



Serving members of MD36 Oregon and Northern CA

March, 2021 Volume 8/20-21

PDG Judith Poage is announcing her candidacy for Council Chair Elect for the 2022-2023 Lion's Year with the support of her Hood River Lions Club.

Remember March is Membership Focus: Women & Eye Donor Awareness

Patron Gives \$15,000 to Elgin Lions

It Sounds Like Such a Simple Solution



Portable loop used in business situation with Plexiglass at the cashier counter.

See Story Pages 6-7



Secretary Jared Rogers shows the donation of \$15,000 to Lion Kate Bottger.

See Story Page 11

ANNIVERSARIES

March 2021 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

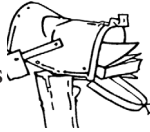
Cottage Grove	March 13, 1924
Salem West	March 4, 1942
Burns	March 27, 1942
Jacksonville	March 16, 1948
Myrtle Creek	March 18, 1948
Riddle	March 23, 1948
Canyonville	March 24, 1948
Mapleton	March 29, 1950
Portland Lloyd	March 3, 1960
Tualatin	March 6, 1973
Silver Lake	March 6, 1975
Applegate	March 26,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

Directory Corrections

- p. 11 Scouting Chair - OPEN
- p. 27 Opportunities for Youth -Scouting: OPEN
- p. 83 Bartley, Carrie lives in Milwaukie zip of 97222
Bartley, David lives in Milwaukie zip of 97222
Bennett, Darrell has passed away.
- p. 88 Diamond, Bert, PDG please delete his home phone number. Cell # is still good.
- p. 108 Studer, Steve has new email of lionsclubwestlinn@gmail.com

Are You Moving? Have You Moved?

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



ATTACH YOUR ADDRESS LABEL HERE

Name (pls print): _____

New Address: _____

City: _____ State: _____ Zip: _____

Former Address: _____

Lions Club: _____

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

MONTHLY CALENDARS

MEETINGS

March

- 6 District G Cabinet mtg. via Zoom 9am-noon
- 10 OLSHF Patient Care Comm. mtg noon-1pm
- 26 9am-noon OLSHF Trustee mtg. via Zoom
1-4pm Council of Governor's mtg. via Zoom
- 27 District E Virtual Convention
Speaker: ID Mark Lyon & Lyn (CT)
- 29 SOLSHC Board mtg. at noon

April

- 10 District E Virtual Cabinet mtg. at 10am
- 14 OLSHF Patient Care Comm. mtg noon-1pm
- 24 District G Virtual Convention, OLSHF hosts
Speaker ID Larry Edwards & Susan (PA)
- 26 SOLSHC Board mtg. @ noon

EVENTS

March

- 10 The *Oregon Lion* article deadline for April issue

April

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



The Oregon Lion Website:
www.md36lionsclubs.org

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Leah Hawes, Exec. Secretary

Email: md36lions@comcast.net

Council Chair News



Paul Zastrow

R) 541.354.1002
C) 503.754.4318

pzastrow@gorge.net

It's now March, normally the middle of the time for District Conventions, the elections for District Administrations, the incoming District Governor, First Vice Governor and Second Vice Governor all being chosen, the new Oregon Lions Sight and Hearing Trustees for each Districts elected, and the usual awards ceremonies designating the honors received by deserving Lions for their service in Lionism. However, since Covid-19 took center stage the normal was thrown out the window. In-person Conventions replaced by fully media generated ones, or at best with modified in-person and zoom generated experiences will be the normal for this year and perhaps years to come. The advantages for Zoom type meetings is lower costs, less travel and the ability often to serve with more members being present for learning. The real disadvantage – the actual loss of being there – lack of ambiance of presence. What we have experienced in the past may no longer the present and future. Whatever the mix, we need to embrace the possibilities and make better use of technology with all its uses!

Now two thirds of our COG year has passed. Some clubs have embraced the technology of meeting via our computers, phone and tablets. We've even continued service projects as well, although with fewer participants and perhaps less money raised and subsequent less given to various causes. My own club has somewhat embraced meeting every two weeks with zoom, but our service has essentially gone by the wayside. We did substitute the lack of doing our traditional Old Fashioned 4th of July Fireworks with a blast our 2020 New Year's Eve presentation, but no parking cars at the County Fair or Harvest Fest, no Western Antique Automobile and Aeroplane Fly In cooking, and

many other opportunities to meet, greet and do things in person. The need to fund-raise and donate is ever more important and the needs ultimately greater! Luck was with us in budgeting as we did not spend all of our previous year's Administrative account. So we could meet most of what our club saw as annual obligations – so we are spending down the rest of what we have saved. We will be looking and searching for opportunities to replenish that account with fewer members involved and greater emphasis on efficiency.

Now is the time as well for all clubs to search for new members, personally interview those past Lions who have dropped out the past two or so years, and actually honestly evaluate where we are as viable Lions Clubs. We can overcome obstacles put in place when we collectively determine how to overcome them. Find out why we've dropped members, determine how we can recruit new Lions and how each of us get involved in both this recruitment process as well as recognize those who have 'done the job' for Lions everywhere in the past. With determination as well as reality thinking, these problems can be overcome. Do not use the pandemic as an excuse – let's collectively get to work with recruiting to truly make our communities great places to live, work and play. It is up to us, the time is now, and the possibilities for success are actually almost endless.

My challenge to District leaders – let us as well evaluate where we have been as well as where we want to go. Fill up those cabinet positions with Lions willing and trained to get the job done. Create those training programs that will give opportunities for new and varied leadership, look at the unrepresented Lions and ask why they may not have stepped up. Make opportunities for new members, new leaders and new Lions – it is imperative and necessary that we change what we are doing now and in the past, as with fewer members we can no longer do what we have been doing. Our successes can be endless if we just do some possibility thinking and action. It is up to us – individually and collectively. So – JUST DO IT! 'Til next month – I remain your humble servant leader.

District O - Northwest - North Coast



District O Governor Column Sheri Young

R) 503.638.7189
C) 503.515.7189

• sjyoung1@aol.com

Communication and Cooperation

I started to write this as 1/3 or more of District 36-O Lions were in the grip of ice and snow. I was among them: without power, so no Wi-Fi to send what I wrote, nor cell coverage (why was that?).

I was trying to remember where I stood the “princess phone” I purchased on a closeout sale ...because it will work without electricity (other than what the telephone lines carry). I do still keep a landline in part because it will work without electricity.

Note: I did find that phone the following day. And it linked me with the Lion friend who came and helped me safely run my generator. Yes, I am among the many rural Lions with means and foresight enough to have backup for heat and well water. (Though I needed to alternate running the furnace versus running the pump.)

Every stressor is good practice. Many Lions joined their neighbors to clear trees from local roads and communicate – face to face – which collector roads were blocked by trees and power lines PGE would need to address.

Communication and cooperation were key.

Once I send this, I'll be asking the Zone Chairs and Club Presidents to reach out to their Clubs and Lions members to learn how each of them were challenged and how they responded. An additional question is, how many then reported their community disaster service to LCI?

District 36-O has a slightly better service reporting record than the other districts, but it is still missing reports from 60% of the clubs. I hope some of the clubs leadership attended David Bartley's Convention session on reporting service to LCI. In the case of Emergency and Disaster response, our Lions and Clubs who report to District leadership, enable us to report our service and capacities to Oregon VOAD and Oregon Emergency Management, building our credibility amongst other volunteer organizations and government agencies.

In turn, when you know what has been accomplished, you can produce PR materials showcasing it to your own communities: a great asset when we are seeking new members. In addition, Clubs that had not tried certain services expand their vision of what is possible.

Communication creates a great circle for building pride/self-respect through service, and building our Lions family. Please let your district leaders and LCI know what your clubs are doing!

District R - Willamette Valley - Central Coast



District R Governor Column Linda Stent

R) 541.991.3161
C) 541.844.5573

• stentlinda47@gmail.com

At the beginning of this Lions year, I selected “Forward! Upward! Onward!” as my District Governor's motto. LCI focused on “Kindness.”

We are now 9 months into our year and it is time to review and see if we lived up to these positive thoughts. I think we have for the most part. With a year full of COVID and wildfires, District 36-R Lions stepped up and made the best of it.

We received three LCIF grants – a community grant for school supplies, a COVID grant for Personal Protection Equipment that was distributed among our six counties, and a Disaster grant for supplies and support of areas hit hardest by the wildfires.

Not only did we receive LCIF Disaster grant monies, we also had Lions from around the District volunteer to deliver supplies and man the Santiam wildfire field kitchen. Clubs chipped in to donate additional funds for supplies beyond the LCIF Disaster grant.

The MD 36 Global Action Team (GAT) established challenges for each District. These challenges encompass “Forward! Upward! Onward!”

Under Leadership (GLT), the 36-R challenge is to have officer training completed for 30 clubs by June 30.

For Service (GST), 12 clubs reported events this year and last year 21 events were reported. The goal is to increase reporting to 30 clubs.

For Membership (GMT), last year we had 758 Lions and currently we have 705. The goal is to have 759 members by June 30 and one new club in the District.

These are indeed some challenging goals but if we pull together, we can achieve them. Every club and every Lion are urged to reach out to Zone Chairs and District Cabinet members for assistance. Let's do our best to achieve them or get close as we near the end of this Lion year.

In addition, “Choose Kindness” signs are popping up around the District. I would like to challenge each of you to think about posting yard signs or displaying car decals to that effect. The www.SpreadingKindnessCampaign.org has these items available.

As Kahlil Gibran said: “Kindness is like snow--it beautifies everything it covers.”

District E - Southern - South Coast



District E Governor Column

Carolee Blatter

R) 541.637.0997

C) 541.733.0755

• ccblatter@charter.net

Now as we head into springtime, it is time for our annual convention. But as we continue to be in our Covid-19 pandemic arena, it would appear that all conventions are going to be virtual. District E convention was scheduled for in person on March 25-27 (including holding the CoG in the district), but with the change to virtual the date is now set for the one day virtual convention on Saturday March 27th. As part of the convention, word should be going out soon regarding the sale of raffle tickets for a 1 week stay in a 2 bedroom timeshare at Leavenworth, WA. - with the drawing to be held in the afternoon at the convention. We will be using Election Runner to elect our new District officers and all delegates will be receiving that information on the day of the convention on how to vote. We are looking forward to good attendance at the convention, and don't worry, we will make time for breaks and lunch along with some seminars. Information about our district, a great presentation by OLSHF, and of course words from our key note speaker – International Director Mark Lyon.

To change the subject, let's talk about membership - - as you know membership is our top priority this year. If you have lost members this year – please have someone available in each club to call that lost member or visit that member and inquire as to what reason he or she had for leaving the club; and then ask them what we could do to reinstate them. Even if they won't come back to your club the information you get from that member will still be of good use to the club. Then you will know what to do differently. I know with Covid-19 it is hard for some clubs to be able to meet - - but we must keep our membership if we are going to keep Lions Clubs open and active. Please make an honest effort to find out why a member left and how we could get them back. Without members we have no Lions Clubs and what a shame that would be. We do great things for our communities and we must continue to be successful. It is up to each and every one of us to do what we can to keep our membership growing and retaining. Thank you for your help in trying to keep and get members.

Have you made your donation to Campaign 100? I just mailed mine today! We in Oregon have received a lot this year and it is time to repay, so help will continue to be available.

Hope to see ya all at the convention!!

District G - Central - Eastern Oregon



District G Governor Column

John Taylor

C) 541.240.0579

• jxtbone99@gmail.com

Lions, if you have not already done so, be sure you take a look at the Winter 2021 issue of your Lion magazine. Starting on page 24 is the story entitled "From the ashes the Paradise Host Lions Club rises yet again." It is well worth reading for several reasons, not the least of which is what the California Lions Foundation and one club accomplished for disaster relief and recovery. There are several lessons to be learned here, starting with disaster education, training, and preparation. For example, do you have a "go bag" ready in case of emergency? Are you ready to support yourself for at least a week without outside help? Has your club participated in Community Emergency Response Team (CERT) training? Just ask Lion Sharon Thornberry, The Dalles Lions, about the importance to you, your family and neighbors and your community of CERT training when emergencies happen. And by then it is too late to get ready. Does MD36 need this kind of capability for disaster response? The issue is being discussed now within the Council of Governors.

The Lions calendar continues to turn. It is now time to be looking for and recruiting the Lions who will lead us into the coming year. Whether at the club, district or state level, new faces, new perceptions, new ways of doing things are desperately needed if Lions are to remain viable. To be blunt, if nothing changes – including leadership, then your club is in trouble. Change is inevitable. We have several long-term clubs in our district which are literally dying because unfortunately they didn't or couldn't embrace and adopt to change. Imagine your community without your Lions club. Is that what you really want? Screw up your courage and step forward. Tell people you want an opportunity to learn leadership skills and make your club and community a better place to live. If asked to serve in a position, don't automatically say "no." Try "yes" instead, you'll be glad you did and so will all Lions. With this in mind, nominations for District positions are being sought by the Nominations Committee, PDGs Gary Mose, Judith Poage, and Phyllis Carlin. We need 1st and 2nd Vice District Governor nominees and Zone Chairs. Contact the Nominations Committee and volunteer!

Get your COVID vaccinations as soon as you can! Wear your facemasks to show your respect for others as well as protecting yourself! Even with vaccinations, COVID and its mutations aren't going away. Ever. This isn't political, it's health and safety. Around this District I unfortunately encounter people who don't wear masks. I (masked) recently went into a café in a small town where no one was masked. "We don't worry about that here," the waitress said. Me? Yes, I have "underlying health conditions" and no, I'm not going back - ever - to a place that doesn't respect my health and safety. Talk about a sure way to continue the incidence of this deadly disease and slow the reopening of our schools and economy. [Real Lions wear masks and wash their hands frequently.](#) [End rant.]

It Sounds Like

With all of the distancing protocols in effect for the COVID-19 pandemic most of us have had at least some difficulty understanding what people are saying through their protective mask. It gets even worse when you are in a store or medical office where the person you need to talk to is not only wearing a mask, but also is behind a Plexiglas screen. Let's take that one step ahead and assume that you are hearing impaired. Voices are muffled enough under a mask. When you add the Plexiglass shield understanding the person's words can be difficult if not impossible even while wearing hearing aids.



Portable loop used in business situation with Plexiglass at the cashier counter.

There is a solution to this problem and it is called a "Hearing Loop." What is a hearing loop and how does it work? A hearing loop system has 4 parts: 1) A copper wire in the shape of a loop which serves as an electro-magnetic antenna and creates the loop's field. 2) One or more microphones to pick up the desired sound. 3) An electronic "driver" to transmit the sound into the loop. 4) A tiny coiled wire, called a telecoil, (or t-coil), inside a listener's hearing aid, cochlear implant, or special earphone receiver. A hearing specialist must activate the telecoil program in a listener's device to directly receive the sound from the hearing loop.



Portable loop used in an office setting.



PLA 90 Portable Loop.

Continued on page 7

Such a Simple Solution

The reason for explaining this is because the Shedd Institute in Eugene has a program to help the hearing impaired hear even better under difficult circumstances. "The Mission of the Shedd Institute's Lane County Committee is to understand, educate and advocate for the installation and usage of hearing loop/telecoil systems in appropriate public and private spaces." The Shedd has a loop system installed in their building, and so do some other venues and businesses, but most locations do not have it available.



Ginerva Ralph, the Shedd Institute.

To that end the Shedd Institute is loaning out portable 8"x8" loop systems for hearing impaired people to try out to see if it will work for them before they purchase one. The Eugene Downtown Lions Club has donated the funds to purchase two of the portable loop kits that cost \$250 each for the Shedd project. In addition, the money for two more kits has been provided by the Jane Eyre McDonald Fund.



Sue Prichard.

Special thanks go to Ginerva Ralph, Director of Education for the Shedd Institute, and Sue Prichard (wears hearing aids) for giving a presentation about this project to the Eugene Downtown Lions Zoom meeting.

*submitted by Tim Chuey, Publicity Chairman
Eugene Downtown Lions Club*

Why We “LVG”!



Authenticity: We act with integrity and humility.

We encourage openness and value honest feedback between each other and our partners. We are open to personal change and have a genuine curiosity to learn from those around us. We approach each interaction as a learning opportunity. Everyone has something to teach.

Innovation: We create positive change in the world.

We look beyond the present and seek ethical, forward thinking solutions to challenges that may come. Whether through research to find the next treatment for an ocular disease or the pursuit of day to day efficiencies, we are driven to surpass what has already been achieved.

Stewardship: We take the long view.

LVG wants to have impact today, tomorrow and long into the future. As such, we consider how our resources are responsibly managed and the long-term effect of new initiatives.

Unity: Without you, what I do doesn't matter.

We treat one another with respect and communicate openly. There is no part of our organization that can survive without the others. We express thankfulness and gratitude. What we accomplish together is much more than any of us could do on our own.

Service: We focus on those we serve.

We serve passionately! Grieving families, donation partners, the ophthalmic community, and our peers at LVG rely on our work. We build bonds of trust by satisfying our partner's needs first and incorporating their voice whenever possible.

submitted by Matt Webber

Is the Mediterranean Diet Best for Type 2 Diabetes Part 1

We all have heard about the Mediterranean Diet being heart-healthy. But did you know that it is also beneficial for people with type 2 diabetes?

The Mediterranean Diet which gets its name from the traditional eating patterns of people in countries bordering the Mediterranean Sea has long been studied for its heart health benefits. But research now suggests that this approach can also offer specific benefits for people living with type 2 diabetes. Among them: improved blood sugar, weight loss, and satisfying/flavorful ingredients, plus improved cardiovascular health and better cholesterol levels.

Overall the Mediterranean diet has more of the foods your body needs, such as vegetables, whole grains, and healthy fats and less of what the body doesn't need including red meats and refined carbohydrates. That's why the Mediterranean diet is known as a heart healthy style of eating. In diabetes, it's all about reducing your risk for having complications from the disease.

The Mediterranean diet also allows red wine, fat free or low fat dairy (such as yogurt), eggs and lean meat (in moderation). It also allows flavoring food with herbs and spices rather than salt. It generally replaces saturated and trans fats with unsaturated fats, which might explain the positive effects on insulin. Research also suggests the high concentration of plant compounds (polyphenols) assists in decreasing insulin resistance.

It's not just people who have diabetes who may benefit from this style of eating. Those who are at risk for the disease (like those managing metabolic syndrome - which may include abdominal obesity, high blood pressure high HDL as examples) may reduce their odds of developing diabetes by as much as 23%. Mediterranean eating was also superior to low-fat diets for blood sugar control. Also, related to this, the Mediterranean diet has been tied to a 30% reduced diabetes risk in women.

Information has been extracted from an article by Jessica Migala and medically reviewed by Lynn Grieger, RDN, CDCES Everyday Health.

*submitted by Russell Chase
36-G Diabetes Awareness Chair*

SAVE The DATE!

Saturday, April 24th from 10 to noon

BLING FLING!

FREE admission

The Southern Oregon Lions Sight and Hearing Center located in Medford is hosting a huge used jewelry fundraising event sale! Two large rooms full of used jewelry all priced to sell! Vintage, Collectible, Sterling Silver, Modern Costume, Watches, Seasonal, Crafter's Bags and lots of misc. jewelry items including belt buckles. 228 N. Holly St, Medford, OR, 97501. 541-779-3653.

Cash preferred please. Wear a mask and maintain 6 feet of distance between shoppers.



Patron Gives \$15,000 to Elgin Lions



Secretary Jared Rogers shows the donation of \$15,000 to Lion Kate Bottger.

A local patron donated a sum of \$15,000 to the Elgin Lions to be applied to projects benefiting the community. Dennis Cross, of Elgin, made the donation with the stipulation that the local Lions would consider projects in the areas of health or beautification for Elgin. Members discussed two projects including restrooms for the Clarence Witty Park, and cleanup and beautification of the dump site for visitors.

The Lions will begin meeting on a regular basis at the Christian Life Center without food served in past meetings. Information was distributed on the annual Riverfest, and members will decide to what extent the Lions will have their activities, based on Covid-19 regulations and safety. The group decided to have the annual Riverfest Car Show chaired by PCC Steve Oliver. The Elgin Firemen also plan to have a breakfast special, since the Lions are proceeding with Riverfest.

Chair for the Highway Cleanup projects, Barbara Hawes, stated she will be making the annual application for roadside cleaning by the Lions.

submitted by PDG Gerald Hopkins

Eugene Downtown Lions Just Zooming Along

After having held two outdoor meetings Mother Nature made that type of gathering out of the question. Just like most everyone else Zoom meetings have become the avenue to return to having meetings on the first and third Wednesdays of the month for the club. The Wednesday February third meeting had twenty participants with everyone having a chance to join in the conversation.

What makes these meetings a bit closer to the in-person meetings is having a program guest speaker. Corrine Patzer, Chief Strategy Officer from Lions VisionGift, gave a very interesting presentation explaining the inner workings of VisionGift and how it keeps improving and expanding services. It is so much more than just an eye bank.

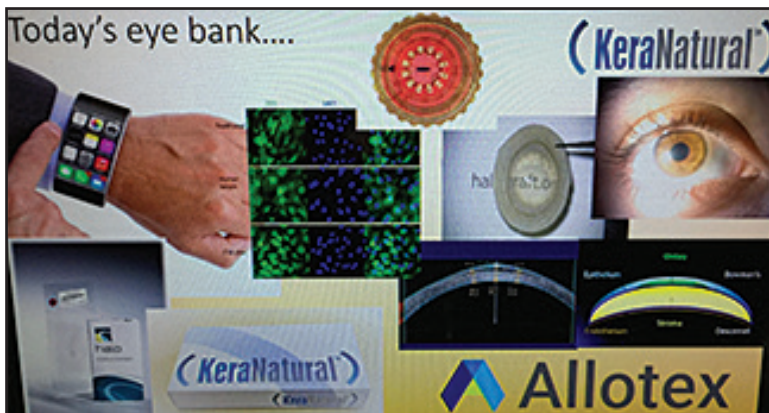


Twenty participants on this Zoom meeting.



Corrine Patzer, Chief Strategy Officer,
Lions VisionGift.

Quoting their website: "Lions VisionGift is proud of the many different functions we perform on the path to sight restoration in our communities. Through collaboration with our donation partners around the state, we are able to recover and screen donated tissues in a timely manner to provide grafts for individuals throughout Oregon and southwest Washington. Once these needs have been met, we routinely send additional tissues across the nation and around the world."



Today's Eye Bank.

The club members were very impressed with how organized and up-to-date the VisionGift operation functions and thanked Corrine for giving us such a detailed presentation. As we have more of these Zoom meetings we are getting proficient at running a smooth meeting.

submitted by Tim Chuey, Publicity Chairman

(Note: The quality of the pictures is compromised by the Zoom signal and the fact that they are taken from a computer screen.)

The Dalles Lions Pick Up Christmas Trees

On January 9, 2021, The Dalles Lions Club members, 14 in all, gathered along with 10 drivers and spotters from The Dalles Disposal and 10 volunteers from Community Corrections @ 8:30 to pick up Christmas Trees. The Dalles Lions Club has been doing this project as a fundraiser since the early 70s and we bring in \$2K plus each year with donations coming in until normally June of each year.

We start out @ 9:00 with 5 garbage trucks covering different routes in town. This year was a little different because of COVID. We had volunteers riding in a separate vehicle behind the garbage trucks that would hop out and grab the trees and put them in the garbage trucks. In addition to the garbage trucks we had numerous separate vehicles with trailers hitting the areas that are hard for the garbage trucks to get to. All of this is done by 1:00 PM and then everyone goes to Big Jim's, a local The Dalles Favorite, for lunch as Big Jim's donates gift certificates for everyone involved. Big Jim's has donated to our cause for many years and is greatly appreciated. Even though we ask that people put their tree on the curb, numerous people forget and get it out late so we continued picking up trees into the afternoon and the next day.



submitted by Mike Kilkenny

Lions Always Find a Way to Help Out

With the COVID-19 pandemic and the wildfires many Oregonians have found themselves in extraordinarily difficult situations. The Holiday Farm wildfire displaced thousands of people who escaped with no more than the clothes on their backs.

Oregon Lions District R requested a \$10,000 grant from Lions Clubs International Foundation (LCIF) to help the firefighters and evacuees from the McKenzie Holiday Farm wildfire and the other wildfires in the District. The Eugene Downtown Lions Club requested a portion of those funds. In coordination with the Cascades Region Oregon Wildfires In-Kind Donations Manager for the Red Cross the club was asked to donate snacks for the evacuees, firefighters and volunteers. The sweet and salty snacks provide individual servings of crackers, chips, pretzels, cookies, or granola bars to help sustain them and as a supplement to the meals they were being served.



Loaded COSTCO cart. Lion President Susan Pfanner with a COSTCO employee and Lion Susan's Husband John – in Beaver Orange.



Unloading the trailer at SnoTemp.

Approximately \$2,000 worth of snacks were picked up at COSTCO, loaded onto the trailer, and taken to SnoTemp Cold Storage on Seneca Road where the crew offloaded it for storage. Until the snacks could be distributed to the folks evacuated from Holiday Farm wildfire who were staying at The Graduate in Downtown Eugene.

Six Lions worked on this project including President Susan Pfanner, Darlene Tomasec, Karen Norton, PID Ed Gear, James Koch and Craig Ford. Lion Susan's husband John, the lone Rotarian from the Southtown Rotary Club drove the truck pulling the trailer with the direction of Red Cross volunteer Bruce Wesloski.

The work Crew posing with the load ready to be kept safe at SnoTemp – (l-r) front row: Lions Darlene Tomasec, PID Ed Gear, Craig Ford, President Susan Pfanner; and in the back row are James Koch and Karen Norton.



This just goes to show you what just a few Lions can accomplish.

*submitted by Tim Chuey, Publicity Chairman
Pictures provided by Lions Karen Norton and Susan Pfanner*

Corvallis Lions Club to Hold Virtual (and actual, but on your own) Shamrock Run!

Like so many clubs, The Corvallis Lions canceled nearly all fundraising events last year. However, our virtual Thanksgiving Gobbler's Revenge was so gratefully received by loyal running fans, we're doing it again in March with a virtual [Shamrock Run!](#) This virtual [Shamrock Run](#) also includes a popular biking option!

All participants receive excellent swag and proceeds will support both St. Jude's Children's Research Hospital and various Corvallis Lions Club community service activities.

Corvallis Lions request your help by distributing this message and attached event flyer (containing registration links) to your clubs' membership as well as to anyone you think might be interested in participating!

On behalf of the Corvallis Lions Club. Thank you and stay safe!

For more information you can contact Jim Abbott, President of Corvallis Lions Club by email at president@corvallislions.com



It's Your Lucky Day

We're partnering with other local St. Patrick's-themed runs around the country for [America's Shamrock Run](#) — the family-friendly St. Patrick's Day event you've been looking for. Lace up those running shoes and choose the distance YOU want to run or walk. You'll receive our award-winning swag, finisher's medal, and baseball hat, shipped right to you.

Remember, this run is all about YOU! Can't run on St. Patrick's Day? That's okay—choose the March date that works best for you. We encourage you to rally your family and friends near and far and join us as we run in support of St. Jude Children's Research Hospital® and their mission to end childhood cancer and other life-threatening diseases.

[REGISTER NOW](#)

Your Registration Includes: Full zipped jacket with hood and side pockets in adult and youth sizes (View [size chart](#).), Celtic inspired finisher's medal, hat, and a personalized race bib. Race packets will begin shipping March 8, 2021.

**Our Official Race Charity:
St. Jude Children's Research Hospital**



Hank Calhoun
Board Chair



OREGON LIONS
Sight & Hearing
Foundation



Doug Thompson
Executive Director

Join Us For Happy Hour!

Let's face it, we've all been through a lot over the past year...
we all deserve to get together for Happy Hour!

On behalf of all of our OLSHF Board and Staff, we invite you and your friends to spend a little time with us on **Tuesday, March 9th at 3:00pm** for our first OLSHF virtual Happy Hour.

OLSHF Happy Hour is a Zoom meeting that will feature:

- Happy stories of Oregonians receiving sight and hearing support
- Tips for communicating with others through social media
- The opportunity to have FUN and catch up with friends from across Oregon

Visit our website, our Facebook page, or type this URL into your browser: <https://rb.gy/g8clyu>

And remember, it's BYOB!

THE OLSHF VIRTUAL

“Happy Hour”

March 9th 3pm - 4:30pm

Join us with a favorite   * and pick up some tips & ideas on using social media, Youtube and others in promoting your clubs events!

- Hands-on tips with social media.
- Improve our communication with Lions and the Foundation, build relationships.
- Hear happy stories from all MD-36 Lions Districts of how our sight and hearing programs change lives!
- Helen Keller's Birthday - wrap-up campaign in late June.

Our programs make people happy!

Beverages are better in our OLSHF mug! Get yours by emailing: nick@olshf.org

*Hors d'oeuvres & beverages provided by participant.

Join us on ZOOM at the link in the description above.

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GIFTS & MEMORIALS

Contributions list includes gifts received Jan 15 to Feb 16, 2021 along with some we missed last month. Thank you to each and every donor and supporter! If you have questions, please contact us at Info@OLSHF.org

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Our sight and hearing programs continue to change lives because of you and your support. Whether your dollars funded vision or hearing saving surgery or treatment, secured a new pair of high quality, low cost eyeglasses edged in our newly expanded LEAP Lab, ensured access to digital hearing aids or cataract surgeries or our School Vision Screening Program events, we couldn't do it without you.

Community Partnership Serves 22 With Exams

OLSHF partnered with the Oregon Foundation for Vision Awareness (OFVA) for a vision clinic on Friday, February 5th at Family Vision of Oregon in Scappoose. 22 Oregonians received comprehensive eye exams. Many will receive a beautiful pair of new eyeglasses made in our LEAP Lab. Thank you to our sponsor, Wauna Credit Union!

OFVA Eye Health Clinic was a huge success. In coordination with Family Vision of Oregon and Pacific University EyeVan



Isn't This a Great Mug?!

It commemorates your OLSHF being named the "#1 Nonprofit to Work For" by Oregon Business Magazine. It looks great, holds 20 oz. and keeps your warm beverages warm and your cold ones cold! Want one for your own? There's four easy ways to get one:

- You can join OLSHF's PRIDE! Visit this link - <https://olshf.org/pride/> to learn more. Become a monthly sustaining donor to your OLSHF and we'll send along your very own mug! We'll pay the shipping cost.
- PRIDE members, increase your monthly donation \$5 and pay shipping, then a mug is yours.
- PRIDE members, increase your monthly donation more than \$5 and we'll pay shipping.
- You can buy one online (olshf.org) for \$20, shipping included. Include "mug" in the memo line when paying online.



*The unique 'inverted' design helps prevent spills and keeps your beverage at the perfect temperature.
Please note: **Hand Wash Only***

Get yours today! Contact Doug (dougt@olshf.org), Nicole (nick@olshf.org) or Brad (brad@olshf.org) for more information about PRIDE or your mug purchase! Thank you to all our PRIDE members who help OLSHF keep the promise Lions made to Helen Keller.