opening ceremonies; leading a forum on leadership and as Keynote Speaker at the luncheon.

We will also have information on a variety of subjects, e.g., a forum by the Oregon Lions Sight and Hearing Foundation; seminars on leadership and membership; a presentation by Puppy Raisers. We are working on other seminars that can provide information that will be both useful and interesting. We are looking into the possibility of a workshop on making origami cranes since that is the symbol selected by International President Yamada.

This will be a fun and interesting Conference. A registration form for the Conference was included in the December *The Oregon Lion*, and is also in this issue. I hope to see many District 36R Lions in Albany.

The next District Cabinet Meeting is scheduled for 9:00 AM February 27, 2016. It will be held at the Albany Regional Historical Museum. As I write this, I am still working on finding interesting presenters. I will keep you posted as I get things worked out.

## District E - Southern - South Coast



### District E Governor Column

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**Website:** www.districtlions.org

Here we are in December and halfway through the District Governor's term. So how are we doing?

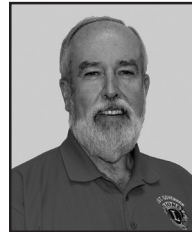
I have visited 38 of 41 clubs. The remaining clubs are scheduled except for Sprague River. I hope to be able to reschedule that club in the spring. All of the clubs are busy providing services to their communities. Several clubs are low in membership and that reduces the amount of services they can provide. I continue to stress the "Ask One" plan. If you don't ask, people don't have an opportunity to join. I lived and worked in one small town for 20 years that has an active Lions club. I was never asked once if I knew what Lions did or if I would like to help provide needed service to the community. When I moved to Brookings, a Lion told me about Lions and some of what they did. Then I was asked if I would be willing to help Lions provide much needed community service. The rest is history. Membership is the key to a club's ability to provide service.

I am still working to get a new Lions club started with some possibilities being explored. Our second cabinet meeting, like our first, was well attended. I told all the east side clubs that the meeting would be held in Keno to give each of them a better opportunity to attend a cabinet meeting. There was also a little challenge extended: could they have more attendees than at the first cabinet meeting? There were 48 Lions at the first cabinet meeting and 50 at the Keno cabinet meeting. Wow! Our next cabinet meeting will be held at the Southern Oregon Lions Sight and Hearing Center in Medford on March 20, 2016 from 9-11a.m. Many Lions from the District will already be at our Convention in Medford and I'm hoping for a large turnout for our third cabinet meeting.

District 36-E Convention is March 18-19 in Medford at the Ramada Medford and Convention Center. Friday will be a Fun Night "Beach Party". Reservation forms have been sent out to all clubs in the Multiple District. Reserve this date and plan to attend this exciting event. Additional forms may be requested by emailing Cabinet Secretary Areta Schock at [aschock1@frontier.com](mailto:aschock1@frontier.com) or by mail to P.O. Box 3184, Brookings, OR 97415

*Waves of Lionism, DG Wes King*

## District G - Central - Eastern Oregon



### District G Governor Column

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It's a great time for making resolutions that we can keep and increase the probability of ensuring our communities become better places to live, work and play! The holiday season is over and winter truly sets in, although prognosticators indicate it will be warmer and wetter than usual as was the case with the first half of December, with a hint of snow and then all the rains! Traditional resolutions run the gamut of losing weight to exercising more to getting a better job and even cleaning up the yard, house or garage. Let's see if we can create a focus on something else!

Lions service projects that are a bit outside the norm can enhance clubs as well as neighborhoods. Christmas tree pickups, photos with Santa and the like are well and good, but with our imagination and dedication we can do much more. How about making new steps or a ramp for a person with disabilities? Maybe a club could take on serving Meals on Wheels one day a week or more. Even volunteering in the SMART program reading to elementary kids would make life better! The thing is we just need to buckle down and do it; make it happen and brighten up someone's life! After all WE SERVE is our motto.

Closer than one imagines will be District Conventions and 36-G is March 4 and 5 in The Dalles at the Discovery Center. Mark your calendars for a fascinating good time and experience Lionism at its finest! Our international guest will be Maurice Kahawaii from the Kona area in Hawaii, LCI Past International Director.

Visitations to clubs are working out great and as much as possible I am accompanied by other District leaders, often VDG Judith Poage. Clubs welcome other Lions to attend and, with that in mind, how many of you are making visitations to clubs? It is a great way to pick up pointers and information on service projects, fundraisers or merely gain new Lion friends.

It is time to look at the donations we all give, as clubs and/or as individuals to various causes. Have you donated to LCIF or OLSHF or to the different sponsored Canine Services groups? If not, please do so to keep their assistance to people healthy and on-going. Has your club or individuals considered sponsoring a Youth Exchangee for the summer or contacted a high school student who may want to see what the rest of the world may be like? Lions Youth Exchange Program is alive and on-going in Oregon. Lastly, open your hearts and homes to those less fortunate and always with the heart of a Lion! Tucker and I wish you all the best New Year possible and we'll see you all soon.

## **You, Me and Diabetes!**

Happy New Year Lions!

If you're reading this article, you have undoubtedly made it through the excess of rich foods and drinks that were surrounding us during the holidays; but maybe you were touched by enough that you need to get back on the path to good exercise and a proper diet. You will notice now that the ads on the media are not focused on gifts but more on exercise equipment, dietary programs and miracle pills that according to the advertisements, if taken as recommended, will slender you in record time. Lot's a luck there! As the saying goes "retire expire". What that means in essence is, if you start out watching the news on TV in the morning and as the day goes by you sit longer and longer, you're basically sitting all day long and then you will find that you will have a hard time getting out of your chair. Why? Well simply because you have let your muscles atrophy from lack of exercise and you have to start rocking back and forth to gain enough momentum to spring to your feet. You want to stay active? Then rise up and start exercising and you will continue to be active. Note: I realize that this is difficult for many because of existing health issues. But for you that don't have those issues, get off your butt and get active! If not, keep rocking and good luck!

*Below is the continuation from last month article*

### **Eat More Good Fat**

Adopting the Mediterranean diet, with its abundance of fish and heart-healthy olive oil, can lower your risk of diabetes by a whopping 83%, according to *The British Medical Journal*. Olive oil is a good fat that boosts insulin sensitivity. Vegetables, whole grains and nuts also lower blood sugar and cholesterol and keep you slimmer because these foods are plant-based, not processed.

### **Get Up Already**

We know that sitting for too long can be deadly; now new research in *The International Journal of Behavioral Nutrition and Physical Activity* shows that people who sit six to eight hours a day are 19% more likely to have diabetes. Extended sitting slows your body's ability to metabolize glucose. But moving around for two minutes every half hour ups your metabolism enough to lower glucose. Set a timer if you need a reminder.

### **Type 1 Diabetes**

Patients with type 1 diabetes have an absolute lack of insulin, so they must inject insulin with a syringe, pen or an insulin pump, as they require insulin for survival. If they do not take insulin for 24 to 48 hours, they may develop diabetic coma, also called diabetic ketoacidosis, a life-threatening problem that occurs when the body cannot use sugar (glucose) as a fuel source because there is no insulin or not enough insulin. Those experiencing diabetic ketoacidosis may die if not promptly treated. Insulin for type 1 diabetes is prescribed in amounts needed to match the food intake and exercise level of the individual so that blood sugars remain in the "normal" range and are neither too low nor too high.

While some researchers are working on ways to make injected insulin last as long as possible in the body, others are coming up with ways to put it to work fast and painlessly. In February, Sanofi released inhalable mealtime insulin called Afrezza.

Afrezza is a very fine powdered, rapid-acting insulin that gets into the body via the lungs, which are made up of millions of tiny airways. Unfolded, they'd cover half a tennis court. When you breathe in, the powder is distributed through these airways and quickly moves into the blood. As you are pulling air in, you're also getting insulin particles so small they reach the deep lungs. The powder is absorbed almost as soon as it hits the lungs, passing over into the bloodstream within five to six seconds.

That, claims the drug manufacturer, makes Afrezza extremely convenient: Breathe in as you're sitting down for a meal, not 20 to 30 minutes before as with injections. As a patient, you can inhale the minute you start eating and see peak insulin within 12 to 15 minutes. It's very fast and gets out of your system very quickly. Within 180 minutes, it's all out of you system. That way, while your meal is digesting, there is less of a chance you'll have too much circulating insulin, which puts you at risk for hypoglycemia.

The reason a dog has so many friends is that he wags his tail instead of his tongue!

*MD36 Diabetes Chairman, PCC Charlie Tate*



## DISTRICT 36-0 CONVENTION REGISTRATION FORM

February 20, 2016 – Registration 8:00 am  
St. Henry's Church School Gymnasium  
346 NW 1<sup>st</sup> – Gresham 97030

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Badge Name \_\_\_\_\_  
PLEASE PRINT IF DIFFERENT FROM 1<sup>ST</sup> 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 \_\_\_\_ 1<sup>st</sup> 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 20, 2016** 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 at 7  
Feathers Casino in Canyonville – May 13-14, 2016

**\* NO REGISTRATION AFTER FEBRUARY 14, 2016 \* NO ON-SITE REGISTRATION \***

Special needs: Vegetarian \_\_\_\_ Diabetic \_\_\_\_ Other \_\_\_\_\_

**We will be collecting jars of peanut butter to help stock  
food banks – please bring your favorite brand to donate!**



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

Make check(s) made payable to: **District 36-0 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**

Young Lions Make a Difference

How do we recruit young Lions into our clubs? The Brookings-Harbor Lions Club knows something about this having seven younger members. Areta Schock, Club member says, “Our Lions are noticeable in the community. We encourage our Leos to join and our Club Excellence Process made many changes.”

In this article, we want to introduce you to four younger Lions from across Oregon and what they say about club projects, improvement, and recruitment. First, here’s a little information about each of them:

**Ashley McNaughton**, Club President of the Milwaukie Lions Club (District O), has been a member for 3 years. Her great-grandfather was a founder of this Club and she said it made perfect sense to officially join after growing up going to Club activities.

**Charlie Foote’s** co-worker invited him 3 years ago to a Club meeting of The Dalles Lions (District G) and Charlie liked the lively and informative evening. Charlie joined because it was a great way to help people and now he’s a board member of the Club.

**Jadie R. De Lille Wright** was inducted last January into the East Albany Lions Club (District R) and is already Club Membership Co-chair and a District Committee Chair. Jadie was introduced to Lions by her grandmother, Lou Amerson.

**Jesse Orozco** transitioned 2 years ago from a Leo to a Lion member of the Brookings-Harbor Lions Club (District E). He is their Leo Club Advisor.



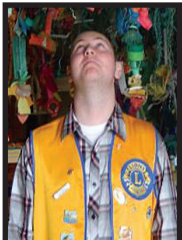
Ashley McNaughton



Charlie Foote



Jadie R. De Lille Wright



Jesse Orozco

What’s your favorite service project or fundraiser?

- Jesse:** The food drive for the food bank because they can distribute it to needy families in our community.  
**Jadie:** The Lumberjack Breakfast. I like the Gun Show and the eye screenings and tests in our area.  
**Charlie:** The annual sight screenings that we do at the schools and the Salvation Army E.L.F.F Food Drive.  
**Ashley:** Our Christmas Food Project to feed 500+ families in our community. I love the way everyone works together toward a common goal.

If you could change something in your Lions Club or Lions in general, what would that be?

- Jadie:** Advertise more. We need to let the communities know we are here to help in whatever way possible.  
**Charlie:** I’m very happy with my local Club and Lions in general.  
**Ashley:** We can bring in more young people, but also see more fresh faces in leadership positions.  
**Jesse:** Put more focus towards Leos in our District and Multiple Districts because Leos are the future.

What are ways Lions clubs can recruit more young people?

- Charlie:** Show them the impact that a Lions club can have on people’s lives. Also, try to make the projects, fundraisers and meetings family-friendly so a younger member could bring a spouse or children.  
**Jadie:** Set up a table at any campus, sporting and community event to recruit more members (of all ages).  
**Jesse:** Ask young people what kind of service project or fundraiser they would be interested in helping in.  
**Ashley:** For younger members, plan events on the evenings and weekends. Allow them to plan activities and we need to show up to demonstrate that their ideas are important to us. Add a networking component to help them establish themselves in the working world.

**Social Media?** These Lions use Facebook or Instagram to connect with family, friends and other Lions. Thank you to young Lion leaders across the state for helping to shape the future of Lions clubs in Oregon.

submitted by Bert Diamond

Holiday Assistance Provided Throughout the State

Rockaway Lions Provide Thanksgiving Baskets

The Rockaway Lions provided 67 Thanksgiving baskets to families in need in the area. These baskets included turkeys, canned goods, cereal, jam, peanut butter, potatoes, stuffing, soups, vegetables, chili, pasta, cheese and butter donated by the Tillamook Cheese Factory.



submitted by Gloria Tarnasky

Keno Lions Provided Baskets within the Community

The Keno Lions Club assembled and delivered 21 Thanksgiving baskets to members of the Keno community.



l) Keno Lion President Joe Foran, Scott Foran and Jim Dillon, manager of Sherm’s Thunderbird in Klamath Falls.

Elgin Demonstrates Unique Qualities

The city of Elgin has some unique qualities in banding together to serve the community. This week all of the churches, working through the Elgin Ministerial Association, distributed 60 food baskets within the community. The churches in the association have worked together to have events such as “Service in the Park,” Sunrise Service, and 5th Sunday Sings spread throughout the Elgin congregations. Money collected during the Sunday Inspirational Sharing is distributed to those who might need a “hand up” during the year.

Pastor Mark Opperman of the Christian Life Center has organized the Christmas baskets for eight years. Mark has also been the general chairperson of the Ministerial Association during that time. Pastor Mark stated this year’s event was successful once again due to the number of volunteers from all the churches within the community. He noted that many not only provided food products, but donations for Bible studies and other ministry reaching out to the community. Also unique to the Elgin community, service clubs support the food basket drive, not to just those in need, but to those needing encouragement.



Volunteers (l-r)) Gerald Hopkins, Mayor Allan Duffy and Gary Keller

Through the Ministerial Association, 50 large turkeys were purchased, while the Lion’s Club donated another 25 turkeys for the event. The Lions have donated the turkeys for several years, according to Secretary Jared Rogers. A few more turkeys were given through private donations, allowing larger families to receive two birds.

Pastor Opperman said it was touching to hear one of the recipients comment, “Thank you so much. Now we can have a Christmas.”

submitted by Gerald Hopkins  
photo by Michelle Duffy

## Forest Grove Lion Leticia Aguilar Receives Prestigious Skidmore Prize

*Every year, Willamette Week honors four Portlanders 35 and under who do fabulous work for local nonprofits by awarding them the Skidmore Prize. Winners must work at a local nonprofit, be 35 and under, work 32 hours a week or more and make \$40,000 a year or less.*

“Leticia has an uncommon knack for blending visionary thinking with feet-on-the-ground realism. Her remarkable emotional intelligence allows her to intervene in crises with the right degree of warmth and firmness to get girls back on track.” - Bridget Cooke, Executive Director and Co-Founder, Adelante Mujeres.

When Leticia Aguilar joined Adelante Mujeres part-time as the Chicas (Girls) administrative assistant in 2009, she wasn't certain she was cut out for the job. “I didn't want to be the person that says, ‘Do as I say, not as I do,’” she now says.

At the time, Leticia was a young, married, pregnant high school graduate who hadn't gone to college and was working the desk at an insurance agency. Her parents who were migrants from Mexico to Forest Grove feared deportation after realizing Leticia's financial aid applications required a social security number they didn't have.



But she was hired and after being trained to mentor elementary school girls, Leticia realized she was indeed meant to serve as a role model for young Latinas. Now, one community college degree, three promotions and six years later, she serves as the Chicas Youth Development program coordinator.

Adelante Mujeres translates to “empowering women,” or “moving women forward.” The Forest Grove-based organization does exactly that. Adelante Mujeres served 411 Latina students during the 2014-2015 school year. All 19 of the seniors from last year are currently enrolled in college. Of the elementary and middle school girls, exit surveys show improved self-image, deeper confidence and better grades than Latina counterparts not in the program.

Leticia, now 28, has had her hands in nearly all of this. In six years with the program, she has led nearly a dozen after-school groups. She stuck with one of these groups from third through ninth grade. Her sessions cover topics from alcohol-abuse prevention to STEM to LGBTQ support. Aguilar repeats one particular session with nearly every group she has mentored: “Why you should appreciate your Spanish culture.”

“I want them to love who they are, not be ashamed,” she says, explaining that her girls often feel they are ugly, unsupported or hated by their peers. The low-income girls Adelante Mujeres serves have working parents, several of them with field labor jobs, according to Aguilar. When they leave school, these girls return home to assist with cooking and cleaning; only then can they attempt their homework.

“Girls come in [to the program] with anger, blaming their parents for things,” she says. “But they leave here with a completely different mentality. They begin to appreciate the hard work.”

Leticia is no stranger to the topic of hard work. In addition to mentoring, she takes high schoolers and their parents on college visits, for which she coordinates the transportation and on-campus experience.

“I like taking the girls,” she says. “But I like taking the families more. Often times they are afraid to let their daughters go to college. They don't want them to go out of town.”

*continued on page 15*

Visits to University of Oregon, Oregon State University, Western Oregon University, Linfield College and PSU usually mean all-day Saturday trips. At Leticia's urging, colleges facilitate student panels with other minority students, lunch with Latinas attending the school, admissions workshops and dorm tours. Aguilar aims to show parents and girls what helpful services the school can provide.

"We can enroll our girls," she explains. "But then what? Who's going to be there to make them feel connected to the college? That is what I want them to know."

From across a conference table in Adelante Mujeres' second floor office, she explains that many of her Chicas (girls) view her as "a second mom". She is a mom to two of her own, (ages 7 and 2), a youth soccer coach, wife, daughter and member of Forest Grove's Lions Club, serving as a Vice President.

When does she sleep? "You get used to it," she says with a shrug and a laugh. "I can't remember what it's like to come home and not do anything." But doing nothing isn't really her style. Her next goal includes finishing a second degree in human development. "I want to provide more support to the girls and really understand the development stages they are going through," she says.

#### **BOTTOM LINE FOR PORTLAND . . . .**

Leticia Aguilar assists more than 400 Latina girls in Forest Grove annually by providing leadership education, mentorship and college prep.

#### **FOLLOW UP . . . .**

Leticia has submitted a Lions Quest Grant request through the Forest Grove Lions.

*Reprint from Willamette Week's Give/Guide 2015*

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### **Representative Greg Barretto Visits La Grande Lions**

Going back and forth to Salem consumes much of Representative Greg Barretto's time and according to Greg, "It's a demanding job."

Greg Barretto spoke to the La Grande Lions about his first term as a representative of Eastern Oregon and said emphatically, "It's different from anything I have done. You get tugged in many directions, and it's frustrating many times." The majority of time is spent in committee work. "Government moves slowly," he said, "and that's what makes it very frustrating." He stated that any progress made requires relying on colleagues in committees. One of the goals listed by Greg is to make Oregon a more business friendly state. The 2 ½ percent tax being discussed on gross revenues will not help the situation, he added and the state could see mass exodus of businesses.

Bills being discussed at the current time include taking the wolves off the endangered species list, low carbon fuels bill, perimeters on marijuana and increasing the minimum wage.

Greg stated that serving in the legislature is not a part-time job and he is devoted to the time.

He emphasized that coming from the eastern part of the state places him in the minority of the legislature, but he was elected to represent the district, and will work hard for his district.

In other Club matters, the Lions have been selling Christmas wreaths, collecting and distributing coats and boots for kids and distributing flags to first graders.



**Greg Barretto is introduced by Club President John Howard**



**Greg Barretto makes a point to local Lions**

*submitted  
by Gerald  
Hopkins*

# OREGON LIONS SIGHT & HEARING FOUNDATION



**Carleene Iverson**  
Chair



**Doug Thompson**  
Executive Director



## **Conventions Are Right Around The Corner!**

Those of us that are regulars at Lions Conventions know how wonderful these events are: The networking, learning about what other Lions Clubs are doing, and especially the Lions friendships that are made and maintained. These are just a few reasons that I encourage you to attend your District Convention - and the MD-36 Convention - in 2016.

As Chair of your Oregon Lions Sight & Hearing Foundation I invite you to attend a Convention this year, especially if you have never experienced one! I guarantee you will learn more about OLSHF and how your Lions Club can help more people in your community. Attendees will learn about the amazing MHSP screening events taking place all over the state - Did you know that OLSHF is regarded as one of the premier school-based health screening organizations in the country? Attendees will also hear how Lions Clubs are now saving money every time they help someone with new eyeglasses through the OLSHF LEAP Lab, and will also learn how to access the KEX Kids Fund program that provides new eyeglasses to qualifying children throughout Oregon.

The Foundation will be at all 2016 Lions Conventions: District R in Albany and District O in Gresham in February and District G in The Dalles and District E in Medford in March.

And of course we'll be in Canyonville in May at the MD-36 Convention where we'll have a special announcement in store for all of those in attendance. In fact, stop by the OLSHF booth in Canyonville and say "Carleene sent me!" and we'll have something special just for you.

Looking forward to seeing you!

## **Make - And Keep! - That New Year's Resolution**

Traditionally, New Year's Resolutions involve efforts toward self-improvement, pledges to modify behavior to make us healthier or happier. Often these efforts are broken - or forgotten - by Valentines Day. Or in my case, by MLK Day.

They say we're more likely to follow through on resolutions if we share them with someone, holding us more accountable. And wouldn't you agree that we can accomplish so much more when we work together as a team or a group - or as a Lions Club?

So here's an idea - a challenge to you and your Lions Club: Resolve in 2016 to partner with OLSHF in one of the following ways: Sponsor a school or community MHSP event to identify those in need of critical health services. Already involved with MHSP? Great, then work with OLSHF to join the Lions Eyeglass Assistance Program (LEAP) network of Lions and vision providers helping people in need with eye exams and new eyeglasses.

Already LEAPing? Ok, then consider sponsoring someone in need of cataract surgery but lacks insurance and resources for surgery and treatment. Lions Mission Cataract has surgeons available to help and this amazing program is available at no cost to your Lions Club. Think about it: By resolving to join the Lions Mission Cataract program, you won't have to give up sweets or do a single push-up. But you will give the gift of sight to someone in your community that would otherwise go blind.

And you can still have that evening bowl of ice cream, guilt-free.

Please contact Melinda at the Foundation - [Melinda@OLSHF.org](mailto:Melinda@OLSHF.org) - to learn more about these and other opportunities to "keep the promise" for people in need in your community.

# GIFTS & MEMORIALS

## Supporters

**Lion Champion: \$10,000 and above**  
Golf Charities Foundation Inc.

**Lion Patron: \$100-\$499**

John Borden  
Gene Christian  
Betty McConnell  
Brenda & George Taylor  
Clifford & Jo Anne Trow

**Lion Donor: Up to \$99**

Oregon Dept of Revenue  
Charitable Checkoff  
Ronald & Charlene Larsen  
Judith Poage  
The Standard

## PRIDE Donors (Recurring Donors)

John Anderson  
Ray Andrieu  
Rod & Debbie Bach  
Charles Blanchard  
Gerald Caldwell  
Hank Calhoun  
Debi Castor  
Rennie Cleland  
Jo Hallam  
Thomas & Paula Hilgers  
Carleene Iverson  
Brad & Laura King  
Keith & Denise Price  
Brian Rangitsch  
David & Penny Rich  
Dale & Sharon Rollins  
Al & Becky Scott  
Dixie Sexton  
Jason & Amalia Shaner  
Colan Slaght  
Irv & Sherril Smith  
Doug Thompson  
Roger & Paula Trueax  
Paul Zastrow



Oregon Lions  
Sight & Hearing Foundation

## In Honor

**Gift in Honor of Pete Larson's  
100th Birthday**  
Mo & Patricia Jaffer

## Memorials

**Gift In Memory of George DeHart**  
Ronald & Judy Duffe

**Gift In Memory of Flicka Dunlap**  
Ruth Farm  
Janet Hasson

**Gift In Memory of Helen Ivie**  
Gerald Monroe  
Areta Schock

**Gift In Memory of Ronald Jones**  
Springfield Mohawk Lions Club

**Gift In Memory of Mary Kokko**  
Sandy Kokko

**Gift In Memory of Don Potter**  
Roger & Paula Trueax

**Gift In Memory of Philip Peterson**  
Mindy Rocha Barella

**Gift In Memory of Marcella Taylor**  
William & Lynne Joseph

**Gift In Memory of Buster  
VanderWoude**  
Lions Past District Governors  
Association  
John Schock



## MHSP Event Sponsors

Aloha Huber Elementary School  
Arthur Academy  
Bend La Pine Schools  
Central Lions Club  
Corvallis Lions Club  
East County Church of Christ  
Eugene School District 4J  
Gaston School District  
Grants Pass Redwood Lions Club  
Hermiston School District  
Heron Creek/Riverbend  
Jefferson County School District  
Junction City Lions Club  
Klamath Falls Lions Club  
Lowell School District  
MLA Public Charter School  
Multnomah Dental Society  
Newport Lions Club  
North Marion Schools  
Oregon Trail School District  
Philomath Lions Club  
Philomath School District  
River Road Elementary  
Roosevelt Middle School  
Seaside School District  
Sherman County Lions Club  
St. Paul School District  
Stayton Lions Club  
Sutherlin Lions Club  
Three Rivers School District

**GIVING THE  
GIFTS OF SIGHT  
AND HEARING**

Interested in learning about our PRIDE Recurring Donor Program? Contact Nicole or Allison at (503) 413-7399 and hear how easy it is to join the PRIDE program and give the gift of sight and hearing year-round!

Contributions listed include gifts received 11/16/15 to 12/15/15 only. Every effort is made to ensure this list is accurate. We appreciate you bringing inaccuracies to our attention by emailing [Info@OLSHF.org](mailto:Info@OLSHF.org)

## HEAR THE ROAR! MOBILE EVENTS

OLSHF,

The recent 'pilot project' events were huge successes thanks to the help of Starkey hearing aids, Valley River Inn in Eugene, and the Community Cancer Center in Roseburg.

In total, I saw 22 people, two were follow ups from our previous event in Canyonville, and fit 10 people with aids (one person just needed a hearing aid in one ear). I am already excited to return to Eugene and fit the rest with their new hearing aids.

Two people cried since it has been so long since they have heard their spouses.

Big thanks to the Lions for their support of hearing services!

Dr. Todd Landsberg



Eugene area Audiologist and Lion, Dr. Craig Ford and one of the event attendees. She was so excited to hear again she couldn't contain her joy!

### Roar! Mobile 'Pilot Project'

To learn more about this effort, please contact [Melinda@OLSHF.org](mailto:Melinda@OLSHF.org).

## SIGHT & HEARING CHAIR SPOTLIGHT

Elaine Henderson, a member of the Madras Lions Club for over twenty years, isn't one to brag. When asked why she joined, she eloquently said, "I was so impressed by how they served but didn't brag about it... and that was something that I wanted to be a part of." Although she wasn't certain about how long she's served as Sight & Hearing Chair of her club, she did speak about the struggles and the rewards of this important role. With a limited budget, the club does its best to help the community with sight & hearing requests.

Jefferson County's population has 3% more persons living below the federal poverty level than the rest of the state and the medium household income is nearly \$7,000 less than the rest of the state.<sup>1</sup> This disparity makes Elaine's job more challenging. "Sometimes it's tough when someone needs help more often but I have to deny their request for someone who has not had glasses in a long time."

Resources: 1. <http://quickfacts.census.gov/qfd/states/41/41031.html>

Elaine boasted about her Madras Lions Club's involvement with the new optical finishing lab at the Oregon Lions Sight & Hearing Foundation. "The [LEAP] lab has helped tremendously" Elaine exclaimed, and with both local optometrists on board, the club saves hundreds for each person they help. When approaching her club with the opportunity to use the lab, Elaine wrote to club members "this is huge!! It's like winning the lottery!" **Elaine and the Madras Lions Club have helped nearly a dozen people so far with the support of the OLSHF LEAP Lab!** She continues to process even more applicants and realizes the value of their club. "This is a team effort and each member has a job to do to keep our club going and it's not always easy, but as a team we make it through together."

Elaine, your job as Sight & Hearing Chair throughout the many years has not gone unnoticed. It's Lions like Elaine Henderson that inspire others to serve with their whole heart and tackle pressing needs in their community!

## PICTURES FROM THE MD-36 EYEGLASS MISSION TRIP TO MEXICO

OLSHF Staff member Kaitlin Anderson participated in her first Mission trip and is excited to share these images from her 10 days in Zacatecas. Upon her return, she noted, "My favorite part of the entire trip was watching people smile when they got their glasses." Kaitlin worked with Lions from all over the area to serve well over 2,100 people with exams and eyeglasses. Javier told her, "From me and my family and the entire city of Zacatecas, thank you for helping us!"



## Gator Thoughts

With the destruction of our kitchen in October and the very slow rebuilding, I have had very little time to think about my Gator Thoughts. If you can imagine 8 people living in one small house with no kitchen for over a month and having to do any dishes in the bathroom sink, then you will have an idea of what we are going through. No cabinets, no sink, no stove, no microwave, and no floor or subfloor just planks to walk on. It has been an adventure, to say the least.

We have been screening more kids this year than ever before. In **one week** during the month of Noveber, we screened over 15,000 kids in more than 40 schools in the state of Oregon and Northern California. The month of November put us well over 80,000 screenings since school started. We are looking at another record breaking year and should be over 150, 000 screenings. It is amazing! We just get better and better. I am having the time of my life! Is this a great organization or what?

**I just want to wish you all a very Happy Holiday season. I hope you all had a great year and hope your next one is even better!**

Thank you for reading my "Gator Thoughts". It has been a lot of fun for me to write them for you over the years.

See ya later  Lion Wally Gator  
To be continued! .....

### Camera Obscura Presented to PDG Hopkins

President Bob Thomas presented the program for the Elgin Lions Clulb titled "Camera Obscura." He traced the beginning of the first camera back to the early 1500s, including work by artist Leonardo da Vinci, who is credited for the first crude camera called the camera obscura. It was a darkened box with a tiny hole admitting light. An image was formed on the opposite wall in an upside-down picture. Initially artists used the camera obscura as a sketching aid that traced lines and shapes of the image.

Lion Bob followed the work of the camera through the 1800s where Johann Schulze discovered that silver salts are sensitive to light and started to experiment with permanent images.

Lion Bob said that many students learned to make the small camera in school through the use of a cardboard box and a mirror setting at a 45 degree angle. A mirror reflects the image upward to a glass screen on the top of the box. Lion Bob showed a camera he had recently made and then presented it to PDG Gerald Hopkins, for his work submitting pictures and stories to the papers and *The Oregon Lion* magazine. Lion Thomas thumbed through the latest magazine and shared stories and pictures by PDG Gerald Hopkins.



Lion Bob Thomas presented camera to PDG Gerald Hopkins

## Elgin Lions Travel to Imbler For Flags Presentation to 1st Graders

The Elgin Lions traveled to Imbler to hand out flags to First Grade students. Lion Gerald Hopkins gave a brief explanation of the service by the Lions followed by Steve Oliver handing out brochures with a history of the flag. Students followed up with a pledge to the flag after receiving them.



PDG Steve Oliver talks to students about the importance of the American Flag



PDG Steve Oliver hands flags out to students



PDG Gerald Hopkins and Lion Linda Johnston prepare students to recite the Pledge of Allegiance



Elgin Lions (l-r) PDG Gerald Hopkins, Linda Johnston, Steve Craig and PDG Steve Oliver

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## Elgin Lions Work Highway 87

The Elgin Lions gathered to go on another litter patrol for the community. Thirteen Lions, chaired by Barbara Hawes, scoured Highway 87 on both sides of Elgin, filling and lining the highway with yellow garbage bags.

The Lions carry their cleanup campaign to the roads twice during the year.

*submitted by PDG Gerald Hopkins*

## Elgin Lions Host Basketball Tournament and Parade

The Elgin Lions continued their many activities including hosting a Lions Basketball Tournament, setting up the community Christmas tree, buying toys for tots, organizing Christmas shopping for students, BINGO and hosting an Elgin Light Parade with the Lion Train participating in the event.

Organized by Chair Jared Rogers, the Elgin Huskies held their Kick-off Tournament hosted by the Lions with boys and girls teams from Elgin, Baker City, Umatilla and Pine Eagle. The championship games pitted the Elgin boys against Umatilla and the Elgin girls against the Umatilla Vikings. In both games, Umatilla captured the championships and were handed Lion trophies for their efforts.

During the game, the Light Parade was also being manned by the Lions of Elgin. Floats meandered through the streets with prizes going to the largest and smallest commercial categories as well as groups and individuals. Lion James Johnston served as the chief engineer for the Lion Train.

The Lions supported members David and Teri Fuhrman, who own Cowboy and Angel's Restaurant, for holding a drive collecting toys for youth in the community.

BINGO continues each Wednesday evening and is considered a social event for the community as well as a way to collect money for various projects. Chairpersons for BINGO are Susan McClary and Gerald Hopkins.



Lions Lori Lathrop and Lezlie Reid serve as ticket takers for the tournament

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## The Newest and Youngest Elgin Lion

Elgin inducted its newest and youngest Lion for the year and Jessica Rupert enjoys the Lions.

"Steve Oliver started asking me when I was in high school, and I knew I wanted to be a Lion", said Jessica.



With Jessica's father serving in the military, Jessica moved around a lot in her early years. She was born in Fort Carson, Colorado, but assignments for the family included Washington, Kansas, Arizona and Oregon. Jessica ended up graduating from Elgin High School and added, "I loved going to high school and Elgin has a great school system. I thought it was very good. I also like the small town. People are polite and there is a lot of community support as well as a lot to do in the area. One of my favorite things is to go to Catherine Creek".

Jessica signed up to join the army while still in high school. She attended boot camp in Ft. Bliss, Texas, and then the army sent her to Ft. Sill, Oklahoma. "I served for 18 months in the Army and was a cook as well as working in the office. I spent a lot of time working in the Armory. It was neat going into the field where I got to do a lot of military work."

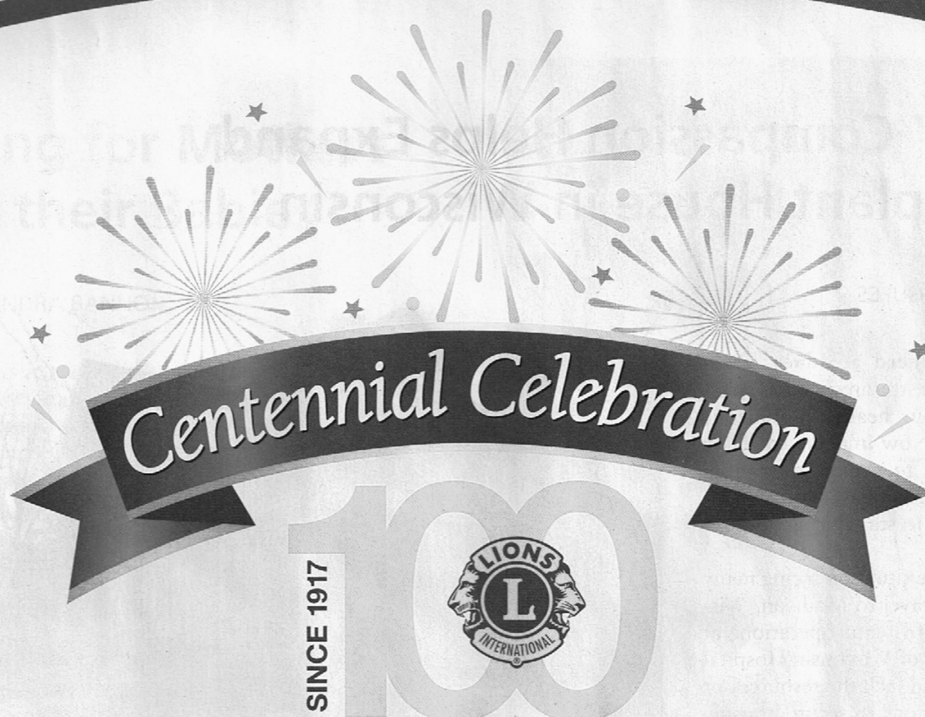
Jessica enjoys outdoor activities, particularly if it includes hunting and fishing. "I love the outdoors, especially if it involves the mountains. I hunt as much as possible."

Jessica stated that she enjoys the Lions very much. "My favorite things are fireworks and selling concessions. I love the Riverfest and just enjoy working with the Lions."

Jessica is looking at a new chapter in her life as she and Marcus Green expecting an addition to the household. "I think it will be a girl."

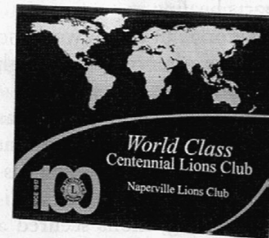
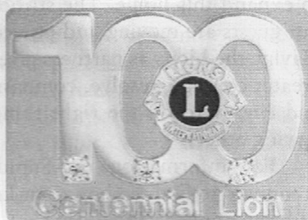
*submitted by PDG Gerald Hopkins*

# BE PART OF THE CELEBRATION!



## Membership Awards

*Check out all of the  
awards you can earn!*



[Lionsclubs.org/CentennialMembership](http://Lionsclubs.org/CentennialMembership)

*The Staff at the  
Headquarters*

*Office truly hopes  
everyone had a Merry*

*Christmas and a wonderful New Year!*



### **Baskets Galore!**

**WHO:** MD 36-O

**WHAT:** Mid- Winter Convention

**WHERE:** St. Henry's Catholic Church-Gresham

**WHEN:** Feb. 20, 2016

**WHY:** Learn – Have Fun - **BRING BASKETS**

This year's theme: It's a ***GREAT DAY TO BE AN OREGON LION!***

Join us for a fantastic Mid-Winter Conference. Here's the fun part: each club is encouraged to bring or send a **BASKET** for our fundraiser. **The beneficiaries** this year are: the **Sight and Hearing Task Force and scholarships to the NW Lions Leadership Forum**. The club basket best representing our conference theme will receive \$50. The club basket with the most tickets will receive \$50!

See you all there.