



Serving members of MD36 Oregon and Northern CA

May, 2021 Volume 10/20-21

Remember May is Strengthen Membership Month

Hermiston Lions Provide Record Funding of Programs



Lions Phil Hamm and Charles Clupney at December fundraiser.

See Story Pages 6-7

Portland Hollywood Lions - Graffiti Clean Up



Volunteers from Hollywood Lions and Hollywood Booster Lions: Thuy Tran, Mary Gagnon, Mike Louie, Gary Balo, Paul Clark, Boosters: Jo Shaffer, Maura White, Anthony D'Amato, Jan Tolman and Grant High Student Maggie.

See Story Pages 12-13

Sutherlin Lions "Staycation" Donations



(l-r) Lions President Gwen Best, Secretary Carma Fisher, Bertha Egbert, Treasurer Carol Swesso and Pam Cameron. Not pictured is photographer Emily Blakely, Liaison.

See Story Page 15

ANNIVERSARIES

May 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.

May

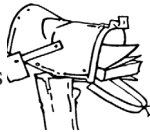
Salem Downtown	May 26, 1922
La Grande	May 2, 1929
Mt. Hood	May 11, 1951
Gresham Breakfast	May 6, 1980
Cloverdale/Nestucca	May 6, 1983
Florence-Siuslaw	May 26, 1983
Gold Beach	May 6, 1993
Waldport	May 17, 1993
Elgin	May 23, 1997
Mohawk Valley	May 6, 2003
La Pine	May 24, 2004
Weston McEwen	May 6, 2008

June

Coquille	June 25, 1925
Columbia Gorge	June 29, 1948
Langlois	June 15, 1964
Crooked River Ranch	June 28, 1979
Dallas	June 10, 2003
Woodburn	June 30, 2004

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

May

- Virtual District R Convention
Speaker: ID Justin Faber (MI)
- OLSHF Patient Care Comm. mtg noon-1pm
- Virtual MD36 Convention
Speaker: ID Judge Shea Nickell and Dr. Carolyn Watson (KY)
9am-noon, Virtual OLSHF Trustee mtg.
1:45pm Virtual Council of Governor's mtg.
- SOLSHC Board mtg. @ noon

EVENTS

May

- Mother's Day
- The *Oregon Lion* article deadline for June issue
- SOLSHC Bling Fling Jewelry Sale 10am-2pm
- Memorial Day

Club Officer Reporting Form

(aka Form PU101)

Due to LCI by May 15, 2019

Please prioritize getting this completed and submitted to LCI as is critical for MD36 annual directory to be completed



The Oregon Lion Website:
www.md36lionsclubs.org

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Council Chair News



Paul Zastrow

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Do April Showers really bring May flowers? A thousand questions and too many answers that may not truly apply to Multiple District 36! There are really certainties though – ten months down and two more reports to go! Although we often use the pandemic woes of Covid - 19 to act as cover for not doing, its new normals have created various opportunities for each of us to embrace and use to our fullest! Zoom meetings afford us to save time and travel – but the negative is not having the ambiance of in-person contact, as well as often not following closely the agendas created.

All the while, meeting in person or via Zoom type activities, as Lions Leaders we have to ask ourselves – are we doing our best to serve the needs of our members and communities? District Governors – are you doing all in your power and interest to seek new members in an organized way, utilizing your GAT and NAMJ appointees? Have you had actual contact with your members throughout your districts? Are your Zone Chairs meeting and reporting their efforts? If not – the time left is a must, as the membership numbers continue to show losses multiple district wide. Coordinate your efforts at ensuring there is a remedy to this, so that your legacy can be on a positive uptick for your successor Governors. Stop the drop, contact those Lions who have dropped membership this year and find out why they have chosen to drop as Lions – that must be done to assist membership improvements for the future.

District Conventions are about finished with R being held on May 1 and the MD on May 14-15 for the grand finale. Planning is in the future by next year's DGs, and hopefully they will have in-person components if not being fully in person. Vaccines should allow for the vaunted 'herd immunity' to allow for much greater personal contact times for Lions – to do activities, serve their communities in fundraising as well as in service projects, conduct meetings and enjoy Lions camaraderie world-

wide. Of course we still must be aware of personal distance and mask up when necessary.

Did you know the easiest method for supporting our Oregon Lions Sight and Hearing Foundation is through monthly checking account or credit card deductions via a process called PRIDE? It is a seamless way of assuring your support for those in need of vision assistance and/or hearing improvements. I am asking that you consider this way of donating – it's almost totally painless, you get a tax deduction and your money goes to a great cause! Just lately, Lion Brad King has traveled throughout the state delivering mugs as well as glasses recycling boxes to various local areas to in turn be delivered to those members who currently give to PRIDE, and boxes to collect used eyeglasses to either replace old ones or to new locations. Will you join us in doing so? Let us see if every club has at least one PRIDE donor, and those who already donate recruit others to donate as well.

May often means planting gardens – veggies as well as flowers. Mowing lawns, ensuring our homes look attractive and even beautifying our surroundings. We can attempt to do the same with our Lions Clubs and Districts through volunteering our expertise and time assisting elected leadership, becoming a part of making our clubs the best they can be. Volunteerism is not yet dead – we collectively can make a positive difference in the lives of our communities, making them better places to work, live and play! All it takes is time dedicated to a cause – working at cleaning up roads, volunteering at a club event, recycling pop and beer cans and bottles, becoming a club board member or officer, attending a Lions District Governor Cabinet meeting, or many other activities that could pique your interest and be fulfilling! Let's start making it a priority as WE SERVE in all capacities to make things better for everyone!

Directory Corrections

- p. 89 Fechtel Voorhees, Mary has passed.
- p. 108 Stewart Jan has new address of 3240 SW Nye Ave. in Pendleton. Other info. is same.
Swanson, Bev has new address of 16145 NW Canterwood Way, Portland, OR 97229
- p. 109 Taylor, Bill, PDG has new address of 3240 SW Nye Ave. in Pendleton. Only change.
Toleno, Sid has passed.

District O - Northwest - North Coast



District O Governor Column
Sheri Young

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• sjyoung1@aol.com

No report.

District R - Willamette Valley - Central Coast



District R Governor Column
Linda Stent

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• stentlinda47@gmail.com

I recently asked the clubs in my District to send me a copy of their current financials / Treasurer's report. This, of course, created somewhat of an uproar. This was my response to inquiries as to why I was asking:

Why am I asking for financials?

First off, there is nothing sinister going on. Everyone needs to relax. This information will not be shared with anyone. It is strictly for me to review. There will be no punishment involved.

After meeting with different clubs, it is obvious that serious Treasurer training needs to be done, particularly for incoming Treasurers (or current Treasurers who are staying on). We are working on getting that organized soon.

- Monies are to be accounted for in two separate accounts: Administrative and Activities.
- The two accounts are not to be merged into one account.
- Administrative funds are to be used for club expenses (postage, printing, etc.) and that money is to be strictly raised only from Lions either from dues or from a fundraising activity that is closed to the public.
- Activities funds are to be raised from fundraising activities that are open to the public (crab feeds, BBQs, golf tournaments, bingo, etc.) and all those funds are to be returned to the community (eyeglasses, scholarships, etc.). They are not to be used for club expenses.
- **An annual audit is mandatory for all clubs.** This should be done by the end of this fiscal year. If you need help with this, contact me.

I am also interested to see where money comes from and where it goes. This will give me information about what kinds of fundraisers are being conducted and what types of community services are being provided. I plan to put together a chart with that information that can be available when a club is looking for a new fundraiser idea or community service project.

And just so you'll know, the District Governor does get a monthly Recap of Accounts from LCI that shows the balances due to LCI, including those that are overdue at 30, 60, 90, and 120+ days. I normally contact clubs who have outstanding balances that are overdue more than 30 days.

I hope this explains why I am requesting to see your financial reports. There is no special form. Your Treasurer's report should show income and expenses divided into two accounts for Administrative and Activities. Nothing fancy. Can be handwritten or computer-generated. If your Treasurer needs help, please contact me.

District E - Southern - South Coast



District E Governor Column

Carolee Blatter

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In case you missed the convention, here is the convention report.

District E virtual convention was held March 27th, with the OLSHF acting as host for the zoom meeting. We had a great International Director from Connecticut by the name of Mark Lyon. He hosted a question and answer session during the morning and a very inspiring keynote speech at the end of the convention. District E is donating \$200.00 to LCIF in his name.

The election for new officers went well: we have Steven Brewster as District Governor Elect, from Klamath Falls and Jan Slusser as the incoming 2nd Vice District Governor from Grants Pass, and a new Trustee Melissa Clinton from Klamath Falls. We still have a position of 1st Vice District Governor open, please let me know if you are interested in applying.

We had a raffle for a two week stay at Leavenworth, and two auction items to bid on during the convention. One was a 30 x 40 picture of a lions head and a lion head bust. Both were won by District Governor from District R, Linda Stent. The Leavenworth trip was won by Sean Negherbon, a past president from Myrtle Creek Club.

I feel that the District E Convention went well and was enjoyed by most. It was the first attempt on being virtual and I'm sure things will improve with each try, hopefully we will get back to person to person meetings soon.

We also had two seminars, one was "Why do I have to pay to be a volunteer?" and the other was a presentation on "The importance of Long Term Recovery following a disaster".

I want to especially thank OLSHF for all their efforts in making our convention a success and also again thank both PDG Bob Chaney and PCC Gail Black for their contributions.

With the better weather approaching and most of us having had our COVID shots, we should be getting ready for more meetings and more fundraising. Most of our clubs have been silent for the winter months, but now is the time to get back to business! While we are out and about it is also a good time to work on membership. More members make for more busy hands in our communities. Remember we are a service organization and WE SERVE.

District G - Central - Eastern Oregon



District G Governor Column

John Taylor

C) 541.240.0579

• jxtbone99@gmail.com

Lions, there is a light at the end of the tunnel, and I'm not referring to an oncoming train. That has already passed; didn't you see its tracks? Many of us now have or are getting vaccinated against COVID, businesses are slowly beginning to open up again, kids are going back to school in person, and mask wearing by responsible Lions is not (or should not be) the political statement it was. Even the Pendleton Round-Up is roaring back into Pendleton Wednesday to Saturday, September 15-18, 2021. This year the Top Professional Bull Riders will appear in the PRCA Xtreme Bulls Tour Finale on Monday and Tuesday, September 13-14. These are the TOP riders competing for over \$100,000 just before the National Finals. Why do I mention the Round-Up and PRCA? Because in addition to the Round-Up and Happy Canyon being nice people, it just so happens they are donating family tickets for the Round-Up on Wednesday or Thursday which YOU could score in the 36G Convention Spin-the-Wheel!

The 36G Convention Committee has been working really hard at putting together an engaging and informative convention. This will not be your father's traditional convention by any means. Here are just some of the speakers, programs, and activities that will be in the convention.

<http://www.md36lionsclubs.org/district-convention-registration> will take you to the registration page, hosted by the Oregon Lions Sight & Hearing Foundation. Here you can enter your name, email address, and decide if you want to participate in the fundraiser or not, enter your secure payment information, and you are set!

Here are just some of the presentations and activities that are part of this convention:

- Lions and Membership - ID Larry Edwards
- Parkinson's Story - Carol Clupney -
- February 2020 Floods - Christy Lieuallen and Charlene Larson
- Grant Writing Made Simple - Karen Taylor -
- Loop Technology - Tim McGlothlin
- Diabetes Awareness and Emergency Prep - Christine Guenther and Christine Naff
- Diabetes and COVID-19 Updates - Dr. Scott Gibson
- Fire District #1 Disaster Prep - Scott Stanton
- Life Flight Helicopter - Polly Buzzini
- Pendleton Unmanned Aerial System Range - Steve Lawn
- CPR - Charlie Clupney
- Spin the Wheel
- District G Election and Results
- Memorial
- Lions Individual and Club Recognitions
- Videos
- More

We hope to "see" you at the convention!
Register today. Now, before you forget. You'll be glad you did.

Hermiston Lions Provide

There is no doubt that 2020 and 2021 will go down in the history books like no other time in our history due to COVID 19. Just as other local organizations and service clubs stepped up to help with the tremendous needs within our communities, the Hermiston Lions Club provided record funding. Over \$32,000 was contributed to organizations like Court Appointed Special Advocates (CASA), Headstart, OSU Foundation, Umatilla 4-H, Special Olympics, local soccer, Agape House and other local foodbanks. In addition, we continued our annual support of college scholarships for local youth, supplying eyeglasses and hearing aids for needy individuals and providing first graders United States flags and the story behind them. Similarly we contributed over \$32,000 in 2020, again supporting the Agape House and other local foodbanks, Funland playground rebuild Lions, local college scholarships and eye care and hearing aids to those in need.



Lions Phil Hamm and Charles Clupney at December fundraiser.



City Donation - Lion Phil Spicerkuhn.



Lions Donated Bench at Greenwood Park – Lion Kelly Sanders.

Continued on page 7

Record Funding of Programs

To be able to provide support for these wonderful programs, the Hermiston Lions Club raises funds through sales of flowers in the spring, poinsettias in December and clam chowder sales both in the spring and fall. We have also had wonderful grant support from Walmart and the Good Shepard Health Foundation. In the past, we raised funds through our annual fund raising banquet and sales at the county fair, both of which were cancelled due to COVID.



Fair concessions trailer.



Red Barn at Funland Park.



Slides at Funland Park.



Moe's chowder fundraiser.

While a reasonably small club, we truly believe in serving our communities and providing over \$64,000 these past two years has been both a privilege and an honor.

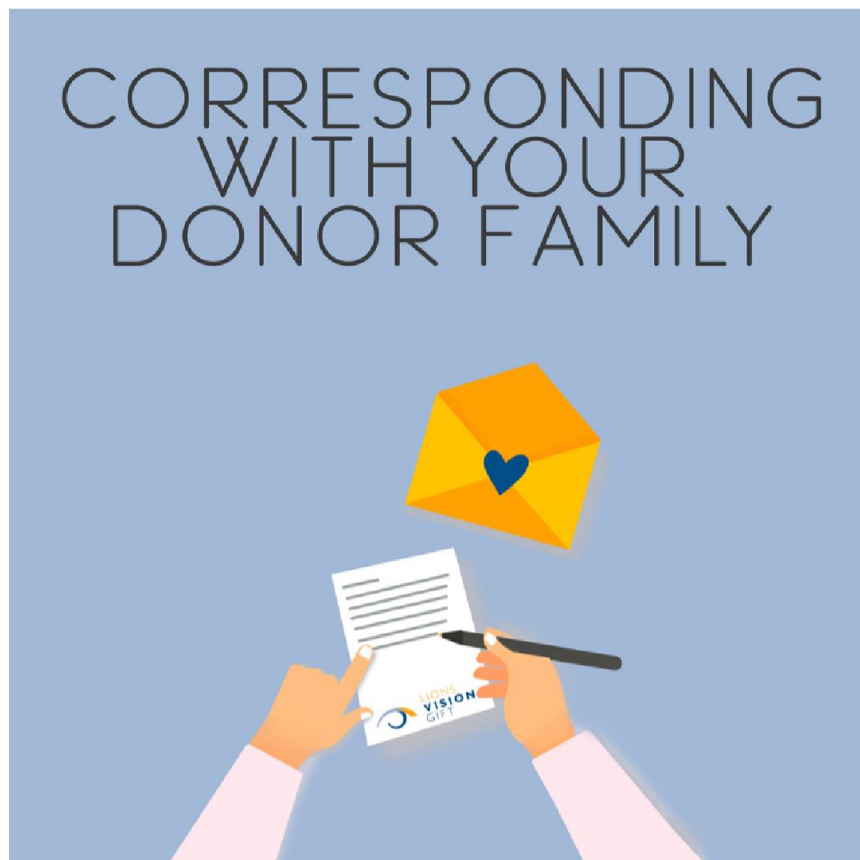
submitted by Charles Clupney

Putting Your Gratitude On Paper

If you are a cornea recipient, you may wish to communicate with your donor's family. Many recipients struggle with the decision to write to their donor family. They may not know how to say "thank you" for such a precious gift. But donor families do appreciate and often find comfort in knowing that the transplant was successful and has improved someone else's life.

Lions VisionGift encourages and facilitates all correspondence between donor families and cornea recipients. We protect the identity of both the donor families and the recipients.

If your corneal tissue was from LVG and you would like to write a letter to your donor's family, please visit our website to see our recommended guidelines: http://bit.ly/LVG_Letters, or email Matt Webber at matt@visiongift.org to receive information.



submitted by Matt Webber

The Roles of Glucose, Glycogen, and Glucagon

For those with type 1 and type 2 diabetes, these three terms may lead to some confusion since somehow the terms are similar among themselves. However, their functions, although related to glucose, are very different.

Glucose is a form of carbohydrate known as a simple sugar and the primary source of energy for cell function. Our body transforms the carbohydrates we eat into glucose which is the main type that our body can use for energy and main form of energy that can be used by the nervous system and the brain. Once our body has transformed the carbs into glucose, where the glucose came, either from or candy, is irrelevant.

Glucose can be used immediately, if energy is not needed immediately, the liver and the muscles convert glucose into glycogen which is stored in the liver and can be converted back into glucose when necessary. After the glucose stored in the liver has been expended, our body uses fat deposits as an alternative source of energy.

If our body has a surplus of glucose, and glycogen reserves are full, the liver and other organs convert excess glucose into fat. The resulting fatty acids may be used eventually as energy but are far less efficient source of energy than glucose and are used when glucose stores are depleted.

Glycogen is the form in which carbohydrate energy is stored in the muscles and the liver. When glucose is not needed for immediate energy, it is converted into glycogen by the liver or the muscles and remade into glucose when necessary. Glucose released from glycogen produced by the liver can be anywhere in our body. Glycogen produced by our muscles is released later.

An Interesting Feature of Glycogen is it loves water, meaning it binds as much as three times its weight in water. A person starting a weight-loss program that includes very little carbohydrates, will use up glycogen stores within the first couple of days. As these stores disappear, the water associated with them will disappear as well with increased output of urine. Of course, those who fall off the wagon before they have mobilized a substantial amount of fat can expect to welcome back their glycogen and its associated water very quickly.

Glucagon is a hormone that converts glycogen into glucose. Our pancreas secretes hormones that our body needs to stay in balance. Two of these hormones are **Insulin and Glucagon**.

During digestion, carbohydrates are broken down into glucose, which our body either uses for energy or stored as glycogen. When glucose levels in the blood rise, the pancreas releases insulin which causes the cells take up the glucose to maintain our blood glucose level. When our blood glucose levels drop to far, the alpha cells in the pancreas then secrete the hormone glucagon, which converts glycogen into glucose, which travels back into our bloodstream to be used for energy.

Insulin so the glucose is able to enter into our body's cells. Glycogen is stored glucose for use later, and Glucagon to convert the Glycogen back into Glucose.

Source: The Diabetes Club
Andy Carpenter, Certified Registered Dietitian

*submitted by PDG Garry Charbonneau
MD36 Diabetes Awareness and Action Chair*

Unmet Needs from Oregon Wildfires

Volunteers are needed to serve on the eight Long Term Recovery Groups (“LTRG”) that have formed around the State of Oregon since the devastating wildfires in September, 2020. How do you get involved as an Oregon/Northern California Lion of MD 36? Contact Charlene Larsen, email: crl.larsen@charter.net or cell phone: 503-791-6207.

Where can you become involved?

- Lincoln County Long Term Recovery Group
- Santiam Canyon Fire Recovery Long Term Recovery Group in Marion and Linn Counties
- Lane County Long Term Recovery Group – McKenzie River Area
- Archie Creek Fire Long Term Recovery Group – Douglas County
- Jackson County Long Term Recovery Group
- Klamath County/Chiloquin Unmet Needs Table
- Blue Mountain Long Term Recovery Group – Umatilla County

What are some unmet needs for these various areas:

- Office furniture – for a Trauma based designed office – Lincoln County LTRG
- Timber faller – Santiam Canyon
- Tools for Tool Library – Santiam and Lane County
- Gas Cards for all LTRG’s
- Funds for Disaster Case Manager Training and Camp Noah (child trauma based day camp or after school program)
- Warehousing and Donations Management Expertise
- Volunteers to learn how to provide Damage Assessments – Klamath County/ Chiloquin

These projects and volunteer opportunities will bring you together with other like-minded folks who also serve. The flooding in Eastern Oregon and Washington and the Confederated Tribes of the Umatilla in February were devastating to many. Thanks to PDG Gary and Sue Mose for their early response to the flooding and to the Oregon Lions Clubs in District G for their monetary and material support for both the flooding and wildfires.

Thanks to our District Governors John Taylor, Linda Stent, Carolee Blatter and Sheri Young for their efforts during the early days of the Oregon Wildfires and their continued support as they plug into LTRG’s and Disaster 101.

Thanks to the many Oregon Lions and clubs who have been featured in Oregon Lion articles as they jumped into serve the survivors.

Thanks to Ed Glad and the Carlton Yamhill Lions for their outreach and willingness to learn about the needs in the Santiam Canyon Fire.

Thanks to 1VDG Lynn Coon for his excellent recognition article of outreach by District 36 R Lions clubs.

Thanks to all the unsung hero Lions Clubs in District 36 0 when thousands of folks were evacuating from Clackamas County.

And thanks to all the unsung heros who help, you know who you are and how much you are appreciated.

When disaster strikes “We Serve” and as MD36 Council Chair Paul Zastrow relates some counties are better prepared to serve and they can only become stronger with the assistance of MD36 Oregon and Northern California Lions.

How do you serve? Contact Oregon Lions Prepared Team: Charlene Larsen – District O – Astoria Lions Club – crl.larsen@charter.net; Dori Showell – District R Central Lions Club; David & Teri Fuhrman – District G Elgin Lions Club.

There is more to do and more to learn and assisting with these many unbelievable tasks can change survivors’ lives and build back resilient communities. Thanks all. In Lionism.

*submitted by Charlene Larsen
MD36 Disaster Response Chair*

Elgin Lions Rolling in Activities

A number of activities were discussed by the Elgin Lions, beginning with a report by Chair Keith Warren on sight and hearing projects. To date, the Lions have had one request for glasses and one request for a hearing aid. As the Lions move about the community, Keith indicated there will be more requests during the next few months.

Kevin Johnson, Activity Director for the High School, reported plans for the Football Camp in Elgin June 20-23rd. The Lions agreed to again sponsor breakfast for the coaches during that time period.

Plans continued for Riverfest 2021 with numerous activities being listed and chairs selected. The annual car show, chaired by PCC Steve Oliver, will be the focus of the event. President-elect Barbara Hawes asked for volunteers to sign up to chair the various activities. Lion Sue Harris will create a poster with pictures from the past, as well as advertise it on social media for us. Riverfest will be held June 19th at the community field.



Local Lions were honored by International with pins presented by Barbara Hawes. (l-r) Susie Thomas with the Key Award, Susie Harris the Diamond Centennial Award for new members, and Monarch pins to Mike and Darlene Garver for over 10 years of service as a Lion. Barbara Hawes is on the right.

Chair Jared Rogers stated that the city had started underground work for the RV Dump project. Wayne Neitch would do the concrete work when they are done. Funds for the project originated from a generous donation to the Lions from community member Dennis Cross.

Lion Daryl Hawes is chairing the purchase of six trees to be placed on the high school grounds. Hawes stated that he has purchased three flowering crab apple and three maple trees for the Lions to plant, as well as soil and mulch. Also in conjunction with the environmental projects, the Lions will have a roadside clean-up on May 14. Included in the cleanup will be some raking and cleaning of Pocket Park following the roadside efforts. Bob and Susie Thomas dispersed little tree starts, (Cricket Flat Maple Hybrids) in honor of Earth Day and announced that the Lion's tree which stood the tallest at next year's Earth Day would be the winner of a dinner in Elgin. Lion Bob also reported that the water was on and that a handsome "volunteer" had tilled the plots at the Community garden so things were in good shape.

Barbara Hawes passed around a signup sheet to serve community meals. Hawes indicated most of the calendar is filled, but needed just a few more names. New vests are being made for club members and Lion Hawes showed members what a nearly finished vest would look like.

It was agreed to reinstate the Boy-of-the-Month and Year awards with Lions Kate Bottger, PDG Gerald Hopkins and PCC Steve Oliver volunteering for the selection committee. The amount of the scholarship this year will be reviewed by the Executive Committee. Bottger also noted the school's Walk-a-Thon was set for May 19th-20th. Lion members signed up to assist the event for the two days posted.

submitted by PDG Gerald Hopkins

Portland Hollywood Lions

Portland Hollywood Lion's President, Gary Balo, reached out to the Hollywood Boosters to participate in a joint venture to do a graffiti cleanup. "It is important to return our business community to its unique visibility in our city and revitalize the businesses," said Gary Balo.

More than a dozen Hollywood Lions and Hollywood Boosters showed up to clean up the graffiti on Reo's Ribs at NE 42nd and Sandy Blvd. We chose Reo's Ribs as our inaugural graffiti cleanup site because of its central and visible location in the Hollywood District. The attendees scraped graffiti off of the large glass window and painted the many sheets of plywood and body of the building.



Volunteers from Hollywood Lions and Hollywood Booster Lions: Thuy Tran, Mary Gagnon, Mike Louie, Gary Balo, Paul Clark, Boosters: Jo Shaffer, Maura White, Anthony D'Amato, Jan Tolman and Grant High Student Maggie.

Before and After Scraping....



Continued on page 13

- Graffiti Clean Up

Lonnie Schlegel of McBride Construction Resources provided the paint and tools, which was much appreciated. Our local newspaper, The Hollywood Star was present to document our work. Reo of the Restaurant arrived to thank us for our efforts. We even had a photographer from KATU arrive to document our work. Great Notoriety.



Lions Paul Clark and Bill Stout painting over graffiti.



Removing graffiti are Lions: Paul Clark, Mike Louie, Gary Balo and Bill Stout



Lions Mike Louie, Gary Balo and unknown Booster scraping large window.



Lions Gary Balo and Bill Stout painting over graffiti.



The Hollywood Lions and the Hollywood Boosters joint project was a success!

We hope our graffiti cleanup will inspire other businesses and landlords to step up and address this issue. Many have already completed or have started cleanup.

submitted by Arlene Halvorson

PDG Judith Poage Announces Candidacy for 2022-23 Council Chair

PDG Judith Poage is running for Council Chair Elect for MD36 (to be the Council Chair for the 2022-2023 Lion's year). Judith joined Hood River Lions Club in 2006, and became Club President in 2010. She served District G as Governor in 2116-2117 and served MD36 as GMT. She is supported in her candidacy by the Hood River Lions Club.

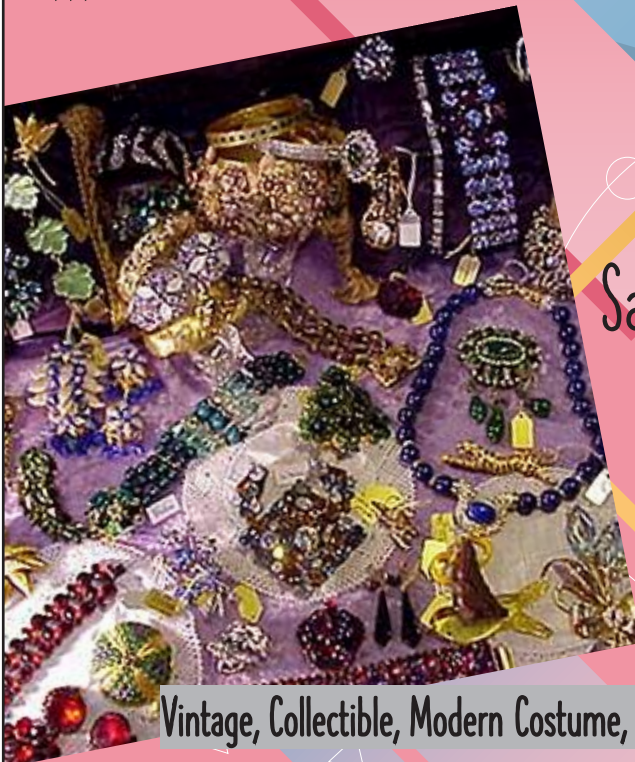
Judith obtained her doctorate from the USA/Canada Forum, attended the Faculty Development Institute in Houston, Texas, serves as a trustee for the Oregon Sight & Hearing Foundation and is the current President of the Past District Governor's Association. She lives in Hood River with a Corgi named Corvette.



Southern Oregon Lions Sight and Hearing
Center Presents:

BLING FLING

HUGE USED JEWELRY SALE! TWO FULL ROOMS!



Sat. May 22nd from
10:00-12:00

228 North Holly St Medford, OR
97501

Free Parking behind Lions building

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

(We accept used jewelry donations year-round, tax receipt provided)

Sutherlin Lions “Staycation” Donations

The Sutherlin Lions Branch members work closely with the school district’s Family Liaison, Andrea Shaver, to help meet the needs of students and families throughout the year. During the 2021 Spring Break while the county remained in restriction due to Covid-19, Noon Club members joined with them in providing food items, games/puzzles, paper products and cleaning supplies. Andrea spoke at the March 16, 2021 Noon Club meeting to explain the impact of Lions’ efforts to help those in need, and she brought “Lucky” Shamrock plants to say thanks.



Andrea Shaver, Sutherlin School District’s Family Liaison.



“Staycation” Gifts.



(l-r) Lions President Gwen Best, Secretary Carma Fisher, Bertha Egbert, Treasurer Carol Swesso and Pam Cameron. Not pictured is photographer Emily Blakely.

*submitted by Emily Blakely
Sutherlin Lions Noon Club*



OREGON LIONS
Sight & Hearing
= Foundation =



Hank Calhoun
Board Chair

LEAP Lab Expansion (Virtual) Ribbon Cutting - Join Us May 22nd



Doug Thompson
Executive Director

For many, a new pair of eyeglasses can make all the difference in the world: The ability to work, to drive safely, to see the computer screen properly are just a few examples of how our lives are improved when we see clearly.

With the expansion of our Lions Eyeglass Assistance Program (LEAP) Optical Lab, more Oregonians in need will receive the new eyeglasses they need. According to OLSHF VP of Programs Kelly Asbra, there are multiple benefits to expanding the LEAP Lab:

“We now have the ability to have proper spacing to ensure multiple staff can safely work in the lab together. We will be able to handle double the amount of orders and we can get orders out faster as we have four machines working versus two! It also allows us the training space to take interns from the Coffee Creek Correctional Facility (CCCF) program so we can help the women transition into the community!”

To celebrate the expanded lab capacity and to express our gratitude to LEAP partners, supporters and participating Lions Clubs we are hosting a virtual ribbon cutting ceremony at 1 pm on May 22nd.

“We hope our friends will tune in to learn about how our lab has been so successful that we needed to make it larger” said Kelly. “We want to show people our beautiful new space, how we make glasses, tell people about our retail shop Eye Promise and how it helps people in need and share information about our internship and how a couple of our interns are doing now.”

Come join us to learn all about the lab and you also have the chance to win prizes!

More details and registration info on the LEAP Lab Ribbon Cutting can be found on page 19. We hope to see you there!



Tracy, Optician & LERC Manager, with Voycetta, Optician, in the new LEAP Lab at OLSHF.

GIFTS & MEMORIALS

Contributions list includes gifts received March 16 to April 15, 2021. Thank you to each and every donor and supporter!
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As we endeavor to serve over 200,000 students and adults with vital sight and hearing care through this next year, it's your gift making it possible.

Quinn Continues to Shine



In January 2017, we met Quinn - a healthy, precocious 5 year old kindergarten student with big, bright blue eyes - through our school vision screening program.

Misty, her mom, received a letter from the school a week after OLSHF staff screened Quinn. The letter indicated that Quinn needed a comprehensive eye exam because of a potentially serious vision issue.

Misty was shocked. Quinn received regular medical checkups, and she nor her husband wear eyeglasses. Even more puzzling was the fact that Quinn never exhibited any struggles with her vision, no headaches, no visible signs of a problem or behavior issues at school. She read at her age level and enjoyed learning at school.

They consulted a specialist. Quinn's left eye was almost legally blind. The doctor was surprised as well, noting that the Spot screening device caught a very serious vision impairment. Quinn's right eye had been heavily overcompensating for the left. She had adapted to the problem so cleverly that no one noticed.

The doctor told Misty that if left unchecked, the damage to her vision would have been permanent.

After patching the eye and with physical therapy, the treatment "woke up her eye." Quinn picked out fun new blue frames for her glasses, and as her eyes adjusted, the prescription increased so that she could see perfectly. Misty shared, "Never in a million years did we think something like this could happen."

Quinn became a little Lioness star that year and the following. She and her mom happily participated in a fundraising event, getting on stage in front of over 200 people to tell their story and support the Lions mission. They also spoke at the District O Lions Convention to highlight the impact of the school vision screening program. Quinn captured the moment in her special artwork.

Fast forward to April 2021.

Quinn continues to shine. The blue glasses now a unique style defining her. Misty describes her as curious and free spirited. She loves fashion, thrift store shopping, and repurposing items to make them her own special style.

On April 1, Quinn officially returns to school for in person instruction. Eager to rejoin her classmates, she looks forward to learning more math and reading.

Misty shared her gratitude for OLSHF and the Lions and it shows. She recently testified at a hearing of the state legislature for Senate Bill 5513 that supports a School Vision Fund in the Oregon Department of Education budget. By identifying & correcting her vision condition early on, Quinn's potential to learn and fully thrive was secured. Her future will be exciting & limitless!



LEAP OPTICAL LAB VIRTUAL RIBBON CUTTING



**SATURDAY
MAY 22ND 1PM**

Join us from the comfort of your living room to get a tour of the newly expanded LEAP Optical Lab.

Meet all of our certified opticians, watch how glasses are made, and win prizes!

Register now: <https://bit.ly/3e0B7B1>



INCLUDING ADY'S STORY



OLSHF ON KATU 2 AM NW & AFTERNOON LIVE

Save the Date

THURSDAY JUNE 24

KATU 2 is featuring the sight and hearing saving services and the annual Keep the Promise campaign of your Oregon Lions Sight & Hearing Foundation throughout June!

The Easter Bunny

In a year when we've been alone, sometimes disappointed and nervous about the future ... the one thing we can count on is ... The Easter Bunny!

The Easter Bunny's best friends, the Mighty Tualatin Lions, have been holding Easter Bunny's favorite Easter Egg Hunt the day before Easter since 1973. That is until last year, 2020. That's when all the preparations were made, all the eggs cleaned, Scouts and Venture Crew primed, all the good media announcements made and ... Oregon closed.

The Tualatin Lions were disappointed but knew that safety always comes first, especially for the Easter Egg Hunters and their families. The Lions made a decision to not let the pandemic make decisions for them. After an extra successful "Drive Through" Oktoberfest fundraiser, those Mighty Tualatin Lions knew that "pivoting" was in their wheelhouse!

Planning for an Easter Bunny event without a standard Easter Egg Hunt started taking place right after New Year. The Lions decided to invite the Easter Bunny back to Tualatin Community Park, engage their Scout troop, 530, and the Venture Crew and make the most of available public relations resources. To double the service, the Tualatin Lions decided to make this event a fundraiser for the Oregon Food Bank as well. A press release was sent out to the region via the Oregon Lions Sight & Hearing Foundation's FlashAlert.net, the time-tested Easter Egg Hunt Banner was modified and placed in the Tualatin Gateway and a nice supply of candy was acquired. Articles with photos were published in two local newspapers the week before the event.



Continued on page 21

Makes a Safe Return!

The Tualatin Lions, their Scouts from Troop 530 and the Venture Crew all showed up at Tualatin Community Park at 9:30AM on Saturday, April 3, 2021, the day before Easter and got ready. The Easter Bunny showed up right on time at 10AM as did local families. The Easter Bunny with help from a Venture Crew member safely handed out hundreds of bags of Easter candy and had his picture taken as many times. Troop 530 Scouts held the big sign and the Lions collected exactly \$600 for the Oregon Food Bank! Oh, and they had “special” visitors including KATU (2) and KOIN (6) news cameras (on both stations through the evening) and an email from KGW (8) asking for quotes and pics! Boy, that FlashAlert.net thing really works!



Things are getting better, but we all need to continue to stay safe and keep our communities safe. With creativity and a little imagination and the ability to use the resources at hand, Lions can still provide service in their communities! Go to the MD36 Lions website at <http://www.md36lionsclubs.org/public-relations> for the very best manual for public relations and simple formats for press releases. They are easy to write and the manual from smart media Lions is easy to use. Stay connected with our Oregon Lions Sight & Hearing Foundation and utilize that great FlashAlert.net tool.

Stay safe, stay healthy and we will get through this together!

submitted by PCC Brad King

Elgin Lions Recognized

Lions Clubs International sent pins of recognition to three Elgin Lions for their years of service to the local club. Risa Hallgarth (far right) presented pins to Estill Arrand (left) for 10 years of service, and Barbara and Daryl Hawes for 15 years of service.



submitted by PDG Gerald Hopkins

Elgin Lions Make Vests

Members of the Elgin Lions have been making Lion vests for the club. The vests will be optional wear for the local club.



(l-r) Debbie Rogers, Barbara Hawes, Elma Jean Wilhelm, 1VDG Kathy Oliver and Jacki Phillips. (Not pictured with the group is Mary Hopkins).

submitted by PDG Gerald Hopkins

Elgin Lions to Start Regular Meetings

Energetic and masked, the Elgin Lions voted to start meetings on a regular basis for the year. A total of 25 Lions met and determined they would like to continue with projects for the community. The first item presented by President 1VDG Kathy Oliver was the question of continuing with the annual Riverfest, an event supported by Elgin residents. The group will continue with the annual Car Show chaired by PCC Steve Oliver. The popular Duck Race will also be a part of the event with tickets printed and ready for sale. The Fireman's Breakfast is scheduled since Lions will have Riverfest this year. Lion Kate Bottger added that the local yard sales should be encouraged to give Elgin residents an opportunity for positive support. The Lions will make up maps for the yard sales. Lions Barbara Hawes and Ann Warren noted that the Quilt Show will be ready for the annual event.



The Elgin Lions, with 25 in attendance, agreed to commence meeting on a regular basis.



PCC Steve Oliver holds up new flyers for the Elgin Lions Riverfest to be held in June.



(l-r) Barbara Hawes, Daryl Hawes and PDG Gerald Hopkins

Community member Dennis Cross donated \$15,000 to the Lions to work on an RV Dump improvement. Lion Risa Hallgarth reported Tyler, from the city's Public Works Department, felt that the city could help complete the needed water and sewer line work needed for this project, and agreed to be on the team tasked with determining what needs to be done. Lion Risa also noted that the Women's Service Club would hold an Easter Egg Hunt for the children. The club elected to donate \$50 as an initial donation to help with their expenses. If more is needed, Risa will bring the information back to the club.

Lion Keith Warren reported that the club has only had one request so far this year for glasses. In the previous year, the Lions ended up at just 20 requests. President 1VDG Oliver noted that we need to be visible in the community once again so that individuals know we are there for vision assistance.

President 1VDG Oliver noted that the Regional Food Bank is being moved to a larger facility in La Grande and they have requested donations. Because of the larger space for food, they will be the hub of four counties. Funds are also requested for additional coolers and freezers. The Board of Directors will take the issue under consideration, and possibly create a challenge to all Lion clubs in the four counties served.



Ready to Garden in Elgin

Bob and Susie Thomas, with the Elgin Lions, reported that the Lion Community Garden is again ready for the season. The garden houses 24 boxes at four foot by eight, and are available for any individuals needing a garden area. The first designation will be for elementary classrooms from Stella Mayfield School, and then open to those who need space. Water and fertilizer, as well as a storage shed are available for garden usage. Bob told the Lions that there were two beds left over from the previous year, and those were harvested by the Lions for the Elgin Food Bank.

In line with spring planting will be six new trees purchased by the Lions for the school football area. It was reported that some work may be needed in picking up broken branches and raking the area to be planted. In addition to the planting of trees, Barbara Hawes outlined the date of May 14 for Lions to do their roadside cleanup along the highway through Elgin.



Bob and Susie Thomas.