



Serving members of MD36 Oregon and Northern CA

July/August, 2016 Volume 1/16-17



Teddy Bear Parade

story page 6

MONTHLY CALENDARS

MEETINGS

August

- 10 Patient Care Committee meeting - OLSHF at noon
- 13 OLSHF Board meeting - Rockaway Lions Clubhouse at 9am
- Council of Governors meeting - Rockaway Lions Clubhouse at 1pm
- 20 District O Cabinet meeting - Rockaway Lions Clubhouse at 10am
- 27 District R Cabinet meeting - Yachats Lions Hall, 4th & Pontiac at 10am
- 29 Southern Oregon Lions Sight & Hearing Center Board meeting at 6pm

September

- 10 District E Cabinet meeting - Sutherlin Community Building at 10am
- 14 Patient Care Committee meeting - OLSHF @noon
- 26 Southern Oregon Lions Gight & Hearing Center Board meeting at 6pm
- 29 Executive Committee - OLSHF @noon

ANNIVERSARIES

July 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.

July

Dorris	July 16, 1946
Yachats	July 20, 1950

August

Baker City	August 29, 1929
Hood River	August 09, 1938
Seaside	August 15, 1938
Hillsboro	August 25, 1938
Amity	August 28, 1948
West Linn Riverview	August 06, 1992
Oregon City	August 22, 2008

Are You Moving? Have You Moved?

We need a couple of days to change your address. Please provide your old address as well as your new one, by attaching the label on the right, or contact the MD36 Headquarters Office at 541.484.0452.

EVENTS

August

- 10 *The Oregon Lion* article deadline (for September issue)
- 15 OLSHF Classic Golf Tournament @11am at Stone Creek Golf Club, Oregon City
- 18 Webinar at 11am

September

- 5 Labor Day observed - HQ office closed
- 10 *The Oregon Lion* article deadline (for October issue)
- 15 Webinar at 11am



The Oregon Lion Website:
www.md36lionsclubs.org

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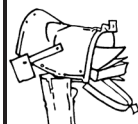
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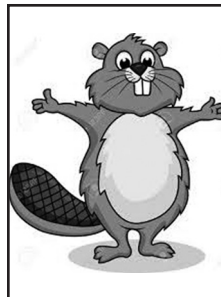
As we start this 2016-17 Lions year, I would like to borrow and paraphrase a quote that PCC Rod Bach uses on all his Lions e-mails, "It is a great (day) year to be a Lion". The District Governors are back from Japan and have hit the ground running. I know each Council Chair claimed that they had the best District Governors, but I know that I have the best. They had most of their work done back in March including the theme for the year, "Soaring Up The Mountain", the cover showing Mt. Hood with a Lion/Eagle soaring up the mountain, and most of their appointees. What a group.

This year is going to be exciting as we begin the 100 year celebration and the preparation for the 2017 USA/Canada Forum to be held in Portland. The committees are working hard for both events. I encourage each club to start their plans to make this 100 year celebration a huge success. We are having signs made to hang on a truck. There will be a set for each District to use in parades or other events that clubs have. Be sure to check with your District Governor to get your name on the list. Remember: first come first served. We are planning for the events to be held at the May State Convention in Pendleton. If you have any ideas, please pass them on. The more exposure we get the better chance we have in getting new members to join Lions. We need each and every one to get involved. Our District Governors are already starting their visitations. You will hear more when they come to your club meeting. Please support them. We want the 2016-17 year to be the best year ever with membership growth and new clubs started. We must stop the decline. Failure to do this is not an option we can afford. Yogi Berra said it best, "Failure is just another opportunity to start over". Many clubs have failed lately so as you work in your Districts use them as an opportunity to start over.

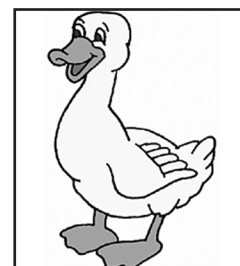
Two New Campus Clubs...

Dear Members and Neighbors,

Let's share our desire and drive to serve



our communities with our children, grandchildren, and the neighbor kids. We will be starting two new campus clubs this year, one at Oregon State University and one at University of Oregon.



During early fall each University has what is called club recruitment days.

The Lions will have a club recruitment table at both Universities. You can contact me any time for more information about our campus clubs. The great news is that we already have several students ready to sign up to help their communities by joining a campus club. Contact me at 541.547.4632 or jckauuffman@aol.com.

submitted by DG Judy Kauffman

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4-5 **Lions VisionGift**

16-19 **OLSHF**

MD and District Websites

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

MD36: md36lionsclubs.org

District O: www.lionsoforegon.net

District R: www.lionsclubs36r.org

District E: www.districtelions.org

District G: www.oregonlions36g.org



Developing Our Team

It is becoming increasingly clear that the way employees and employers manage their relationships is changing in this knowledge economy. The sheer amount of talent in the workforce allows employees to seek different opportunities and employers to target key additions to their team – and while this trend has been developing for decades, it has been brought into stark relief through the Great Recession and subsequent recovery. This reality makes it even more compelling then, that Lions VisionGift boasts so many long-tenured staff members within its leadership ranks.

That three of our four Directors have been in Eye Banking for more than a decade might suggest something of a “specialization” argument about our industry (i.e. their competencies and connections have become niche), but the fact that they’ve been with LVG the whole time belies this simple conclusion. Many other eye banks have seen greater turnover and transition in their leadership ranks, and that our Directors have all stayed with LVG says something about our culture of commitment.

Perhaps even more impressive is the fact that our Manager ranks are packed with similarly long-tenured employees – folks who have been steeped in the successes they’ve helped generate through the years. Consider the fact that our Processing Manager, Recovery Manager, and Tissue Distribution Manager have been with LVG for more than 10 years. Partner Relations Manager for 8. The Eligibility Manager, Logistics Center Manager, and Information Systems Managers have all been with LVG for more than 5 years. This level of experience throughout the operations of the organization ensure that the organization’s mission, vision, and values are upheld in every activity LVG undertakes, every time we undertake it.

*LVG appreciates the uncommon commitments of many of our staff and have strived to reward their unique dedication to a company and a cause. One point of focus within the last year has been describing and developing a cohesive vision of how leadership works at **Lions VisionGift**. In a sense, the various initiatives undertaken (i.e. group BOLI trainings, reading Leadership Development tools as a group), constitute the ‘planks’ of a ‘leadership platform’ which serves to consolidate and coordinate our efforts.*

Lions VisionGift has a pretty strong tradition of hiring from within, which makes a lot of sense from a couple of perspectives: the industry is so specialized that it helps to have key staff who can interpret and contextualize data inputs; and, as described above, we have tremendously dedicated and experienced people contributing to the success of the organization.

It should be noted that this commitment to LVG extends beyond the management level as well. We have several Recovery technicians who have been with LVG for more than five years. 4 of the 19 Donation Specialists in our logistics center have been with us for more than 3 years, which is remarkable considering the higher turnover associated with all call centers.

Submitted by Roderick Carew



It's that Magical Time of Year Again to Receive New Corneal Fellows!

Corneal fellows are surgeons who have completed a residency and are now in a fellowship program to learn how to perform cornea transplants and complex eye procedures. These programs are one year long (July-June) and are organized by a national medical 'matching' program. Lions VisionGift (LVG) is involved with two fellowship programs, one at OHSU and one at Legacy Hospitals.

LVG supports these programs for several key reasons: we believe that surgeons need to know where their tissue comes from; we want to start relationships with the next generation of corneal surgeons; and we want to contribute to the shared learning of ocular science. In fact, it's actually a requirement that cornea fellows learn about eye banking in their program, 'an eye banking curriculum including a review of specific eye banking function (recovery, processing, storage, evaluation and distribution of tissue; and donor eligibility), and at least one on-site visit during the fellowship to an EBAA-accredited eye bank.' Here at LVG, we usually have the fellows come through the eye bank around August or September.

This summer, eye bank staff will have the opportunity to meet these providers of the future and start developing relationships with them. Most will not have had much exposure to eye banking in the past and they can be a bit like a deer in the headlights. They're learning a lot very quickly. Past Fellows have spent several days at LVG and observed our Logistics Center operations, accompanied technicians on recoveries, sat with Eligibility Specialists for chart reviews and, of course, many hours with the processing and research departments.

Consider the fact that these providers represent the next generation of corneal surgeons, and potentially, medical directors. The associations and relationships they develop now will stay with them forever.

LVG also likes to take advantage of the scientific interests of these fellows. Many fellows in the past have had overlapping research interests with us; like the innovative "S-stamp" validation work, or DMEK injector studies. These surgeons help LVG publish important research and present our work in national conferences. Many of them continue to be interested in research and work with us.

Some past cornea fellows who are now highly involved in eye banking include Peter Veldman MD, and Christopher Sales MPH, MD, who are all now associate medical directors for LVG. Dr. Michael Straiko and Dr. Paul Phillips are also past Fellows who have gone on to impressive careers and continue to be involved with LVG. We sometimes refer to these contacts as umbilical relationships, and the fact that many of these surgeons still utilize our tissue – despite not being in our service area – is a testament to the relationships we create and the effort we put forth to support them.

This July, we will be saying goodbye to Dr. Adrian Dokey and Dr. James Sanchez and hello to Dr. David DeMille and Dr. Kenneth Downes.

Submitted by Zach Mayko

Oregon City Lions Club Puts on a Parade

The Teddy Bear Parade is one of Oregon City's signature events. It's a one-mile processional beginning on Main St. in downtown Oregon City and ends at the Pioneer Family Festival at Clackamette Park. The Teddy Bear Parade has been a community highlight for Oregon City and Clackamas County for the past 19 years. The Teddy Bear Parade gathers new



Members of the Oregon City Lions Club gathered on May 31 to sort 100s of stuffed animals collected at the Teddy Bear Parade

teddy bears and stuffed animals that are given to law enforcement agencies, fire departments, emergency rooms, children's hospitals and women's shelters in Clackamas County. These stuffed animals are then distributed to children throughout our community who need comfort in times of crisis. The parade is also a time for us to honor our emergency personnel who protect the entire community.

Over 1,000 people plus animals and vehicles participated in the parade this year. Groups marching in the parade included JROTC, Oregon City High School and two middle school marching bands, a Jeep Club, two dance teams, Cub Scouts, Brownie Troop, the Portland Pickles baseball team and many more.

submitted by Michelle Don

Elgin Lions Believe in Service to Others

Teri and David Fuhrman are Lion members who believe in service to the community. "What we do, we do out of our hearts because we care," Teri said. "We try to help and that's it." David added, "We like what we are doing in the community—reaching out and helping others."

The Fuhrmans own Cowboy and Angels Restaurant in Elgin, and it's through the restaurant they are able to support many of the Lion projects. When the Lions ran out of pie during the Lion free pie and ice cream for the community and travelers, the Fuhrmans rushed pies to the group. When members of the Club talked about collecting toys, it was the Fuhrmans who volunteered their place as a distribution site. When the local library needed incentives for the children it was the Fuhrmans who donated coupons for the kids. In fact, the Fuhrmans have given free coupons to organizations such as the Chamber of Commerce, Quilt Club, FFA, FBLA and Lions BINGO.

Lion Teri was born in Santa Cruz, California, but attended high school in Union. Lion David was born in Escondido, California and attended high school in San Marcos. Prior to moving to Elgin, they had owned Joe's Place in La Grande. "I like what Lions do in the community," said David, "reaching out and helping others, particularly with needs in hearing and vision." "I love what we are doing in the Lions Club," Teri said. "We are with a group of people helping others such as the library and the reading program." David noted, "I love the people in this small community. They have been very supportive of us and we couldn't ask for a better place to live."



Lions Teri and David Fuhrman

submitted by PDG Gerald Hopkins



Island City Lions Send 25 Cases of Glasses

According to Lion Chair Al Weathermon, the Island City Lions recently sent 25 apple boxes of glasses to the Sight and Hearing office. He stated, "I would like to hear if any other club has matched that number and I would doubt that any have. There is a lot of work connected with collecting that number and then getting them shipped by truck to the appropriate destination. I am hoping that the Sight and Hearing office could recognize clubs that do send glasses for use." Lion Weathermon indicated this is one of the primary work projects of the Island City Club.

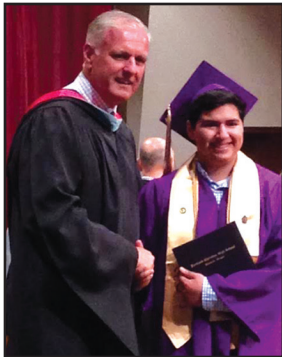


Lion Chair Al Weathermon

submitted by PDG Gerald Hopkins

Gresham Breakfast Club Honors Graduate

On June 4 Stephen Laughton-Cardona graduated from Portland Christian High School with highest honors, receiving the Presidential Award for Educational Excellence and the Distinguished Christian Student Award. He is currently studying to be an EMT and will attend the University of Oregon in the fall on a full academic scholarship.



Lion Stephen Laughton-Cardona with Jim Hill, Principal, Portland Christian High School

Stephen's graduation held a special significance for the Gresham Breakfast Club. He is their youngest member, perhaps the youngest in the District as well as the State. It was early in 2015 that Lion Steve Solcz received a call from Stephen's mom asking about the Club so that her son could come to a meeting. He told her the time and place, but Steve says that "when I found out that Stephen was only 17 years old, I had reservations as to whether he would actually show (we meet at 6:45 in the morning)". Sure enough he



Lion Art Abbott installing Stephen with sponsor, Lion Steve Solcz looking on

was there and came to the next two meetings, filled out his application, paid his dues and became a member on May 28, 2015. Since then, he has been an active member of the Club,

joining in all the activities and functions, including socials, as well as helping with the Mobile Health Screening Program in Sandy. It was appropriate that he was conducting the blood pressure testing in light of the fact that he plans to major in biology, eventually planning on a career as a physician.

All of us at the Gresham Club are very proud of our youngest member and wish him and his family the best of luck in the future.



Lion Stephen Laughton-Cardona with Lions (l-r) Tom Slyter, Barb Slyter and Jim Zeller

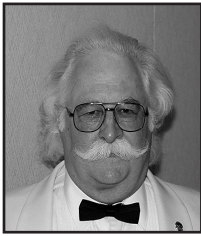


Lion Stephen Laughton-Cardona taking Lion Steve Solcz's blood pressure

submitted by Lion Steve Solcz

Oregon Lion July/August 2016 7

District O - Northwest - North Coast



District O Governor Column

Garry Charbonneau

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My fellow Lions of District 36-O, last year Governor Hank's motto was "It's a Great Day to Be a Lion" and I believe that every day is a great day to be a Lion. For most of you who don't know me I'm a Vietnam veteran and I served with the U.S. Navy Mobile Construction Battalion also known as the Seabees. The Seabees motto is "Can Do" and I have always embraced that "Can Do" spirit. Since joining Lions in 1981, I have seen what it is that Lions can do. Lions have that same can do spirit and so my motto for the coming year is "Lions Can Do".

Chancellor Robert Corlew, LCI President, has as his motto this coming year: "New Mountains to Climb". What this means is that we can look back on the past 99 years as a great legacy that has brought us Lions to what we are today: the largest service organization in the world, with over 1.4 million Lions serving in 210 countries and geographical locations. But we cannot stop there; we have to continue to build on that legacy to climb that next "New Mountain" before us, to create our own new legacies, to make our communities a better place to live and the world a more peaceful place to live.

Lions: we must continue to climb new mountains. We cannot afford to say that we have reached the summit and that there are no more mountains to climb. There will always be other mountains to climb and new summits to reach. That is our new legacy and it must be carried on. What I have been saying just reminded me of a song that came out in the late 1960s. The song is "To Dream the Impossible Dream." The world is in need of us. We must dream the impossible. We must climb that new mountain. We must not stop. We must not give up. We must keep trying.

Lions Can Do

District R - Willamette Valley - Central Coast



District R Governor Column

Judy Kauffman (Cy, PDG)

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Website: www.lionsclubs36r.org

President Chancellor Robert Corlew's slogan "New Mountains to Climb" paints a picture of opportunity for us. DGE Training and International Convention were very good and now it's time to get to work.

First let me thank all of the clubs and individual Lions who have been improving their communities by helping supply glasses to the needy, collecting food for food banks, giving help to our seniors and veterans and helping in countless other ways. We are making our communities better places to live.

Here are 3 of my goals for the year.

CAMPUS CLUBS - Let's share our desire to serve our communities with our children, grandchildren and the neighbor kids. We will be starting two new campus clubs this year, one at Oregon State and one at University of Oregon. Each University has club recruitment days in the fall. The Lions will have a club recruitment table at both Universities. Contact me for more information. The great news is that we already have several students ready to sign up to help their communities by joining a campus club.

COMMUNICATIONS - We will be improving communication between individual Lions, clubs, zone chairs and the District. Thanks to PDG Chuck, Lions Rod Taguchi and MD36-R District Secretary Lion Linda Stent we will have a MD36-R Facebook page. This Facebook page is a place to share your club happenings, events, service projects and fundraisers. This may sound a little scary/complicated to some of us but our two Facebook experts have promised to help us out.

CLUB VISITATIONS - I have already started my club visitation schedule. EVERY club is important, no matter how small or large, whether your club has one project or several. Each club is doing great. I am looking forward to meeting each and every Lion this year!

District E - Southern - South Coast



District E Governor Column

Carol Brink (Doug)

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• dcoregon@yahoo.com

Website: www.districtelions.org

"If you want to be a Lion, you have to train with Lions" . . . *anonymous*. The four MD36 DGEs did that with Group 20 in Fukuoka Japan, June 21-24. Our leader PID Brian Sheehan from Bird Island, MN, made our training not only fun but interesting. In our group there were 20 men and 10 women, Lions from Australia, U.S., India, Kenya and Uganda. We shared ideas, encouraged each other and talked about our experiences. The common link was service and we all spoke the same language when it came to talking about what we do to help others in our communities. Group 20 Rocks!

After training we attended the convention. LCI President, Chancellor Robert Corlew is a dynamic speaker who shared his dream of success for Lions in 2016-2017. "New Mountains to Climb", he said "was inspired by the sights and sound of his home state of Tennessee. Each mountain represents a new challenge - a new opportunity. As our world continues to change, each of us face new challenges - new opportunities to serve others. Lions must continue upward, finding new ways to serve and scaling each mountain provides each of us a chance to make the world better for another person."

Lions, we will be "Soaring to the Mountains" (MD36 theme) together this year. Our Centennial festivities bring Lions together to celebrate 100 years of service. I am fortunate to have the opportunity to be your 36-E District Governor during the heart of the celebration in 2017. I believe that at the core of our 100 years of service is the "Heart of a Lion". My theme this year is "Celebrate the Heart of a Lion".

Helping Hands
Encouragement
Attitude Positive for Success
Respect for Others
Together

Remember the song "You've Gotta Have Heart"? My version is . . . Lions you gotta have heart, miles and miles to impart; you should help encourage each other to create attitudes of success respecting others at best. You gotta have heart, miles and miles to impart; without heart nothing ever gets done, we should work together as one.

Lions you gotta have heart! It's an exciting time to be a Lion. Let's celebrate together the "Heart of a Lion!"

District G - Central - Eastern Oregon



District G Governor Column

Judith Poage

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Konichiwa. "Good afternoon." Are you ready for our 100th year of Lions? The adventure begins!!

Welcome, to all of the new Club Presidents and congratulations on your election. I thank you for accepting the position and look forward to working together. Your club members have confidence in you – this is your year.

A number of clubs are already working on their Centennial projects. Amazing! It will be an exciting year and what a wonderful legacy 36-G will leave for our communities.

A special thank you to my Hood River Club for all of their support and a special thank you to PDG Paul Zastrow for all the work he did on behalf of District 36-G during his term and for allowing me to ride-along during many of his club visits.

The hospitality in Japan was amazing and gracious. I love, love the very "Oishi" (delicious) food. Elaine Johnson was my roommate and we explored the city sights and sounds, when I was not in class. Our room overlooked the Hakata River which dissects the city streets. We could watch the activity along the river by day and by night the city lights were reflected in the water. Simply "Tanoshi" (enjoy).

I attended classes the first three days from 8am to 5pm. Classmates included DGEs from Louisiana, Texas, Africa, India, Australia and Tasmania – plus the four of us from MD36. Our instructor was PID Brian Sheehan. Many of you met him at our District G Convention. He makes an intense study group fun. Our studies included: Motivation, Conflict Resolution, Teamwork, and Managing our District. I am very grateful to last year's First Vice Governor training sessions by PID Sunny Pulley and PCC Joyce Anderson. I felt totally prepared for the DGE seminars at the Fukuoka International Congress Center.

There is always conversation at International concerning increased membership. However, if each club brings in just one new member and maintains current membership, we will be a very healthy District.

Our first 36-G Cabinet meeting is scheduled for August 6 (Saturday) at the Texas Steakhouse in Rufus. Please bring your ideas and be sure to wear a hat.

I look forward to visiting with each of you during my club visits and attending your special events. Please, keep me on your mailing lists. I encourage you to call me any time and feel free to share ideas.

A special thank you to my travel companions who made the long journey to Japan enjoyable: Elaine Johnson, DG Garry Charbonneau, DG Judy Kauffman, PDG Cy Kauffman, and DG Carol Brink.

"Arigatoo" (thank you). Let's have fun!

You, Me and Diabetes!

Hello Everyone,

Welcome to another year of Lionism in which, I'm sure, our newly elected Governors have hatched great plans for membership growth for the year before us and we, as Lions, are aware that more members mean that we will be able to offer more support to the communities we serve. Grow Lions!

With summer now upon us the warmer weather can cause serious complications for us if we don't stay hydrated. I make it a practice to drink a 16 ounce glass of water immediately after arising. Following is an article that I submitted several years ago and feel this is a good time to resubmit it.

Why Dehydration is Dangerous for Diabetics

By: Kendra VanderLee

Are you drinking enough water? If you are diabetic, dehydration can be especially dangerous for you. It is also easier to get dehydrated because of diabetes.

Symptoms of dehydration (symptoms will vary depending on the person):

1. Thirst
2. Tiredness or weakness
3. Loss of breath or rapid breathing
4. Loss of appetite
5. Dark urine and/or lack of urine
6. Cramps

What dehydration does to your body

Hydration is important to most of your cells. It affects your blood sugars, heart, kidneys and brain.

1. Water helps move the sugar in your blood to where it needs to be. If the sugar is not moved it will raise blood sugar levels. Higher blood sugar levels cause frequent urination, which can intensify the dehydration.
2. When a person is dehydrated the kidneys begin to hold on to urine. This keeps toxins in the kidneys and produces high blood pressure which further damages the kidneys.
3. When your brain is deprived of water it can cause anxiety, depression, and fatigue.
4. Alcohol consumption contributes to dehydration and a vicious circle can lead to alcohol abuse.
5. Weight gain can be a sign of dehydration because your constant thirst can be mistaken for hunger. If you are hungry all the time, drink water before you decide to grab a snack. If drinking water takes some of the hunger pains away, you are probably dehydrated.
6. Severe dehydration can actually cause seizures and death.

How to prevent dehydration

1. Before any exercise drink a few glasses of water. Depending on how much exercise you are planning, continue drinking during exercise.
2. As a diabetic, it is important to drink water (not pop, tea, alcohol or juice) every time you eat. This will help reduce your blood sugars and allow your kidneys to function properly.
3. Remember that alcohol consumption will dehydrate you. You must replace 2-3 times the amount of alcohol you drink with water.
4. When your body is showing any unusual symptoms (like headaches or pain), treat with water first to see if you can relieve them without over compensating with too much.
5. As with diabetes, the signs of dehydration will be different for everyone. There is no way to determine how your body will show the signs. Drink a regular amount of water (at least a glass with each meal) each day.

Article written for Detroit Diabetes/Examiner.com, January 19, 2010

Note: I almost lost my life twice to dehydration when I was employed full time. I wasn't aware at the time of the seriousness of dehydration. No doctor ever warned me.

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

submitted by PCC Charlie Tate, Diabetes Chair

11TH ANNUAL JUNCTION CITY LIONS

GOLF SCRAMBLE-4 PERSON

SUNDAY SEPT. 11TH, 2016 9AM SHOTGUN



ENTRY FEES

\$85.00 Per Person Includes: Golf , Cart, Tee Prize, Continental Breakfast, Steak or Chicken Dinner, Hole in One Prizes, Skill Prizes, Putting Contest, Rolling of the Balls Contest and more!

MULLIGANS AVAILABLE FOR \$5 A PIECE LIMIT OF 2 PER PLAYER

RAFFLE TICKETS ARE 6 FOR \$5 OR 30 FOR \$20

DIAMOND WOODS GOLF COURSE 96040 Territorial Rd. Monroe, OR. 97456. Phone: 541-998-9707 www.diamondwoods.com

ENTRY FEE MUST ACCOMPANY FORM

<u>NAME</u>	<u>ADDRESS</u>	<u>PHONE</u>
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<i>1.</i>	_____	_____
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<i>3.</i>	_____	_____
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<i>4.</i>	_____	_____
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***MAIL ENTRY & CHECKS TO: JUNCTION CITY LIONS GOLF TOURNEY
PO BOX 1 JUNCTION CITY, OR. 97448***

Women Helping Women to Survive ... and Thrive in Today's World

The first ever Women's Symposium, "Opportunities for a Better Life: Issues and Solutions For A Healthier You" was held on April 30. The daylong event was sponsored by Lions Clubs International, Lions District 36-R, and the Oregon Lions Sight and Hearing Foundation. The idea for the event came from Lion Vice-District Governor Judy Kaufman and her committee of Lions Debbie Bach and Carol Casito. Local coordinators were Lions Judith Grosenick, Mary Fechtel and Karen Norton from the Eugene Downtown Lions Club. The basic premise was to present information to help women better understand what they need to do to stay healthy and happy. Throughout the day 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.



Lion PID Sunny Pulley welcomes everyone

welcomed everyone and explained what the Women's Symposium was all about.

Lion Judith Grosenick introduced the keynote speaker for the event, Bob Welch. Bob is a familiar face to most everyone because of the *Register-Guard* column he wrote for many years, the numerous books that he has written, the writing workshops he holds in Lane County, his teaching at the U of O and his many public speaking appearances. Lion Karen Norton drew some winning tickets, the first of which won a lucky symposium participant a free personally autographed copy of one of Bob's books.



Bob Welch weaves an interesting story

me?" He answered that question by saying it's people finding the extraordinary in the ordinary. He said the richest people are the ones who give to something greater than they are. As Bob put it we don't always notice that we really do make a difference and Lions do make a difference.



Lion Judith Grosenick introduces keynote speaker Bob Welch

The event was held in the Wheeler Pavilion at the Lane Events Center and was attended by 50 to 100 women and even a few men. The introduction was presented by Lion PID Sunny Pulley. She

Bob posed the question: "Why be a Lion?" He described attending a Lions Club meeting in Halsey on a rainy day. The members discussed their float for the upcoming Christmas Parade. Then a letter was read. The man who wrote the letter was very emotional about how meaningful the glasses the Lions secured for him meant to his life. The letter caused Bob to wonder "Who inspires



Past President Lion Karen Norton, flanked by Bob Welch and PID Sunny Pulley, picks the first winning raffle tickets for autographed copies of Bob's books

The next speaker was Brenda Anderson from the Oregon Lions Sight and Hearing Foundation. She described some of the major works of the Foundation including Patient Care, Lions Eyeglass Assistance Program (LEAP) the new lab where they custom make glasses for those in need, Mission Cataract, and vision screenings.



Lion DG Chuck Blanchard presents Appreciation Certificate to Lion Karen Norton who was out of town the day of the previous presentation



OLSHP display table

After the lunch, provided by Wild Duck Catering, Linda Burden Williams gave her presentation exploring the idea of Building Mind Muscle. What followed was a panel discussion moderated by PCC Joyce Anderson. The 20 minute panel presentations included Lindy Smith from Court Sports on Women's Health and Fitness, Debra Weinman from the Alzheimer's Association, Music Therapist Danielle Oar, and Dr. Frances Munkenbeck from the Oregon Heart and Vascular Institute whose topic was Heart Health and Risks. A lively Q & A session followed.

Throughout the day drawings were made for various prizes contributed by vendors.

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 list includes Rodan & Fields Skin Care, Art With Grace, Days For Girls (Springfield Lions), Audiology Professionals, Center For Community Counseling, Secure Solutions Insurance Group (Allstate Agent), Texas Roadhouse, do Tera, Injoy Wellness Massage Center, Finesse Jewelry (Sandra Jeffs), The Commission for the Blind and the Eugene Downtown Lions Club. The symposium was a successful first-time venture, with plans to schedule another next year.



Symposium participants listening to Bob Welch. Many vendor displays lined the perimeter of the Wheeler Pavilion



Brenda Anderson (OLSHP) describes the Foundation's major projects



Lion DG Chuck Blanchard gives Appreciation Certificates to Lions Mary Fechtel and Judith Grosenick for their work on the Women's Symposium



Eugene Downtown Lions display table

submitted by Lion Tim Chuey

Elgin Riverfest Flows with Activity

The Elgin Lions Club held their annual Riverfest with activities for all ages. The Second Annual Duck Derby, with 670 ducks tossed in Phillips Creek, provided fun for their viewers, as well as those Lions in boots retrieving the yellow objects as they floated toward the goal. Two governors were winners for the event. PDG Ray Andrieu held the number two ticket, while PDG Cy Kauffman's duck won a prize of \$11 for being last.



1931 Ford Roadster is one of the many antique cars

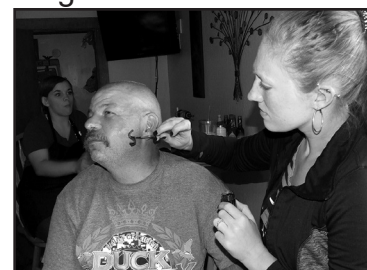
The year's lineup included a quilt display with over 50 entries by the 25 member quilting club, a Fireman's breakfast, tours of the historic Elgin Opera House, city-wide yard sales, annual art show, bike safety riding course for students, antique engine and tractor show, Dutch oven cook-off, band, antique car show, Scottish games and history, and crafts and vendors.



Band plays for donations to Muscular Dystrophy



Lions and guests enjoy a Fireman's breakfast



Elgin cheerleaders Shelby Strickland and Maria Meeks do some face painting for Riverfest

submitted by PDG Gerald Hopkins

Island City Lion Richard Taylor 90 Years Young and Still a Strong Lion



Lion Richard was born in La Grande and initially attended Riverside Country School. He finished by attending two years at Eastern Oregon University and has always lived in the area. "La Grande is a great town and when I go on vacation, I can't wait to get back."

Many years were spent in the agricultural business, which included working summers. Later he hauled grain around the county, including Island City, Union, La Grande, Alicel, Imbler, Elgin and North Powder. "I wish I had all that wheat I hauled around the county," he noted, "because when one elevator filled up, I had to move it to another." Following that business, Richard shuttled railroad workers to their destinations. They were required to only work a certain number of hours and then had to be picked up and shuttled back to the base. He also sold farm equipment for a period of time.

Lion Richard takes great pride in driving a 64 Chevrolet in parades for the grand marshal, and had that privilege for many years. "I have to say, I don't like driving the Island City Lions' Pig Train. It makes me dizzy." When asked what Lion activity he enjoys most, he commented, "Years ago I liked the clean-up day. It was a horrible time because of old car body parts and other things we had to clean up. But after doing it awhile, we finally got it where we wanted it." Now Hog Wild Days is the favorite project he enjoys doing with the Lions.

submitted by PDG Gerald Hopkins

Build Your Lions Legacy!

It's happening NOW! Lions Clubs International has entered the BIG year of CELEBRATION! The time is NOW for all MD 36 Lions Clubs to work on planning and carrying out your club Centennial Legacy Service Project. Legacy Projects are visible gifts to your community that will both commemorate our Centennial and create a lasting legacy of service contribution(s). All Lions Clubs around the world are encouraged to complete a community Legacy Service Project by June 30, 2018. With three levels of participation possible, there is an opportunity for EVERY club to get involved!

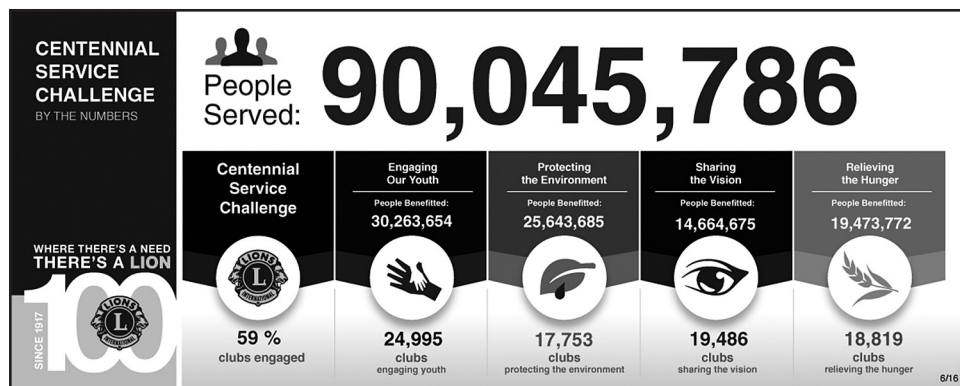
- Level 1: Raise your community visibility
 Post new Lions signs
 Donate a park bench
 And more!
- Level 2: Provide a community gift
 Refurbish a park or playground (3 clubs have done this!!)
 Fund resources for the visually impaired
 And more!
- Level 3: Make a community impact
 Expand a library or school
 Equip an area clinic or hospital
 And more!

For complete information on the levels of participation, how to promote your Legacy Project in your community, and the method of reporting your Project through the MyLCI site, go to www.lions100.org. This site provides any and all information clubs need to celebrate our Centennial, from inviting new members to join us, to reaching out to our communities for Centennial service and celebration festivities.

Please remember that ALL service done during our Centennial celebration counts toward the Centennial Service Challenge – just be sure that all service is reported by the Club Secretary or President on the MyLCI service activity site. Banner patches will come to each club for fulfilling service in each of our four areas:

Engaging our Youth
Sharing the Vision
Relieving the Hunger
Protecting our Environment

Please don't hesitate to contact me with questions or ideas to share at sgrollins@comcast.net



submitted by PDG Sharon Rollins, Centennial Celebration Coordinator

OREGON LIONS SIGHT & HEARING FOUNDATION

Art Abbott
Chair



Foundation Deja Vu

I'm very excited to begin the 2016-17 Lions year as Chairman of your Oregon Lions Sight & Hearing Foundation. What an amazing organization we Lions of MD36 have to partner with!

For those of you that have been around for a while, you may remember that this isn't my first go-round as OLSHF Chair. In fact, I was Foundation chair in 1993-94, just as the Mobile Health Screening Program was getting started. I still remember my visit to the USA-Canada Foundation Leadership Forum in Omaha in 1993 and seeing a Lions health screening motorhome and thinking "I bet we could do something like that in MD36."

Well, we did "do something like that" and more. MD36 Lions and OLSHF have built the MHSP program into what has been described as "one of the premier health screening programs in the U.S." When I was OLSHF Chair in 1994 we screened 8,000 Oregonians lacking access to healthcare,

providing screenings for diabetes, blood pressure, glaucoma, sight, and hearing. We've since added school vision and hearing screenings of course, and today we screen 180,000 people per year, over 99% of them children. As much as we're proud of the increase of students that MHSP screens each year, in 2016-17 we are putting a renewed emphasis on MHSP adult screening events - particularly to identify vision health issues.

In November the Foundation will roll out our new Strategic Plan, providing our roadmap of growth through 2021. One of objectives is to increase the number of adults that we screen each year from 2,000 to 10,000. We hope that your Lions Club will be part of the process of making this happen and we invite you to participate in our webinar on **September 1st, 11 am**, which will give an overview of what a MHSP Community Event can look like in the near future.

Also, I encourage you to contact me with any questions or concerns that you might have about your Foundation, my OLSHF email address is BoardChair@OLSHF.org.

Your foundation looks forward to working with your Lions Club this year!

Doug Thompson
Executive Director



Schedule your Foundation Presentation Today!

There's so much value that the Foundation can bring to the impact that your Lions Club has on people in your community - health screenings, eye exams and eyeglasses, hearing aids, even critical surgery and treatment to address vision and hearing issues. A great way to learn more about these opportunities is for your Lions Club to schedule a visit from an OLSHF Trustee.

Our terrific Board of Trustees represent all of MD36 Lionism, led by the **Executive Committee**: Art Abbott, Gresham Breakfast; Keith Price, Beaver Creek; Red Rowley, Forest Grove; Brian Rangitsch, Salem Downtown; Carrie Bartley, Milwaukie; and Carleene Iverson, Pacific Sea.

Our Trustees from **District 36E** are: Bob Chaney, Myrtle Creek; Ray Andrieu, Klamath Falls; Bryan Longland, Bandon; John Hokanson, Roseburg; and Charlie Dehlinger, Klamath Falls.

District 36G Trustees are: Debi Castor, Weston-McEwen; Russ Chase, Bend-Sunrise; Paul Zastrow, Hood River; Phyllis Carlin, Crooked River Ranch; and Gerald Hopkins, Elgin (Appointed and pending formal approval on August 13th).

OLSHF Trustees from **District 36R** include: Tom Hilgers, West Salem; Rod Bach, Central; Mary Fechtel, Eugene Downtown; Dale Bahman, Springfield; and Robert Springer, Albany East.

Our **District 36O** Trustees are: Bert Diamond, Portland Bentham; Sandy Woolverton, Portland Hollywood; Helen McNaughton, Milwaukie; and both Marilou Bowman, Rockaway; and Hank Calhoun, St. Helens have been appointed to fill vacancies and will be formally approved on August 13th.

You can schedule a Foundation presentation by contacting our office at Info@OLSHF.org or by calling 503-413-7399 or you may contact a Trustee directly to inquire as to their availability. Let us know if there is a specific program or topic that you'd like to hear about and we can tailor the presentation to your request.

We look forward to talking with you!

GIFTS & MEMORIALS

Supporters

Lion Champion: \$10,000 and above
The Oregon Community Foundation

Lion Heart: \$5,000-\$9,999
ESCO Foundation
Gordon Elwood Foundation

Lion Sentinel: \$1,000-\$2,499
Ashland Lions Club
Silverton Lions Club

Lion Tamer: \$500-\$999
Mt. Angel Lions Club
Oregon Dept of Revenue Charitable Checkoff
Pacific Sea Lions Club
Silverton Health
State Farm Companies Foundation

Lion Patron: \$100-\$499
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Hollywood Lions Club
Portland Bentham Lions Club
Portland Oaks Bottom Lions Club

Lion Donor: Up to \$99
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John & Hazel Klopfenstein
James Tolmachoff

Memorials

In Memory of Lion Dick Carlson
Andrea Holberton
St. Helens Lions Club

In Memory of John Fleming
Parkrose Lions Club

In Memory of Leroy Horsley
Maxine Johnson
Salem Northeast Lions Club
Bonnie & Terrence Sponsel
Clement & Charlene Unrein

In Memory of Don Ivie
L. Gerald Monroe

In Memory of Freda Koch
Jerry & Susan Ford
Sandra M. Schmitt

In Memory of Garry Lienhard
L. Gerald Monroe

In Memory of Ken Lockett
Art & Gail Abbott
Astoria Lions Lions
Philip Bales
Dale & Beverly Friedemann
Barry & Carol Hoffos
Glen & Lavina Jones
John & Cynthia Lehmann
John & Linda Pasma
Trudy Tallman
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In Memory of Ken Raasch
Trudy Tallman

In Memory of Russ Stewart
Bandon Lions Charitable Foundation Inc.

In Memory of Jeff Stitt
Bandon Lions Charitable Foundation Inc.

In Memory of Marcella Taylor
Tonya Rogers

In Memory of Dale Thomas
Roseburg Breakfast Lions Club

In Honor

In Honor of Hank Calhoun
Mt. Hood Lions Club

In Honor of Jeff Reynolds
Wes Lee & Susan Reynolds

In Honor of Jan Stewart & Bill Taylor
Tonya Rogers
Margie Simonson, Chelsea Fries & Ryan Adams

In Honor of Sandy Woolverton
William A. Stout

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Portland Bentham Lions Club
Sandy Lions Club
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Central Lions Club
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Lakeview Lions Club
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Contributions listed include gifts received 6/16/2016 to 7/15/2016 only. Every effort is made to ensure this list is accurate. We appreciate you bringing corrections to our attention by emailing Info@OLSHF.org.

MD36 VOLUNTEER OF THE YEAR

Congratulations Mary Johnson

Winner of the 2015-16 OLSHF MD36 Volunteer of the Year Award!

"When I retired the things I missed about working were the people and serving others. I took great joy in watching people grow in their job and be willing to learn more, so I would shift things around to give them a broader experience that would help them climb the ladder in their own way.

So I started volunteering for several organizations which I enjoy, but something was still missing. Where could I find the missing piece? While looking for a place to donate glasses, my answer became clear – the Lions! I love working with the kids at vision screening events at school. I enjoy being on the task force and helping at OLSHF. This is where I make a difference in the life of someone who needs help, where I find my rewards as service fills my heart and brings me joy.

I have met so many wonderful people who also share the spirit of giving. By becoming a Lion, I now have more opportunities to serve and I work with people who have greatly enriched my life!"

--Mary Johnson, Beaverton Lion since June 2015 and OLSHF 2015-16 Volunteer of the Year



SIGHT & HEARING NEWSLETTER

In an effort to improve and strengthen communication between the Lions Clubs of MD36 and the Oregon Lions Sight & Hearing Foundation, your Foundation will send out a monthly newsletter every month highlighting sight and hearing tips and achievements.

Here are just a few of the topics that we will share with you throughout the year:

- How to strengthen and build good partnerships with local providers.
- Patient Care 101/Optomtry 101/Audiology 101 - basic information as well as a glossary of terms to help better understand the work that we do.
- How to stay safe - setting up a Google email address and phone number as well as setting up a Lions Club post office box - becoming anonymous without becoming impersonal.
- What is discrimination and how can you avoid it in your role in your Lions Club.
- Online eyeglass vendors, such as Zenni Optical and Glasses USA...should your Club use them?

If you would like to subscribe to our newsletter or if you have any suggestions on future topics to discuss, please email Melinda Rhodes, Melinda@OLSHF.org.

Thank you for all that you do Lions of Oregon!



MHSP - BACK TO SCHOOL!



Oregon Lions Sight & Hearing Foundation
Mobile Health Screening Program Total Students and Adults Screened
2015-16 is reported as of 5/9/2016
Oregon & N. California

Community Screening Events

School Screening Events

180,662

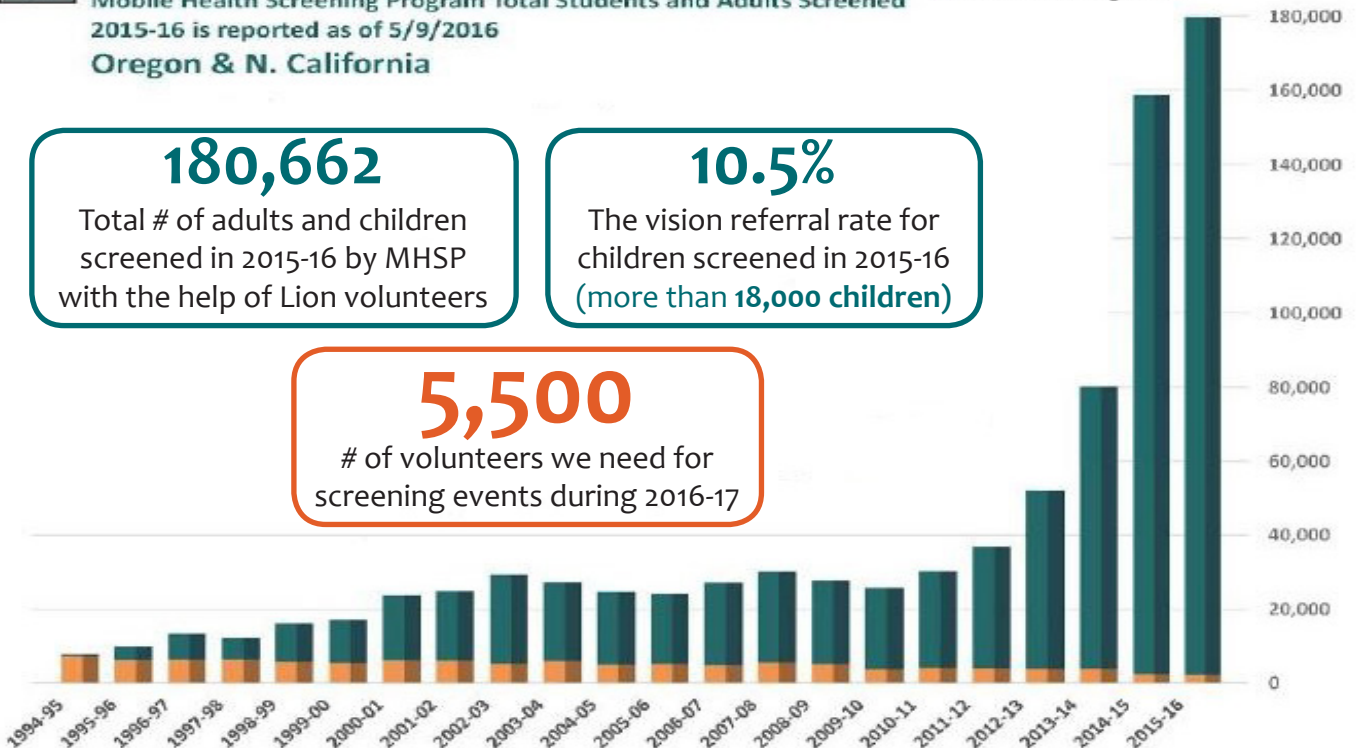
Total # of adults and children screened in 2015-16 by MHSP with the help of Lion volunteers

10.5%

The vision referral rate for children screened in 2015-16 (more than **18,000** children)

5,500

of volunteers we need for screening events during 2016-17



Help fulfill “We Serve” by volunteering at your local school screenings this 2016-17 school year!

Visit www.ols hf.org/health-screening to see our screening calendar. Share it with your Lions Club and contact Kaitlin, Kaitlin@OLSHF.org or [503-413-7632](tel:503-413-7632) to volunteer!

HALL OF FAME GALA

New Twists Coming to the Annual Hall of Fame Gala!

OLSHF hosts its 8th annual Hall of Fame Gala

Where: Tualatin Country Club

When: Saturday, October 1st

The OLSHF Hall of Fame was established to honor, memorialize, and encourage outstanding leadership and service on behalf of the Foundation’s mission to screen, treat, save and restore sight and hearing for those in need.

We are adding a few new twists this year to the themed event...you won’t want to miss them!

Please contact Allison at the Foundation for more information: AllisonC@OLSHF.org or [503-413-8378](tel:503-413-8378)



East Albany Lions Club Hosts Annual Lumberjack Breakfast

Jack Haines knows what he's doing on the weekend of the Fourth of July, just like every year since 1958. For nearly six decades, the 86-year-old has helped prepare the food at the East Albany Lions Club Lumberjack Breakfast, an all-you-can-eat affair that draws about 4,000 people to Timber-Linn Memorial Park.



East Albany Lions Club members (l-r) Jack Haines, 86, who has been a member since 1957, and Jack Miller talk about the history of the Lumberjack Breakfast

"I haven't missed a year. I've missed, I think, three or four days," Haines said. "We've had some great guys and fantastic members through the years." And he stressed that the \$15,000 or more collected goes to Lions Club sight and hearing charities, as well as several local philanthropies and community efforts. "It's just such a good project. It does such good things," Haines said.

Jack Miller, another Lions Club member, said that the Lumberjack Breakfast is a sort of reunion for Albany residents, though attendees also come from throughout Linn County and the rest of the Willamette Valley. "It's just a place that you feel good," he said. "You get to see people every year. Everybody's there," Haines added. Almost everybody. Haines' wife, Beverly Haines, passed away this spring.

She also was a longtime volunteer.

The two grew up together. He graduated from Albany Union High School in 1948 and she got her diploma the following year. Another family member is returning to town to visit family this weekend so he can attend the event. Haines' grandson, Grant Boehme, a 2008 South Albany High School graduate now serving as an Air Force tanker pilot, will be back in town to cook pancakes at the breakfast.

When Haines first started volunteering at the Lumberjack Breakfast, as a 27-year-old Korean War veteran, it was "chaos," he said. Eleanor Hackleman Park was ill-equipped to handle the event. There were only about 10 to 15 Lions Club members volunteering. It rained every day and the only shelter was made out of plastic sheeting. "I wasn't so sure I wanted to stick around, it was such a mess," Haines said. A structure with restrooms and other amenities was built at Hackleman Park the next year, which were vast improvements, Haines said.

The event was held at Hackleman Park for more than 50 years, but this is its sixth year at Timber-Linn and Haines said the new venue is positively palatial in comparison, with plenty of parking and seating. And nowadays the Club has nearly 70 members, including women, and the breakfast "runs like clockwork," Haines said.

*Article ran in Democrat-Herald by David Patton,
sent in by Lion Jeff Precourt*

Oral Hull Foundation for the Blind

"The mission statement of the Oral Hull Foundation for the Blind is to provide facilities, programs and services including social, educational and recreational activities for people who are blind or visually impaired."

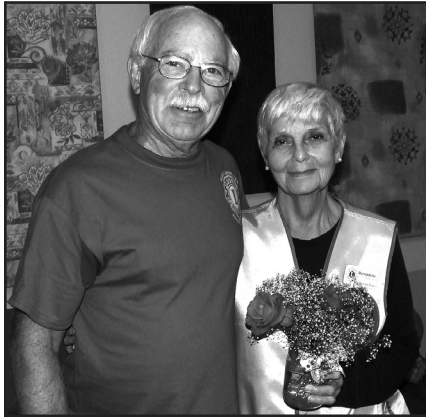
Since 1962, the Oral Hull Foundation for the Blind has been dedicated to providing a special place for persons with blindness or low vision and their friends to get away for a day, weekend or even a week for an exceptional experience. Lions support Oral Hull Foundation for the Blind and I encourage you to check it out. It is a 501(c)(3) non-profit organization. Membership is \$30 a year or \$300 for a lifetime membership.

Hull Park and Retreat Center is located at 43233 SE Oral Hull Road, Sandy, OR 97055. Phone: 503-668-6195. www.oralhull.org

*submitted by Robin Herrington, Rockaway Lions spokesperson
for Oral Hull Foundation for the Blind*

Hearing Coils Discussed at Elgin Lions Meeting

Superintendent Dianne Greif visited the Elgin Lions to provide additional information on the hearing coils for the elementary school auditorium and community center. Greif outlined the use of the coils and felt they would help individuals with hearing aids. "The school auditorium," Greif noted, "is used for many events in the community. Coils would be very helpful to many people." Since hearing and vision are two primary areas of focus by the Lions, the Club was very supportive of the concept. They asked Greif to follow up with quotes for installing one set in both the grade school auditorium and community center meeting area.



Lion President Bob Thomas presents bouquet to Lion Bernadette Barnes
Treasurer 2015-2016

Lions Sight and Hearing had sent a thank you note for the Club's \$500 donation. Ground breaking ceremonies were held on June 29 for the new health clinic and Lion Jared Rogers encouraged the Lions to attend and wear their vests in support. The Club also voted to buy a tile from the Lion's Club to place in the new clinic.

Lion President Bob Thomas presented a flower arrangement to Lion Bernadette Barnes for serving the year as Treasurer. Lion Steve Craig then presented Lion President Bob with a desk clock so he could always be tuned in to the 6:55 pm adjournment (a stationary time on the clock). "I found it in the garbage," Craig noted, "so thought we could get some good use out of it."



Superintendent Dianne Greif provides information to Elgin Lions

Lion President Bob Thomas led a debriefing on his year's Riverfest and recorded ideas for improving next year's event. In spite of the rain throughout Riverfest, the group felt it was successful.

Lion Vision Chair Keith Warren reported the Club had provided 23 pairs of glasses for the year and that Oregon



Lion Steve Craig presents clock to Lion President Bob Thomas

submitted by PDG Gerald Hopkins

Madras Lions 'Candy Bar'ed into Office

At their July 6 meeting, the newly-elected officers of the Madras Lions Club were installed. PDG Jim Stagl presented each new officer with a candy bar and a short description of how it related to the duties of each new officer's position. Member Chair Bonnie Hughes received a "LOOK" candy bar because she would be "looking" for ways to grow and retain membership. Secretary Elaine Henderson got a "WHATCHAMACALLIT" for the time when taking minutes she would ask, what the "whatchamacallit" was that last motion and a "SYMPHONY" bar for coordinating and making all the various reports to the District, Multiple District and International. Treasurer Carolee Sherer was given a "100 GRAND" bar and a "PAYDAY" bar so she could pay the bills on time. Vice President Christy Brown was presented with a Nestle's "CRUNCH" and a roll of "LIFSAVERS" since she might have to take over for the president in a crunch and be his lifesaver. President Dave Wollman got the leader in candy bars, a "HERSHEY" with almonds since you have to be a little bit nutty to be the club leader. And last but not least, immediate past president Don Henderson got a "GOOD & PLENTY" because everybody agreed he was "good" but they had "plenty" of him. All agreed it was a very fun departure from a standard installation ceremony and brought out plenty of smiles and laughter. Following the administration of the oath of office, and transfer of the club gavel to President Dave, the new year was gaveled into session for a short business meeting.



(l-r) Lions PDG Jim Stagl, Elaine Henderson, Bonnie Hughes, Dennis Hardman, Carolee Sherer, Dave Wolman, Christy Brown and Don Anderson

submitted by PDG Jim Stagl

Oregon Lion July/August 2016 21

Rockaway Lions Share a History of the Silk Tie Quilt ~ 2000-2016

To start off the 21st century, 77 year old Imie Camelli, a resident of Nehalem, Oregon, began work on a queen-sized, embroidered, hand-tied quilt made from men's silk ties. This quilt was commissioned by Imie's dear friend and fellow Rockaway Lion member Ellen Cocanower.

In 2002 as the proud owner of this beautiful quilt, Ellen kept it under wraps until company came; then it was displayed in the guest room, but removed from the bed prior to its use. This cherished quilt has been lovingly cared for over the years and is now looking for its new home in 2016.

After Ellen's passing in January, her daughter Eileen Nordquist of Manzanita, Oregon, decided to return the quilt, in her mother's memory, to Imie to give to the Rockaway Lions Club for a fundraiser. It was decided that a raffle would be held with all proceeds going to the Oregon Lions Sight and Hearing Foundation. Since Ellen was legally blind the last several years of her life, we are sure that she would be happy with this decision since she donated time and money to this project for many years.

Members of the Rockaway Lions Club wish to thank these ladies for the donation of this beautiful quilt. To Eileen, your thoughtfulness is deeply appreciated. To our wonderful Imie, thank you for this cherished gift and to our departed Ellen you continue to live on in our hearts and memories. Thank you all for helping us to help support the Oregon Lions Sight and Hearing Foundation.

THANK YOU FOR SUPPORTING THIS ROCKAWAY LIONS PROJECT
PROCEEDS TO OREGON LIONS SIGHT & HEARING

submitted by Don Markle



Rockaway Lions Raffle the Quilt

Rockaway Lions received a handmade quilt from men's silk tie from Lion Imie Camelli. It was Imie's wish to have all the proceeds to go to our Sight and Hearing Foundation. Lions sold tickets throughout the community, at our State Convention at Seven Feathers and ending at Rockaway Kite Festival on May 29. The Rockaway Lions ticket sales raised \$1,500 for our Foundation.

Imie, a Rockaway Lion since 1998, was President of Rockaway Lioness Club for several years and is a Melvin Jones Fellow. Imie is an Icon for Rockaway Lions. She is well known for her outrageous sense of humor and flare.

The winning ticket was purchased by Tom Cox who spent \$50 on tickets. Tom was so happy with his prize that he donated another \$25. Rockaway Lions thank Imie for her gracious donation of her beautiful quilt.

submitted by Lion Marilou "LuLu" Bowman

How to Start a Lions Club Facebook Page

Would you like to get new club members? Want to have an easy way to announce club events to your members and friends? With a club Facebook page you can do these and other things too. This article gives the simple steps to start a club Facebook page and also gives some information if your club has a page already.

Some people worry about their privacy when using social media. With your personal and club Facebook page, it's easy to make it so only your club, family and friends can see it or you can make it public to the world. While there are different ways to create a club Facebook page, here is one way and simple steps to follow:



1. Your club needs to have a club member or family member/friend who is familiar with using Facebook.
2. It's best to create the new page on your computer instead of on your cell phone. After you login to your personal Facebook page, click on "Create Page" on the left side of your screen.
3. Click on the large box that says Company, Organization or Institution.
4. Two small boxes will appear. Click on "Select a Category." Scroll down and click on "Non-Profit Organization."
5. In the box "Company Name" type the name of your Lions club and the town it's in. For example: Portland Bentham Lions Club, Portland, Oregon.
6. Then click "Get Started." By clicking this button, you agree to the terms of Facebook and your new Facebook page will be official. You will then be the administrator of this "sub-page."

The next steps are up to you. Most clubs add a photo that will appear behind your club name. Then check out the "Settings" options. You can make it so anyone can post on your club page or so a only few other people (other administrators) are the only ones who can post photos. Then post your first club photo by clicking "Photo" and upload a club photo you have on your computer. Email your club members and friends about your club's new Facebook page. You are now on your way!



There are a few important differences between a personal Facebook and a non-profit page. When a person clicks "Like" on your club page, they automatically become your club's "Friend," and they will see all your posts within their own personal Facebook page. Also, if you click on Notifications, Insights or Publishing Tools, you can see who has liked your page and gather more data about the use of your club page.

For clubs that already have a Facebook page, you might consider these more advanced suggestions. Post photos and information about your club's partners. Ashley McNaughton of the Milwaukie Lion Club told me that this increased the number of people who saw her Club's page. Consider paying for Facebook to advertise your page. For as little as \$5 or more a month, Facebook will help you advertise your activities and this could result in getting new members.

Remember to link your club Facebook page with your District page or send photos to the District Social Media Coordinator. With the help of Lions PDG Red Rowley and Carrie Swesso-Bartley, our District O Facebook page was started a year ago and now different Lions clubs activities are posted almost daily.

It's easy to start your own Lions club Facebook page. Go ahead and get started! You'll find it simple and fun to do. Any questions, feel free to email me at bertdiamond@gmail.com.

submitted by Bert Diamond, 1st VDG, Dist-O Social Media Co-Coordinator

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(l-r) DG Judith Poage, DG Gerry Charbonneau, DG Judy Kauffman and DG Carol Brink right after receiving their briefcase roller bags, gifts from 2016-2017 LCI President Robert Corlew. They are standing in front of the Convention and Training Center in Fukuoka, Japan



(l-r) DG Gerry Charbonneau, DG Carol Brink, PID Brian Sheehan, DG Judy Kauffman and DG Judith Poage at the end of their District Governor Training; in the middle is their DG trainer PID Brian Sheehan from Bird Island, Minnesota.



The District Governor's training group included Lions from India, Africa, Australia, Oregon, Colorado, Louisiana and Tennessee. PID Brian Sheehan said on his Facebook page that they came together as a GREAT team. Group 20 Rocks!!!

OUR 2016-2017 DISTRICT GOVERNORS IN FUKUOKA, JAPAN