



Serving members of MD36 Oregon and Northern CA

March, 2019 Volume 8/18-19

**DISTRICT G CONVENTION
POSTPONED DUE TO
INCLEMENT WEATHER!!!
(Was scheduled for Mar. 1-2, 2019)**

SAVE THESE DATES:

**April 13, 2019 - Camp Taloali Clean Up
8am - Dusk.**

**Lunch and a drink provided.
Please come and help!**

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**June 1, 2019 - Gales Creek Camp Clean Up  
9-noon.**

**Lunch provided after the work party.  
Please come and help!**

**Rockaway Lions Club Receives  
Prestigious Solve Award**



(l-r) Jon Schmidt Program Coordinator, Robin Herrington Rockaway President, Quintin Bauer Program Director and Mark Fiebig Rockaway SOLVE Chair.

See story on p.11



(l-r) PID Ed Gear, DG Dale Bachman, Judy Bachman, ID Ardie Klemish, PDG Ken Klemish, PDG Tom Hilgers and PID Sunny Pulley

See more pictures on p.14

## ANNIVERSARIES

March 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.

### March

|                      |                |
|----------------------|----------------|
| Cottage Grove        | March 13, 1924 |
| Salem West           | March 4, 1942  |
| Burns                | March 27, 1942 |
| Jacksonville         | March 16, 1948 |
| Myrtle Creek         | March 18, 1948 |
| Riddle               | March 23, 1948 |
| Canyonville          | March 24, 1948 |
| Creswell             | March 30, 1948 |
| Mapleton             | March 29, 1950 |
| Portland Lloyd       | March 3, 1960  |
| Tualatin             | March 6, 1973  |
| Silver Lake          | March 6, 1975  |
| Applegate            | March 26, 1975 |
| Springfield Mohawk   | March 8, 1976  |
| Portland Metro       | March 2, 1992  |
| Portland Oaks Bottom | March 27, 2003 |
| Arlington            | March 5, 2010  |

### April

|                    |                |
|--------------------|----------------|
| Medford Host       | April 7, 1925  |
| Coos Bay           | April 6, 1931  |
| McMinnville        | April 10, 1940 |
| Gardiner Reedsport | April 19, 1940 |
| Salem Northeast    | April 23, 1940 |
| Lakeview           | April 3, 1942  |
| Merrill            | April 7, 1948  |
| Prospect           | April 26, 1948 |
| Pendleton          | April 21, 1950 |
| West Linn          | April 28, 1953 |
| Roseburg Umpqua    | April 14, 1954 |
| Wilsonville        | April 17, 1969 |
| Heppner            | April 4, 1974  |
| Lakeside           | April 8, 1975  |
| Gresham Supper     | April 1, 1989  |
| Cave Junction      | April 30, 1996 |
| Three Sisters      | April 23, 2002 |
| Crescent City      | April 25, 2007 |
| Central Linn       | April 15, 2010 |

## MONTHLY CALENDARS

### MEETINGS

#### March

- 1-2 Dist. G Convention in Madras **POSTPONED**
- 6 OLSHF Exec. Comm. mtg @ OLSHF office
- 13 OLSHF Patient Care/Program Services mtgs. TBA
- 15 9am OLSHF Trustee mtg. @ the Barn, 1200 11th St SW Bandon, OR  
1pm Council of Gov mtg. @ the Barn 1200 11th St SW, Bandon
- 15-16 Dist. E Convention - "The Barn" - Bandon, OR  
ID Connie LeCleir-Meyer and Michael, WI
- 17 Dist. E Cab. mtg. @ 9am -The Barn, Bandon, OR
- 25 SOLSHC Board mtg. @ 5:30pm

#### April

- 6 Dist. G Cab. mtg. Camp MeadoWood Springs, TBD @ 10am
- 10 OLSHF Patient Care/Program Services mtgs.
- 17 OLSHF Exec. Comm. mtg.
- 18 Finance & Audit Comm. mtg. @ OLSHF
- 24 Lions Day at the Capital - Salem
- 26-28 NWLLI, Keizer Quality Inn Suites, Keizer, Oregon
- 29 SOLSHC Board mtg. @ 5:30pm

### EVENTS

#### March

- 10 The *Oregon Lion* deadline (for April issue)

#### April

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



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

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## Council Chair News



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### SOARING BEYOND THE HORIZON AS "WE SERVE"

Last month in my article, I talked about leadership and spoke about Northwest Lions Leadership Institute and its value to all Lions as a way to learn and grow. As we approach the date of the institute of April 26-28, I urge anyone who has not had the opportunity to attend to consider doing so. The cost is very reasonable at \$290 and includes registration, meals, materials and lodging and, in addition, each district has some training funds available to assist you. To get an application please contact PCC Vince Bishop or CC Gail Black.

This month I would like to focus on Our International President's New Voices Initiative. The write up states: "**The New Voices Initiative** was created to amplify the stories of those working to support women in our clubs and districts. As we celebrate our first female International President, New Voices supports stronger gender equality in Lions leadership." So, whether you are currently in a leadership role or have not yet decided to pursue that, there are a number of webinars which speak to the subject and are available for your review through the LCI website and will help you to gain more insight. The last one in February was: *The Other Perspective: Men Empowering Women in Leadership*. Coming up on March 21 (which you can register for) is *Why We Need the Women's Initiative*. Then please don't forget **The Women's Symposium 2019** is scheduled for May 9, 2019 from 4:00pm - 7:00pm at the Riverbend Annex, 123 International Way, Springfield, OR 97477.

Do you remember way back when there was a Virginia Slims cigarette commercial on TV that said, "You've Come a long way Baby"? Well, yes indeed we have come a long way. Women always have had a part in Lionism by virtue of the Lioness clubs but not as a member of a Lions club. Then in 1987 at the International Convention in Saipan, Taiwan, the Lions lifted the 70-year old ban to exclude women as members. Of the 5,100 delegates who voted, 77% voted in favor of an amendment to the constitution removing the stipulation that members be male. And yes, we have come a long way since then-but we do still a ways to go.

We in the United States do have better women representation in our clubs than overseas, but we certainly are not up to a 50-50% rate as yet. The 12- 31, 2018, records from LCI show that District O has 39.96% women, District R - 38.42%, District E - 35.02%, and District G - 38.59%. Our district governors are working diligently to increase the women representation in our clubs as they continue to "Look Beyond the Horizon".

## Directory Corrections

- p. 36 Florence Siuslaw President Mike Groshong has passed.
- p. 43 Klamath Falls So. Suburban has new meeting information: 6:30pm, 2 & 4, Thurs., Red Rooster, 3608 S 6th St
- p. 90 Groshong, Mike has passed.

### Are You Moving? Have You Moved?

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



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

Attach Your Address Label Here

Name (print) \_\_\_\_\_  
New Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Old Address \_\_\_\_\_  
Club \_\_\_\_\_

## District O - Northwest - North Coast



**District O Governor Column**  
Dan Wolf

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Spouse: Nancy Wolf

Hi Lions,

Well, spring is just over the horizon and we are well into convention season. Our District O Convention was great, and I so enjoyed visiting with all who attended. It is encouraging to see our District O membership growing again. A big thank you to GMT Lulu Bowman and DGE Terry Bowman for their hard work in getting clubs recharged on the coast, especially getting the Tillamook Lions going again. Thanks to the many membership chairs and clubs for continuing to invite new members. To expand the amount of service to our communities, more members are going to be needed. As I am writing this report, I see that we are only 24 members shy of hitting the 1,000 mark. It would really be great to get our District O back up over a thousand members. The needs of our communities are what we are all about and I am so proud of all of you Lions, who are serving so well.

Please be looking around your clubs for future leaders. One of our important Lions tenets is encouraging and developing new leaders. Keep encouraging younger members to participate in leadership courses so that they can be the leaders of the next generations of Lions. I would encourage all Lions clubs to get involved with local youth programs whether it be Leos, Scouts, or other youth programs in your community.

A big thanks to GLT Sharon Rollins for all of her leadership in getting leaders trained in our District O and assisting new club leaders get on board with their new positions. We wish her well as our next Council Chair and I know she will do a great job. Remember to get 1 or 2 of your club members to the NW Lions Leadership Institute in April. Download the application from [www.md36lionsclubs.org](http://www.md36lionsclubs.org) website.

Kudos to GST Fae Lloyd as she has continued to encourage many service project ideas for our district, some of which were adopted by all of the Multiple District clubs. Although she had to step down from some of her leadership roles to continue her fight with cancer, she never gave up on looking for new service projects and encouraging clubs with service ideas.

Save the Date: May 3-4, 2019, for our Multiple District Convention in Seaside. PCC Joyce Anderson and her committee have been working hard to make this convention the best ever. We will be having International Director Tom Gordon and his wife Lion Gillian as our guests for our annual Convention.

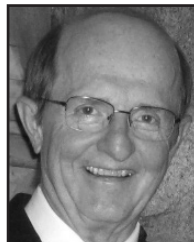
My last Cabinet meeting will be at the Oregon Guide Dogs in Boring on May 18. Starting at 10 am and after a light lunch, we will be invited to attend the graduation ceremony, when the Guide Dogs are presented to their new owner. More to come.

Now is the time for clubs to begin plans for this next year's Peace Poster contest. Go to [lionsclubs.org/PeacePoster](http://lionsclubs.org/PeacePoster) to find out more. The 2019-2020 theme is Journey of Peace. You can also contact our District O Peace Poster Chair Bonnie Roeder for more information.

I would like to extend my congratulations to our District O newly elected officers: DGE Terry Bowman, 1st VDG Sheri Young and 2nd VDG Doug Loose. I know they will do an excellent job this next Lion Year.

See you soon. DG Dan

## District R - Willamette Valley - Central Coast



**District R Governor Column**  
Dale Bachman

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The District R Annual Conference is now behind us and I thank the more than 150 who attended. Those in attendance had a good time, enjoyed the visit by International Director Ardie Klemish and her husband, Ken, and were treated to some informative and educational seminars. Special thanks to Craig and Cecelia Urbani, PDG Tom and Paula Hilgers and Linda Stent. These five did the "Lions" share of getting ready for our Conference: securing the hotel, setting up the Friday night dinner, procuring the speakers for the breakout sessions and preparing the decorations. Thanks also to Roger Wylie, Rod Taguchi and Henry Miller for all they did to make sure everything ran smoothly.

On Friday, ID Ardie and Ken, DG Dale and wife, Judy, PDG Tom Hilgers and PID Sunny Pulley met PID Ed Gear for a guided tour of the Heartfelt Guest House being constructed near RiverBend Hospital. This is going to be a gem for the families of children in the neonatal care unit or for patients in extended care at RiverBend. Lions should be proud of their contributions to this great project. ID Ardie and Ken were impressed, not only with the work that Lions are doing in our community, but also by Oregon's hills, vineyards and mountains.

At Saturday's Conference, ID Ardie gave us an update on LCI, led a session on Leadership, and gave the keynote address. Presidential Certificates from Gudrun Yngvadottir were presented by ID Klemish to 1VDG Steve Moser (Central), 2VDG Linda Stent (Florence-Siuslaw), Lynn Coon (Junction City) and Patty Harrison (Springfield). PID Ed Gear gave us an update on the Heartfelt Guest House, Shirley Keeton led a session on the American Red Cross Alert program, and Dr. Joseph Youssef led one on "The Diabetes Dilemma."

At lunch, our Peace Poster winner, Mina Gregg, sponsored by the South Salem Lions, gave a nice thank-you speech. Doug Thompson, OLSHF Executive Director, gave a "State of the Organization" address. Kelly Asbra and Katie Warren updated us on the L.E.A.P. Lab. Following lunch and the Parade of Checks (we raised over \$16,000), PCC Rod Bach updated us on Campaign 100. Afternoon sessions included Betty Levenhagen on Canine Services, Jim Jagers on "Social and Emotional Learning through Lions Quest", and Carrie Bartley on how meetings can be fun! Karen Norton gave attendees a primer on Honor Flight and what we can do to help. Ted Carlin let us know how we can "Make MD36 Environmentally Green." I am so thankful to each of these fine Lions.

While Lions were enjoying the displays and sessions or having a picture taken at the photo booth, Lions Patty Harrison, Linda Stent and several others, including ID Ardie, Jadie DeLille, Kelly Tharp and Ginger Howard, were busy placing donated toiletries and hygiene products into bags that will be distributed by the Corvallis Lions Club. Kudos, to these Lions, and to all who donated.

Thanks also to you Lions of District R who attended the Conference. Some upcoming dates to keep in mind: April 10 – OLSHF Keep the Promise breakfast in Eugene; April 24 – OLSHF Keep the Promise and Lions Day at the Capitol. Also, Oregon District Governors Dan Wolf (O) February 23 in Hillsboro, Phyllis Carlin (G) March 1-2 in Madras, and Bryan Longland (E) March 15-16 in Bandon, cordially invite you to attend their respective conferences. Registration forms can be found in your Oregon Lion magazine or on-line.

## District E - Southern - South Coast



**District E Governor Column**  
Bryan Longland

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As I write this article just after the District R Convention, I'm reminded of how much information is available at conventions. Every convention has a different International Director from somewhere in the USA. Each one speaks about Lions clubs in their areas and current information from our International President. Forums vary from convention to convention, providing valuable information for you to bring back to your club. Everyone will learn something by attending both conventions and breakout sessions. Please – if you can make time in your schedule, attend a convention or the Multiple District Convention in Seaside May 3-4.

Ah March, springtime, daylight saving time and rainy days, snow in the mountains. So much to do, only if we can get outside. Warm nice days are around the corner. Just hurry up and get here. It's freezing outside.

Mark your calendars and plan to attend the 36 "E" Convention March 15-16 in Bandon. International Director Connie Le Cleir will bring inspiring and motivational news on hot Lion topics. Our convention will have several things to do, like assembling "Blessing Bags" for the homeless and women in need. Bring your decorated purse in International President Gudren's Theme "Beyond the Horizon." Bring Club baskets to be judged and Silent Auction items. We will have four Forums, covering Public Speaking, Vision Quest, Diabetes, a video of a Helen Keller reenactment and a food drive by region. Bring canned food drop it in the box for your region to be given out at local food banks. New this year is a photo contest "Outdoor Scenic Photo," 11x 17 photos that cannot be professionally taken or photo shopped. District E offers a Celebration of Life to remember our lost Lions from this past year. Did I mention, the food will be top notch? Come join us for fun, food and friendships March 15-16, 2019, in beautiful Bandon by the Sea.

The District 36 E 3<sup>rd</sup> Cabinet Meeting will follow the convention on Sunday March 17 from 10 a.m to noon. All Lions can attend.

A few years back, Lions had a motto "Where there is a need there is a Lion." This stands true for the Oregon Lions today as we partner with the Chico Breakfast Lions Club to help restore the lost community of Paradise, California. Cash is the need for now. Lions clubs of Oregon can send checks to: Chico Breakfast Lions Club, P.O. Box 1094, Chico, Ca. 95927. Be sure to write in the Memo field "Camp Fire" to make sure the monies go to the victims.

Construction of the "Heartfelt House" in Springfield is well under way; donations are still being accepted. This is a 20-room guest house for families to stay for little to no cost while loved ones get treatment at the Riverbend Hospital. This is an invaluable project for the Lions of 36 E. No one plans for loved ones to need medical help, especially for long term treatments. We must fill out a donation form from [www.peacehealth.org/foundation/](http://www.peacehealth.org/foundation/) sacred-heart to make sure Lions clubs get recognition for the donation.

Lastly, a reminder to Lions clubs with active Lioness clubs. We need to encourage the conversion from Lioness to Lions by 2021 when LCIF will no longer recognize the Lioness clubs and all Lioness will lose their years of service, all positions held and Lioness accomplishments.

## District G - Central - Eastern Oregon



**District G Governor Column**  
Phyllis Carlin

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### Let's Remember Our Foundation

Lions Club International Foundation (LCIF), our Foundation, celebrated its 50<sup>th</sup> anniversary in 2018. Are you aware of the mission of our Foundation? "To support the efforts of Lions Clubs worldwide in serving their local communities and the world community as they carry out essential humanitarian service projects." Since its inception in 1968, the Foundation has strived to sustain Lions' humanitarian service goals by awarding over 12,000 grants totaling more than 1 billion USD.

LCIF focuses its support on these areas:

- **Vision** – Our Sight First program has played a key role in reducing global blindness by building comprehensive and sustainable eye care systems.
- **Disaster Relief** – Whenever and wherever disaster strikes, Lions are among the first to offer aid.
- **Humanitarian** – By identifying the world's most crucial needs, the Foundation supports humanitarian efforts that transform the lives of people around the world.
- **Diabetes** – Initiatives and programs have been developed to educate communities and to improve the lives of those living with diabetes and prevent others from developing the disease.
- The Foundation strives to help Lions make huge strides in providing **meals and nutrition** to those in need in the hope that one day no child will ever have to live without knowing when their next meal will come.
- From **recycling programs** to ensuring all areas have access to clean water, were working hard to ensure that we keep the earth in its best condition for generations to come.
- **Childhood Cancer** – In order to help children all over the world who have been diagnosed with cancer, we're supporting projects and initiatives aimed at improving their quality of life.

LCIF is currently conducting a three-year capital campaign called Campaign 100. The goal is to raise \$300 million USD to increase the service capacity of Lions worldwide. As we approach our club budget cycle, please remember LCIF. I encourage you to consider making a donation to LCIF either individually or as a club.





*Southern Oregon Lions  
Sight & Hearing  
Center Presents:*

# **BLING FLING!**

**Huge Used Jewelry sale!**



*Saturday,  
April 27th from  
10 to noon only*

*Vintage, Collectible,  
Modern Costume, Watches,  
Fine Silver, Designer*

**228 N. Holly St. Downtown Medford**

**Free Parking behind the Lions Center**

## MD36 Has an Amazing Number of Environmental Projects

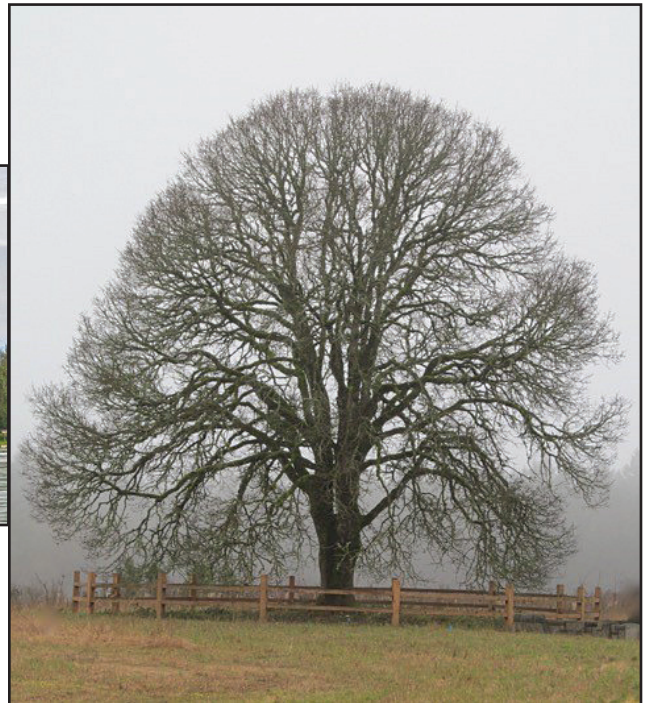
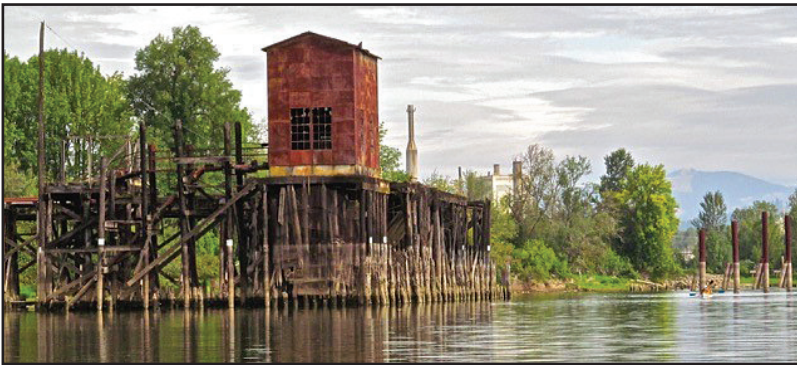
While traveling around to Lions Clubs all over the district and state, two more unique environmental projects were discovered. Both The Dalles and Hood River Lions Clubs pick up used Christmas trees for an environmental and fundraising project. And Weston-McEwen Lions Clubs offers Horse Trail Rides during the spring, summer and fall.

Here is the latest list of environmental projects. If you have one to add to this list please e-mail me or if you want to try one of these as a service project/fundraiser please take from the list.

The projects so far are:

|                                                           |                                              |
|-----------------------------------------------------------|----------------------------------------------|
| Christmas tree pickups                                    | Running a limb dump                          |
| Horse Trail Rides                                         | Cutting up and selling of firewood           |
| Road clean-up                                             | Produce to seniors from the community garden |
| Highway clean-up                                          | Home safety inspections for seniors          |
| Cemetery clean up                                         | Checking smoke alarms                        |
| Cleaning of and painting over of graffiti                 | Maintaining your Lion's clubhouse            |
| Cleaning of parks and lakes                               | Clothes for the homeless and needy           |
| Maintaining a park                                        | Recycling cans and bottles                   |
| Planting trees                                            | Car pooling                                  |
| Pruning, cutting limbs and falling trees                  | Holding a recycle garage sale                |
| Composting                                                | Watering flower baskets                      |
| Taking up the battle against plastic bags                 | Sponsoring a community garden                |
| Taking on the battle against plastic straws               |                                              |
| Involvement with SOLVE (Stop Oregon Litter and Vandalism) |                                              |
| Holding a PR course & campaign against littering          |                                              |

### And the Scenery Photos Keep Pouring In...



We are up to over 30 beautiful scenery and nature photos from all over MD 36 Lions clubs and probably more to come. You can submit the photo in any way, hard copy, email etc. Any size works and the only rules are no photo shopping and the photo should be taken by a Lion.

The deadline for photos is April 15 so we will be ready to vote on the top five photos at the MD 36 Convention in Seaside on May 2-4.

Featured this month are two beautiful photos from Sarah DeMerritt of the Lake Oswego Lions Club.

*submitted by Ted Carlin, Environmental Chairperson  
541-604-4054, [Vptcarlin@yahoo.com](mailto:Vptcarlin@yahoo.com)*

# LIONS VISION GIFT

**Through simple fabric, a monumental story unfolds.**

This coming April, during National Donate Life month, our partners at Donate Life Northwest will unveil a new *Threads of Life* quilt. These quilts are dedicated to the memory of those who gave the gift of life, sight and mobility. Each quilt is comprised of individually-designed squares created by community members touched by donation.

The quilts are not only a beautiful and inspiring tribute, but also serve as a thought-provoking testament to the fact that organ, eye, and tissue donation and transplantation transform lives.

Below are some of the squares from the 2015 quilt, currently on display at **Lions VisionGift**, honoring those who gave the gift of sight. The words are from their families.

If your local Lions Club would like to reserve a quilt for a future event, please contact Donate Life Northwest at 503-494-7888.



David was born in Pedro, Ohio. He moved to Oregon at the age of three and lived there until his death. He served in the army from 1953 to 1956 and married his high school sweetheart in July of 1956. They were happily married for 55 years. He had three children: Lonny, Twila, and Gwyn. He also had 10 grandchildren and eight great-grandchildren. He also adopted a family in 2006 from his church, who he loved very dearly. Below is a poem his adopted daughter, Darlene, wrote to help process her grief. It touched all who heard it.



Mary Catherine Walsh Reid was born on the south side of Chicago and moved to Oregon in 1969. She was a cornea and tissue donor in September 2013 and was able to help 22 people. She loved Minty Mallows from Trader Joe's and shopping at Coldwater Creek (which has since closed since they no longer have her business!). She collected angels and had an angel tree at Christmas time. Her beautiful quilts were given to family and friends. She is missed daily by her husband, daughter, and golden retriever. She would be very proud of her contributions to others.



Casey Boone was the baby of the family. Her smile would warm your heart. No matter how much pain she was in, she always had a smile to share. Her favorite show was Barney and Friends. For her seventh birthday, she had a huge Barney-themed party with all of her friends and family. She loved to giggle and belly laugh. Unfortunately, due to the severity of her sickness, she was only able to donate her corneas. She had the biggest, brightest, most beautiful blues eyes that anyone ever saw! To those that knew Casey, they will never forget her, because she left footprints on their heart. Casey, your family is so proud of you, and your legacy lives on through others.

submitted by Matt Webber



# You, Me and the D!

Hello Everyone,

Welcome to my world! Won't you come on in? Following is an article that reminds us to be honest with our health care providers.

## Real Talk It can be tempting to gloss over the truth with your medical team. Here's a case for staying honest.

*By Erin O'Donnell*

You're at your appointment, and your endocrinologist or diabetes educator starts asking questions: How are your blood sugars? What are you eating for breakfast? How many times a week do you exercise? If you ever skip your meds or your walk, or your breakfasts are heavy on the doughnuts, you might feel the urge to respond with a fib or two.

But Elizabeth Halprin, MD, endocrinologist and clinical director of adult diabetes at Joslin Diabetes Center in Boston, makes the case for telling the truth. "It doesn't help a patient to tell me what they think I want to hear," she says. "You lose the opportunity for me to make recommendations based on your reality."

Here are three topics where it's useful to be honest with your medical team, Halprin says.

**Diet.** This is a hot-button topic, Halprin acknowledges. "There's a lot of emotion and guilt around food," she says. But leveling with your health care provider about what you usually eat and drink allows her to suggest small tweaks – say, giving up that glass of juice at breakfast – that can make a big difference in how you feel.

Similarly, it helps to be honest about how often you imbibe. "Alcohol does affect diabetes medications and increases the risk of hypoglycemia," Halprin says. "Sometimes I will simply recommend that you eat food while drinking."

**Medication.** Maybe you skip doses of insulin or take smaller amounts than prescribed. It's risky to stay mum on this. "If your blood glucose levels are very high, our tendency as clinicians is to increase your medication," Halprin says. "That leads us to add medications when they may not be necessary." Another possible scenario: You're unexpectedly admitted to the hospital and given the full dose your doctor intended. "This can lead to very low blood sugars because you're not used to getting your actual dose," Halprin adds.

She notes that cost is an all-too-common barrier to taking meds as prescribed. But your doctor may be able to switch you to a different medication covered by your insurance. Or you may be eligible for patient assistance programs run by pharmaceutical companies. Your physician must know you need help to sign you up.

**Exercise.** Physical activity increases insulin sensitivity and lowers your blood sugar levels. Over time, regular exercise can reduce your A1C. If you're not already exercising, a good health care provider will help you brainstorm creative ways to get moving (the 10-minute dance party!), and troubleshoot problems such as joint pain that may be getting in your way.

If you really can't level with your physician about these or other topics, it may be time to make a switch. "If you feel like you can't be honest, or you're being judged," Halprin says, "then you need a different doctor."

*Reviewed by Brunilda Nazario, MD, WebMD Lead Medical Director  
as submitted to Diabetes at Walgreens, Summer 2018*

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

"I did it once again today. I must be in a rut. I missed a perfect opportunity to keep my mouth shut." Anonymous.

*The 43rd Annual*  
**MID-COLUMBIA  
LIONS FOLLIES**

*Presents*



**APRIL 5, 6, 7 & 11, 12, 13, 2019**

**CURTAIN 7:30 PM – 2:00 PM MATINEE (ONLY) ON APRIL 7  
HOOD RIVER MIDDLE SCHOOL AUDITORIUM**

General Admission \$10.00, \$9.00 presale

Children \$8.00, \$7.00 presale

*Presented for the Oregon Lions Sight and Hearing Foundation*

For information contact Trudy  
at 541-386-2763 or [tallmantru@gmail.com](mailto:tallmantru@gmail.com)



## Rockaway Lions Club Receives Prestigious Solve Award

On January 22, 2019, Lion President Robin Herrington and Rockaway SOLVE chair Mark Fiebig were presented with the Partner of the Year Award by program director Quintin Bauer and program coordinator Jon Schmidt.



(l-r) Jon Schmidt Program Coordinator, Robin Herrington Rockaway President, Quintin Bauer Program Director and Mark Fiebig Rockaway SOLVE Chair.

For 34 years Rockaway Lions have been “Beach Captains.” a title well deserved because they organized two beach cleanups a year since 1984. They have removed thousands of tons of beach debris including plastics, metal and even a few toilet seats. What makes Rockaway unique is that club members provide lunches of hot dogs and chili to all the cleanup volunteers. The next beach cleanup is March 23. Bring your club members to a fun day, making the beach a better place for all.

*submitted by LuLu Bowman*

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## Lions Recycling Provides Extra Benefits

The St. Helens Lions Club operates two newspaper/magazine drop boxes in the south Columbia County area. The Lions tend to these two locations daily to sort and stack the papers, magazines and junk mail that we receive as donations from community members. The two boxes yield over \$2,000 each year that we give directly back in the form of local service projects. In 2018, for instance, the St. Helens Lions provided 64 eye exams and glasses and 8 hearing aids in Columbia County. Newspaper recycling is one of several major recycling projects that we undertake on a daily basis.



(l-r) Pictured in front of the recently painted and lettered box in St. Helens are Lions Mike McCoy, Ray Justice, Bert Mueller, Martin Larson, Kathy Syrstad, Linda McCoy, Sue Mueller and Jim Syrstad

*submitted by Jim Syrstad*



## New Lions Club Starts in Tillamook

After twelve years of not having a Lions club in Tillamook, a new group have come to life. Tillamook Lions are eager to get to work doing service to their community. The club is starting as a Branch Club of Garibaldi Lions. Garibaldi Lions are happy to receive these new members under their kind and experienced guidance. The Crab Races are in Garibaldi March 9 -10.



**New officers for Tillamook Lions!**  
(l-r) Andrea Ostensen (Secretary)  
and Ukiah Hawkins (President).  
Not shown is Ron Steiger (Treasurer).



(l-r) Robert and Debra Casey, Andrea Ostensen, Lacy and Silas Hawkins, Ukiah Hawkins, LuLu Bowman, Gordon McCraw (speaker), Nickolas Williams and Teresa Camacho who has her back to the camera.

We are proud to introduce our new generation of officers. Ukiah Hawkins is President, Andrea Ostensen is Secretary and Ron Steiger is the new Treasurer. Tillamook Lions will be a great and growing group to add to the coastal Lions.

*submitted by LuLu Bowman*

## 36-O Hygiene Project



**St. Helens Lions Club members**  
(l-r) Jean Kirsch, Sue Mueller, Kathy Syrstad  
and Linda McCoy show off the recently  
assembled personal hygiene bags  
and purses.

The filled bags will be donated to the District project at the 36-0 Convention.

*submitted by Jim Syrstad*

# Press Release & Event Overview

## ***“New Voices, New Opportunities”***

### **2019 Lions Women’s Symposium**

The 4<sup>th</sup> annual Women’s Symposium will be held Thursday May 9, 2019, at the Riverbend Annex from 4 to 7 pm.

Appetizers and beverages will be served and there will also be a no host bar.

This event is not just for Lions. It is not just for women. It is for those who love and support the women in their lives.

Our goal is to inspire women and their families to understand the importance of community involvement. We want those who volunteer to understand the significance they play in their communities.

In addition to 2 great motivational speakers, we will have a special guest from the Lion’s New Voices Initiative. There will be vendor tables with valuable information and resources. Plus, we will have 3 breakout “hands-on” sessions, focusing on small ways anyone can “pay it forward” by volunteering.

Visit our Website [ws.bigbig.com](http://ws.bigbig.com) to register.

Or check out our facebook link: [https://www.facebook.com/2019-Womens-Symposium-391558761403833/?modal=admin\\_todo\\_tour](https://www.facebook.com/2019-Womens-Symposium-391558761403833/?modal=admin_todo_tour)

Join us for a fun and inspiring day.

*written by Karen Norton*

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## **What are the Elgin Lions Up to?**

The Elgin Lions collect canned foods in lieu of cash for BINGO cards, which is distributed to the Food Bank



**Lion Susan McClary collecting cans during a BINGO session.**

Julie Swalberg was the jackpot winner of the Elgin Lions BINGO, collecting \$530 on the extra soft card plays. Attendance records were set with 18 basketball players from the Elgin team joining the evening of BINGO.



**(l-r) Lion President presents Swalberg with the cash.**



**(l-r) Elgin Lion Bill Hall is presented the diamond membership pin from President Kathy Oliver.**

*submitted by PDG Gerald Hopkins*



## Touring the Heartfelt House Construction Site Near River Bend Hospital in Springfield on February 1, 2019



(l-r) PID Ed Gear, DG Dale Bachman, Judy Bachman, ID Ardie Klemish, PDG Ken Klemish, PDG Tom Hilgers and PID Sunny Pulley



PID Sunny Pulley, Construction Project Manager Janet Holloway, DG Dale Bachman, ID Ardie Klemish, Program Coordinator--Planned Giving and Grant Writer Heather Quaas-Anna, PID Ed Gear and PDG Tom Hilgers.



(l-r) Planned Giving and Grant Writer Heather Quaas, PDG Ken Klemish, ID Ardie Klemish, Janet Holloway (from PeaceHealth) and PID Ed Gear.



(l-r) PID Ed Gear, DG Dale Bachman, PID Sunny Pulley, Janet Holloway from PeaceHealth, ID Ardie Klemish and PDG Ken Klemish.

*pictures submitted by DG Dale Bachman*



Greetings Leader Dog Chairs and Lions leadership,

You can now [download the Leader Dog news for Lions](#) for this month. Please circulate to your district newsletter editors, clubs and individuals. It can be dropped in a newsletter like a flyer. Up-to-date information, stories and applications are on our website: [LeaderDog.org](#).

Let your clubs know our [Summer Experience Camp](#) for teens has opened its registration. Like all our programs, Summer Experience Camp is free, including transportation to and from Leader Dog's campus and room & board. Camp is open to teens ages 16 and 17 who are blind or visually impaired.

Together We Serve,

Lion Beth Slade  
Director of Lions Engagement

*submitted by PDG Betty Levenhagen*

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**SAVE THE DATES:**

**April 13, 2019 - Camp Taloali Clean Up  
8am - Dusk.**

**Lunch and a drink provided.**

**Please come and help!**

~~~~~

**June 1, 2019 - Gales Creek Camp Clean Up
9-noon.**

Lunch provided after the work party.

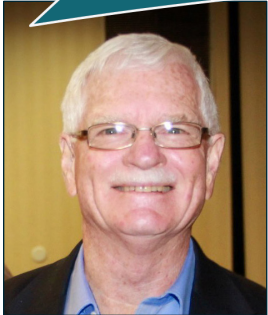
Please come and help!



1959

Oregon Lions
Sight & Hearing Foundation

2019



Red Rowley
Board Chair

60 Years of Service

Doug Thompson
Executive Director



A Slogan to Live By

We're all familiar with the slogan, "*Where there's a need, there's a Lion,*" right?

The following statistics illustrate an important need right here in Oregon:

- 25% of all children have an undiagnosed vision problem
- Children that do not see well tend to have difficulty reading at grade level
- Third graders not reading at 3rd grade level are 13 times less likely to graduate high school than those that do
- Oregon ranks 48th out of 50 states in high school graduation rate

There is a need for identifying children that do not see well, and as Lions, there is something that we can do about it. We can support legislation that will increase public funding for vision screening in Oregon schools and we can all join together in Salem on April 24th at the State Capitol to rally around this cause. **Lions Day at the Capitol** is our opportunity to ask state legislators to support vision screening in Oregon schools and to help our children see, learn, read, graduate, and lead a life full of potential.

This is one of the rare bi-partisan issues that has support on both sides of the aisle and in both the House and the Senate. *It is not controversial and not political.* It simply is a childhood health issue that was addressed in 2017 and funding needs to be sustained into the future for children in Oregon.

Participating in Lions Day at the Capitol requires no prior experience as a lobbyist or even as a community advocate. **We'll all meet in Room 162 of the Oregon State Capitol at 9:15 am** to share some basic talking points

and will then visit our State Senators and Representatives in their Capitol offices. If we know you are coming - please **RSVP to info@olshf.org** - we'll schedule appointments for you in advance. In addition to expressing appreciation for your legislator's support of SB 152/289, you'll have a chance to share the other good work that your Lions Club does in your community.

Plus, we'll all be treated to "Lion" Burgers on the front steps of the Capitol at lunchtime - Thank you West Linn Lions Club!

There is information on Lions Day at the Capitol on page 19 of this issue, we ask that you share it with other members of your Lions Club and make plans to attend this important event.

After all, where there's a need, there's a Lion.



Attending Lions Day at the Capitol on April 24th provides the opportunity to advocate for children's vision health while sharing your Lions Club's great work with your State Legislators.

Please join us!

GIFTS & MEMORIALS

Contributions list includes gifts received Jan 16 , 2018 to Feb 15, 2019. Thank you to each and every donor and supporter!
If you have questions about donating, our programs, or how you can volunteer, please contact us at Info@OLSHF.org.

Lion Heart -
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Corvallis Lions Club
KEX Kids Fund

Lion Sentinel -
\$1,000-2,499
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Central Lions Club
Eugene Downtown
Lions Club
Junction City Lions
Club
Roseburg Lions Club
Salem South
Lions Club
Woodburn
Lion Club

Lion Tamer -
\$500-999
Enterprise-Joseph
Lions Club
Eugene Bethel
Lions Club
Salem West
Lions Club

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Lions Club
St. Helens Lions
Club

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Risa Hallgarth**
Gerald & Mary
Martha Hopkins

**In Honor of Nicole
Mandarano**
Gerald & Mary
Martha Hopkins

**In Honor of Rod
Bach**
Walter Sinclair &
Carolynn Hamilton

MEMORIALS
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& June Gordon**
Rod & Debbie Bach
Central Lions Club

**In Memory of Bob
Guerrant**
Rod & Debbie Bach
Bend Sunrise Lions
Club
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Martha Hopkins
Trudy Tallman
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Rhoda Stuart Keough
& Thomas Keough
Kathryn Russell

**In Memory of Bill
Rollins**
Rod & Debbie Bach
Gerald & Mary
Martha Hopkins
Gerald Monroe
Trudy Tallman

**In Memory of
Shirlea Savage**
Mt Hood Lions Club

**In Memory of Andy
Solcz**
Gresham Breakfast
Lions Club

**In Memory of Jon
Spilker**
Trudy Tallman

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Turn Your Tax Refund into a Sight and Hearing Investment

Tick tock... Tax Day is fast approaching on April 15th.

Have you filed your federal and state returns yet? If you are expecting a state income tax refund for 2018, we hope you will consider investing it (or a portion) in your Foundation.

Donating your tax refund brings needed support to programs like Patient Care, ROAR Hearing Assistance Program, LEAP Optical Lab, School Vision Screening Program, and the Lions Eyeglass Assistance Program.

Ways your refund dollars will further our mission to screen, treat, save, and restore sight and hearing:

- A new pair of eyeglasses for a person in need, edged in our own Optical Finishing Lab!
- Subsidize the cost of a new surgical process – corneal cross linking – that stops the progression of corneal thinning and eventual blindness.
- Support the cost of new or refurbished hearing aids for people in need.

Directing your refund is easy.

1. Look for the Charitable Check-off section on your return – 2018 Schedule OR-Donate.
2. Visit oregon.gov/DOR/forms and search for “Schedule or Donate” to access the form.
3. OLSHF is listed under charity code #14. If you are filing electronically, select or enter Oregon Lions Sight & Hearing Foundation.

Thank you for considering to turn your tax return into a gift for someone in need of sight and hearing assistance!



A Mother's Vision Restored

When Norma came to the Patient Care Program, she suffered from keratoconus, a progressive eye condition that causes the cornea to thin and bulge, leading to blindness. Cross linking surgery restores vision and is a less invasive and less expensive way to stop the condition and avoid a painful corneal transplant, but is not currently covered by insurance.

Norma had already received one surgery, but her vision in her untreated eye was worsening. Thanks to the Patient Care Program, Norma received crucial help and surgery with Dr. Mark Terry at Devers Eye Institute.

With a young family to care for in Seaside, Norma was able to receive this minimally-invasive procedure from Dr. Terry in Portland and return home the same day.

This was not the first time the services of the Lions helped her family. “The Lions helped me when I was a teenager and needed eyeglasses,” says Norma. “Now as an adult, they are helping to save my vision! Thank you Lions, I am so grateful!” The School Vision Screening program also screened her children's vision at Seaside Heights Elementary School last fall.



Norma, from Seaside, ready for her second corneal cross linking procedure with Dr. Mark Terry at Devers Eye Institute.



Please Join Us For Lions Day at the Capitol

April 24, 2019
Salem, OR

9:30am - Orientation - State Capitol Room 162
11:30am to 1:00pm - "Lion" Burgers - Front
Steps of Capitol
All Day - Visits with Legislators

Upcoming Events - Mark Your Calendars

MAR
23

Eyeglass Sorting Party
9-11am & 1-3pm (two events)
LERC Warehouse, 2826 NW Nela Street, Portland
RSVP: Tracy Brown, tracy@olshf.org

APR
5-7;
11-13

43rd Annual Mid Columbia Lions Follies
"That's Country!"
Hood River Middle School Auditorium
Info: facebook.com/lionfollies

APR
10

EUGENE Keep the Promise Breakfast
7-8:30am
Valley River Inn, Eugene
RSVP: info@olshf.org or call 503-413-7399

APR
24

SALEM Keep the Promise Breakfast
7-8:30am
Willamette Heritage Center, Salem
RSVP: info@olshf.org or call 503-413-7399

APR
24

Lions Day at the Capitol
Begins at 9:30am
State Capitol, Salem
RSVP: info@olshf.org or call 503-413-7399

MAY
15

PORTLAND Keep the Promise Breakfast
7-8:30am
Oregon Zoo, Portland
RSVP: info@olshf.org or call 503-413-7399