



Serving members of MD36 Oregon and Northern CA

July-August, 2019 Volume 1/19-20

## Meet the Incoming Council of Governors 2019-2020



DG Terry Bowman 36-O



DG Steve Moser 36-R



Sharon Rollins  
Council Chair



DG Bob Chaney 36-E



DG Gary Mose 36-G

## ANNIVERSARIES

July and August 2019 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.

### July

Dorris July 16, 1946  
Yachats July 20, 1950

### August

Baker City August 29, 1929  
Hood River August 9, 1938  
Hillsboro August 25, 1938  
Amity August 28, 1948  
West Linn Riverview August 6, 1992  
Oregon City August 22, 2008

## MONTHLY CALENDARS

### MEETINGS

#### July

29 SOLSHC Board mtg. @ 5:30pm at the Center

#### August

8 OLSHF Patient Care Comm. mtg. noon-1pm  
10 Dist. E Cab. mtg. 10am-1pm, Bonanza  
Dist. G Cab. mtg. 10am-noon, Flying J Restaurant  
La Grande  
17 OLSHF Trustee mtg., 9am-noon Yachats Lions Club  
Council of Governor mtg 1-4pm, Yachats Lions Club  
24 Dist. O Cab. mtg. 10am-1pm @ Rockaway Lions  
Clubhouse  
Dist. R Cab. mtg. 9-12, Independence, OR @  
Baptist Church  
26 SOLSHC Board mtg. @ 5:30pm at the Center

### EVENTS

#### July

4 Independence Day - Observed - Office Closed

#### August

5 Eyeglass Sorting Party, Keizer Lions Hall, 4100  
Cherry Ave., NE @ 6pm  
10 The *Oregon Lion* deadline (for September issue)



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[www.md36lionsclubs.org](http://www.md36lionsclubs.org)

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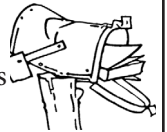
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### Are You Moving? Have You Moved?

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



ATTACH YOUR ADDRESS LABEL HERE

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

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

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

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

## Council Chair News



**Sharon Rollins**

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Spouse: Dale Rollins

### Creating Harmony Through Service

Welcome to a new year of Lions service, membership growth, new methods of communication and great times of fellowship! Our four District Governors have returned from Milan and the International Convention, eager to put into action their plans for the year. Clubs are enjoying summer community service activities, fellowship at BBQ and picnic events, and gearing up for the coming months of working together in service projects.

The District Governors and I chose the theme of "Creating Harmony Through Service" as our MD36 focus for this Lions year. As citizens of the world, I think that it's important to remind ourselves that there are really things that we owe to each other. Are we really islands unto ourselves? Or are we all a part of the world civilization?

Our Immediate Past International President, Gudrun Yngvadottir, explained her understanding of service in this way: "What I love about service is that it knows no gender, no color, no religion. And we are truly stronger as an organization, and as clubs, when we have a diverse mix of experiences contributing to the energy and ideas that make Lions so great."

As Lions, we have the opportunity to work in our communities and inspire others to join us as we serve. The energy of an active service project is contagious! Let your communities know the benefits of becoming a Lion and joining in on a future of helping others to realize a better life.

To again quote PIP Gudrun: "Because being a Lion is not about being a man or a woman. It's about being a human being. And the more caring men and women we have working together for good, the better chance we have of truly changing the world."

So, Lions, get your plans in place and head out into your communities to create harmony through doing service for others!

### *Are You Moving? Have You Moved?*

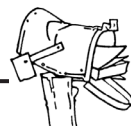
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Attach Your Address Label Here

Name (print) \_\_\_\_\_

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

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

Old Address \_\_\_\_\_

Club \_\_\_\_\_



## District O - Northwest - North Coast



**District O Governor Column**  
Terry Bowman

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Spouse: LuLu Bowman

Greetings fellow Lions:

To build a ship, don't start by cutting planks from logs, instead . . . build a vision of a wide open sea full of adventure.

Welcome the District O vision and inspiration team--the Fab Four: Global Leadership Team-Bert, Global Service Team-Fae, Global Membership Team-Dane and Steve and the support team of Charging Carrie and Relentless Lulu. All have skills and ideas to get us onto the sea full of adventure. Lion Carrie has Oregon Lions Sight & Hearing Foundation Trivia Board, Lion Bert has magnetic signs, Lion Fae has business posters, Lion Dane has gavels, and Lion Lulu has the Oregon plan. There are poster boards and tri-fold displays for each club to build their own story board. New ideas and innovation will be rewarded with fun in service and growth. Roar With Pride.

Lions, always display our wonderful service. Let everyone know what we are doing. Display a new service event that is so attractive and interesting that passionate people everywhere will want to have the same feeling. Invite eager and interesting new people to be Lions--new Lions so passionate that they inspire even more new Lions. Let's go viro!

Reminder, MD 36 is collecting stories of when you knew you truly became a Lion. Short tales of you coming from your heart, first person and use your name and club.

I envision each and every club trying something new this year. This is a call to action. Change is critical for each club. We are a "Can Do" team. I thank you now for what we will do this year.

"Feel" the sea full of adventure.

District Governor Terry Bowman

## District R - Willamette Valley - Central Coast



**District R Governor Column**  
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Greetings to All District R Lions,

As I start my club visits, I can't tell you all how much I am looking forward to all of these visits. What a great opportunity to learn about all the wonderful things everyone does in their communities. For everyone to know, my theme is "We Serve Through Teamwork". And everyone on my team is there to help you at any time, just call. If you need assistance in planning events you don't need to reinvent the wheel, someone can help. Think about asking other clubs to help with your events or reach out to other community groups like your local Boy Scout and Girl Scout groups. Also don't forget that your local high school has many clubs which also look for projects to do during the year. And once you get your event planned don't forget to send the info to PDG Tom Hilgers so that he can send it out on constant contact to all the club members we have on this network (close to 2,000).

Our first cabinet meeting is coming up on August 24 from 9:00 -12:00 in Independence at the Baptist Church across from Central High School on Monmouth Street. Hope to see all of the club officers there. Also, on the same day in the afternoon will be our first club officer training from 1:00 – 3:00. All you club officers please plan to attend. This will be very informative and everyone is welcome.

September will bring us to the USA/CANADA Forum in Spokane, Washington. This is a great training opportunity and very close travel-wise. Plus, this brings us to the start of school in the fall which means that we will start school screenings for children all over the state. Wow so much to do!!!. Remember to have fun and how much everything we do helps.

Once we get through the holidays, it will soon be February 8, 2020, and time for our convention in Corvallis. It's not too early to mark your calendar. Thanks again for all that you do for Lions, for your community and worldwide.

DG Steve Moser



## District E - Southern - South Coast



### District E Governor Column Bob Chaney

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Deja Vu all over again. Here we are starting a whole new Lions year and here I am getting the opportunity to once again serve our district as District Governor. I am so excited about what lies ahead for us over the next 12 months. Not many Lions get the chance to serve a second time as District Governor and I am honored to have this opportunity. Many throughout the district and multiple district have told me that I have to do it until I get it right, so here I am again.

As we begin this new journey our expectations and goals are renewed with the promise of New Voices, New Horizons and Service Opportunities. As we enter this new year, I want you to realize that everything that we do within this year must be done as a team. Nothing can be accomplished successfully without the support and commitment of the team.

Yes, as District Governor I had to set goals for membership, leadership, service and Lions Club International Foundation fundraising but these goals were not set without careful consideration and many hours of teamwork. If we look at this from the team prospective, the District Governor is in essence the coach. But a coach has to have assistant coaches whose input is paramount in developing a successful game plan. This is the District Governor's cabinet.

Any successful team has to have team captains and in this case the club presidents throughout our district are our captains. But the most important component of a team is having the player with which to execute the game plan. That is each and every one of you. As members of your respective clubs you are the team. You are the ones who make the plan a success. You are at the grassroots level. You know what works and what doesn't in each of your communities. So in order for this plan to take us to victory you have to embrace the idea and make the most of the opportunities to make District 36E successful.

As many of you know my theme the first time around was Together We'll Restore the Roar. Well, staying with that Roar theme, I have decided this year that we will Continue to Rock the Roar.

What does that mean? Simply that if we continue to work as a team we will be able provide service and the Roar of the Lions will be heard far and wide. By the time you read this we (District Governors) will have returned from the international convention in Milan, Italy. We had a grand time and came away with a renewed spirit.

International President Dr. Jung-Yul Choi's theme is Service Through Diversity. Finally, I want to offer kudos and thanks to Immediate Past District Governor Bryan Longland for his dedication and tireless efforts to the members of District 36E. He did an exemplary job and I look forward to his input and continued support.

## District G - Central - Eastern Oregon



### District G Governor Column Gary Mose

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As I write this article, we are preparing to travel to Milan, Italy, to attend the Lions International Convention and I am reminded how quickly time passes. It seems like just yesterday that I became a Lion. This July will add another chapter to my journey in Lionism.

How I came to be a Lion. About a year after moving to La Pine a friend asked me if I had ever heard about the Lions. He asked me to join and I said, "No, not at this time". About a month later he asked me again and invited me to a meeting with him and I said okay. So never give up asking! One day you might enlist a future district governor!

My cabinet, Global Action Team and District Committees have been formed and goals set. We have a lot to accomplish in a short period of time, but I feel with the team we've created it will be a successful year. I'll share my goals as I visit with each of you, but, in brief, I want to see our youth programs actively promoted in all clubs (Cubs, Leo's, Flags for 1<sup>st</sup> Graders, Peace Poster and Youth Exchange). Second, an increase in membership growth and training. We'll be working with existing clubs and developing new clubs. The District Cabinet meetings have been shortened to allow for an hour of leadership training with meetings being held across the district in La Grande, Rufus and Redmond.

Staff changes - Lion Trudy is "retiring" after 14+ years as our District Secretary. We congratulate her on a job well done. We welcome Lion Sue Mose of the La Pine Lions as our new District Secretary.

I had the opportunity to visit the Mitchell Lions on June 4 and induct their incoming officers and a new member. What a great enthusiastic group they are. Thank you for making Sue and I feel so welcome. I'm looking forward to visiting all of the clubs and meeting more great Lions in the coming months.

My theme, "Service - That's What It's All About". I will share the story behind my theme during my visits.

I look forward to working with you and serving our district in the coming year.

Yours in Service..."That's What It's All About"  
DG Gary Mose

## Young Lions Offer Suggestions

Many clubs wonder how to contact, attract and recruit young people into their clubs. Someday in the future, our clubs will hopefully have more members under the age of 40 than over that age. Some clubs can already boast about this.

At the Seaside Multiple District Convention in May, six young Lions club members gave a lot of healthy advice how to attract younger members and how to work with the younger people in our clubs. Carrie Bartley moderated a panel with Kaitlin Anderson (Portland Legacy Club), Natasha Anderson (Beaverton Club), Jadie DeLille (Albany East Club), Jesse Orosco (Brookings-Harbor Club) and Katie Warren (Milwaukie Club). Here are some of the ideas and suggestions they provided to the audience.

- **ATTENDANCE:** Young Lions are working and some have families. So they may not get involved in all the meetings and all of the projects.
- **MEETINGS:** Younger Lions don't always like to attend meetings as much older Lions might. Club meetings are mostly social gathering and young Lions might not have that same traditional value.
- **SOCIAL MEDIA COMMUNICATION:** Use social media, email and texting to communicate with them about dates and events. Phone calls still work but they might prefer the former methods.
- **TRADITIONS:** Some clubs are steeped in traditions that might not be understood or appreciated by younger Lions. Some younger Lions clubs do not do the pledge or invocation. Clubs who want to attract a lot of young people might need to rethink their meeting and convention customs.
- **WELCOME THEM:** When a young person joins your club, provide a mentor and listen to what the new member has to say. Don't dismiss the suggestions with "Oh, we've done that before and it didn't work."
- **THINGS MIGHT CHANGE:** With quite a few younger members in your club, things might change the way they are done. Be open to change.
- **USE SOCIAL MEDIA:** Attract younger club members through such avenues as Facebook, Instagram and Twitter. Assign a younger person the role of starting and updating your club's social media pages.
- **ADJUST TIMES:** You might need to adjust the time of meetings and club events to accommodate younger members' schedules. Weekday evenings might not be as convenient as weekends.

The panel session of these younger Lions was very informative and a great opportunity to learn how to prepare our clubs for the future. Thank you to these five Lions for guiding us.



A panel of young Lions speaking at the Seaside convention. (l-r) Kaitlin Anderson, Natasha Anderson, Carrie Bartley, Jadie DeLille, Jesse Orosco and Katie Warren.

*submitted by Bert Diamond, PDG-O*



## Oregon City Lions Club Tours LEAP Lab

The Oregon City Lions went on a tour of the LEAP Lab at the Oregon Lions Sight and Hearing Foundation. We were greeted by Katie Warren and Kelly Asbra who showed us Eye Promise Optical, a for-profit retail shop for glasses. They receive many referrals from the Devers Eye Institute housed in the same building. The revenue from Eye Promise Optical goes to the OLSHF and the charitable programs they support. They have an amazing selection of frames. Anyone can bring their prescription there and get glasses. Our very own Lion Bob Burke did just that last night. He selected a handsome pair of regular glasses and a pair of prescription sunglasses. Way to go Bob! To keep costs low and have control over quality and the products they offer, they do not take insurance. However, once you pay up front they provide you with an itemized receipt to submit to your insurance for reimbursement.



Oregon City Lions Lori Rowley and Blane Meier



(l) Kelly Asbra and on the right is Oregon City Lion Bob Burke. Photobombing in the mirror in the background is Oregon City Lion Sheldon Penner



(l-r) Katie Warren, Tracy Brown and Kelly Asbra



(l-r) Sheldon Penner, Doug Loose, Blane Meier and Tom Scheidman

Katie then took us to a conference room for a Q & A about the LEAP Lab, what they do, how it came to be and how they serve Lions and the people Lions serve. LEAP stands for: Lions Eyeglass Assistance Program. It's a finishing lab that makes the glasses that Lions clubs offer through their sight and hearing programs. Low income adults apply through Lions clubs for assistance with eye exams and eyeglasses. Once approved, they are referred to a clinic for an exam. That clinic has a frame kit provided by LEAP. Once the prescription is determined and frames are chosen. The order goes to the lab and the glasses are made. The Lions club covers the cost which is extremely low, \$30 for single vision, \$40 for bifocal and \$50 for trifocal. The lab also makes the glasses for Eye Promise Optical.

Tracy Brown gave us an up close demonstration of how the glasses are made in the lab. It was very interesting and Tracy's energy made it really fun too. Tracy also runs LERC. The Lions Eyeglass Recycling Center, where the used eyeglasses that Lions clubs collect are processed.

The tour was very informative and by the photos attached you can see it was a lot of fun too.

*submitted by Michelle Don, President, Oregon City Lions Club*

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# LIONS VISIONGIFT

## Shot by Fate: The Robby Holmes Story

Robby Holmes was just 19 years old when a BB pellet forever changed how he would view the world. Though his is a story with its fair share of pain and difficulty, it is one worth telling for it is also a story of perseverance, forgiveness, empowerment, and community.



15 years ago Robby was driving through his home town of Ida Grove, Iowa when a stainless steel BB pellet, fired from the side of the road by a young man, struck Robby's right eye. The damage done by the ricocheting projectile necessitated multiple surgeries in the intervening years, starting with his first cornea transplant and leading up to his recent successful operation this past summer for the glaucoma which developed 8 years ago.

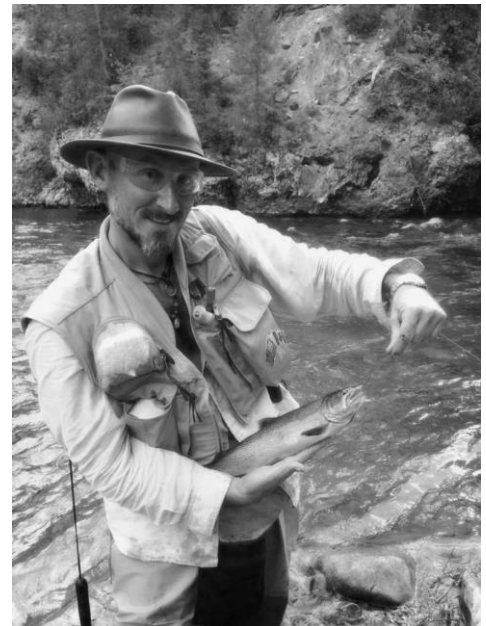
Never one to take the "poor me" philosophy on the events of those days, Robby has harnessed a natural enthusiasm for life and poured it into his passions of music and community. His gregarious nature and kind spirit are immediately evident upon meeting him and have helped Robby become a respected member of his local community,

through his community music promotion efforts. Given the impact of his work for local artists, it is of no surprise that his community responded to his developing plight surrounding paying for additional eye surgery.

Unfortunately, the development of Robby's glaucoma over the past eight years, in addition to causing chronic pain, was threatening to irreparably damage his vision. In addition, the integrity of his first cornea transplant had been compromised by these developments and, pending the outcome of his recent glaucoma surgery, Robby would need a second cornea transplant. Without medical insurance, these were operations which Robby would not be able to afford.

In just a few short weeks that summer, during several fundraising concerts promoted by Robby's community awareness organization, his friends, and their friends, raised over eight thousand dollars of the necessary twelve thousand needed for his upcoming procedures. Upon learning of this dedicated community reaction to the plight of one of its own, Lions VisionGift stepped in to donate the cornea for Robby's operation.

We promised you a story of reconciliation and inspiration, and if the public outpouring of community support doesn't warm your heart, hopefully this will. On a chance visit to his hometown, Robby had a chance encounter with the grandmother of the man who shot him. In typical Robby fashion, he asked this woman to pass along the message to her kin that he harbored no ill will or animosity toward the young man and wished him only better times ahead. It wasn't one day later that the two men shared a telephone conversation in which his attacker told Robby of the weight lifted from his shoulders by those words. In times subsequent, that individual has started his own non-profit organization that serves under-privileged children.



Lions VisionGift is proud to be even a small part of the remarkable story that Robby Holmes continues to write.

submitted by Matt Webber

# *"Fast beating heart" leads to District G bell heist Or, How's this as a way to end a District Governor's term?*



Leaving Madras!

"I was sweating and my heart was beating so fast," stated Baker City Lion Val Potter. Just as Past District G Governor Phyllis Carlin, decked out in a cowboy hat, had ridden her stick horse off into the future to signify the end of the District Convention, Val grabbed the ungarded

District G bell. "I had on a long sweater, so I tucked it under that and was SUPER nervous all the way up the elevator to my hotel room," Val continued.



Welcome to Prineville!

"I went back down to the Convention Room at Cross Keys Inn in Madras and noticed the gavel was still sitting there, while Lions were busy cleaning off the tables, etc. So I again tucked the gavel into my sweater and with more confidence this time, also made it to my hotel room un-noticed," said Val.

Past District Governor Phyllis and her husband Ted discovered the missing bell and gavel the next day while sorting out convention boxes and realized someone had carried out the age-old triton of "Borrowing the Bell & Gavel for Ransom."

After over a month of searching, sending out emails to District clubs and accusing likely "Bell Borrowing Suspects", Phyllis and Ted were at a dead end and hoped the bell had not been thrown out with the trash.

Then the clue came in that possibly someone from the Baker City Lions Club had the District G bell and gavel. Since Phyllis was rounding out her club visitations at La Grande and Island City, she and Ted decided to head onto Baker City.

They met Baker City Lion Val Potter at her work place and discovered the bell and gavel all safely boxed up and ready to return as soon as she could come up with a ransom idea.

"The amazing part of this story is that on Val's return trip to Baker City from Madras on a beautiful sunny Easter Sunday, she managed to photograph the District G bell and gavel at many of Central and Eastern Oregon's beautiful and known landmarks," noted Ted Carlin. "The photos such as the one of the bell and gavel with the Painted Hills in the background were meant to be sent to Phyllis to show more proof that a ransom was necessary," said Val.

There were smiles, hugs and, of course, photos as Phyllis and Ted met with Val. She stated that the hectic pace at work had delayed her sending a ransom note and photos but was ready to return the bell and gavel Phyllis or Gary Mose, the incoming District G Governor.

We explained to Val that usually the ransom after a bell, etc. is "procured" is a



Traveling through Mitchell.



Val Potter (center) of the Baker City Lions Club returns the District G Bell and Gavel to Past District Governor Phyllis Carlin and Lion Ted Carlin.

note sent to whoever lost the bell from the procuring club telling them they have the bell and the club without the bell is asked to come to the other clubs Lion's Meeting to retrieve the bell, etc.

Since Phyllis had already finished her visitation to the Baker City Lions Club, Phyllis and Ted agreed to drive onto Baker City to retrieve the bell and gavel. When meeting with Val they also agreed to come to a

Baker City Lions service project or fundraiser in the future.

To wrap up this story from a "fast heart beat" to Lions bell and gavel photos across Central and Eastern Oregon to a meeting with laughs and smiles, the return of the District G bell and the promise to pay off the ransom, was all in great fun.

This is an age old Lion's tradition that should be kept in the fun spirit it is meant to be.

By Lion Ted Carlin



Taking a break at the Ochoco Wilderness.



Oh, that is where, the beautiful Strawberry Mountain Wilderness.



Home to Baker City!



## The 2019-20 Guiding Lamp Award

As most of you know, the Guiding Lamp Award is an award that is presented each year for a contest designed specifically by the MD36 District Governors. They come up with the contest each year and put together the criteria that constitute winning the award.

This award was created as a tongue-in-cheek award by the 2014-15 Council of Governors and has become quite a conversational piece ever since.

Well, this year the District Governors had decided that they would like to make this award much more meaningful and, hopefully, a coveted award. They want to do something that would involve every Lion within MD36 and so they have decided to ask each and every Lion in every club in MD36 to write their Lion story of when they truly became a Lion.

All the stories submitted will be put together in a book, published and offered for sale not only in MD36 but throughout the Lions world with all the proceeds going to a project or area of concern determined by the District Governors.

With that in mind here is the criteria that were developed for this meaningful endeavor:

1. All stories need to be written in the first person.
2. All stories must have the authoring Lions name and club.
3. Stories need to be submitted directly to the respective District Governor.
4. Stories can be submitted via e-mail, snail mail or in person.
5. There is no parameter on length, but don't write a novel.
6. All stories will be read and discussed by the District Governor's team, with the most poignant story, in the team's estimation, being chosen as the representative from each specific district, i.e. O, R, E & G.
7. At the MD convention in Canyonville in 2020, the four stories will be read and discussed by a panel of the four District Governors' choosing.

The most poignant story, in the panel's estimation, will be the recipient of the Guiding Lamp Award.

In addition, the winning author and the author's club will receive a complimentary copy of the book, once published. So get those pens, pencils and keyboard humming and let's create something to show the world what it means to each of us to be a Lion.

*submitted by DG Dan Wolf*

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## Lions Serve in the Time of Need

On Wednesday May 8, at approximately 3:30 p.m., there was a wild fire in a housing area north of La Pine. Several acres burned and one home was lost. During the time of the fire a relief center



**The La Pine Lions Disaster Relief vehicle and the American Red Cross Disaster Services trailer**

was setup at the La Pine community center.

The La Pine Lions Club with their new disaster relief vehicle, loaded with water and relief supplies, responded to the community center along with the American Red Cross. The Lions were led by District 36G's new Alert Committee Chair, retired Fire Chief Michelle Hazeltine. Lions supplied pizza and water for the volunteers and evacuees. At 7:30 p.m. the evacuation notice was lifted and all returned home.

*submitted by DG Gary Mose*



## The Silent Epidemic: Diabetes

Fellow Lions of MD36,

When it comes to diabetes over 1/3 of the United States population is DIABETIC or PREDIABETIC. Let's look at the numbers. The Center for Disease Control (CDC) puts the total number of people with diabetes at 30.3 million (9.4% of the United States Population) with 7.2 million individuals with diabetes as undiagnosed. Around 95% of all diabetics have type 2 diabetes, with 5% having type 1 diabetes.

I know that the numbers I've given do not add up to 1/3 of the population. There's a much bigger group of the population that has to be added to the equation. The people we need to add are those known as borderline or prediabetic. The numbers of folks with prediabetes is calculated at 84.1 million (age 18 or older-33.9% of the adult population) amongst these 23.1 million are age 65 or older. Imagine every one becoming a full diabetic. What's the cause and what can be done about it.

I'll try to make this as simple as possible. Prediabetes is a condition that develops before a person gets type 2 diabetes. It's also known as impaired fasting glucose or glucose intolerance. It basically means your blood sugar levels are higher than normal, but they're not quite high enough to be considered diabetes. During the prediabetes phase, your pancreas still produces enough insulin in response to ingested carbohydrates. It's just that the insulin is less effective at removing the sugar from the bloodstream, so your blood sugar remains high. This condition is called insulin resistance.

Having prediabetes doesn't mean you'll definitely develop diabetes. It's a warning of what could lie ahead, however. People with prediabetes have a 5 to 15 times higher risk for type 2 diabetes than someone with normal blood sugar levels. Those chances increase if you don't make any healthy changes to your diet or activity habits. Only 10% of people with prediabetes even know they have it because many don't display any symptoms.

Prediabetes generally has no signs or symptoms. This is why it's important to see your doctor regularly and have blood test for your HA1C, which would let you know if your blood sugar level has changed or not. Keep aware of the classic signs and symptoms that might suggest you've moved from prediabetes to type 2 diabetes. The signs and symptoms are: increased thirst, frequent urination, fatigue and blurred vision.

See your doctor if you're concerned about diabetes or if you notice any type 2 diabetes signs or symptoms. Ask your doctor about blood glucose screening if you have any risk factors for prediabetes.

[Information received from CDC, Healthline and Mayo Clinic]

*MD36 Diabetes Awareness, Chair  
Garry Charbonneau, PDG*

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## East Albany Lions Clean Up Highway

The East Albany Lions Club had a highway clean-up on May 18. They had 13 Lions (including a 39-week pregnant me). We picked up 37 bags worth of trash (plus some larger miscellaneous items) along a 2-mile stretch of Highway 20.

**Lions getting ready to pick up the trash  
(Jerry Shipman is the main one in the photo).**

*submitted by Jadie De Lille*



## A Successful

Sunshine, sandy beaches and Lions getting together, all make for a great gathering. The MD36 Convention in Seaside on May 3-4 provided a lot of opportunity to catch up with old friends, make new ones, learn about improving our clubs and helping our communities and take a stroll for salt water taffy, the promenade and fun gift shops.



Visiting guests ID Tom Gordon (r) and his wife Lion Gillian Gordon

Lucky raffle basket winner, Lion Trevor Lewis. Thank you to Lion Robin Herrington and other Rockaway Lions for organizing the raffle basket activity.



There were 18 breakout sessions at the convention including LCIF 100, Social Media for Lions, and Zone Chair Training. Also, there were sessions about the OLSHF LEAP program, public speaking, the environment and diabetes. 2VDG Linda Stent said she liked the Dogs for Better Lives and Hearing presentations because "They targeted some of our focus groups." The New Voices presentation was one of the favorites of DGE Bob Chaney because "it confirmed that our multiple district is on the right track where LCI wants to go."



(l-r) Convention Chair PCC Joyce Anderson with Lion of the Year Lulu Bowman

There were other fun and important activities and events at the convention. Thursday saw the Oregon Lions Sight and Hearing Foundation (OLSHF) Trustees meeting and the Council of Governors meeting. The



A rousing Lion cheer lead by DG Elect Terry Bowman and Zone Chair Lulu Bowman

annual multiple district business meetings took place Friday morning, where standing committees ironed out any questions and Lions discussed and voted upon policy changes. At the Friday luncheon, staff of the OLSHF provided an overview of some of their programs and held the Parade of Checks. The Eye Promise Optical Shop staff had a booth for attendees to choose frames and arrange for new eyeglasses.

Friday evening were the district banquets, a time for members to socialize and an opportunity for district leaders to present recognition awards and gifts of appreciation. After the banquets, the Foundation announced their 2019 inductees for its Hall of Fame, which are Russ Gilmore, Silverton Lions (posthumous); Jan Stewart, Pendleton Lions; and Dr. J.P. Lowery, Forest Grove Lions.



## MD36 Convention!

At the Saturday Luncheon Carrie Bartley and Carol Swesso gave out awards for club recognition contests. Lulu Bowman, Rockaway Club, was chosen Lion of the Year. The Club of the Year award went to Kristi Peterson, President of the Crooked River Ranch Lions. Net Membership Awards, Union Lions; District Extension Award, Newport/Newport Leos; Leadership Award, Zone Chair Bill Stout, Portland Hollywood Lions; Club PR Award, Brookings Harbor Lions; Best Storyboard, Sutherlin Club; Sight Conservation Award, Astoria Lions; Best Website, Pendleton Lions; Best Facebook Page, McMinnville Lions, and Club Visitation Award went to The Dalles Lions Club.

Lion Ted Carlin volunteered to chair the Multiple District Environmental Photo Contest, a contest that has traditionally had half a dozen annual entries. But not this year. Ted wrote an article in this magazine, talked about the contest at each district convention and, as a result, received 78 photo entries for the contest. Seaside convention attendees voted upon the top five and particular Lion leaders chose this year's winning photograph, who was Cinda Awbrey from the Crooked River Ranch Lions Club.



Lion Ted Carlin (r) organized the multiple district Environmental Photo Contest and received 78 entries! Also in photo is PDG Paul Zastrow (l) and CC Gail Black.



Attendees at the Saturday Banquet including (l-r) Zone Chair Dane Pareirra, PDG Cy Kauffman, PDG Judy Kauffman, PDG Chuck Blanchard and Lion Rod Taguchi.

The visiting speaker was International Director Tom Gordon with his wife Lion Gillian. From Newmarket, Ontario, ID Tom inspired us at the Saturday evening

banquet to continue our community service "beyond the horizon, to take risks and try new things." ID Tom is a retired elementary school teacher and also a Lions Quest instructor.

Thank you to the Lions on the Convention and Operating Committees, especially to the chair, PCC Joyce Anderson. And thanks to the Lions who attended the convention. It now goes into the record books as a fun and informative weekend on the beautiful Oregon coast.



Skit Time. Lion leaders act as rock n' roll musicians. (l-r) DG Bryan Longland, DG Dan Wolf, DGE Terry Bowman, DG Dale Bachman, and DG Phyllis Carlin. Not shown were also DGE Steve Moser, DGE Bob Chaney, DGE Gary Mose and CCE Sharon Rollins.

*submitted by PDG Bert Diamond*



## Women's Symposium Helps Women

The 4th Annual Women's Symposium, "New Voices, New Opportunities," was held on Thursday May 9 at Riverbend Annex in Springfield. The event was sponsored by Lions District 36-R and PeaceHealth Foundation. The original idea for the event came from then District Governor Judy Kaufman and her committee of Lions Patty Harrison, Cecilia Urbani and Carol Casciato. Local coordinators were Lions Mary Fechtel and Karen Norton from the Eugene Downtown Lions Club. The basic premise was to have presentations that would help women better understand what they need to do to stay healthy and happy. Throughout the event references were made showing how

women are a big part of the Lions experience and how becoming a Lion would benefit the women themselves and the people Lions serve.



Symposium participants listening to Bob Welch

Lion Karen Norton, Symposium Chairperson, welcomed everyone and explained the purpose of the Women's Symposium. She then introduced the keynote speaker for the event, Bob Welch, who, had an interesting and inspirational message. Bob talked about some of the books he has written and concluded discussing the nurse who struggled for ten years to finally have a war memorial for the nurses. His words of wisdom were that "desperation can help you find solutions."

The next speaker was Tracy Brown Oregon Lions Sight and Hearing Foundation Optical Administrator. She described the process of collecting and finally distributing used eyeglasses.

Matt Webber, Partner Relations Manager for Lions Vision Gift, was the next presenter. He discussed cornea donation and talked about the families of the cornea donors.

Next was Julie Dewsnap who talked about the Beta Program for Type-2 Diabetes.

Mary Lou Bradley from Candlelighters for Children with Cancer explained the support the organization gives to children and their families. With her were two Tri Delta Sorority members who worked on a project with St. Jude Children's Research Hospital and Robin Thompson, whose son was diagnosed with cancer and spent ten days in the hospital, who also gave testimony about the wonders of St. Jude Children's Research Hospital.



Matt Webber, Partner Relations Manager for Lions Vision Gift

## to Thrive in Today's World

New Voices Speaker Past Council Chair Mary Rynearson spoke about our International President Gudrun Yngvadottir and explained the 5 Points Lions Club International has put forth. Rynearson gave bracelets from LCI to Lions Mary Fechtel, Karen Norton, Carol Casciato, and Sharon Rollins, who is the incoming Council Chair.

The last speaker was lighting expert Suzanne Cavanaugh who explained the importance of the kind of light we are exposed to, which forms are beneficial and which are not so good for us depending on the time of day or night.

Three fun breakout sessions were held for the participants with hands-on service projects. At the end of the symposium, raffle drawings were made for various prizes that were donated for the symposium.



**Mary Lou Bradley  
from Candlelighters  
for Children with  
Cancer**



**Julie Dewsnap, Beta Program for  
Type-2 Diabetes**



**(l-r) New Voices PCC Mary Rynearson gave bracelets  
from LCI to Lions Mary Fechtel, Karen Norton,  
Carol Casciato and CCE Sharon Rollins**

The Event Planning Committee would like to thank all of those who participated and especially all of the vendors including those who provided many of the prizes. The vendors list includes Audiology Professionals - Dr. Craig Ford, CASA, Eugene Downtown Lions Club, Color Street- Karen Jones, Days for Girls, Light is Essential Lumen Element, Health Products, Diabetes Community Care Team, Bob Welch, Lions Vision Gift, PBC Insurance, Candlelighters for Children with Cancer, Directors Mortgage and Springfield Lions Club.

*submitted by Tim Chuey, Publicity Chairman, EDTL*

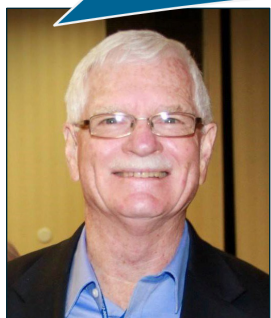


# OREGON LIONS SIGHT & HEARING FOUNDATION

1959



2019



Red Rowley  
Board Chair

## Thank You Red!

Doug Thompson  
Executive Director



We're grateful for the leadership and guidance of OLSHF Chair Red Rowley during his time as Chair from July 2018 through June 2019. Thank you Red for your dedication and commitment to helping the Foundation further efforts to screen, treat, save, and restore sight and hearing for those in need.



(Above) Red shares the many reasons to support the Foundation during the OLSHF Board Retreat in June.

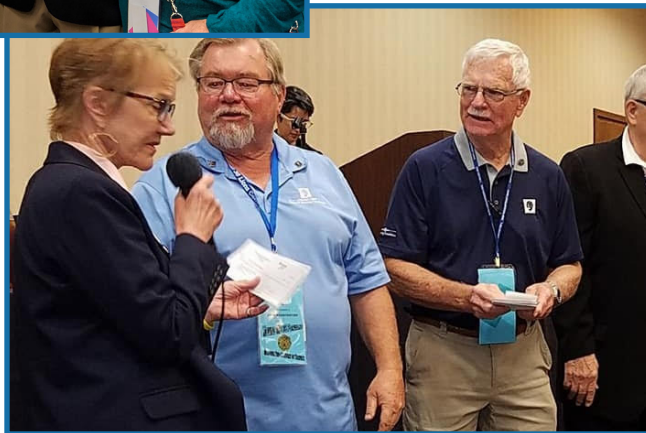
(Center) Red and wife Karla, with Priscilla and Dr. J.P. Lowery at MD-36 Convention in Seaside.

(Below) Leading the Parade of Checks at MD-36 Convention.

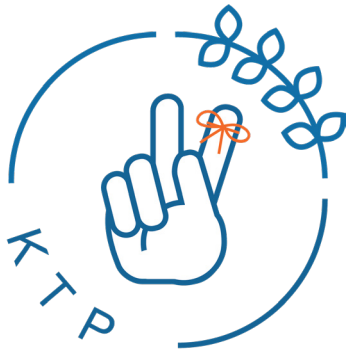


(Above) Welcoming guests to the KTP Breakfast in Portland in late May.

(Below) Red provided leadership at District Conventions during his term as OLSHF Chair.







# Thank You for Helping Us Keep the Promise

Another successful “Keep the Promise” campaign wrapped up on June 27th, Helen Keller’s birthday. Thank you to everyone who attended one of our breakfast events in Eugene, Salem, and Portland. This year we heard moving stories from recipients like

Christine. When she came to an Oregon Vision Coalition Community (OVC) Health Screening event hosted by the Rockaway Lions Club, her vision had been declining steadily for years and she was unable to walk without assistance. A screening and subsequent follow-up exam revealed she had advanced cataracts. But thanks to the partnership between Lions Clubs, the Foundation, OVC, and our partners at Legacy Devers Eye Institute, Christina had successful surgery and is now able to see for the first time in years.

All of this is possible through our community of generous donors, fundraisers, and partnerships with health care providers and Lions Clubs. Thank you to everyone who continues to help those in need.

## “Community, Service, and Generosity”

If Angie Dillard’s face seems familiar, it’s because the Foundation and Lions Clubs have been a part of her life since before she can remember. Angie was born with retinoblastoma, a rare form of eye cancer that had destroyed her vision in one eye before she was even a year old.

Her mother knew something was wrong, and sought care from the Lions Clubs. She was referred to Dr. Richard Chenoweth at Devers Memorial Eye clinic (as it was known then). Over the course of the next five years, Angie would endure 25 surgeries to remove her left eye, implant a prosthetic, and remove tumors that were threatening the sight in her right eye.



Angie with Dr. Chenoweth

Today, Angie has 20/30 in her right eye with the help of corrective lenses. “It never slowed me down,” she said. “If anything, my early experiences taught me the value of community, service, and generosity. I have so much in my life to be grateful for.”

Last year, OLSHF’s Patient Care Program helped 82 people with vision issues receive the care and treatment they need. But there are other children out there like Angie, and adults, who face uncertain diagnoses and expensive medical bills. Please help us share the gift of sight and hearing with those in our community who don’t know where to turn. Visit [www.olshf.org](http://www.olshf.org) today to find out how you can help.

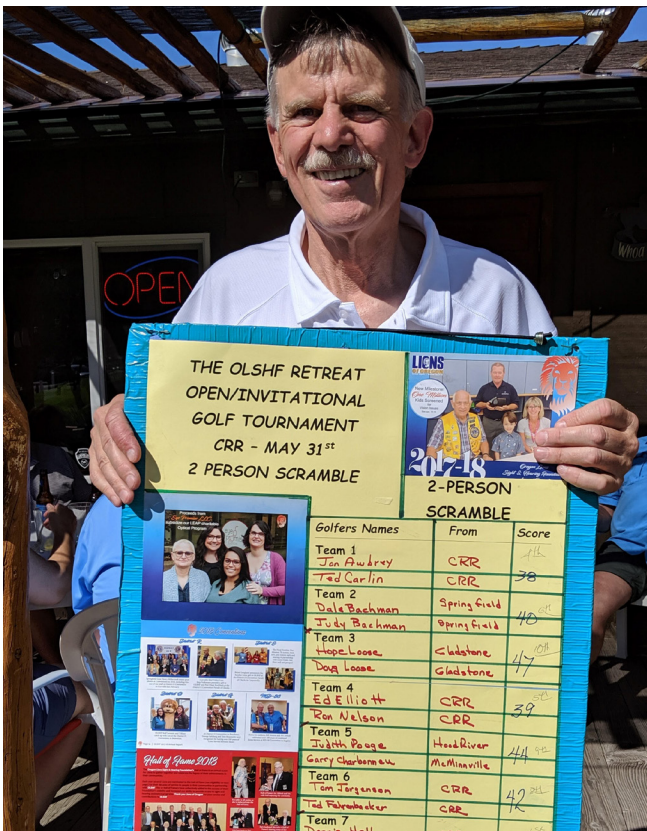
## June Highlights



Lions Mission Cataract recipient Christine Haney attended a Rockaway Lions Club meeting to express her gratitude to the Lions for helping her with sight restoring cataract surgery on both eyes. Christine is able to see again for the first time in over five years. "I feel like the Lions have given me my life back."



Executive Director Doug Thompson, Chair Red Rowley, Development Director Nick Mandarano, and Incoming Chair Hank Calhoun enjoy the warm sun at Crooked River Ranch during the 2019 OLSHF Board Retreat on May 31st and June 1st.



Thank you Ted Carlin for being Golf Tournament Director at the OLSHF Board Retreat!



Hope and Doug Loose proudly show off the Consolation Trophy from the OLSHF Board Retreat Golf Tournament.



Register Your Team Today at [OLSHF.org/golf](http://OLSHF.org/golf)



**LIBERTY MUTUAL  
INVITATIONAL**  
Langdon Farms Golf Club

Contact  
[doug@olshf.org](mailto:doug@olshf.org)  
503-413-7399  
or visit  
[olshf.org/golf](http://olshf.org/golf)

**Invitational™  
MONDAY  
AUGUST 26, 2019**

BENEFITING:  


**4 -Person Scramble  
1:30pm Shotgun  
Over \$300 in Tee Prizes  
for Every Golfer!**





**COME  
JOIN  
OUR  
PRIDE**

*Founded in 1959, OLSHF is celebrating 60 Years of Keeping the Promise throughout 2019. Join our **PRIDE 60 for 60** Celebration!*

Joining PRIDE is easy and secure. **Your minimum monthly recurring gift of \$5 adds up to \$60 a year,** and provides eyeglasses for two people in need. You can always choose to increase your donation to make even more of an impact.

Choose from any of these easy options to join today!



Call our office:  
**503-413-7329**



Donate securely online:  
**[olshf.org/pride](http://olshf.org/pride)**



Text **MYPRIDE** to **71777**

Looking for our Gifts & Memorials page? Keep an eye out for our annual report this summer, which will have a comprehensive list of our generous donors. Thank you!



## Portland Bentham Lions Construct Tables and Benches for Gales Creek

In the fall of 2018, Portland Bentham Lions Club made a pledge to Lion Rob Dailey, a member of Portland Bentham Lions and director of Gales Creek Diabetes Camp, to help on a project of his choice. On October 14, 2018, the club visited Gales Creek to ascertain what was most needed by the camp at this time. Lion Rob asked that we build 4 picnic style tables and a new seating bench to replace a deteriorating one in the outdoor gathering area as well as 4 benches for the indoor meeting area. Lions Steve Thomson (PCC), Isaac Tevet (Club President) and Bob Walker (Tail Twister) volunteered to be project coordinators.

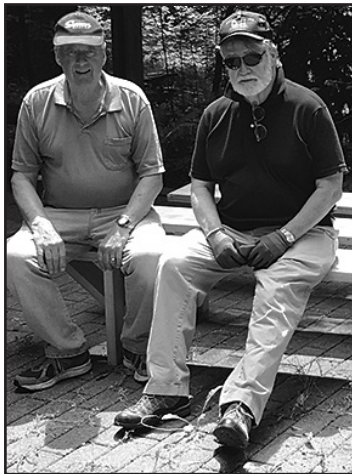


**Lion Rob Dailey  
Gales Creek Director**

On May 15, the lumber donated by Stimson Lumber was picked up and delivered to Gales Creek. Later in May members of the club met at Gales Creek to assemble the lumber which was precut by Lions Steve, Isaac and Bill Loos. As PDG Lion Bert Diamond would say, "We served with fun". Thanks to Rob Dailey, the members of Portland Bentham Lions and a big shout out to Stimson Lumber for their donation.



**(l-r) Lions Isaac Tevet, Bob Walker and  
PCC Steve Thomson**



**(l-r) Lions Bob Walker  
and PCC Steve Thomson**



**(l-r) Lions Bib Walker and Bill Loos**  
*submitted by Bentham President Elect Bill Loos*

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## Thank you to those who helped with the Gales Creek Camp Clean Up on June 1



**South Salem Lion Karen Hanson  
volunteering at the camp store**

*submitted by Bruce Schnieber*

## Can you hear the ROAR?

"Ted, do we have any tissue?" asked volunteer Audiologist Dr. Todd Landsberg at a recent ROARMOBILE event in Bend. "No, but we have some napkins," I answered back and when I got to



**Mollie Condley is all smiles and tears after the two new hearing aids from Audiologist, Dr. Todd Landsberg were fitted and she could hear!! Her mom looks on and is so pleased as well with her daughter's ability to hear.**

Dr. Todd and his patient Mollie Condley she was flat out sobbing as she was so happy she could hear. Tears turned to smiles and her mother, accompanying her, also broke into tears and smiles.

That day there were stories from all eleven patients who could receive a hearing checkup and brand-new hearing aids if they qualified physically and financially. Dr. Todd drives all the way from Coos Bay for these events and, except for a couple of slices of pizza, gets no reimbursement.

"I was a logger all my life around chain saws, log trucks, diesel trucks, semi-trucks and lots of other heavy machinery and we did not even think of ear

protection," said Jeff Edwards from La Pine. "I cut my toes off when an ax bounced off a root and was taken to an area hospital." Other loggers later brought the tip of his boot with the toes inside and the doctor was able to reattach them. The doctor told him because the ax was so sharp it made a "clean" enough cut that it was easy to reattach them.

"I took care of an elderly gentleman for quite a while and he talked so loud that I think it affected my hearing," stated Kathleen Gilliam. "Combining that with many loud



**Judith Fuller and her daughter are surrounded by smiles from Dr. Todd, assistant Tamara and Lion Russ Chase after her new hearing aids opened up a whole new world for her.**

concerts I attended in my youth, my hearing is bad in both ears," she continued. She was able to walk out with two new hearing aids and a very appreciative smile.

"I put a q-tip too far into my ear about 6 years ago and lost the hearing in my left ear, but still have some hearing in my right ear," said Judith Fuller. Two new hearing aids helped both ears.

"Quite a while ago I fired a new gun and the foam ear plugs did not work. My hearing just continued to get worse after that," said Randy Mittelstadt. "I am so appreciative of the Lions for helping my hearing so much," he finished.

"Had hearing aids in 2006 and then lost them. Now I am a Drug and Alcohol Counselor and I can't hear my clients well enough," said Robert Wertes. "These new hearing aids will really help me at work and bless the Lions," he continued

Bend Sunrise Lion Russ Chase and Crooked River Ranch Lion Ted Carlin get to welcome the clients, take their history, figure out their finances and then always get to see them leave with a smile and usually words to the effect "Wow, everything sounds so different.

Thank you, Lions." Russ and Ted agree you cannot spend a more meaningful day than doing an OLSHF ROARMOBILE event, put together by OLSHF Program Manager Melinda Rhodes.

*submitted by Ted Carlin*



## Lions International Peace Poster Contest

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



Debora Owen, Lake Oswego Junior  
High art teacher

it was wholeheartedly embraced by Lake Oswego Junior High art teacher, Debora Owen, who turned the contest into a class project for her students.

She wrote, "I sincerely appreciate your help this year in making this wonderful Peace Poster project a success. It's so important to help young minds understand the power of peace and how we can work together to make our world a better place. I look forward to working with you and the LO Lion's club next school year!" The mission of Lake Oswego Junior High is to inspire and empower students to safely grow into healthy adolescents, critical thinkers, deep learners, respectful citizens, experienced leaders and creative artists with necessary educational and technical skills that will prepare them for success in high school, college and career. What a wonderful opportunity for Lions clubs to help serve the youth in our community!

Lake Oswego Lions Club proudly submitted the winning entry for District O in the 2018-2019 Peace Poster Contest in keeping with the theme of "Kindness Matters" created by Macy Maxwell, one of Debora's students at Lake Oswego Junior High. Macy received recognition at the club level, being honored at the Lake Oswego Lions Club's Christmas banquet with a certificate and \$50 and honored at the Lions District 36-O level with recognition including a \$100 prize!

### The 2019-2020 LCI Peace Poster Contest "Journey of Peace"

History has shown that all too often peace is not guaranteed. While this is unfortunate, it also allows us the powerful opportunity to figure out how to achieve peace, individually and in our communities. And who better to map out the "Journey of Peace" than our youth?

Lions clubs in MD36 can sponsor this art contest in local schools or organized, sponsored youth groups. "Journey of Peace" is the theme of the 2019-2020 Peace Poster Contest. Lions clubs interested in sponsoring the Lions International Peace Poster Contest can order a Peace Poster Contest Kit from the Club Supplies Sales Department at Lions International Headquarters. The cost of the kit is \$11.95 plus shipping, handling, and applicable taxes. Lions clubs must purchase a kit for each contest sponsored.

Each kit contains:

- Official Club Contest Guide and Rules
- Official School or Youth Group Contest Guide and Rules
- Participant Flyer to duplicate and give to participating students to take home
- Sticker to place on back of winning poster
- Certificates for contest winner and school or youth group

You can order kits from the Club Supplies Sales Department at International Headquarters until October 1, 2019. Visit <https://www2.lionsclubs.org/p-770-peace-poster-kit.aspx> or call Club Supplies Sales at 630-571-5466 or 1-800-710-7822.

## Peace Poster Contest Deadlines

Listed below are the Peace Poster Contest Deadlines for the Lions Year 2019-2020.

ENTRIES THAT DO NOT MEET THESE DEADLINES WILL BE DISQUALIFIED.

- October 1, 2019 – Deadline to purchase kits from the Club Supplies Sales Department at International Headquarters.
- November 15, 2019 – Deadline for all clubs to send one (1) winning poster (per contest sponsored) to the District Governor.
- December 1, 2019 – Postmark Deadline for the District Governor to send one (1) winning poster from the District to the Multiple District Council Chairperson.
- December 15, 2019 – Postmark deadline for the multiple district council chairperson to send one winning poster to the Public Relations Department at International Headquarters.

February 1, 2020 – International winners notified on or before this date.

### You can promote the Peace Poster Contest with the following:

1. **Peace Poster Contest Brochure** (PR-775) which vividly describes the contest. This is appropriate for both Lion and non-Lion audiences.
2. There is also a **Peace Poster Tabletop Exhibit** available for loan free of charge to clubs. The tabletop exhibit is:
  - A great way to draw additional attention to the contest, and encourage others to get involved. Past successful locations include libraries, community events and district, multiple district and state Lions conventions.
  - Approximately four by six feet in size and requires no assembly.
  - A very popular exhibit. Please plan ahead and make your requests early.
3. You may also submit a **press release** when a local winner has been selected.

Note: Clubs, districts and multiple districts may give out additional prizes at the local level as they see fit. **Honorable Mention certificates** (PPC 790) are also available.

Since this is the 102nd Anniversary of Lionism, let's try to have 100% club participation for this contest. If you have any questions or just want to share with us what your club is doing contact information for members of the Peace Poster Committee is at the bottom of this article. Thank you for participating in this extremely important youth project.

*submitted by Bonnie Roeder*

District 36-O Peace Poster Chair, Bonnie Roeder @ [bonnieroeder@comcast.net](mailto:bonnieroeder@comcast.net)

MD36 Peace Poster Chair, PDG John Hamstreet @ [lambsnlions@gmail.com](mailto:lambsnlions@gmail.com)

District 36-E Peace Poster Chair, Carma Fisher @ [charcon@live.com](mailto:charcon@live.com)

District 36-G Peace Poster Chair, PCC Bev Bridgewater @ [bbridge@oregontrail.net](mailto:bbridge@oregontrail.net)





(l-r) Karla Lopez, Lourdes Corona-Biorato and Fabiola Chavez-Morale

## Eugene Bethel Lions Club Announces 2019 Scholarship Winners

All of the recipients graduated this spring from Willamette High School and each received a \$500 scholarship.

*submitted by William Van Vliet*

## District 36G "That's What It's All About" T-Shirts

Supporting 2019/2020 District Governor Service Project for Childhood Cancer

Black (shown) and White; Men's M-3XL; Women's Black and White V-neck S-3XL \$20 each. Plus Shipping.



Men's Sizes	Color	QTY	Women's Sizes	Color	QTY
3XL	B / W	___	3XL	B / W	___
2XL	B / W	___	2XL	B / W	___
XL	B / W	___	XL	B / W	___
L	B / W	___	L	B / W	___
M	B / W	___	M	B / W	___
S	Not Available	___	S	B / W	___
Men's Order Total:		___	Women's Order Total:		___

Shipping Address:

Name: \_\_\_\_\_

Address 1: \_\_\_\_\_

Address 2: \_\_\_\_\_

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

Check # \_\_\_\_\_ Payment Amount Enclosed: \_\_\_\_\_

Credit/Debit Card: Visa ☐ MasterCard ☐

Card #: \_\_\_\_\_

Expires: \_\_\_\_ / \_\_\_\_ 3 digit security code: \_\_\_\_  
MO YR

Name on Card: \_\_\_\_\_

Signature authorization: \_\_\_\_\_

If paying by credit card, please complete, sign and return form to La Pine Lions Club, PO Box 3241, La Pine, OR 97739 (541) 536-5413 Gary or Sue Mose